NDB No. 21256
BURGER KING, CHICKEN TENDERS
Burger King Corporation

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	46.06	0.513	4	A	1		28.56	42.38	56.66
Energy	kcal	289		0	NC	4		179	266	355
Energy	kJ	1208		0	NC	4		749	1111	1486
Protein	g	17.25	0.177	4	A	1		10.70	15.87	21.22
Total lipid (fat)	g	16.67	0.355	4	A	1		10.33	15.33	20.50
Ash	g	2.61	0.051	4	A	1		1.62	2.40	3.21
Carbohydrate, by difference	g	17.41		0	NC	4		10.79	16.02	21.41
Fiber, total dietary	g	2.3	0.307	4	A	1		1.4	2.1	2.9
Sugars, total	g	0.12	0.046	4	A	1		0.07	0.11	0.15
Sucrose	g	0.00	0.000	4	A	1		0.00	0.00	0.00
Glucose (dextrose)	g	0.12	0.046	4	A	1		0.07	0.11	0.15
Fructose	g	0.00	0.000	4	A	1		0.00	0.00	0.00
Lactose	g	0.00	0.000	4	A	1		0.00	0.00	0.00
Maltose	g	0.00	0.000	4	A	1		0.00	0.00	0.00
Galactose	g	0.00	0.000	4	A	1		0.00	0.00	0.00
Starch	g	16.05	0.144	4	A	1		9.95	14.77	19.74
Minerals:										
Calcium, Ca	mg	15	0.645	4	A	1		9	14	19
Iron, Fe	mg	0.61	0.098	4	A	1		0.38	0.56	0.75
Magnesium, Mg	mg	25	0.111	4	A	1		15	23	31
Phosphorus, P	mg	227	1.000	4	A	1		141	209	279
Potassium, K	mg	263	6.676	4	A	1		163	242	324
Sodium, Na	mg	721	19.585	4	A	1		447	664	887
Zinc, Zn	mg	0.58	0.141	4	A	1		0.36	0.53	0.71
Copper, Cu	mg	0.050	0.011	4	A	1		0.031	0.046	0.061
Manganese, Mn	mg	0.202	0.031	4	A	1		0.126	0.186	0.249
Selenium, Se	mcg	30.9	3.890	4	A	1		19.2	28.4	38.0
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.7	0.000	4	A	1		0.5	0.7	0.9
Thiamin	mg	0.128	0.019	4	A	1		0.079	0.118	0.157
Riboflavin	mg	0.105	0.006	4	A	1		0.065	0.097	0.129
Niacin	mg	7.482	0.092	4	A	1		4.639	6.884	9.203
Pantothenic acid	mg	0.600	0.014	4	A	1		0.372	0.552	0.738
Vitamin B-6	mg	0.349	0.016	4	A	1		0.216	0.321	0.429
Folate, total	mcg	7	0.479	4	A	1		4	7	9
Folic acid	mcg	2	0.000	4	A	1		1	2	2
Folate, food	mcg	5		0	AS	1		3	5	6
Folate, DFE	mcg_DFE	9		0	NC	4		5	8	11
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg									
Vitamin A, RAE	mcg_RAE									
Retinol	mcg									
Carotene, beta	mcg									
Carotene, alpha	mcg									
Cryptoxanthin, beta	mcg									
Vitamin A, IU	IU									
Lycopene	mcg									
Lutein + zeaxanthin	mcg									
Vitamin E (alpha-tocopherol)	mg	0.80	0.025	3	A	1		0.50	0.74	0.98
Tocopherol, beta	mg	0.05	0.012	3	A	1		0.03	0.04	0.06
Tocopherol, gamma	mg	3.46	0.346	3	A	1		2.14	3.18	4.25
Tocopherol, delta	mg	2.35	0.130	3	A	1		1.46	2.17	2.89
Vitamin D (D2 + D3)	mcg									
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	6.3	0.325	4	A	1		3.9	5.8	7.7

NDB No. 21256
BURGER KING, CHICKEN TENDERS

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Dihydrophylloquinone....mcg	32.5	1.195	4	A	1		20.2	29.9	40.0
Menaquinone-4....mcg									
Lipids:									
Fatty acids, total saturated....g									
Fatty acids, total monounsaturated....g									
Fatty acids, total polyunsaturated....g									
Fatty acids, total trans....g									
Cholesterol....mg	52	0.477	4	A	1		32	48	64
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.150		0	A	1		0.093	0.138	0.184
Threonine....g	0.650		0	A	1		0.403	0.598	0.799
Isoleucine....g	0.845		0	A	1		0.524	0.778	1.040
Leucine....g	1.385		0	A	1		0.859	1.275	1.704
Lysine....g	1.406		0	A	1		0.872	1.293	1.729
Methionine....g	0.452		0	A	1		0.281	0.416	0.557
Cystine....g	0.176		0	A	1		0.109	0.162	0.217
Phenylalanine....g	0.767		0	A	1		0.476	0.706	0.944
Tyrosine....g	0.492		0	A	1		0.305	0.453	0.606
Valine....g	0.883		0	A	1		0.547	0.812	1.086
Arginine....g	1.065		0	A	1		0.660	0.980	1.310
Histidine....g	0.650		0	A	1		0.403	0.598	0.799
Alanine....g	0.895		0	A	1		0.555	0.823	1.101
Aspartic acid....g	1.528		0	A	1		0.947	1.406	1.879
Glutamic acid....g	2.980		0	A	1		1.848	2.742	3.666
Glycine....g	0.796		0	A	1		0.493	0.732	0.978
Proline....g	0.801		0	A	1		0.497	0.737	0.985
Serine....g	0.587		0	A	1		0.364	0.540	0.722
Hydroxyproline....g	0.034	0.016	4	A	1		0.021	0.031	0.041

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 62g: 4 pieces

Measure 2 = 92g: 6 pieces

Measure 3 = 123g: 8 pieces

Calories Factors: Protein 4 **Fat** 9 **Carbohydrate** 4

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2010)

NDB No. 21385

BURGER KING, CROISSAN'WICH with Egg and Cheese

Burger King Corporation

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	46.40	0.173	4	A	1		51.04		
Energy....kcal	283		0	NC	4		311		
Energy....kJ	1182		0	NC	4		1301		
Protein....g	10.35	0.087	4	A	1		11.38		
Total lipid (fat)....g	15.78	0.260	4	A	1		17.36		
Ash....g	2.68	0.027	4	A	1		2.94		
Carbohydrate, by difference....g	24.79		0	NC	4		27.27		
Fiber, total dietary....g	0.7	0.000	4	A	1		0.8		
Sugars, total....g	4.03	0.067	4	A	1		4.44		
Sucrose....g	0.00	0.000	4	A	1		0.00		
Glucose (dextrose)....g	0.64	0.037	4	A	1		0.70		
Fructose....g	0.89	0.038	4	A	1		0.98		
Lactose....g	1.71	0.035	4	A	1		1.88		
Maltose....g	0.80	0.014	4	A	1		0.88		
Galactose....g	0.00	0.000	4	A	1		0.00		
Starch....g	17.56	0.263	4	A	1		19.32		
Minerals:									
Calcium, Ca....mg	231	3.816	4	A	1		254		
Iron, Fe....mg	1.90	0.037	4	A	1		2.09		
Magnesium, Mg....mg	17	0.330	4	A	1		19		
Phosphorus, P....mg	249	3.926	4	A	1		273		
Potassium, K....mg	168	1.181	4	A	1		185		
Sodium, Na....mg	650	6.198	4	A	1		714		
Zinc, Zn....mg	1.04	0.028	4	A	1		1.14		
Copper, Cu....mg	0.074	0.001	4	A	1		0.081		
Manganese, Mn....mg	0.227	0.002	4	A	1		0.250		
Selenium, Se....mcg	22.2	0.705	4	A	1		24.4		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0	0.000	4	A	1		0.0		
Thiamin....mg	0.243	0.006	4	A	1		0.267		
Riboflavin....mg	0.426	0.026	4	A	1		0.468		
Niacin....mg	2.052	0.019	4	A	1		2.258		
Pantothenic acid....mg	0.828	0.046	3	A	1		0.910		
Vitamin B-6....mg	0.117	0.015	4	A	1		0.129		
Folate, total....mcg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.53	0.037	4	A	1		0.58		
Vitamin A, RAE....mcg_RAE									
Vitamin A, IU....IU									
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg	1.11	0.022	4	A	1		1.22		
Tocopherol, beta....mg	0.06	0.000	4	A	1		0.07		
Tocopherol, gamma....mg	4.74	0.115	4	A	1		5.21		
Tocopherol, delta....mg	1.83	0.048	4	A	1		2.02		
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg	9.5	0.107	4	A	1		10.4		
Dihydrophylloquinone....mcg	8.0	0.412	4	A	1		8.8		
Menaquinone-4....mcg									
Lipids:									
Fatty acids, total saturated....g	4.766		0	NC	4		5.243		
4:0....g									

NDB No. 21385
BURGER KING, CROISSAN'WICH with Egg and Cheese

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g									
8:0....g	0.175	0.007	4	A	1		0.193		
10:0....g	0.150	0.005	4	A	1		0.165		
12:0....g	0.097	0.003	4	A	1		0.106		
13:0....g									
14:0....g	0.347	0.008	4	A	1		0.382		
15:0....g	0.038	0.001	4	A	1		0.041		
16:0....g	2.722	0.076	4	A	1		2.994		
17:0....g	0.033	0.001	4	A	1		0.037		
18:0....g	1.150	0.051	4	A	1		1.265		
20:0....g	0.029	0.001	4	A	1		0.032		
22:0....g	0.025	0.002	4	A	1		0.027		
24:0....g									
Fatty acids, total monounsaturated....g	6.668		0	NC	4		7.334		
14:1....g	0.028	0.001	4	A	1		0.030		
15:1....g	0.000	0.000	4	A	1		0.000		
16:1 undifferentiated....g	0.162	0.003	4	A	1		0.179		
17:1....g	0.000	0.000	4	A	1		0.000		
18:1 undifferentiated....g	6.443	0.096	4	A	1		7.087		
20:1....g	0.034	0.002	4	A	1		0.038		
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	2.930		0	NC	4		3.223		
18:2 undifferentiated....g	2.601	0.107	4	A	1		2.861		
18:3 undifferentiated....g	0.269		0	AS	1		0.296		
18:3 n-3 c,c,c (ALA)....g	0.269	0.014	4	A	1		0.296		
18:3 n-6 c,c,c....g	0.000	0.000	4	A	1		0.000		
18:3i....g									
18:4....g									
20:2 n-6 c,c....g	0.000	0.000	4	A	1		0.000		
20:3 undifferentiated....g	0.000	0.000	4	A	1		0.000		
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.060	0.002	4	A	1		0.066		
20:4 n-3....g									
20:4 n-6....g									
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g									
Cholesterol....mg	139	2.250	4	A	1		153		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.100		0	A	1		0.111		
Threonine....g	0.360		0	A	1		0.396		
Isoleucine....g	0.486		0	A	1		0.535		
Leucine....g	0.865		0	A	1		0.951		
Lysine....g	0.548		0	A	1		0.603		
Methionine....g	0.231		0	A	1		0.254		
Cystine....g	0.197		0	A	1		0.217		
Phenylalanine....g	0.528		0	A	1		0.581		
Tyrosine....g	0.394		0	A	1		0.434		
Valine....g	0.606		0	A	1		0.667		
Arginine....g	0.484		0	A	1		0.533		
Histidine....g	0.263		0	A	1		0.289		
Alanine....g	0.451		0	A	1		0.497		
Aspartic acid....g	0.771		0	A	1		0.849		
Glutamic acid....g	2.566		0	A	1		2.822		
Glycine....g	0.336		0	A	1		0.370		
Proline....g	0.883		0	A	1		0.971		
Serine....g	0.648		0	A	1		0.713		

NDB No. 21385
BURGER KING, CROISSAN'WICH with Egg and Cheese

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 110g: 1 item

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2010)

NDB No. 21384

BURGER KING, CROISSAN'WICH with Sausage and Cheese

Burger King Corporation

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	35.08	0.447	4	A	1		45.95		
Energy....kcal	376		0	NC	4		492		
Energy....kJ	1573		0	NC	4		2061		
Protein....g	13.73	0.450	4	A	1		17.99		
Total lipid (fat)....g	25.45	0.243	4	A	1		33.34		
Ash....g	2.75	0.042	4	A	1		3.60		
Carbohydrate, by difference....g	23.00		0	NC	4		30.12		
Fiber, total dietary....g	0.7	0.000	4	A	1		1.0		
Sugars, total....g	3.36	0.076	4	A	1		4.41		
Sucrose....g	0.00	0.000	4	A	1		0.00		
Glucose (dextrose)....g	0.75	0.031	4	A	1		0.98		
Fructose....g	0.93	0.042	4	A	1		1.22		
Lactose....g	0.89	0.034	4	A	1		1.17		
Maltose....g	0.79	0.026	4	A	1		1.03		
Galactose....g	0.00	0.000	4	A	1		0.00		
Starch....g	17.73	0.416	4	A	1		23.23		
Minerals:									
Calcium, Ca....mg	107	2.641	4	A	1		140		
Iron, Fe....mg	1.87	0.039	4	A	1		2.46		
Magnesium, Mg....mg	19	0.293	4	A	1		25		
Phosphorus, P....mg	158	3.119	4	A	1		207		
Potassium, K....mg	205	0.707	4	A	1		269		
Sodium, Na....mg	782	14.671	4	A	1		1025		
Zinc, Zn....mg	1.43	0.028	4	A	1		1.88		
Copper, Cu....mg	0.072	0.002	4	A	1		0.094		
Manganese, Mn....mg	0.257	0.008	4	A	1		0.337		
Selenium, Se....mcg	20.9	1.922	4	A	1		27.4		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0	0.000	4	A	1		0.0		
Thiamin....mg	0.329	0.010	4	A	1		0.431		
Riboflavin....mg	0.317	0.084	4	A	1		0.415		
Niacin....mg	4.090	0.157	4	A	1		5.358		
Pantothenic acid....mg	0.651	0.052	4	A	1		0.853		
Vitamin B-6....mg	0.182	0.011	4	A	1		0.239		
Folate, total....mcg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.55	0.050	4	A	1		0.72		
Vitamin A, RAE....mcg_RAE									
Vitamin A, IU....IU									
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg	0.98	0.035	4	A	1		1.29		
Tocopherol, beta....mg	0.05	0.005	4	A	1		0.06		
Tocopherol, gamma....mg	3.36	0.211	4	A	1		4.40		
Tocopherol, delta....mg	1.43	0.063	4	A	1		1.88		
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg	6.5	0.341	4	A	1		8.5		
Dihydrophylloquinone....mcg	11.6	0.295	4	A	1		15.2		
Menaquinone-4....mcg									
Lipids:									
Fatty acids, total saturated....g	8.595		0	NC	4		11.259		
4:0....g									

NDB No. 21384
BURGER KING, CROISSAN'WICH with Sausage and Cheese

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g									
8:0....g	0.041	0.001	4	A	1		0.054		
10:0....g	0.093	0.005	4	A	1		0.121		
12:0....g	0.108	0.004	4	A	1		0.141		
13:0....g									
14:0....g	0.517	0.012	4	A	1		0.677		
15:0....g	0.046	0.001	4	A	1		0.061		
16:0....g	5.044	0.049	4	A	1		6.607		
17:0....g	0.076	0.005	4	A	1		0.100		
18:0....g	2.608	0.015	4	A	1		3.417		
20:0....g	0.049	0.001	4	A	1		0.065		
22:0....g	0.012	0.007	4	A	1		0.016		
24:0....g									
Fatty acids, total monounsaturated....g	12.025		0	NC	4		15.752		
14:1....g	0.015	0.009	4	A	1		0.020		
15:1....g	0.000	0.000	4	A	1		0.000		
16:1 undifferentiated....g	0.442	0.013	4	A	1		0.579		
17:1....g	0.000	0.000	4	A	1		0.000		
18:1 undifferentiated....g	11.433	0.253	4	A	1		14.977		
20:1....g	0.134	0.004	4	A	1		0.176		
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	3.114		0	NC	4		4.080		
18:2 undifferentiated....g	2.824	0.154	4	A	1		3.700		
18:3 undifferentiated....g	0.150		0	AS	1		0.196		
18:3 n-3 c,c,c (ALA)....g	0.150	0.011	4	A	1		0.196		
18:3 n-6 c,c,c....g	0.000	0.000	4	A	1		0.000		
18:3i....g									
18:4....g									
20:2 n-6 c,c....g	0.081	0.004	4	A	1		0.106		
20:3 undifferentiated....g	0.000	0.000	4	A	1		0.000		
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.059	0.002	4	A	1		0.077		
20:4 n-3....g									
20:4 n-6....g									
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g									
Cholesterol....mg	43	1.792	4	A	1		57		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.111		0	A	1		0.146		
Threonine....g	0.480		0	A	1		0.628		
Isoleucine....g	0.578		0	A	1		0.757		
Leucine....g	1.047		0	A	1		1.372		
Lysine....g	0.819		0	A	1		1.073		
Methionine....g	0.261		0	A	1		0.342		
Cystine....g	0.178		0	A	1		0.233		
Phenylalanine....g	0.587		0	A	1		0.768		
Tyrosine....g	0.463		0	A	1		0.607		
Valine....g	0.687		0	A	1		0.900		
Arginine....g	0.679		0	A	1		0.890		
Histidine....g	0.411		0	A	1		0.538		
Alanine....g	0.651		0	A	1		0.853		
Aspartic acid....g	1.002		0	A	1		1.313		
Glutamic acid....g	3.075		0	A	1		4.028		
Glycine....g	0.679		0	A	1		0.889		
Proline....g	1.022		0	A	1		1.339		
Serine....g	0.636		0	A	1		0.833		

NDB No. 21384
BURGER KING, CROISSAN'WICH with Sausage and Cheese

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 131g: 1 item

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2010)

NDB No. 21383

BURGER KING, CROISSAN'WICH with Sausage, Egg and Cheese

Burger King Corporation

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	44.90	0.224	4	A	1		67.80		
Energy	kcal	322		0	NC	4		486		
Energy	kJ	1348		0	NC	4		2035		
Protein	g	12.31	0.290	4	A	1		18.58		
Total lipid (fat)	g	22.48	0.321	4	A	1		33.94		
Ash	g	2.67	0.045	4	A	1		4.02		
Carbohydrate, by difference	g	17.65		0	NC	4		26.65		
Fiber, total dietary	g	0.7	0.000	4	A	1		1.1		
Sugars, total	g	2.86	0.063	4	A	1		4.31		
Sucrose	g	0.00	0.000	4	A	1		0.00		
Glucose (dextrose)	g	0.56	0.022	4	A	1		0.84		
Fructose	g	0.61	0.034	4	A	1		0.92		
Lactose	g	1.15	0.005	4	A	1		1.73		
Maltose	g	0.54	0.017	4	A	1		0.82		
Galactose	g	0.00	0.000	4	A	1		0.00		
Starch	g	11.37	0.493	4	A	1		17.18		
Minerals:										
Calcium, Ca	mg	168	2.739	4	A	1		254		
Iron, Fe	mg	1.70	0.029	4	A	1		2.57		
Magnesium, Mg	mg	18	0.334	4	A	1		27		
Phosphorus, P	mg	219	3.497	4	A	1		330		
Potassium, K	mg	197	1.958	4	A	1		297		
Sodium, Na	mg	687	8.616	4	A	1		1037		
Zinc, Zn	mg	1.31	0.024	4	A	1		1.98		
Copper, Cu	mg	0.072	0.003	4	A	1		0.109		
Manganese, Mn	mg	0.196	0.005	4	A	1		0.296		
Selenium, Se	mcg	23.9	1.143	4	A	1		36.1		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0	0.000	4	A	1		0.0		
Thiamin	mg	0.243	0.010	4	A	1		0.367		
Riboflavin	mg	0.325	0.004	4	A	1		0.491		
Niacin	mg	2.970	0.259	4	A	1		4.485		
Pantothenic acid	mg	0.807	0.022	4	A	1		1.218		
Vitamin B-6	mg	0.182	0.007	4	A	1		0.274		
Folate, total	mcg									
Folate, DFE	mcg_DFE									
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	0.70	0.071	4	A	1		1.05		
Vitamin A, RAE	mcg_RAE									
Vitamin A, IU	IU									
Lycopene	mcg									
Lutein + zeaxanthin	mcg									
Vitamin E (alpha-tocopherol)	mg	1.05	0.022	4	A	1		1.58		
Tocopherol, beta	mg	0.04	0.000	4	A	1		0.06		
Tocopherol, gamma	mg	3.86	0.155	4	A	1		5.82		
Tocopherol, delta	mg	1.53	0.041	4	A	1		2.31		
Vitamin D (D2 + D3)	mcg									
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	9.5	0.337	4	A	1		14.4		
Dihydrophylloquinone	mcg	8.8	0.346	4	A	1		13.4		
Menaquinone-4	mcg									
Lipids:										
Fatty acids, total saturated	g	7.424		0	NC	4		11.210		
4:0	g									

NDB No. 21383
BURGER KING, CROISSAN'WICH with Sausage, Egg and Cheese

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g									
8:0....g	0.127	0.007	4	A	1		0.192		
10:0....g	0.117	0.005	4	A	1		0.177		
12:0....g	0.079	0.003	4	A	1		0.120		
13:0....g									
14:0....g	0.394	0.012	4	A	1		0.595		
15:0....g	0.037	0.001	4	A	1		0.055		
16:0....g	4.350	0.064	4	A	1		6.569		
17:0....g	0.064	0.003	4	A	1		0.097		
18:0....g	2.187	0.069	4	A	1		3.302		
20:0....g	0.043	0.001	4	A	1		0.065		
22:0....g	0.025	0.002	4	A	1		0.038		
24:0....g									
Fatty acids, total monounsaturated....g	9.913		0	NC	4		14.968		
14:1....g	0.023	0.001	4	A	1		0.034		
15:1....g	0.000	0.000	4	A	1		0.000		
16:1 undifferentiated....g	0.389	0.009	4	A	1		0.588		
17:1....g	0.000	0.000	4	A	1		0.000		
18:1 undifferentiated....g	9.387	0.166	4	A	1		14.175		
20:1....g	0.113	0.002	4	A	1		0.171		
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	3.864		0	NC	4		5.834		
18:2 undifferentiated....g	3.438	0.106	4	A	1		5.192		
18:3 undifferentiated....g	0.280		0	AS	1		0.423		
18:3 n-3 c,c,c (ALA)....g	0.280	0.007	4	A	1		0.423		
18:3 n-6 c,c,c....g	0.000	0.000	4	A	1		0.000		
18:3i....g									
18:4....g									
20:2 n-6 c,c....g	0.064	0.002	4	A	1		0.097		
20:3 undifferentiated....g	0.000	0.000	4	A	1		0.000		
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.081	0.001	4	A	1		0.122		
20:4 n-3....g									
20:4 n-6....g									
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g									
Cholesterol....mg	120	2.562	4	A	1		182		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.107		0	A	1		0.162		
Threonine....g	0.438		0	A	1		0.661		
Isoleucine....g	0.552		0	A	1		0.833		
Leucine....g	0.989		0	A	1		1.494		
Lysine....g	0.786		0	A	1		1.187		
Methionine....g	0.265		0	A	1		0.400		
Cystine....g	0.188		0	A	1		0.284		
Phenylalanine....g	0.566		0	A	1		0.854		
Tyrosine....g	0.436		0	A	1		0.658		
Valine....g	0.678		0	A	1		1.023		
Arginine....g	0.662		0	A	1		1.000		
Histidine....g	0.360		0	A	1		0.544		
Alanine....g	0.642		0	A	1		0.969		
Aspartic acid....g	1.008		0	A	1		1.522		
Glutamic acid....g	2.563		0	A	1		3.870		
Glycine....g	0.605		0	A	1		0.914		
Proline....g	0.867		0	A	1		1.309		
Serine....g	0.692		0	A	1		1.044		

NDB No. 21383
BURGER KING, CROISSAN'WICH with Sausage, Egg and Cheese

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 151g: 1 item

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2010)

NDB No. 21251
BURGER KING, Cheeseburger
Burger King Corporation

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	44.59		1	A	1		59.30		
Energy....kcal	286		0	NC	4		381		
Energy....kJ	1198		0	NC	4		1594		
Protein (N x 6.25)....g	14.57		1	A	1		19.38		
Total lipid (fat)....g	14.81		1	A	1		19.70		
Ash....g	2.32		1	A	1		3.09		
Carbohydrate, by difference....g	23.71		0	NC	4		31.54		
Fiber, total dietary....g	2.8		1	A	1		3.8		
Sugars, total....g	4.49		1	A	1		5.98		
Sucrose....g	1.69		1	A	1		2.25		
Glucose (dextrose)....g	0.00		1	A	1		0.00		
Fructose....g	1.85		1	A	1		2.46		
Lactose....g	0.07		1	A	1		0.10		
Maltose....g	0.73		1	A	1		0.97		
Galactose....g	0.15		1	A	1		0.20		
Starch....g	18.60		1	A	1		24.74		
Minerals:									
Calcium, Ca....mg	93		1	A	1		124		
Iron, Fe....mg	2.50		1	A	1		3.33		
Magnesium, Mg....mg	24		1	A	1		32		
Phosphorus, P....mg	143		1	A	1		190		
Potassium, K....mg	178		1	A	1		237		
Sodium, Na....mg	602		1	A	1		801		
Zinc, Zn....mg	2.40		1	A	1		3.19		
Copper, Cu....mg	0.110		1	A	1		0.146		
Manganese, Mn....mg	0.290		1	A	1		0.386		
Selenium, Se....mcg	24.4		1	A	1		32.5		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.2		1	A	1		0.2		
Thiamin....mg	0.303		1	A	1		0.403		
Riboflavin....mg	0.240		1	A	1		0.319		
Niacin....mg	3.400		1	A	1		4.522		
Pantothenic acid....mg	0.230		1	A	1		0.306		
Vitamin B-6....mg	0.090		1	A	1		0.120		
Folate, total....mcg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg									
Vitamin A, RAE....mcg_RAE									
Vitamin A, IU....IU									
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg	0.10		1	A	1		0.13		
Tocopherol, beta....mg	0.00		1	A	1		0.00		
Tocopherol, gamma....mg	0.48		1	A	1		0.64		
Tocopherol, delta....mg	0.14		1	A	1		0.19		
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg	5.7		1	A	1		7.6		
Dihydrophylloquinone....mcg	0.7		1	A	1		0.9		
Menaquinone-4....mcg									
Lipids:									
Fatty acids, total saturated....g	6.842		0	NC	4		9.099		
4:0....g	0.079		1	A	1		0.105		

NDB No. 21251
BURGER KING, Cheeseburger

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g	0.049		1	A	1		0.065		
8:0....g	0.043		1	A	1		0.057		
10:0....g	0.075		1	A	1		0.100		
12:0....g	0.105		1	A	1		0.140		
13:0....g									
14:0....g	0.684		1	A	1		0.909		
15:0....g	0.081		1	A	1		0.108		
16:0....g	3.583		1	A	1		4.766		
17:0....g	0.139		1	A	1		0.185		
18:0....g	1.955		1	A	1		2.600		
20:0....g	0.028		1	A	1		0.038		
22:0....g	0.010		1	A	1		0.013		
24:0....g	0.010		1	A	1		0.013		
Fatty acids, total monounsaturated....g	5.704		0	NC	4		7.586		
14:1....g	0.088		1	A	1		0.117		
15:1....g									
16:1 undifferentiated....g	0.459		0	AS	1		0.610		
16:1 c....g	0.413		1	A	1		0.549		
16:1 t....g	0.046		1	A	1		0.062		
17:1....g	0.083		1	A	1		0.110		
18:1 undifferentiated....g	5.050		0	AS	1		6.716		
18:1 c....g	4.423		1	A	1		5.883		
18:1-11c (18:1c n-7)....g									
18:1 t....g	0.626		1	A	1		0.833		
18:1-11t (18:1t n-7)....g									
20:1....g	0.024		1	A	1		0.032		
22:1 undifferentiated....g	0.000		1	A	1		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.521		0	NC	4		2.023		
18:2 undifferentiated....g	1.362		0	AS	1		1.812		
18:2 n-6 c,c....g	1.258		1	A	1		1.673		
18:2 CLAs....g									
18:2 c,t....g									
18:2 t,c....g									
18:2 t,t....g									
18:2 i....g	0.104		1	A	1		0.139		
18:2 t not further defined....g									
18:3 undifferentiated....g	0.123		0	AS	1		0.163		
18:3 n-3 c,c,c (ALA)....g	0.123		1	A	1		0.163		
18:3 n-6 c,c,c....g									
18:3i....g									
18:4....g	0.000		1	A	1		0.000		
20:2 n-6 c,c....g	0.005		1	A	1		0.007		
20:3 undifferentiated....g	0.011		1	A	1		0.015		
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.020		1	A	1		0.026		
20:4 n-3....g									
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000		1	A	1		0.000		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		1	A	1		0.000		
22:6 n-3 (DHA)....g	0.000		1	A	1		0.000		
Fatty acids, total trans....g	0.777		0	NC	4		1.033		
Fatty acids, total trans-monoenoic....g	0.673		0	NC	4		0.895		
Fatty acids, total trans-polyenoic....g	0.104		0	NC	4		0.139		
Cholesterol....mg	45		1	A	1		60		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.080		0	A	1		0.106		
Threonine....g	0.500		0	A	1		0.665		
Isoleucine....g	0.560		0	A	1		0.745		

NDB No. 21251
BURGER KING, Cheeseburger

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Leucine.....g	1.090		0	A	1		1.450		
Lysine.....g	0.940		0	A	1		1.250		
Methionine.....g	0.300		0	A	1		0.399		
Cystine.....g	0.200		0	A	1		0.266		
Phenylalanine.....g	0.660		0	A	1		0.878		
Tyrosine.....g	0.430		0	A	1		0.572		
Valine.....g	0.650		0	A	1		0.864		
Arginine.....g	0.770		0	A	1		1.024		
Histidine.....g	0.370		0	A	1		0.492		
Alanine.....g	0.620		0	A	1		0.825		
Aspartic acid.....g	0.970		0	A	1		1.290		
Glutamic acid.....g	3.120		0	A	1		4.149		
Glycine.....g	0.890		0	A	1		1.184		
Proline.....g	1.170		0	A	1		1.556		
Serine.....g	0.600		0	A	1		0.798		
Hydroxyproline.....g	0.160		1	A	1		0.213		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 133g: 1 item

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2010)

NDB No. 21257

BURGER KING, Chicken WHOPPER Sandwich

Burger King Corporation

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	57.30		1	A	1		155.86		
Energy	kcal	216		0	NC	4		589		
Energy	kJ	906		0	NC	4		2463		
Protein (N x 6.25)	g	11.77		1	A	1		32.01		
Total lipid (fat)	g	10.52		1	A	1		28.61		
Ash	g	1.74		1	A	1		4.73		
Carbohydrate, by difference	g	18.67		0	NC	4		50.78		
Fiber, total dietary	g	1.5		1	A	1		4.0		
Sugars, total	g	3.39		1	A	1		9.22		
Sucrose	g	1.24		1	A	1		3.37		
Glucose (dextrose)	g	0.00		1	A	1		0.00		
Fructose	g	1.36		1	A	1		3.70		
Lactose	g	0.00		1	A	1		0.00		
Maltose	g	0.79		1	A	1		2.15		
Galactose	g	0.00		1	A	1		0.00		
Starch	g									
Minerals:										
Calcium, Ca	mg	33		1	A	1		91		
Iron, Fe	mg	5.50		1	A	1		14.96		
Magnesium, Mg	mg	21		1	A	1		57		
Phosphorus, P	mg	149		1	A	1		405		
Potassium, K	mg	183		1	A	1		498		
Sodium, Na	mg	433		1	A	1		1178		
Zinc, Zn	mg	1.20		1	A	1		3.26		
Copper, Cu	mg	0.014		1	A	1		0.038		
Manganese, Mn	mg	0.190		1	A	1		0.517		
Selenium, Se	mcg	27.6		1	A	1		75.1		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.2		1	A	1		0.5		
Thiamin	mg	0.307		1	A	1		0.835		
Riboflavin	mg	0.150		1	A	1		0.408		
Niacin	mg	4.500		1	A	1		12.240		
Pantothenic acid	mg	0.380		1	A	1		1.033		
Vitamin B-6	mg	0.157		1	A	1		0.427		
Folate, total	mcg	43		1	A	1		117		
Folic acid	mcg	25		1	A	1		68		
Folate, food	mcg	18		0	AS	1		49		
Folate, DFE	mcg_DFE	61		0	NC	4		165		
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg									
Vitamin A, RAE	mcg_RAE									
Retinol	mcg									
Carotene, beta	mcg									
Carotene, alpha	mcg									
Cryptoxanthin, beta	mcg									
Vitamin A, IU	IU									
Lycopene	mcg									
Lutein + zeaxanthin	mcg									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg									
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	22.7		1	A	1		61.7		

NDB No. 21257
BURGER KING, Chicken WHOPPER Sandwich

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Dihydrophylloquinone....mcg	1.6		1	A	1		4.4		
Menaquinone-4....mcg									
Lipids:									
Fatty acids, total saturated....g	2.198		0	NC	4		5.979		
4:0....g	0.000		1	A	1		0.000		
6:0....g	0.000		1	A	1		0.000		
8:0....g	0.000		1	A	1		0.000		
10:0....g	0.000		1	A	1		0.000		
12:0....g	0.000		1	A	1		0.000		
13:0....g	0.000		1	A	1		0.000		
14:0....g	0.000		1	A	1		0.000		
15:0....g	0.000		1	A	1		0.000		
16:0....g	1.604		1	A	1		4.363		
17:0....g	0.000		1	A	1		0.000		
18:0....g	0.594		1	A	1		1.616		
20:0....g	0.000		1	A	1		0.000		
22:0....g	0.000		1	A	1		0.000		
24:0....g	0.000		1	A	1		0.000		
Fatty acids, total monounsaturated....g	3.100		0	NC	4		8.431		
14:1....g	0.000		1	A	1		0.000		
15:1....g	0.000		1	A	1		0.000		
16:1 undifferentiated....g	0.190		1	A	1		0.518		
17:1....g	0.000		1	A	1		0.000		
18:1 undifferentiated....g	2.909		0	AS	1		7.914		
18:1 c....g	2.748		1	A	1		7.476		
18:1-11c (18:1c n-7)....g									
18:1 t....g	0.161		1	A	1		0.438		
18:1-11t (18:1t n-7)....g									
20:1....g	0.000		1	A	1		0.000		
22:1 undifferentiated....g	0.000		1	A	1		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	4.760		0	NC	4		12.948		
18:2 undifferentiated....g	4.237		1	A	1		11.525		
18:3 undifferentiated....g	0.523		0	AS	1		1.423		
18:3 n-3 c,c,c (ALA)....g	0.523		1	A	1		1.423		
18:3 n-6 c,c,c....g	0.000		1	A	1		0.000		
18:3i....g									
18:4....g									
20:2 n-6 c,c....g	0.000		1	A	1		0.000		
20:3 undifferentiated....g	0.000		1	A	1		0.000		
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.000		1	A	1		0.000		
20:4 n-3....g									
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000		1	A	1		0.000		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g	0.000		1	A	1		0.000		
Fatty acids, total trans....g	0.161		0	NC	4		0.438		
Fatty acids, total trans-monoenoic....g	0.161		0	NC	4		0.438		
Fatty acids, total trans-polyenoic....g									
Cholesterol....mg	31		1	A	1		84		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.100		0	A	1		0.272		
Threonine....g	0.410		0	A	1		1.115		
Isoleucine....g	0.500		0	A	1		1.360		
Leucine....g	0.910		0	A	1		2.475		
Lysine....g	0.860		0	A	1		2.339		
Methionine....g	0.250		0	A	1		0.680		
Cystine....g	0.130		0	A	1		0.353		

NDB No. 21257
BURGER KING, Chicken WHOPPER Sandwich

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Phenylalanine.....g	0.510		0	A	1		1.387		
Tyrosine.....g	0.290		0	A	1		0.789		
Valine.....g	0.540		0	A	1		1.469		
Arginine.....g	0.610		0	A	1		1.659		
Histidine.....g	0.370		0	A	1		1.006		
Alanine.....g	0.490		0	A	1		1.333		
Aspartic acid.....g	0.870		0	A	1		2.366		
Glutamic acid.....g	2.410		0	A	1		6.555		
Glycine.....g	0.530		0	A	1		1.441		
Proline.....g	0.760		0	A	1		2.067		
Serine.....g	0.450		0	A	1		1.224		
Hydroxyproline.....g	0.030		1	A	1		0.081		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 272g: 1 item

Calories Factors: Protein 4 **Fat** 9 **Carbohydrate** 4

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2010)

NDB No. 21254

BURGER KING, DOUBLE WHOPPER, no cheese

Burger King Corporation

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	55.29		1	A	1		206.78		
Energy	kcal	252		0	NC	4		941		
Energy	kJ	1053		0	NC	4		3938		
Protein (N x 6.25)	g	13.94		1	A	1		52.13		
Total lipid (fat)	g	15.66		1	A	1		58.57		
Ash	g	1.37		1	A	1		5.12		
Carbohydrate, by difference	g	13.74		0	NC	4		51.39		
Fiber, total dietary	g	1.4		1	A	1		5.1		
Sugars, total	g	3.52		1	A	1		13.18		
Sucrose	g	1.45		1	A	1		5.42		
Glucose (dextrose)	g	0.00		1	A	1		0.00		
Fructose	g	1.43		1	A	1		5.35		
Lactose	g	0.00		1	A	1		0.00		
Maltose	g	0.57		1	A	1		2.13		
Galactose	g	0.07		1	A	1		0.28		
Starch	g	10.30		1	A	1		38.52		
Minerals:										
Calcium, Ca	mg	35		1	A	1		129		
Iron, Fe	mg	2.80		1	A	1		10.47		
Magnesium, Mg	mg	18		1	A	1		67		
Phosphorus, P	mg	111		1	A	1		415		
Potassium, K	mg	192		1	A	1		718		
Sodium, Na	mg	289		1	A	1		1081		
Zinc, Zn	mg	3.00		1	A	1		11.22		
Copper, Cu	mg	0.120		1	A	1		0.448		
Manganese, Mn	mg	0.200		1	A	1		0.748		
Selenium, Se	mcg	20.1		1	A	1		75.2		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.2		1	A	1		0.6		
Thiamin	mg	0.193		1	A	1		0.722		
Riboflavin	mg	0.190		1	A	1		0.710		
Niacin	mg	3.230		1	A	1		12.080		
Pantothenic acid	mg	0.190		1	A	1		0.710		
Vitamin B-6	mg	0.114		1	A	1		0.426		
Folate, total	mcg	45		1	A	1		168		
Folic acid	mcg	22		1	A	1		82		
Folate, food	mcg	23		0	AS	1		86		
Folate, DFE	mcg_DFE	60		0	NC	4		226		
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg									
Vitamin A, RAE	mcg_RAE									
Retinol	mcg									
Carotene, beta	mcg									
Carotene, alpha	mcg									
Cryptoxanthin, beta	mcg									
Vitamin A, IU	IU									
Lycopene	mcg									
Lutein + zeaxanthin	mcg									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg									
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	14.1		1	A	1		52.7		

NDB No. 21254
BURGER KING, DOUBLE WHOPPER, no cheese

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Dihydrophylloquinone....mcg	0.0		1	A	1		0.0		
Menaquinone-4....mcg									
Lipids:									
Fatty acids, total saturated....g	5.773		0	NC	4		21.593		
4:0....g	0.005		1	A	1		0.019		
6:0....g	0.005		1	A	1		0.019		
8:0....g	0.013		1	A	1		0.048		
10:0....g	0.013		1	A	1		0.049		
12:0....g	0.061		1	A	1		0.230		
13:0....g									
14:0....g	0.372		1	A	1		1.390		
15:0....g	0.055		1	A	1		0.205		
16:0....g	3.249		1	A	1		12.149		
17:0....g	0.146		1	A	1		0.546		
18:0....g	1.795		1	A	1		6.714		
20:0....g	0.028		1	A	1		0.106		
22:0....g	0.020		1	A	1		0.073		
24:0....g	0.012		1	A	1		0.045		
Fatty acids, total monounsaturated....g	6.117		0	NC	4		22.879		
14:1....g	0.096		1	A	1		0.358		
15:1....g									
16:1 undifferentiated....g	0.461		0	AS	1		1.726		
16:1 c....g	0.430		1	A	1		1.609		
16:1 t....g	0.031		1	A	1		0.116		
17:1....g	0.095		1	A	1		0.356		
18:1 undifferentiated....g	5.442		0	AS	1		20.355		
18:1 c....g	5.128		1	A	1		19.178		
18:1-11c (18:1c n-7)....g									
18:1 t....g	0.315		1	A	1		1.177		
18:1-11t (18:1t n-7)....g									
20:1....g	0.023		1	A	1		0.084		
22:1 undifferentiated....g	0.000		1	A	1		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	3.016		0	NC	4		11.281		
18:2 undifferentiated....g	2.662		0	AS	1		9.956		
18:2 n-6 c,c....g	2.606		1	A	1		9.745		
18:2 CLAs....g									
18:2 c,t....g									
18:2 t,c....g									
18:2 t,t....g									
18:2 i....g	0.057		1	A	1		0.212		
18:2 t not further defined....g									
18:3 undifferentiated....g	0.315		0	AS	1		1.176		
18:3 n-3 c,c,c (ALA)....g	0.315		1	A	1		1.176		
18:3 n-6 c,c,c....g									
18:3i....g									
18:4....g	0.000		1	A	1		0.000		
20:2 n-6 c,c....g	0.006		1	A	1		0.021		
20:3 undifferentiated....g	0.009		1	A	1		0.033		
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.025		1	A	1		0.095		
20:4 n-3....g									
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000		1	A	1		0.000		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		1	A	1		0.000		
22:6 n-3 (DHA)....g	0.000		1	A	1		0.000		
Fatty acids, total trans....g	0.402		0	NC	4		1.505		
Fatty acids, total trans-monoenoic....g	0.346		0	NC	4		1.293		
Fatty acids, total trans-polyenoic....g	0.057		0	NC	4		0.212		
Cholesterol....mg	46		1	A	1		172		

NDB No. 21254
BURGER KING, DOUBLE WHOPPER, no cheese

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.100		0	A	1		0.374		
Threonine....g	0.410		0	A	1		1.533		
Isoleucine....g	0.550		0	A	1		2.057		
Leucine....g	0.980		0	A	1		3.665		
Lysine....g	0.950		0	A	1		3.553		
Methionine....g	0.270		0	A	1		1.010		
Cystine....g	0.120		0	A	1		0.448		
Phenylalanine....g	0.560		0	A	1		2.094		
Tyrosine....g	0.340		0	A	1		1.272		
Valine....g	0.630		0	A	1		2.356		
Arginine....g	0.770		0	A	1		2.879		
Histidine....g	0.360		0	A	1		1.346		
Alanine....g	0.660		0	A	1		2.468		
Aspartic acid....g	0.970		0	A	1		3.628		
Glutamic acid....g	2.450		0	A	1		9.163		
Glycine....g	0.980		0	A	1		3.665		
Proline....g	0.970		0	A	1		3.628		
Serine....g	0.330		0	A	1		1.234		
Hydroxyproline....g	0.190		1	A	1		0.710		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 374g: 1 item

Calories Factors: Protein 4 **Fat** 9 **Carbohydrate** 4

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2010)

NDB No. 21255

BURGER KING, DOUBLE WHOPPER, with cheese

Burger King Corporation

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	53.28		1	A	1		212.59		
Energy	kcal	266		0	NC	4		1059		
Energy	kJ	1111		0	NC	4		4432		
Protein (N x 6.25)	g	14.47		1	A	1		57.74		
Total lipid (fat)	g	17.06		1	A	1		68.07		
Ash	g	1.67		1	A	1		6.66		
Carbohydrate, by difference	g	13.52		0	NC	4		53.95		
Fiber, total dietary	g	1.6		1	A	1		6.3		
Sugars, total	g	3.61		1	A	1		14.42		
Sucrose	g	1.21		1	A	1		4.83		
Glucose (dextrose)	g	0.00		1	A	1		0.00		
Fructose	g	1.27		1	A	1		5.07		
Lactose	g	0.07		1	A	1		0.30		
Maltose	g	0.55		1	A	1		2.19		
Galactose	g	0.51		1	A	1		2.03		
Starch	g	10.10		1	A	1		40.30		
Minerals:										
Calcium, Ca	mg	78		1	A	1		310		
Iron, Fe	mg	5.30		1	A	1		21.15		
Magnesium, Mg	mg	19		1	A	1		77		
Phosphorus, P	mg	128		1	A	1		511		
Potassium, K	mg	189		1	A	1		754		
Sodium, Na	mg	387		1	A	1		1544		
Zinc, Zn	mg	3.50		1	A	1		13.97		
Copper, Cu	mg	0.078		1	A	1		0.311		
Manganese, Mn	mg	0.140		1	A	1		0.559		
Selenium, Se	mcg	17.0		1	A	1		67.8		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.2		1	A	1		0.7		
Thiamin	mg	0.267		1	A	1		1.065		
Riboflavin	mg	0.210		1	A	1		0.838		
Niacin	mg	3.000		1	A	1		11.970		
Pantothenic acid	mg	0.200		1	A	1		0.798		
Vitamin B-6	mg	0.112		1	A	1		0.447		
Folate, total	mcg	27		1	A	1		108		
Folic acid	mcg	22		1	A	1		88		
Folate, food	mcg	5		0	AS	1		20		
Folate, DFE	mcg_DFE	42		0	NC	4		169		
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg									
Vitamin A, RAE	mcg_RAE									
Retinol	mcg									
Carotene, beta	mcg									
Carotene, alpha	mcg									
Cryptoxanthin, beta	mcg									
Vitamin A, IU	IU									
Lycopene	mcg									
Lutein + zeaxanthin	mcg									
Vitamin E (alpha-tocopherol)	mg	0.06		1	A	1		0.24		
Tocopherol, beta	mg	0.83		1	A	1		3.31		
Tocopherol, gamma	mg	0.21		1	A	1		0.84		
Tocopherol, delta	mg	0.25		1	A	1		1.00		
Vitamin D (D2 + D3)	mcg									
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	11.5		1	A	1		45.9		

NDB No. 21255
BURGER KING, DOUBLE WHOPPER, with cheese

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Dihydrophylloquinone....mcg	0.3		1	A	1		1.2		
Menaquinone-4....mcg									
Lipids:									
Fatty acids, total saturated....g	6.998		0	NC	4		27.920		
4:0....g	0.060		1	A	1		0.238		
6:0....g	0.092		1	A	1		0.368		
8:0....g	0.000		1	A	1		0.000		
10:0....g	0.095		1	A	1		0.380		
12:0....g	0.096		1	A	1		0.384		
13:0....g	0.000		1	A	1		0.000		
14:0....g	0.614		1	A	1		2.450		
15:0....g	0.081		1	A	1		0.323		
16:0....g	3.820		1	A	1		15.243		
17:0....g	0.163		1	A	1		0.650		
18:0....g	1.976		1	A	1		7.885		
20:0....g	0.000		1	A	1		0.000		
22:0....g	0.000		1	A	1		0.000		
24:0....g	0.000		1	A	1		0.000		
Fatty acids, total monounsaturated....g	6.298		0	NC	4		25.127		
14:1....g	0.145		1	A	1		0.580		
15:1....g	0.000		1	A	1		0.000		
16:1 undifferentiated....g	0.487		1	A	1		1.945		
17:1....g	0.114		1	A	1		0.455		
18:1 undifferentiated....g	5.551		0	AS	1		22.148		
18:1 c....g	4.931		1	A	1		19.673		
18:1-11c (18:1c n-7)....g									
18:1 t....g	0.620		1	A	1		2.475		
18:1-11t (18:1t n-7)....g									
20:1....g	0.000		1	A	1		0.000		
22:1 undifferentiated....g	0.000		1	A	1		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	2.987		0	NC	4		11.916		
18:2 undifferentiated....g	2.595		1	A	1		10.354		
18:3 undifferentiated....g	0.392		0	AS	1		1.562		
18:3 n-3 c,c,c (ALA)....g	0.392		1	A	1		1.562		
18:3 n-6 c,c,c....g	0.000		1	A	1		0.000		
18:3i....g									
18:4....g									
20:2 n-6 c,c....g	0.000		1	A	1		0.000		
20:3 undifferentiated....g	0.000		1	A	1		0.000		
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.000		1	A	1		0.000		
20:4 n-3....g									
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000		1	A	1		0.000		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g	0.000		1	A	1		0.000		
Fatty acids, total trans....g	0.620		0	NC	4		2.475		
Fatty acids, total trans-monoenoic....g	0.620		0	NC	4		2.475		
Fatty acids, total trans-polyenoic....g									
Cholesterol....mg	47		1	A	1		188		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.100		0	A	1		0.399		
Threonine....g	0.400		0	A	1		1.596		
Isoleucine....g	0.590		0	A	1		2.354		
Leucine....g	1.060		0	A	1		4.229		
Lysine....g	1.010		0	A	1		4.030		
Methionine....g	0.290		0	A	1		1.157		
Cystine....g	0.110		0	A	1		0.439		

NDB No. 21255
BURGER KING, DOUBLE WHOPPER, with cheese

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Phenylalanine.....g	0.610		0	A	1		2.434		
Tyrosine.....g	0.380		0	A	1		1.516		
Valine.....g	0.690		0	A	1		2.753		
Arginine.....g	0.760		0	A	1		3.032		
Histidine.....g	0.370		0	A	1		1.476		
Alanine.....g	0.640		0	A	1		2.553		
Aspartic acid.....g	0.980		0	A	1		3.910		
Glutamic acid.....g	2.550		0	A	1		10.174		
Glycine.....g	0.940		0	A	1		3.750		
Proline.....g	1.230		0	A	1		4.908		
Serine.....g	0.340		0	A	1		1.357		
Hydroxyproline.....g	0.200		1	A	1		0.798		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 399g: 1 item

Calories Factors: Protein 4 **Fat** 9 **Carbohydrate** 4

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2010)

NDB No. 21249
BURGER KING, French Fries
Burger King Corporation

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	36.66	0.672	4	A	1		27.13	42.90	58.66
Energy....kcal	331		0	NC	4		245	387	529
Energy....kJ	1385		0	NC	4		1025	1620	2215
Protein (N x 6.25)....g	3.50	0.082	4	A	1		2.59	4.09	5.60
Total lipid (fat)....g	17.40	0.392	4	A	1		12.88	20.36	27.84
Ash....g	2.36	0.072	4	A	1		1.75	2.76	3.78
Carbohydrate, by difference....g	40.08		0	NC	4		29.66	46.89	64.12
Fiber, total dietary....g	2.9	0.108	4	A	1		2.2	3.4	4.7
Sugars, total....g	0.69	0.046	4	A	1		0.51	0.81	1.11
Sucrose....g	0.17	0.054	4	A	1		0.12	0.20	0.27
Glucose (dextrose)....g	0.32	0.019	4	A	1		0.24	0.37	0.51
Fructose....g	0.00	0.000	4	A	1		0.00	0.00	0.00
Lactose....g	0.00	0.000	4	A	1		0.00	0.00	0.00
Maltose....g	0.00	0.000	4	A	1		0.00	0.00	0.00
Galactose....g	0.20	0.017	4	A	1		0.15	0.24	0.33
Starch....g	38.10	0.438	4	A	1		28.19	44.58	60.96
Minerals:									
Calcium, Ca....mg	9	1.490	4	A	1		7	11	14
Iron, Fe....mg	1.29	0.319	4	A	1		0.95	1.50	2.06
Magnesium, Mg....mg	30	1.484	4	A	1		22	35	48
Phosphorus, P....mg	143	8.010	4	A	1		106	167	229
Potassium, K....mg	473	12.480	4	A	1		350	553	756
Sodium, Na....mg	455	25.214	4	A	1		337	533	728
Zinc, Zn....mg	1.10	0.194	4	A	1		0.81	1.28	1.76
Copper, Cu....mg	0.145	0.027	4	A	1		0.107	0.170	0.232
Manganese, Mn....mg	0.242	0.011	4	A	1		0.179	0.284	0.388
Selenium, Se....mcg	1.2	0.162	4	A	1		0.9	1.4	1.9
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.7	0.000	4	A	1		0.6	0.9	1.2
Thiamin....mg	0.173	0.010	4	A	1		0.128	0.203	0.277
Riboflavin....mg	0.030	0.000	4	A	1		0.022	0.035	0.048
Niacin....mg	2.342	0.266	4	A	1		1.733	2.741	3.748
Pantothenic acid....mg	0.390	0.011	4	A	1		0.289	0.456	0.624
Vitamin B-6....mg	0.175	0.013	4	A	1		0.130	0.205	0.281
Folate, total....mcg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg									
Vitamin A, RAE....mcg_RAE									
Vitamin A, IU....IU									
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg	0.76		1	A	1		0.56	0.89	1.22
Tocopherol, beta....mg	0.04		1	A	1		0.03	0.05	0.06
Tocopherol, gamma....mg	4.00		1	A	1		2.96	4.68	6.40
Tocopherol, delta....mg	2.61		1	A	1		1.93	3.05	4.18
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg	11.1	1.540	4	A	1		8.2	13.0	17.8
Dihydrophylloquinone....mcg	58.4	3.350	4	A	1		43.2	68.3	93.4
Menaquinone-4....mcg									
Amino Acids:									
Tryptophan....g	0.030		0	A	1		0.022	0.035	0.048
Threonine....g	0.120		0	A	1		0.089	0.140	0.191

NDB No. 21249
BURGER KING, French Fries

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Isoleucine....g	0.118		0	A	1		0.087	0.138	0.188
Leucine....g	0.185		0	A	1		0.137	0.216	0.296
Lysine....g	0.288		0	A	1		0.213	0.337	0.460
Methionine....g	0.065		0	A	1		0.048	0.076	0.104
Cystine....g	0.012		0	A	1		0.009	0.014	0.020
Phenylalanine....g	0.158		0	A	1		0.117	0.185	0.253
Tyrosine....g	0.105		0	A	1		0.077	0.122	0.167
Valine....g	0.178		0	A	1		0.131	0.208	0.284
Arginine....g	0.197		0	A	1		0.146	0.231	0.315
Histidine....g	0.070		0	A	1		0.052	0.082	0.113
Alanine....g	0.112		0	A	1		0.083	0.131	0.180
Aspartic acid....g	0.734		0	A	1		0.543	0.859	1.175
Glutamic acid....g	0.547		0	A	1		0.405	0.640	0.875
Glycine....g	0.103		0	A	1		0.076	0.120	0.164
Proline....g	0.145		0	A	1		0.107	0.169	0.231
Serine....g	0.119		0	A	1		0.088	0.139	0.191
Hydroxyproline....g	0.000	0.000	4	A	1		0.000	0.000	0.000

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 74g: 1 small serving

Measure 2 = 117g: 1 medium serving

Measure 3 = 160g: 1 large serving

Calories Factors: Protein 4 **Fat** 9 **Carbohydrate** 4

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2010)

NDB No. 21386

BURGER KING, French Toast Sticks

Burger King Corporation

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	33.57	0.770	4	A	1		7.05	35.92	
Energy....kcal	349		0	NC	4		73	373	
Energy....kJ	1458		0	NC	4		306	1560	
Protein....g	6.00	0.185	4	A	1		1.26	6.42	
Total lipid (fat)....g	17.74	1.082	4	A	1		3.73	18.98	
Ash....g	1.47	0.123	4	A	1		0.31	1.57	
Carbohydrate, by difference....g	41.21		0	NC	4		8.66	44.10	
Fiber, total dietary....g	1.4	0.103	4	A	1		0.3	1.5	
Sugars, total....g	9.89	0.434	4	A	1		2.08	10.59	
Sucrose....g	7.14	0.392	4	A	1		1.50	7.64	
Glucose (dextrose)....g	1.03	0.033	4	A	1		0.22	1.10	
Fructose....g	0.75	0.027	4	A	1		0.16	0.81	
Lactose....g	0.15	0.009	4	A	1		0.03	0.17	
Maltose....g	0.82	0.100	4	A	1		0.17	0.87	
Galactose....g	0.00	0.000	4	A	1		0.00	0.00	
Starch....g	26.60	0.816	4	A	1		5.59	28.46	
Minerals:									
Calcium, Ca....mg	53	3.762	4	A	1		11	56	
Iron, Fe....mg	1.92	0.101	4	A	1		0.40	2.06	
Magnesium, Mg....mg	19	1.007	4	A	1		4	20	
Phosphorus, P....mg	87	6.786	4	A	1		18	93	
Potassium, K....mg	111	3.136	4	A	1		23	119	
Sodium, Na....mg	428	25.660	4	A	1		90	457	
Zinc, Zn....mg	0.51	0.031	4	A	1		0.11	0.55	
Copper, Cu....mg	0.085	0.004	4	A	1		0.018	0.091	
Manganese, Mn....mg	0.390	0.023	4	A	1		0.082	0.417	
Selenium, Se....mcg	12.2	0.735	4	A	1		2.6	13.0	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0	0.000	4	A	1		0.0	0.0	
Thiamin....mg	0.284	0.009	4	A	1		0.060	0.304	
Riboflavin....mg	0.175	0.010	4	A	1		0.037	0.187	
Niacin....mg	2.575	0.112	4	A	1		0.541	2.755	
Pantothenic acid....mg	0.336	0.012	4	A	1		0.071	0.360	
Vitamin B-6....mg	0.053	0.005	4	A	1		0.011	0.056	
Folate, total....mcg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.00	0.000	4	A	1		0.00	0.00	
Vitamin A, RAE....mcg_RAE									
Vitamin A, IU....IU									
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg	0.88	0.055	4	A	1		0.18	0.94	
Tocopherol, beta....mg	0.07	0.005	4	A	1		0.01	0.07	
Tocopherol, gamma....mg	5.29	0.635	4	A	1		1.11	5.67	
Tocopherol, delta....mg	3.50	0.260	4	A	1		0.73	3.74	
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg	14.5	0.338	4	A	1		3.1	15.6	
Dihydrophylloquinone....mcg	27.7	1.851	4	A	1		5.8	29.7	
Menaquinone-4....mcg									
Lipids:									
Fatty acids, total saturated....g	3.989		0	NC	4		0.838	4.268	
4:0....g									

NDB No. 21386
BURGER KING, French Toast Sticks

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g									
8:0....g	0.000	0.000	4	A	1		0.000	0.000	
10:0....g	0.000	0.000	4	A	1		0.000	0.000	
12:0....g	0.000	0.000	4	A	1		0.000	0.000	
13:0....g									
14:0....g	0.007	0.007	4	A	1		0.001	0.007	
15:0....g	0.000	0.000	4	A	1		0.000	0.000	
16:0....g	1.961	0.122	4	A	1		0.412	2.098	
17:0....g	0.012	0.007	4	A	1		0.003	0.013	
18:0....g	1.892	0.129	4	A	1		0.397	2.025	
20:0....g	0.058	0.004	4	A	1		0.012	0.062	
22:0....g	0.059	0.005	4	A	1		0.012	0.063	
24:0....g									
Fatty acids, total monounsaturated....g	9.502		0	NC	4		1.995	10.168	
14:1....g	0.000	0.000	4	A	1		0.000	0.000	
15:1....g	0.000	0.000	4	A	1		0.000	0.000	
16:1 undifferentiated....g	0.031	0.002	4	A	1		0.006	0.033	
17:1....g	0.000	0.000	4	A	1		0.000	0.000	
18:1 undifferentiated....g	9.406	0.806	4	A	1		1.975	10.065	
20:1....g	0.065	0.008	4	A	1		0.014	0.070	
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	2.566		0	NC	4		0.539	2.746	
18:2 undifferentiated....g	2.421	0.154	4	A	1		0.508	2.591	
18:3 undifferentiated....g	0.145		0	AS	1		0.030	0.155	
18:3 n-3 c,c,c (ALA)....g	0.145	0.029	4	A	1		0.030	0.155	
18:3 n-6 c,c,c....g	0.000	0.000	4	A	1		0.000	0.000	
18:3i....g									
18:4....g									
20:2 n-6 c,c....g	0.000	0.000	4	A	1		0.000	0.000	
20:3 undifferentiated....g	0.000	0.000	4	A	1		0.000	0.000	
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.000	0.000	4	A	1		0.000	0.000	
20:4 n-3....g									
20:4 n-6....g									
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g									
Cholesterol....mg	0	0.000	4	A	1		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.048		0	A	1		0.010	0.051	
Threonine....g	0.178		0	A	1		0.037	0.190	
Isoleucine....g	0.234		0	A	1		0.049	0.250	
Leucine....g	0.440		0	A	1		0.092	0.470	
Lysine....g	0.154		0	A	1		0.032	0.165	
Methionine....g	0.086		0	A	1		0.018	0.092	
Cystine....g	0.135		0	A	1		0.028	0.144	
Phenylalanine....g	0.296		0	A	1		0.062	0.317	
Tyrosine....g	0.185		0	A	1		0.039	0.198	
Valine....g	0.278		0	A	1		0.058	0.298	
Arginine....g	0.258		0	A	1		0.054	0.276	
Histidine....g	0.146		0	A	1		0.031	0.156	
Alanine....g	0.225		0	A	1		0.047	0.241	
Aspartic acid....g	0.324		0	A	1		0.068	0.347	
Glutamic acid....g	1.999		0	A	1		0.420	2.138	
Glycine....g	0.238		0	A	1		0.050	0.254	
Proline....g	0.621		0	A	1		0.130	0.665	
Serine....g	0.305		0	A	1		0.064	0.326	

NDB No. 21386
BURGER KING, French Toast Sticks

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 21g: 1 stick

Measure 2 = 107g: 1 serving 5 sticks

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2010)

NDB No. 21250
BURGER KING, Hamburger
Burger King Corporation

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	44.68	0.057	4	A	1		54.06		
Energy....kcal	275		0	NC	4		332		
Energy....kJ	1150		0	NC	4		1391		
Protein (N x 6.25)....g	14.18	0.289	4	A	1		17.16		
Total lipid (fat)....g	12.17	0.217	4	A	1		14.73		
Ash....g	1.85	0.031	4	A	1		2.24		
Carbohydrate, by difference....g	27.11		0	NC	4		32.80		
Fiber, total dietary....g	2.0	0.303	4	A	1		2.4		
Sugars, total....g	4.85	0.092	4	A	1		5.87		
Sucrose....g	1.89	0.053	4	A	1		2.29		
Glucose (dextrose)....g	0.00	0.000	4	A	1		0.00		
Fructose....g	2.05	0.069	4	A	1		2.49		
Lactose....g	0.00	0.000	4	A	1		0.00		
Maltose....g	0.78	0.089	4	A	1		0.95		
Galactose....g	0.11	0.039	4	A	1		0.14		
Starch....g	21.20	0.286	4	A	1		25.65		
Minerals:									
Calcium, Ca....mg	51	4.169	4	A	1		62		
Iron, Fe....mg	2.52	0.155	4	A	1		3.06		
Magnesium, Mg....mg	24	0.464	4	A	1		29		
Phosphorus, P....mg	119	1.181	4	A	1		144		
Potassium, K....mg	182	2.869	4	A	1		220		
Sodium, Na....mg	455	7.420	4	A	1		551		
Zinc, Zn....mg	2.15	0.155	4	A	1		2.60		
Copper, Cu....mg	0.093	0.007	4	A	1		0.113		
Manganese, Mn....mg	0.278	0.023	4	A	1		0.336		
Selenium, Se....mcg	24.9	2.244	4	A	1		30.2		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.2	0.000	4	A	1		0.2		
Thiamin....mg	0.334	0.027	4	A	1		0.404		
Riboflavin....mg	0.227	0.006	4	A	1		0.275		
Niacin....mg	3.947	0.146	4	A	1		4.776		
Pantothenic acid....mg	0.222	0.005	4	A	1		0.269		
Vitamin B-6....mg	0.101	0.005	4	A	1		0.122		
Folate, total....mcg	64	1.658	4	A	1		77		
Folic acid....mcg	37	2.955	4	A	1		44		
Folate, food....mcg	27		0	AS	1		32		
Folate, DFE....mcg_DFE	89		0	NC	4		108		
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg									
Vitamin A, RAE....mcg_RAE									
Retinol....mcg									
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU									
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg	0.04	0.003	3	A	1		0.05		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg	0.07	0.020	3	A	1		0.08		
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg	5.5	0.456	4	A	1		6.7		

NDB No. 21250
BURGER KING, Hamburger

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Dihydrophylloquinone....mcg	0.2	0.175	4	A	1		0.2		
Menaquinone-4....mcg									
Lipids:									
Fatty acids, total saturated....g	5.068		0	NC	4		6.132		
4:0....g	0.000	0.000	4	A	1		0.000		
6:0....g	0.000	0.000	4	A	1		0.000		
8:0....g	0.000	0.000	4	A	1		0.000		
10:0....g	0.000	0.000	4	A	1		0.000		
12:0....g	0.000	0.000	4	A	1		0.000		
13:0....g	0.000	0.000	4	A	1		0.000		
14:0....g	0.355	0.015	4	A	1		0.429		
15:0....g	0.058	0.001	4	A	1		0.070		
16:0....g	2.872	0.062	4	A	1		3.475		
17:0....g	0.140	0.007	4	A	1		0.169		
18:0....g	1.644	0.042	4	A	1		1.989		
20:0....g	0.000	0.000	4	A	1		0.000		
22:0....g	0.000	0.000	4	A	1		0.000		
24:0....g	0.000	0.000	4	A	1		0.000		
Fatty acids, total monounsaturated....g	5.317		0	NC	4		6.434		
14:1....g	0.092	0.012	4	A	1		0.111		
15:1....g	0.000	0.000	4	A	1		0.000		
16:1 undifferentiated....g	0.420	0.014	4	A	1		0.509		
17:1....g	0.104	0.003	4	A	1		0.126		
18:1 undifferentiated....g	4.701		0	AS	1		5.688		
18:1 c....g	4.159	0.093	4	A	1		5.033		
18:1-11c (18:1c n-7)....g									
18:1 t....g	0.542	0.030	4	A	1		0.656		
18:1-11t (18:1t n-7)....g									
20:1....g	0.000	0.000	4	A	1		0.000		
22:1 undifferentiated....g	0.000	0.000	4	A	1		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.246		0	NC	4		1.507		
18:2 undifferentiated....g	1.126	0.036	4	A	1		1.363		
18:3 undifferentiated....g	0.119		0	AS	1		0.144		
18:3 n-3 c,c,c (ALA)....g	0.119	0.008	4	A	1		0.144		
18:3 n-6 c,c,c....g	0.000	0.000	4	A	1		0.000		
18:3i....g									
18:4....g									
20:2 n-6 c,c....g	0.000	0.000	4	A	1		0.000		
20:3 undifferentiated....g	0.000	0.000	4	A	1		0.000		
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.000	0.000	4	A	1		0.000		
20:4 n-3....g									
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000	0.000	4	A	1		0.000		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g	0.000	0.000	4	A	1		0.000		
Fatty acids, total trans....g	0.542		0	NC	4		0.656		
Fatty acids, total trans-monoenoic....g	0.542		0	NC	4		0.656		
Fatty acids, total trans-polyenoic....g									
Cholesterol....mg	35	0.846	4	A	1		43		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.068		0	A	1		0.082		
Threonine....g	0.449		0	A	1		0.544		
Isoleucine....g	0.536		0	A	1		0.648		
Leucine....g	1.021		0	A	1		1.235		
Lysine....g	0.793		0	A	1		0.960		
Methionine....g	0.273		0	A	1		0.330		
Cystine....g	0.047		0	A	1		0.057		

NDB No. 21250
BURGER KING, Hamburger

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Phenylalanine.....g	0.624		0	A	1		0.755		
Tyrosine.....g	0.336		0	A	1		0.406		
Valine.....g	0.621		0	A	1		0.751		
Arginine.....g	0.750		0	A	1		0.908		
Histidine.....g	0.356		0	A	1		0.430		
Alanine.....g	0.703		0	A	1		0.851		
Aspartic acid.....g	0.940		0	A	1		1.138		
Glutamic acid.....g	3.049		0	A	1		3.690		
Glycine.....g	0.897		0	A	1		1.085		
Proline.....g	1.345		0	A	1		1.628		
Serine.....g	0.516		0	A	1		0.624		
Hydroxyproline.....g	0.175	0.046	4	A	1		0.212		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 121g: 1 item

Calories Factors: Protein 4 **Fat** 9 **Carbohydrate** 4

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2010)

NDB No. 21387

BURGER KING, Hash Brown Rounds

Burger King Corporation

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	36.12	1.703	4	A	1		27.81	46.24	2.10
Energy	kcal	369		0	NC	4		284	472	21
Energy	kJ	1543		0	NC	4		1188	1975	90
Protein	g	2.87	0.069	4	A	1		2.21	3.67	0.17
Total lipid (fat)	g	24.35	0.968	4	A	1		18.75	31.17	1.41
Ash	g	2.11	0.080	4	A	1		1.62	2.70	0.12
Carbohydrate, by difference	g	34.55		0	NC	4		26.60	44.22	2.00
Fiber, total dietary	g	2.9	0.155	4	A	1		2.3	3.8	0.2
Sugars, total	g	0.27	0.062	3	A	1		0.21	0.35	0.02
Sucrose	g	0.00	0.000	4	A	1		0.00	0.00	0.00
Glucose (dextrose)	g	0.00	0.000	3	A	1		0.00	0.00	0.00
Fructose	g	0.00	0.000	4	A	1		0.00	0.00	0.00
Lactose	g	0.00	0.000	4	A	1		0.00	0.00	0.00
Maltose	g	0.31	0.059	4	A	1		0.24	0.40	0.02
Galactose	g	0.00	0.000	4	A	1		0.00	0.00	0.00
Starch	g	24.44	1.011	4	A	1		18.82	31.28	1.42
Minerals:										
Calcium, Ca	mg	16	1.514	10	A	1		12	20	1
Iron, Fe	mg	0.69	0.023	10	A	1		0.53	0.89	0.04
Magnesium, Mg	mg	19	1.152	10	A	1		15	24	1
Phosphorus, P	mg	110	4.692	10	A	1		84	140	6
Potassium, K	mg	365	24.092	10	A	1		281	467	21
Sodium, Na	mg	511	12.476	10	A	1		394	654	30
Zinc, Zn	mg	0.32	0.025	10	A	1		0.25	0.41	0.02
Copper, Cu	mg	0.098	0.008	11	A	1		0.075	0.125	0.006
Manganese, Mn	mg	0.147	0.007	10	A	1		0.113	0.188	0.009
Selenium, Se	mcg	0.4	0.000	4	A	1		0.3	0.6	0.0
Vitamins:										
Vitamin C, total ascorbic acid	mg	1.6	0.770	4	A	1		1.2	2.1	0.1
Thiamin	mg	0.155	0.018	4	A	1		0.119	0.198	0.009
Riboflavin	mg	0.087	0.005	4	A	1		0.067	0.111	0.005
Niacin	mg	1.807	0.125	4	A	1		1.392	2.314	0.105
Pantothenic acid	mg	0.300	0.042	4	A	1		0.231	0.385	0.017
Vitamin B-6	mg	0.230	0.043	4	A	1		0.177	0.294	0.013
Folate, total	mcg									
Folate, DFE	mcg_DFE									
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	0.00	0.000	4	A	1		0.00	0.00	0.00
Vitamin A, RAE	mcg_RAE	0		0	AS	1		0	0	0
Vitamin A, IU	IU	0		0	AS	1		0	0	0
Lycopene	mcg	0	0.000	4	A	1		0	0	0
Lutein + zeaxanthin	mcg									
Vitamin E (alpha-tocopherol)	mg	1.11	0.104	4	A	1		0.86	1.42	0.06
Tocopherol, beta	mg	0.08	0.010	4	A	1		0.06	0.10	0.00
Tocopherol, gamma	mg	6.97	1.128	4	A	1		5.36	8.92	0.40
Tocopherol, delta	mg	4.12	0.364	4	A	1		3.18	5.28	0.24
Vitamin D (D2 + D3)	mcg									
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Dihydrophylloquinone	mcg									
Menaquinone-4	mcg									
Lipids:										
Fatty acids, total saturated	g									
Fatty acids, total monounsaturated	g									

NDB No. 21387
BURGER KING, Hash Brown Rounds

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		2	A	1		0	0	0
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.035		0	A	1		0.027	0.044	0.002
Threonine.....g	0.122		0	A	1		0.094	0.156	0.007
Isoleucine.....g	0.102		0	A	1		0.079	0.131	0.006
Leucine.....g	0.182		0	A	1		0.140	0.233	0.011
Lysine.....g	0.177		0	A	1		0.136	0.227	0.010
Methionine.....g	0.037		0	A	1		0.029	0.048	0.002
Cystine.....g	0.042		0	A	1		0.033	0.054	0.002
Phenylalanine.....g	0.127		0	A	1		0.098	0.163	0.007
Tyrosine.....g	0.093		0	A	1		0.071	0.119	0.005
Valine.....g	0.142		0	A	1		0.110	0.182	0.008
Arginine.....g	0.137		0	A	1		0.106	0.176	0.008
Histidine.....g	0.050		0	A	1		0.039	0.064	0.003
Alanine.....g	0.110		0	A	1		0.084	0.140	0.006
Aspartic acid.....g	0.515		0	A	1		0.396	0.659	0.030
Glutamic acid.....g	0.388		0	A	1		0.299	0.497	0.023
Glycine.....g	0.097		0	A	1		0.075	0.125	0.006
Proline.....g	0.107		0	A	1		0.083	0.137	0.006
Serine.....g	0.125		0	A	1		0.096	0.160	0.007
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 77g: 1 serving small

Measure 2 = 128g: 1 serving medium

Measure 3 = 5.8g: 1 each

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2010)

NDB No. 21259

BURGER KING, Original Chicken Sandwich

Burger King Corporation

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	45.52		1	A	1		92.86		
Energy	kcal	286		0	NC	4		584		
Energy	kJ	1198		0	NC	4		2443		
Protein (N x 6.25)	g	12.57		1	A	1		25.64		
Total lipid (fat)	g	15.40		1	A	1		31.42		
Ash	g	2.16		1	A	1		4.41		
Carbohydrate, by difference	g	24.35		0	NC	4		49.68		
Fiber, total dietary	g	2.4		1	A	1		5.0		
Sugars, total	g	2.71		1	A	1		5.53		
Sucrose	g	0.94		1	A	1		1.92		
Glucose (dextrose)	g	0.00		1	A	1		0.00		
Fructose	g	0.98		1	A	1		2.00		
Lactose	g	0.00		1	A	1		0.00		
Maltose	g	0.79		1	A	1		1.61		
Galactose	g	0.00		1	A	1		0.00		
Starch	g	20.60		1	A	1		42.02		
Minerals:										
Calcium, Ca	mg	40		1	A	1		81		
Iron, Fe	mg	2.10		1	A	1		4.28		
Magnesium, Mg	mg	24		1	A	1		48		
Phosphorus, P	mg	133		1	A	1		271		
Potassium, K	mg	185		1	A	1		377		
Sodium, Na	mg	590		1	A	1		1204		
Zinc, Zn	mg	1.40		1	A	1		2.86		
Copper, Cu	mg	0.014		1	A	1		0.029		
Manganese, Mn	mg	0.390		1	A	1		0.795		
Selenium, Se	mcg	23.4		1	A	1		47.7		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.2		1	A	1		0.3		
Thiamin	mg	0.281		1	A	1		0.573		
Riboflavin	mg	0.160		1	A	1		0.326		
Niacin	mg	4.710		1	A	1		9.608		
Pantothenic acid	mg	0.430		1	A	1		0.877		
Vitamin B-6	mg	0.154		1	A	1		0.314		
Folate, total	mcg	33		1	A	1		67		
Folic acid	mcg	21		1	A	1		43		
Folate, food	mcg	12		0	AS	1		24		
Folate, DFE	mcg_DFE	48		0	NC	4		97		
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg									
Vitamin A, RAE	mcg_RAE									
Retinol	mcg									
Carotene, beta	mcg									
Carotene, alpha	mcg									
Cryptoxanthin, beta	mcg									
Vitamin A, IU	IU									
Lycopene	mcg									
Lutein + zeaxanthin	mcg									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg									
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	23.7		1	A	1		48.3		

NDB No. 21259
BURGER KING, Original Chicken Sandwich

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Dihydrophylloquinone....mcg	7.7		1	A	1		15.7		
Menaquinone-4....mcg									
Lipids:									
Fatty acids, total saturated....g									
Fatty acids, total monounsaturated....g									
Fatty acids, total polyunsaturated....g									
Fatty acids, total trans....g									
Cholesterol....mg	31		1	A	1		64		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.150		0	A	1		0.306		
Threonine....g	0.380		0	A	1		0.775		
Isoleucine....g	0.570		0	A	1		1.163		
Leucine....g	0.970		0	A	1		1.979		
Lysine....g	0.840		0	A	1		1.713		
Methionine....g	0.280		0	A	1		0.571		
Cystine....g	0.220		0	A	1		0.449		
Phenylalanine....g	0.580		0	A	1		1.183		
Tyrosine....g	0.340		0	A	1		0.694		
Valine....g	0.630		0	A	1		1.285		
Arginine....g	0.710		0	A	1		1.448		
Histidine....g	0.380		0	A	1		0.775		
Alanine....g	0.540		0	A	1		1.102		
Aspartic acid....g	0.910		0	A	1		1.856		
Glutamic acid....g	2.830		0	A	1		5.773		
Glycine....g	0.660		0	A	1		1.346		
Proline....g	1.130		0	A	1		2.305		
Serine....g	0.370		0	A	1		0.755		
Hydroxyproline....g	0.080		1	A	1		0.163		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 204g: 1 item

Calories Factors: Protein 4 **Fat** 9 **Carbohydrate** 4

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2010)

NDB No. 21141
BURGER KING, Vanilla Shake
Burger King Corporation

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	68.13		1	A	1		17.03	203.03	270.48
Energy....kcal	168		0	NC	4		42	499	665
Energy....kJ	701		0	NC	4		175	2089	2783
Protein (N x 6.38)....g	3.19		1	A	1		0.80	9.50	12.65
Total lipid (fat)....g	8.74		1	A	1		2.18	26.04	34.70
Ash....g	0.91		1	A	1		0.23	2.71	3.61
Carbohydrate, by difference....g	19.03		0	NC	4		4.76	56.72	75.56
Fiber, total dietary....g	0.0		1	A	1		0.0	0.0	0.0
Sugars, total....g	11.67		1	A	1		2.92	34.78	46.33
Sucrose....g	7.28		1	A	1		1.82	21.69	28.90
Glucose (dextrose)....g	0.00		1	A	1		0.00	0.00	0.00
Fructose....g	0.00		1	A	1		0.00	0.00	0.00
Lactose....g	4.26		1	A	1		1.07	12.69	16.91
Maltose....g	0.00		1	A	1		0.00	0.00	0.00
Galactose....g	0.13		1	A	1		0.03	0.39	0.52
Starch....g	1.00		1	A	1		0.25	2.98	3.97
Minerals:									
Calcium, Ca....mg	104		1	A	1		26	310	413
Iron, Fe....mg	0.42		1	A	1		0.10	1.25	1.67
Magnesium, Mg....mg	12		1	A	1		3	36	48
Phosphorus, P....mg	97		1	A	1		24	289	385
Potassium, K....mg	153		1	A	1		38	456	607
Sodium, Na....mg	100		1	A	1		25	298	397
Zinc, Zn....mg	0.67		1	A	1		0.17	2.00	2.66
Copper, Cu....mg	0.190		1	A	1		0.047	0.566	0.754
Manganese, Mn....mg	0.061		1	A	1		0.015	0.182	0.243
Selenium, Se....mcg	3.2		1	A	1		0.8	9.5	12.7
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		1	A	1		0.0	0.0	0.0
Thiamin....mg	0.000		1	A	1		0.000	0.000	0.000
Riboflavin....mg	0.180		1	A	1		0.045	0.536	0.715
Niacin....mg	0.090		1	A	1		0.023	0.268	0.357
Pantothenic acid....mg	0.620		1	A	1		0.155	1.848	2.461
Vitamin B-6....mg	0.030		1	A	1		0.007	0.089	0.119
Folate, total....mcg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.36		1	A	1		0.09	1.07	1.43
Vitamin A, RAE....mcg_RAE									
Vitamin A, IU....IU									
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg	0.32		1	A	1		0.08	0.95	1.27
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Dihydrophylloquinone....mcg									
Menaquinone-4....mcg									
Lipids:									
Fatty acids, total saturated....g	5.335		0	NC	4		1.334	15.898	21.179
4:0....g	0.198		1	A	1		0.049	0.589	0.784

NDB No. 21141
BURGER KING, Vanilla Shake

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.152		1	A	1		0.038	0.454	0.604
8:0 g	0.093		1	A	1		0.023	0.276	0.368
10:0 g	0.227		1	A	1		0.057	0.677	0.902
12:0 g	0.249		1	A	1		0.062	0.741	0.987
13:0 g									
14:0 g	0.825		1	A	1		0.206	2.459	3.276
15:0 g	0.084		1	A	1		0.021	0.251	0.334
16:0 g	2.388		1	A	1		0.597	7.115	9.479
17:0 g	0.053		1	A	1		0.013	0.157	0.209
18:0 g	1.039		1	A	1		0.260	3.096	4.125
20:0 g	0.014		1	A	1		0.003	0.041	0.055
22:0 g	0.004		1	A	1		0.001	0.011	0.014
24:0 g	0.006		1	A	1		0.001	0.016	0.022
Fatty acids, total monounsaturated g	2.470		0	NC	4		0.617	7.359	9.804
14:1 g	0.068		1	A	1		0.017	0.201	0.268
15:1 g	0.000		1	A	1		0.000	0.000	0.000
16:1 undifferentiated g	0.172		0	AS	1		0.043	0.514	0.684
16:1 c g	0.143		1	A	1		0.036	0.425	0.566
16:1 t g	0.030		1	A	1		0.007	0.089	0.119
17:1 g	0.017		1	A	1		0.004	0.051	0.068
18:1 undifferentiated g	2.204		0	AS	1		0.551	6.568	8.749
18:1 c g	1.997		1	A	1		0.499	5.950	7.927
18:1-11c (18:1c n-7) g									
18:1 t g	0.207		1	A	1		0.052	0.617	0.823
18:1-11t (18:1t n-7) g									
20:1 g	0.009		1	A	1		0.002	0.026	0.034
22:1 undifferentiated g									
22:1 c g	0.000		1	A	1		0.000	0.000	0.000
22:1 t g	0.000		1	A	1		0.000	0.000	0.000
24:1 c g	0.000		1	A	1		0.000	0.000	0.000
Fatty acids, total polyunsaturated g	0.434		0	NC	4		0.109	1.294	1.723
18:2 undifferentiated g									
18:2 n-6 c,c g	0.255		1	A	1		0.064	0.760	1.013
18:2 CLAs g	0.047		1	A	1		0.012	0.141	0.188
18:2 c,t g									
18:2 t,c g									
18:2 t,t g									
18:2 i g									
18:2 t not further defined g	0.059		1	A	1		0.015	0.176	0.234
18:3 undifferentiated g									
18:3 n-3 c,c,c (ALA) g	0.034		1	A	1		0.009	0.102	0.136
18:3 n-6 c,c,c g	0.003		1	A	1		0.001	0.009	0.012
18:3i g									
18:4 g	0.004		1	A	1		0.001	0.012	0.015
20:2 n-6 c,c g	0.002		1	A	1		0.000	0.005	0.007
20:3 undifferentiated g									
20:3 n-3 g									
20:3 n-6 g	0.011		1	A	1		0.003	0.033	0.044
20:4 undifferentiated g	0.013		1	A	1		0.003	0.040	0.053
20:4 n-3 g									
20:4 n-6 g									
20:5 n-3 (EPA) g	0.000		1	A	1		0.000	0.000	0.000
21:5 g									
22:4 g									
22:5 n-3 (DPA) g	0.005		1	A	1		0.001	0.015	0.020
22:6 n-3 (DHA) g	0.000		1	A	1		0.000	0.000	0.000
Fatty acids, total trans g	0.296		0	NC	4		0.074	0.882	1.176
Fatty acids, total trans-monoenoic g	0.237		0	NC	4		0.059	0.707	0.941
Fatty acids, total trans-polyenoic g	0.059		0	NC	4		0.015	0.176	0.234
Cholesterol mg	31		1	A	1		8	92	122
Phytosterols mg									
Amino Acids:									
Tryptophan g									

NDB No. 21141
BURGER KING, Vanilla Shake

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Threonine....g									
Isoleucine....g									
Leucine....g									
Lysine....g									
Methionine....g									
Cystine....g									
Phenylalanine....g									
Tyrosine....g									
Valine....g									
Arginine....g									
Histidine....g									
Alanine....g									
Aspartic acid....g									
Glutamic acid....g									
Glycine....g									
Proline....g									
Serine....g									
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 25g: 1 fluid ounce

Measure 2 = 298g: 1 small 12 fl oz

Measure 3 = 397g: 1 medium 16 fl oz

Calories Factors: Protein 4 **Fat** 9 **Carbohydrate** 4

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2010)

NDB No. 21252
BURGER KING, WHOPPER, no cheese
Burger King Corporation

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	56.43	0.726	4	A	1		164.23		
Energy	kcal	233		0	NC	4		677		
Energy	kJ	974		0	NC	4		2834		
Protein	g	10.74	0.293	4	A	1		31.26		
Total lipid (fat)	g	12.84	0.041	4	A	1		37.36		
Ash	g	1.43	0.051	4	A	1		4.16		
Carbohydrate, by difference	g	18.55		0	NC	4		53.99		
Fiber, total dietary	g	1.8	0.249	4	A	1		5.4		
Sugars, total	g	4.22	0.126	4	A	1		12.28		
Sucrose	g	1.70	0.047	4	A	1		4.95		
Glucose (dextrose)	g	0.00	0.000	4	A	1		0.00		
Fructose	g	1.73	0.018	4	A	1		5.05		
Lactose	g	0.00	0.000	4	A	1		0.00		
Maltose	g	0.67	0.071	4	A	1		1.96		
Galactose	g	0.11	0.023	4	A	1		0.33		
Starch	g	13.53	0.644	3	A	1		39.38		
Minerals:										
Calcium, Ca	mg	39	4.875	3	A	1		115		
Iron, Fe	mg	4.37	0.726	3	A	1		12.71		
Magnesium, Mg	mg	18	0.636	3	A	1		52		
Phosphorus, P	mg	90	1.258	3	A	1		261		
Potassium, K	mg	169	1.202	3	A	1		493		
Sodium, Na	mg	313	9.207	3	A	1		910		
Zinc, Zn	mg	2.83	0.418	3	A	1		8.24		
Copper, Cu	mg	0.013	0.001	3	A	1		0.038		
Manganese, Mn	mg	0.180	0.015	3	A	1		0.524		
Selenium, Se	mcg	18.2	1.475	4	A	1		53.0		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.2	0.000	4	A	1		0.5		
Thiamin	mg	0.215	0.006	4	A	1		0.626		
Riboflavin	mg	0.175	0.006	4	A	1		0.509		
Niacin	mg	2.873	0.095	4	A	1		8.359		
Pantothenic acid	mg	0.173	0.003	4	A	1		0.502		
Vitamin B-6	mg	0.091	0.005	4	A	1		0.265		
Folate, total	mcg	47	3.568	4	A	1		136		
Folic acid	mcg	33	3.189	4	A	1		96		
Folate, food	mcg	14		0	AS	1		40		
Folate, DFE	mcg_DFE	70		0	NC	4		203		
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg									
Vitamin A, RAE	mcg_RAE									
Retinol	mcg									
Carotene, beta	mcg									
Carotene, alpha	mcg									
Cryptoxanthin, beta	mcg									
Vitamin A, IU	IU									
Lycopene	mcg									
Lutein + zeaxanthin	mcg									
Vitamin E (alpha-tocopherol)	mg	0.15		1	A	1		0.44		
Tocopherol, beta	mg	1.95		1	A	1		5.67		
Tocopherol, gamma	mg	0.45		1	A	1		1.31		
Tocopherol, delta	mg	0.39		1	A	1		1.13		
Vitamin D (D2 + D3)	mcg									
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	19.5	1.415	4	A	1		56.9		

NDB No. 21252
BURGER KING, WHOPPER, no cheese

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Dihydrophylloquinone....mcg	0.4		4	A	1		1.0		
Menaquinone-4....mcg									
Lipids:									
Fatty acids, total saturated....g	4.250		0	NC	4		12.369		
4:0....g	0.002	0.001	4	A	1		0.006		
6:0....g	0.002	0.001	4	A	1		0.006		
8:0....g	0.006	0.003	4	A	1		0.017		
10:0....g	0.006	0.003	4	A	1		0.017		
12:0....g	0.038	0.022	4	A	1		0.109		
13:0....g	0.000		2	A	1		0.000		
14:0....g	0.249	0.013	4	A	1		0.724		
15:0....g	0.040	0.003	4	A	1		0.115		
16:0....g	2.435	0.049	4	A	1		7.085		
17:0....g	0.102	0.005	4	A	1		0.298		
18:0....g	1.342	0.032	4	A	1		3.906		
20:0....g	0.013	0.007	4	A	1		0.036		
22:0....g	0.010	0.006	4	A	1		0.029		
24:0....g	0.007	0.004	4	A	1		0.021		
Fatty acids, total monounsaturated....g	4.685		0	NC	4		13.633		
14:1....g	0.072	0.005	4	A	1		0.211		
15:1....g	0.000		2	A	1		0.000		
16:1 undifferentiated....g	0.328		0	A	1		0.955		
16:1 c....g	0.303		2	A	1		0.883		
16:1 t....g	0.025		2	A	1		0.072		
17:1....g	0.069	0.003	4	A	1		0.201		
18:1 undifferentiated....g	4.203		0	A	1		12.230		
18:1 c....g	3.791	0.087	4	A	1		11.033		
18:1-11c (18:1c n-7)....g									
18:1 t....g	0.411	0.024	4	A	1		1.197		
18:1-11t (18:1t n-7)....g									
20:1....g	0.013	0.007	4	A	1		0.037		
22:1 undifferentiated....g	0.000	0.000	4	A	1		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	3.389		0	NC	4		9.862		
18:2 undifferentiated....g	0.071		0	A	1		0.207		
18:2 n-6 c,c....g	2.757		2	A	1		8.023		
18:2 CLAs....g									
18:2 c,t....g									
18:2 t,c....g									
18:2 t,t....g									
18:2 i....g	0.071		2	A	1		0.207		
18:2 t not further defined....g									
18:3 undifferentiated....g	0.275		0	AS	1		0.800		
18:3 n-3 c,c,c (ALA)....g	0.275	0.085	4	A	1		0.800		
18:3 n-6 c,c,c....g	0.000		2	A	1		0.000		
18:3i....g									
18:4....g	0.000		2	A	1		0.000		
20:2 n-6 c,c....g	0.002	0.001	4	A	1		0.007		
20:3 undifferentiated....g	0.003	0.002	4	A	1		0.010		
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.006	0.003	4	A	1		0.017		
20:4 n-3....g									
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000	0.000	4	A	1		0.000		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		2	A	1		0.000		
22:6 n-3 (DHA)....g	0.000	0.000	4	A	1		0.000		
Fatty acids, total trans....g	0.507		0	NC	4		1.476		
Fatty acids, total trans-monoenoic....g	0.436		0	NC	4		1.269		
Fatty acids, total trans-polyenoic....g	0.071		0	NC	4		0.207		
Cholesterol....mg	30	0.589	4	A	1		87		

NDB No. 21252
BURGER KING, WHOPPER, no cheese

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.070		0	A	1		0.205		
Threonine....g	0.374		0	A	1		1.087		
Isoleucine....g	0.345		0	A	1		1.005		
Leucine....g	0.762		0	A	1		2.217		
Lysine....g	0.593		0	A	1		1.725		
Methionine....g	0.208		0	A	1		0.605		
Cystine....g									
Phenylalanine....g	0.461		0	A	1		1.341		
Tyrosine....g	0.268		0	A	1		0.780		
Valine....g	0.416		0	A	1		1.209		
Arginine....g	0.574		0	A	1		1.671		
Histidine....g	0.253		0	A	1		0.736		
Alanine....g	0.511		0	A	1		1.486		
Aspartic acid....g	0.754		0	A	1		2.195		
Glutamic acid....g	2.311		0	A	1		6.726		
Glycine....g	0.760		0	A	1		2.212		
Proline....g	0.990		0	A	1		2.880		
Serine....g	0.461		0	A	1		1.342		
Hydroxyproline....g	0.175	0.012	4	A	1		0.509		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 291g: 1 item

Calories Factors: Protein 4 **Fat** 9 **Carbohydrate** 4

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2010)

NDB No. 21253
BURGER KING, WHOPPER, with cheese
Burger King Corporation

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	54.92		1	A	1		173.55		
Energy	kcal	250		0	NC	4		789		
Energy	kJ	1044		0	NC	4		3299		
Protein (N x 6.25)	g	11.19		1	A	1		35.36		
Total lipid (fat)	g	15.33		1	A	1		48.44		
Ash	g	1.86		1	A	1		5.88		
Carbohydrate, by difference	g	16.70		0	NC	4		52.77		
Fiber, total dietary	g	1.0		1	A	1		3.3		
Sugars, total	g	4.11		1	A	1		12.98		
Sucrose	g	1.61		1	A	1		5.09		
Glucose (dextrose)	g	0.00		1	A	1		0.00		
Fructose	g	1.66		1	A	1		5.25		
Lactose	g	0.07		1	A	1		0.24		
Maltose	g	0.69		1	A	1		2.18		
Galactose	g	0.07		1	A	1		0.24		
Starch	g									
Minerals:										
Calcium, Ca	mg	82		1	A	1		258		
Iron, Fe	mg	2.00		1	A	1		6.32		
Magnesium, Mg	mg	18		1	A	1		58		
Phosphorus, P	mg	113		1	A	1		357		
Potassium, K	mg	169		1	A	1		534		
Sodium, Na	mg	453		1	A	1		1431		
Zinc, Zn	mg	1.60		1	A	1		5.06		
Copper, Cu	mg	0.053		1	A	1		0.167		
Manganese, Mn	mg	0.180		1	A	1		0.569		
Selenium, Se	mcg	18.4		1	A	1		58.1		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.2		1	A	1		0.5		
Thiamin	mg	0.213		1	A	1		0.673		
Riboflavin	mg	0.200		1	A	1		0.632		
Niacin	mg	2.560		1	A	1		8.089		
Pantothenic acid	mg	0.180		1	A	1		0.569		
Vitamin B-6	mg	0.073		1	A	1		0.230		
Folate, total	mcg	51		1	A	1		161		
Folic acid	mcg	30		1	A	1		95		
Folate, food	mcg	21		0	AS	1		66		
Folate, DFE	mcg_DFE	72		0	NC	4		228		
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg									
Vitamin A, RAE	mcg_RAE									
Retinol	mcg									
Carotene, beta	mcg									
Carotene, alpha	mcg									
Cryptoxanthin, beta	mcg									
Vitamin A, IU	IU									
Lycopene	mcg									
Lutein + zeaxanthin	mcg									
Vitamin E (alpha-tocopherol)	mg	0.08		1	A	1		0.25		
Tocopherol, beta	mg	0.01		1	A	1		0.05		
Tocopherol, gamma	mg	3.56		1	A	1		11.25		
Tocopherol, delta	mg	0.37		1	A	1		1.17		
Vitamin D (D2 + D3)	mcg									
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	19.1		1	A	1		60.4		

NDB No. 21253
BURGER KING, WHOPPER, with cheese

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Dihydrophylloquinone....mcg	0.0		1	A	1		0.0		
Menaquinone-4....mcg									
Lipids:									
Fatty acids, total saturated....g	5.782		0	NC	4		18.272		
4:0....g	0.134		1	A	1		0.423		
6:0....g	0.055		1	A	1		0.174		
8:0....g	0.042		1	A	1		0.133		
10:0....g	0.100		1	A	1		0.316		
12:0....g	0.101		1	A	1		0.319		
13:0....g	0.000		1	A	1		0.000		
14:0....g	0.523		1	A	1		1.652		
15:0....g	0.073		1	A	1		0.230		
16:0....g	3.155		1	A	1		9.971		
17:0....g	0.117		1	A	1		0.370		
18:0....g	1.482		1	A	1		4.684		
20:0....g	0.000		1	A	1		0.000		
22:0....g	0.000		1	A	1		0.000		
24:0....g	0.000		1	A	1		0.000		
Fatty acids, total monounsaturated....g	5.058		0	NC	4		15.983		
14:1....g	0.131		1	A	1		0.413		
15:1....g	0.000		1	A	1		0.000		
16:1 undifferentiated....g	0.350		1	A	1		1.107		
17:1....g	0.073		1	A	1		0.231		
18:1 undifferentiated....g	4.504		0	AS	1		14.232		
18:1 c....g	4.078		1	A	1		12.888		
18:1-11c (18:1c n-7)....g									
18:1 t....g	0.425		1	A	1		1.344		
18:1-11t (18:1t n-7)....g									
20:1....g	0.000		1	A	1		0.000		
22:1 undifferentiated....g	0.000		1	A	1		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	3.784		0	NC	4		11.956		
18:2 undifferentiated....g	3.315		1	A	1		10.474		
18:3 undifferentiated....g	0.469		0	AS	1		1.482		
18:3 n-3 c,c,c (ALA)....g	0.469		1	A	1		1.482		
18:3 n-6 c,c,c....g	0.000		1	A	1		0.000		
18:3i....g									
18:4....g									
20:2 n-6 c,c....g	0.000		1	A	1		0.000		
20:3 undifferentiated....g	0.000		1	A	1		0.000		
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.000		1	A	1		0.000		
20:4 n-3....g									
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000		1	A	1		0.000		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g	0.000		1	A	1		0.000		
Fatty acids, total trans....g	0.425		0	NC	4		1.344		
Fatty acids, total trans-monoenoic....g	0.425		0	NC	4		1.344		
Fatty acids, total trans-polyenoic....g									
Cholesterol....mg	36		1	A	1		114		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.090		0	A	1		0.284		
Threonine....g	0.440		0	A	1		1.390		
Isoleucine....g	0.510		0	A	1		1.611		
Leucine....g	0.960		0	A	1		3.033		
Lysine....g	0.840		0	A	1		2.654		
Methionine....g	0.260		0	A	1		0.821		
Cystine....g	0.110		0	A	1		0.347		

NDB No. 21253
BURGER KING, WHOPPER, with cheese

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Phenylalanine.....g	0.560		0	A	1		1.770		
Tyrosine.....g	0.380		0	A	1		1.200		
Valine.....g	0.600		0	A	1		1.896		
Arginine.....g	0.690		0	A	1		2.180		
Histidine.....g	0.320		0	A	1		1.011		
Alanine.....g	0.590		0	A	1		1.864		
Aspartic acid.....g	0.920		0	A	1		2.907		
Glutamic acid.....g	2.500		0	A	1		7.900		
Glycine.....g	0.840		0	A	1		2.654		
Proline.....g	0.930		0	A	1		2.939		
Serine.....g	0.480		0	A	1		1.516		
Hydroxyproline.....g	0.150		1	A	1		0.474		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 316g: 1 item

Calories Factors: Protein 4 **Fat** 9 **Carbohydrate** 4

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2010)

NDB No. 21473

DIGIORNO Pizza, cheese topping, cheese stuffed crust, frozen, baked

Kraft Foods, Inc.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	41.78		2	A	1		68.52	287.46	
Energy ... kcal	279		0	NC	4		457	1916	
Energy ... kJ	1165		0	NC	4		1911	8017	
Protein ... g	13.48	0.199	3	A	1		22.11	92.74	
Total lipid (fat) ... g	11.68	0.480	3	A	1		19.16	80.38	
Ash ... g	3.19	0.088	3	A	1		5.24	21.97	
Carbohydrate, by difference ... g	29.86		0	NC	4		48.97	205.45	
Fiber, total dietary ... g	1.9		2	A	1		3.1	13.1	
Sugars, total ... g									
Sucrose ... g	0.00	0.000	3	A	1		0.00	0.00	
Glucose (dextrose) ... g	2.02	0.091	3	A	1		3.32	13.92	
Fructose ... g	2.25	0.018	3	A	1		3.68	15.46	
Lactose ... g	0.00	0.000	3	A	1		0.00	0.00	
Maltose ... g									
Galactose ... g									
Starch ... g	21.47	0.088	3	A	1		35.21	147.69	
Minerals:									
Calcium, Ca ... mg	235	6.754	3	A	1		385	1615	
Iron, Fe ... mg	2.35	0.019	3	A	1		3.85	16.15	
Magnesium, Mg ... mg	27	0.426	3	A	1		44	183	
Phosphorus, P ... mg	354	9.452	3	A	1		580	2435	
Potassium, K ... mg	185	9.768	3	A	1		303	1271	
Sodium, Na ... mg	806	19.139	3	A	1		1321	5543	
Zinc, Zn ... mg	1.67	0.035	3	A	1		2.73	11.47	
Copper, Cu ... mg	0.107	0.003	3	A	1		0.175	0.734	
Manganese, Mn ... mg	0.313	0.003	3	A	1		0.514	2.156	
Selenium, Se ... mcg	33.3	3.200	3	A	1		54.7	229.3	
Vitamins:									
Vitamin C, total ascorbic acid ... mg	0.5		1	A	1		0.8	3.4	
Thiamin ... mg	0.337	0.015	3	A	1		0.552	2.316	
Riboflavin ... mg	0.253	0.012	3	A	1		0.415	1.743	
Niacin ... mg	3.553	0.139	3	A	1		5.827	24.447	
Pantothenic acid ... mg	0.457	0.009	3	A	1		0.749	3.142	
Vitamin B-6 ... mg	0.103	0.003	3	A	1		0.169	0.711	
Folate, total ... mcg									
Folate, DFE ... mcg_DFE									
Choline, total ... mg									
Betaine ... mg									
Vitamin B-12 ... mcg	0.36	0.012	3	A	1		0.60	2.50	
Vitamin A, RAE ... mcg_RAE	80		0	AS	1		131	550	
Vitamin A, IU ... IU	266		0	AS	1		437	1832	
Lycopene ... mcg									
Lutein + zeaxanthin ... mcg									
Vitamin E (alpha-tocopherol) ... mg	0.93	0.090	3	A	1		1.52	6.38	
Tocopherol, beta ... mg	0.08	0.000	3	A	1		0.13	0.55	
Tocopherol, gamma ... mg	1.26	0.074	3	A	1		2.07	8.67	
Tocopherol, delta ... mg	0.37	0.015	3	A	1		0.60	2.52	
Vitamin D (D2 + D3) ... mcg									
Vitamin D2 (ergocalciferol) ... mcg									
Vitamin D3 (cholecalciferol) ... mcg									
Vitamin D ... IU									
Vitamin K (phylloquinone) ... mcg	8.4	0.780	3	A	1		13.7	57.7	
Dihydrophylloquinone ... mcg	0.0	0.000	3	A	1		0.0	0.0	
Menaquinone-4 ... mcg	3.2	0.159	3	A	1		5.2	21.9	
Lipids:									
Fatty acids, total saturated ... g	5.630		0	NC	4		9.233	38.732	
4:0 ... g	0.103	0.003	3	A	1		0.169	0.711	

NDB No. 21473
DIGIORNO Pizza, cheese topping, cheese stuffed crust, frozen, baked

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g	0.107	0.003	3	A	1		0.175	0.734	
8:0....g	0.073	0.003	3	A	1		0.120	0.505	
10:0....g	0.200	0.006	3	A	1		0.328	1.376	
12:0....g	0.250	0.006	3	A	1		0.410	1.720	
13:0....g									
14:0....g	0.860	0.023	3	A	1		1.410	5.917	
15:0....g	0.087	0.003	3	A	1		0.142	0.596	
16:0....g	2.753	0.084	3	A	1		4.515	18.943	
17:0....g	0.057	0.003	3	A	1		0.093	0.390	
18:0....g	1.100	0.046	3	A	1		1.804	7.568	
20:0....g	0.017	0.003	3	A	1		0.027	0.115	
22:0....g	0.010	0.000	3	A	1		0.016	0.069	
24:0....g	0.008	0.000	3	A	1		0.013	0.053	
Fatty acids, total monounsaturated....g	2.905		0	NC	4		4.764	19.984	
14:1....g	0.060	0.000	3	A	1		0.098	0.413	
15:1....g	0.000	0.000	3	A	1		0.000	0.000	
16:1 undifferentiated....g	0.163	0.009	3	AS	1		0.268	1.124	
16:1 c....g	0.140	0.006	3	A	1		0.230	0.963	
16:1 t....g	0.023	0.003	3	A	1		0.038	0.161	
17:1....g	0.002	0.002	3	A	1		0.003	0.014	
18:1 undifferentiated....g	2.657	0.111	3	AS	1		4.357	18.278	
18:1 c....g	2.453	0.104	3	A	1		4.023	16.879	
18:1-11c (18:1c n-7)....g									
18:1 t....g	0.203	0.009	3	A	1		0.333	1.399	
18:1-11t (18:1t n-7)....g									
20:1....g	0.020	0.000	3	A	1		0.033	0.138	
22:1 undifferentiated....g	0.002	0.000	3	AS	1		0.003	0.011	
22:1 c....g	0.002	0.000	3	A	1		0.003	0.011	
22:1 t....g	0.000	0.000	3	A	1		0.000	0.000	
24:1 c....g	0.001	0.000	3	A	1		0.002	0.007	
Fatty acids, total polyunsaturated....g	1.790		0	NC	4		2.936	12.317	
18:2 undifferentiated....g	1.577	0.044	3	AS	1		2.586	10.847	
18:2 n-6 c,c....g	1.473	0.042	3	A	1		2.416	10.137	
18:2 CLAs....g	0.043	0.003	3	A	1		0.071	0.298	
18:2 c,t....g									
18:2 t,c....g									
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.060	0.000	3	A	1		0.098	0.413	
18:3 undifferentiated....g	0.169	0.004	3	AS	1		0.277	1.163	
18:3 n-3 c,c,c (ALA)....g	0.167	0.003	3	A	1		0.273	1.147	
18:3 n-6 c,c,c....g	0.002	0.000	3	A	1		0.004	0.016	
18:3i....g									
18:4....g	0.001	0.000	3	A	1		0.002	0.007	
20:2 n-6 c,c....g	0.004	0.000	3	A	1		0.007	0.028	
20:3 undifferentiated....g	0.011	0.000	3	AS	1		0.018	0.076	
20:3 n-3....g	0.001	0.000	3	A	1		0.002	0.007	
20:3 n-6....g	0.010	0.000	3	A	1		0.016	0.069	
20:4 undifferentiated....g	0.010	0.000	3	A	1		0.016	0.069	
20:4 n-3....g									
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.003	0.000	3	A	1		0.005	0.021	
21:5....g									
22:4....g	0.007	0.001	3	A	1		0.012	0.050	
22:5 n-3 (DPA)....g	0.006	0.000	3	A	1		0.010	0.044	
22:6 n-3 (DHA)....g	0.001	0.000	3	A	1		0.002	0.007	
Fatty acids, total trans....g	0.287		0	NC	4		0.470	1.972	
Fatty acids, total trans-monoenoic....g	0.227		0	NC	4		0.372	1.559	
Fatty acids, total trans-polyenoic....g	0.060		0	NC	4		0.098	0.413	
Cholesterol....mg	28		1	A	1		45	190	
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same

NDB No. 21473
DIGIORNO Pizza, cheese topping, cheese stuffed crust, frozen, baked

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

food, or similar food.

Common Measures:
Measure 1 = 164g: 1 slice 1/4 of pie
Measure 2 = 688g: 1 pie 12" diameter

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2010)

NDB No. 21474

DIGIORNO Pizza, cheese topping, rising crust, frozen, baked

Kraft Foods, Inc.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	43.95	0.460	5	A	1		80.42	320.37	
Energy....kcal	256		0	NC	4		468	1864	
Energy....kJ	1070		0	NC	4		1958	7800	
Protein....g	12.80	0.135	5	A	1		23.42	93.31	
Total lipid (fat)....g	8.60	0.110	5	A	1		15.74	62.69	
Ash....g	2.87	0.035	5	A	1		5.26	20.94	
Carbohydrate, by difference....g	31.78		0	NC	4		58.16	231.69	
Fiber, total dietary....g	2.4		2	A	1		4.3	17.1	
Sugars, total....g	5.00		1	A	1		9.14	36.41	
Sucrose....g	0.00	0.000	5	A	1		0.00	0.00	
Glucose (dextrose)....g	1.70	0.147	5	A	1		3.12	12.41	
Fructose....g	2.36	0.041	5	A	1		4.32	17.19	
Lactose....g	0.00	0.000	5	A	1		0.00	0.00	
Maltose....g	0.70		1	A	1		1.28	5.10	
Galactose....g	0.20		1	A	1		0.37	1.46	
Starch....g	24.72	0.521	5	A	1		45.24	180.21	
Minerals:									
Calcium, Ca....mg	192	4.138	5	A	1		351	1400	
Iron, Fe....mg	0.77	0.020	5	A	1		1.41	5.60	
Magnesium, Mg....mg	27	0.319	5	A	1		49	194	
Phosphorus, P....mg	241	10.108	5	A	1		442	1760	
Potassium, K....mg	196	4.735	5	A	1		358	1427	
Sodium, Na....mg	696	4.375	5	A	1		1275	5077	
Zinc, Zn....mg	1.56	0.008	5	A	1		2.85	11.37	
Copper, Cu....mg	0.114	0.002	5	A	1		0.209	0.831	
Manganese, Mn....mg	0.366	0.004	5	A	1		0.670	2.668	
Selenium, Se....mcg	26.6	0.747	5	A	1		48.6	193.6	
Vitamins:									
Vitamin C, total ascorbic acid....mg	1.5		1	A	1		2.8	11.2	
Thiamin....mg	0.094	0.008	5	A	1		0.172	0.685	
Riboflavin....mg	0.096	0.002	5	A	1		0.176	0.700	
Niacin....mg	1.268	0.023	5	A	1		2.320	9.244	
Pantothenic acid....mg	0.420	0.021	3	A	1		0.769	3.062	
Vitamin B-6....mg	0.112	0.004	5	A	1		0.205	0.816	
Folate, total....mcg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.33	0.009	5	A	1		0.61	2.42	
Vitamin A, RAE....mcg_RAE	46		0	AS	1		85	337	
Vitamin A, IU....IU	154		0	AS	1		282	1123	
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg	0.89	0.021	5	A	1		1.64	6.52	
Tocopherol, beta....mg	0.11	0.004	5	A	1		0.21	0.83	
Tocopherol, gamma....mg	1.43	0.036	5	A	1		2.62	10.44	
Tocopherol, delta....mg	0.26	0.010	5	A	1		0.48	1.90	
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg	6.9	0.033	3	A	1		12.6	50.1	
Dihydrophylloquinone....mcg	0.0	0.000	3	A	1		0.0	0.0	
Menaquinone-4....mcg	1.4	0.109	3	A	1		2.6	10.3	
Lipids:									
Fatty acids, total saturated....g	3.514		0	NC	4		6.430	25.616	
4:0....g	0.058	0.002	5	A	1		0.106	0.423	

NDB No. 21474
DIGIORNO Pizza, cheese topping, rising crust, frozen, baked

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g	0.060	0.000	5	A	1		0.110	0.437	
8:0....g	0.040	0.000	5	A	1		0.073	0.292	
10:0....g	0.110	0.000	5	A	1		0.201	0.802	
12:0....g	0.138	0.002	5	A	1		0.253	1.006	
13:0....g									
14:0....g	0.486	0.007	5	A	1		0.889	3.543	
15:0....g	0.050	0.000	5	A	1		0.092	0.365	
16:0....g	1.686	0.015	5	A	1		3.085	12.291	
17:0....g	0.030	0.000	5	A	1		0.055	0.219	
18:0....g	0.826	0.014	5	A	1		1.512	6.022	
20:0....g	0.010	0.000	5	A	1		0.018	0.073	
22:0....g	0.010	0.000	5	A	1		0.018	0.073	
24:0....g	0.007	0.000	5	A	1		0.012	0.050	
Fatty acids, total monounsaturated....g	1.854		0	NC	4		3.392	13.514	
14:1....g	0.032	0.002	5	A	1		0.059	0.233	
15:1....g	0.000	0.000	5	A	1		0.000	0.000	
16:1 undifferentiated....g	0.088	0.002	5	AS	1		0.161	0.642	
16:1 c....g	0.078	0.002	5	A	1		0.143	0.569	
16:1 t....g	0.010	0.000	5	A	1		0.018	0.073	
17:1....g	0.000	0.000	5	A	1		0.000	0.001	
18:1 undifferentiated....g	1.716	0.010	5	AS	1		3.140	12.510	
18:1 c....g	1.594	0.009	5	A	1		2.917	11.620	
18:1-11c (18:1c n-7)....g									
18:1 t....g	0.122	0.004	5	A	1		0.223	0.889	
18:1-11t (18:1t n-7)....g									
20:1....g	0.014	0.002	5	A	1		0.026	0.102	
22:1 undifferentiated....g	0.001	0.000	5	AS	1		0.002	0.007	
22:1 c....g	0.001	0.000	5	A	1		0.002	0.007	
22:1 t....g	0.000	0.000	5	A	1		0.000	0.000	
24:1 c....g	0.003	0.002	5	A	1		0.005	0.019	
Fatty acids, total polyunsaturated....g	1.461		0	NC	4		2.674	10.652	
18:2 undifferentiated....g	1.292	0.016	5	AS	1		2.364	9.419	
18:2 n-6 c,c....g	1.224	0.017	5	A	1		2.240	8.923	
18:2 CLAs....g	0.028	0.002	5	A	1		0.051	0.204	
18:2 c,t....g									
18:2 t,c....g									
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.040	0.000	5	A	1		0.073	0.292	
18:3 undifferentiated....g	0.136	0.002	5	AS	1		0.249	0.991	
18:3 n-3 c,c,c (ALA)....g	0.134	0.002	5	A	1		0.245	0.977	
18:3 n-6 c,c,c....g	0.002	0.000	5	A	1		0.004	0.015	
18:3i....g									
18:4....g	0.001	0.000	5	A	1		0.001	0.006	
20:2 n-6 c,c....g	0.003	0.000	5	A	1		0.005	0.022	
20:3 undifferentiated....g	0.008	0.000	5	AS	1		0.014	0.055	
20:3 n-3....g	0.001	0.000	5	A	1		0.002	0.007	
20:3 n-6....g	0.007	0.000	5	A	1		0.012	0.048	
20:4 undifferentiated....g	0.008	0.000	5	A	1		0.015	0.060	
20:4 n-3....g									
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.002	0.000	5	A	1		0.004	0.015	
21:5....g									
22:4....g	0.007	0.001	5	A	1		0.012	0.048	
22:5 n-3 (DPA)....g	0.004	0.000	5	A	1		0.007	0.029	
22:6 n-3 (DHA)....g	0.000	0.000	5	A	1		0.000	0.000	
Fatty acids, total trans....g	0.172		0	NC	4		0.315	1.254	
Fatty acids, total trans-monoenoic....g	0.132		0	NC	4		0.242	0.962	
Fatty acids, total trans-polyenoic....g	0.040		0	NC	4		0.073	0.292	
Cholesterol....mg	15	0.769	3	A	1		28	111	
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same

NDB No. 21474
DIGIORNO Pizza, cheese topping, rising crust, frozen, baked

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

food, or similar food.

Common Measures:
Measure 1 = 183g: 1 slice 1/4 of pie
Measure 2 = 729g: 1 pie 12" diameter

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2010)

NDB No. 21475

DIGIORNO Pizza, cheese topping, thin crispy crust, frozen, baked

Kraft Foods, Inc.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	48.15	0.235	3	A	1		77.52	309.62	
Energy ... kcal	247		0	NC	4		397	1587	
Energy ... kJ	1033		0	NC	4		1663	6642	
Protein ... g	12.96	0.300	3	A	1		20.86	83.32	
Total lipid (fat) ... g	9.91	0.185	3	A	1		15.95	63.70	
Ash ... g	2.51	0.052	3	A	1		4.05	16.16	
Carbohydrate, by difference ... g	26.47		0	NC	4		42.62	170.20	
Fiber, total dietary ... g	3.0		2	A	1		4.8	19.3	
Sugars, total ... g									
Sucrose ... g	0.00	0.000	3	A	1		0.00	0.00	
Glucose (dextrose) ... g	1.16	0.091	3	A	1		1.87	7.48	
Fructose ... g	1.35	0.047	3	A	1		2.17	8.68	
Lactose ... g	0.00	0.000	3	A	1		0.00	0.00	
Maltose ... g									
Galactose ... g									
Starch ... g	20.00	0.404	3	A	1		32.20	128.60	
Minerals:									
Calcium, Ca ... mg	275	4.292	3	A	1		442	1765	
Iron, Fe ... mg	0.68	0.012	3	A	1		1.09	4.37	
Magnesium, Mg ... mg	27	0.265	3	A	1		43	174	
Phosphorus, P ... mg	236	2.871	3	A	1		381	1520	
Potassium, K ... mg	233	4.001	3	A	1		376	1501	
Sodium, Na ... mg	506	12.297	3	A	1		814	3251	
Zinc, Zn ... mg	1.80	0.015	3	A	1		2.89	11.55	
Copper, Cu ... mg	0.097	0.003	3	A	1		0.156	0.622	
Manganese, Mn ... mg	0.227	0.003	3	A	1		0.365	1.457	
Selenium, Se ... mcg	21.4	0.520	3	A	1		34.5	137.6	
Vitamins:									
Vitamin C, total ascorbic acid ... mg	0.1		1	A	1		0.2	0.8	
Thiamin ... mg	0.103	0.018	3	A	1		0.166	0.664	
Riboflavin ... mg	0.127	0.003	3	A	1		0.204	0.814	
Niacin ... mg	1.283	0.022	3	A	1		2.066	8.252	
Pantothenic acid ... mg	0.497	0.027	3	A	1		0.800	3.194	
Vitamin B-6 ... mg	0.130	0.000	3	A	1		0.209	0.836	
Folate, total ... mcg									
Folate, DFE ... mcg_DFE									
Choline, total ... mg									
Betaine ... mg									
Vitamin B-12 ... mcg	0.62	0.023	3	A	1		1.00	3.99	
Vitamin A, RAE ... mcg_RAE	64		0	AS	1		103	410	
Vitamin A, IU ... IU	212		0	AS	1		342	1366	
Lycopene ... mcg									
Lutein + zeaxanthin ... mcg									
Vitamin E (alpha-tocopherol) ... mg	0.74	0.103	3	A	1		1.20	4.78	
Tocopherol, beta ... mg	0.05	0.010	3	A	1		0.08	0.32	
Tocopherol, gamma ... mg	1.05	0.119	3	A	1		1.70	6.77	
Tocopherol, delta ... mg	0.30	0.018	3	A	1		0.49	1.95	
Vitamin D (D2 + D3) ... mcg									
Vitamin D2 (ergocalciferol) ... mcg									
Vitamin D3 (cholecalciferol) ... mcg									
Vitamin D ... IU									
Vitamin K (phylloquinone) ... mcg	4.2	0.259	3	A	1		6.7	26.9	
Dihydrophylloquinone ... mcg	2.8	0.150	3	A	1		4.5	18.0	
Menaquinone-4 ... mcg	1.9	0.060	3	A	1		3.1	12.4	
Lipids:									
Fatty acids, total saturated ... g	4.601		0	NC	4		7.408	29.584	
4:0 ... g	0.083	0.003	3	A	1		0.134	0.536	

NDB No. 21475
DIGIORNO Pizza, cheese topping, thin crispy crust, frozen, baked

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g	0.087	0.003	3	A	1		0.140	0.557	
8:0....g	0.060	0.000	3	A	1		0.097	0.386	
10:0....g	0.163	0.003	3	A	1		0.263	1.050	
12:0....g	0.197	0.007	3	A	1		0.317	1.265	
13:0....g									
14:0....g	0.690	0.025	3	A	1		1.111	4.437	
15:0....g	0.067	0.003	3	A	1		0.107	0.429	
16:0....g	2.193	0.074	3	A	1		3.531	14.103	
17:0....g	0.047	0.003	3	A	1		0.075	0.300	
18:0....g	0.983	0.023	3	A	1		1.583	6.323	
20:0....g	0.010	0.000	3	A	1		0.016	0.064	
22:0....g	0.010	0.000	3	A	1		0.016	0.064	
24:0....g	0.007	0.000	3	A	1		0.012	0.047	
Fatty acids, total monounsaturated....g	2.736		0	NC	4		4.404	17.590	
14:1....g	0.050	0.000	3	A	1		0.081	0.322	
15:1....g	0.000	0.000	3	A	1		0.000	0.000	
16:1 undifferentiated....g	0.133	0.003	3	AS	1		0.215	0.857	
16:1 c....g	0.113	0.003	3	A	1		0.182	0.729	
16:1 t....g	0.020	0.000	3	A	1		0.032	0.129	
17:1....g	0.001	0.000	3	A	1		0.001	0.004	
18:1 undifferentiated....g	2.530	0.058	3	AS	1		4.073	16.268	
18:1 c....g	2.120	0.053	3	A	1		3.413	13.632	
18:1-11c (18:1c n-7)....g									
18:1 t....g	0.410	0.012	3	A	1		0.660	2.636	
18:1-11t (18:1t n-7)....g									
20:1....g	0.020	0.000	3	A	1		0.032	0.129	
22:1 undifferentiated....g	0.001	0.000	3	AS	1		0.002	0.006	
22:1 c....g	0.001	0.000	3	A	1		0.002	0.006	
22:1 t....g	0.000	0.000	3	A	1		0.000	0.000	
24:1 c....g	0.001	0.000	3	A	1		0.001	0.004	
Fatty acids, total polyunsaturated....g	1.158		0	NC	4		1.865	7.448	
18:2 undifferentiated....g	1.010	0.038	3	AS	1		1.626	6.494	
18:2 n-6 c,c....g	0.917	0.039	3	A	1		1.476	5.894	
18:2 CLAs....g	0.037	0.003	3	A	1		0.059	0.236	
18:2 c,t....g									
18:2 t,c....g									
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.057	0.003	3	A	1		0.091	0.364	
18:3 undifferentiated....g	0.109	0.003	3	AS	1		0.175	0.699	
18:3 n-3 c,c,c (ALA)....g	0.107	0.003	3	A	1		0.172	0.686	
18:3 n-6 c,c,c....g	0.002	0.000	3	A	1		0.003	0.013	
18:3i....g									
18:4....g	0.001	0.000	3	A	1		0.002	0.009	
20:2 n-6 c,c....g	0.003	0.000	3	A	1		0.005	0.019	
20:3 undifferentiated....g	0.010	0.000	3	AS	1		0.016	0.062	
20:3 n-3....g	0.001	0.000	3	A	1		0.002	0.006	
20:3 n-6....g	0.009	0.000	3	A	1		0.014	0.056	
20:4 undifferentiated....g	0.010	0.000	3	A	1		0.016	0.064	
20:4 n-3....g									
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.003	0.000	3	A	1		0.005	0.019	
21:5....g									
22:4....g	0.006	0.000	3	A	1		0.009	0.036	
22:5 n-3 (DPA)....g	0.005	0.000	3	A	1		0.009	0.034	
22:6 n-3 (DHA)....g	0.001	0.000	3	A	1		0.001	0.004	
Fatty acids, total trans....g	0.487		0	NC	4		0.784	3.129	
Fatty acids, total trans-monoenoic....g	0.430		0	NC	4		0.692	2.765	
Fatty acids, total trans-polyenoic....g	0.057		0	NC	4		0.091	0.364	
Cholesterol....mg	21		2	A	1		34	137	
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same

NDB No. 21475
DIGIORNO Pizza, cheese topping, thin crispy crust, frozen, baked

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

food, or similar food.

Common Measures:
Measure 1 = 161g: 1 slice 1/4 of pie
Measure 2 = 643g: 1 pie 23 oz

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2010)

NDB No. 21476

DIGIORNO Pizza, pepperoni topping, cheese stuffed crust, frozen, baked

Kraft Foods, Inc.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	41.87	1.058	3	A	1		74.94	306.45	
Energy....kcal	279		0	NC	4		499	2042	
Energy....kJ	1167		0	NC	4		2089	8542	
Protein....g	13.92	0.110	3	A	1		24.91	101.87	
Total lipid (fat)....g	11.71	0.081	3	A	1		20.96	85.72	
Ash....g	3.04	0.049	3	A	1		5.45	22.28	
Carbohydrate, by difference....g	29.46		0	NC	4		52.74	215.68	
Fiber, total dietary....g	2.1		2	A	1		3.7	15.0	
Sugars, total....g									
Sucrose....g	0.00	0.000	3	A	1		0.00	0.00	
Glucose (dextrose)....g	1.78	0.116	3	A	1		3.18	13.01	
Fructose....g	2.13	0.027	3	A	1		3.81	15.57	
Lactose....g	0.00	0.000	3	A	1		0.00	0.00	
Maltose....g	1.31		2	A	1		2.34	9.55	
Galactose....g									
Starch....g	22.87	0.837	3	A	1		40.93	167.38	
Minerals:									
Calcium, Ca....mg	226	1.510	3	A	1		405	1654	
Iron, Fe....mg	2.30	0.081	3	A	1		4.11	16.81	
Magnesium, Mg....mg	26	0.536	3	A	1		47	193	
Phosphorus, P....mg	270	3.578	3	A	1		483	1973	
Potassium, K....mg	179	5.154	3	A	1		321	1312	
Sodium, Na....mg	753	13.329	3	A	1		1348	5511	
Zinc, Zn....mg	1.63	0.053	3	A	1		2.92	11.96	
Copper, Cu....mg	0.107	0.003	3	A	1		0.191	0.781	
Manganese, Mn....mg	0.333	0.023	3	A	1		0.597	2.440	
Selenium, Se....mcg	32.4	3.783	3	A	1		58.1	237.4	
Vitamins:									
Vitamin C, total ascorbic acid....mg	1.1		1	A	1		2.0	8.1	
Thiamin....mg	0.273	0.030	3	A	1		0.489	2.001	
Riboflavin....mg	0.247	0.007	3	A	1		0.442	1.806	
Niacin....mg	3.723	0.107	3	A	1		6.665	27.255	
Pantothenic acid....mg	0.490		1	A	1		0.877	3.587	
Vitamin B-6....mg	0.120	0.000	3	A	1		0.215	0.878	
Folate, total....mcg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.55	0.050	3	A	1		0.98	4.03	
Vitamin A, RAE....mcg_RAE	64		0	AS	1		114	465	
Vitamin A, IU....IU	212		0	AS	1		379	1551	
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg	0.72	0.175	3	A	1		1.29	5.29	
Tocopherol, beta....mg	0.06	0.018	3	A	1		0.11	0.46	
Tocopherol, gamma....mg	0.91	0.285	3	A	1		1.63	6.69	
Tocopherol, delta....mg	0.30	0.079	3	A	1		0.54	2.22	
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg	7.8		1	A	1		13.9	56.7	
Dihydrophylloquinone....mcg	0.0		1	A	1		0.0	0.0	
Menaquinone-4....mcg	2.8		1	A	1		4.9	20.1	
Lipids:									
Fatty acids, total saturated....g	5.007		0	NC	4		8.963	36.651	
4:0....g	0.073	0.003	3	A	1		0.131	0.537	

NDB No. 21476
DIGIORNO Pizza, pepperoni topping, cheese stuffed crust, frozen, baked

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g	0.073	0.003	3	A	1		0.131	0.537	
8:0....g	0.053	0.003	3	A	1		0.095	0.390	
10:0....g	0.143	0.003	3	A	1		0.257	1.049	
12:0....g	0.177	0.007	3	A	1		0.316	1.293	
13:0....g									
14:0....g	0.643	0.009	3	A	1		1.152	4.709	
15:0....g	0.060	0.000	3	A	1		0.107	0.439	
16:0....g	2.603	0.035	3	A	1		4.660	19.056	
17:0....g	0.050	0.000	3	A	1		0.090	0.366	
18:0....g	1.090	0.010	3	A	1		1.951	7.979	
20:0....g	0.020	0.000	3	A	1		0.036	0.146	
22:0....g	0.010	0.000	3	A	1		0.018	0.073	
24:0....g	0.007	0.000	3	A	1		0.013	0.051	
Fatty acids, total monounsaturated....g	3.289		0	NC	4		5.888	24.078	
14:1....g	0.050	0.000	3	A	1		0.090	0.366	
15:1....g	0.000	0.000	3	A	1		0.000	0.000	
16:1 undifferentiated....g	0.193	0.003	3	AS	1		0.346	1.415	
16:1 c....g	0.173	0.003	3	A	1		0.310	1.269	
16:1 t....g	0.020	0.000	3	A	1		0.036	0.146	
17:1....g	0.001	0.001	3	A	1		0.002	0.007	
18:1 undifferentiated....g	2.993	0.027	3	AS	1		5.358	21.911	
18:1 c....g	2.827	0.030	3	A	1		5.060	20.691	
18:1-11c (18:1c n-7)....g									
18:1 t....g	0.167	0.003	3	A	1		0.298	1.220	
18:1-11t (18:1t n-7)....g									
20:1....g	0.040	0.000	3	A	1		0.072	0.293	
22:1 undifferentiated....g	0.010	0.000	3	AS	1		0.018	0.073	
22:1 c....g	0.010	0.000	3	A	1		0.018	0.073	
22:1 t....g	0.000	0.000	3	A	1		0.000	0.000	
24:1 c....g	0.002	0.000	3	A	1		0.003	0.012	
Fatty acids, total polyunsaturated....g	2.001		0	NC	4		3.582	14.650	
18:2 undifferentiated....g	1.763	0.013	3	AS	1		3.156	12.908	
18:2 n-6 c,c....g	1.673	0.013	3	A	1		2.995	12.249	
18:2 CLAs....g	0.040	0.000	3	A	1		0.072	0.293	
18:2 c,t....g									
18:2 t,c....g									
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.050	0.000	3	A	1		0.090	0.366	
18:3 undifferentiated....g	0.183	0.000	3	AS	1		0.328	1.342	
18:3 n-3 c,c,c (ALA)....g	0.180	0.000	3	A	1		0.322	1.318	
18:3 n-6 c,c,c....g	0.003	0.000	3	A	1		0.006	0.024	
18:3i....g									
18:4....g	0.001	0.000	3	A	1		0.002	0.007	
20:2 n-6 c,c....g	0.010	0.000	3	A	1		0.018	0.073	
20:3 undifferentiated....g	0.013	0.000	3	AS	1		0.023	0.093	
20:3 n-3....g	0.003	0.000	3	A	1		0.005	0.020	
20:3 n-6....g	0.010	0.000	3	A	1		0.018	0.073	
20:4 undifferentiated....g	0.010	0.000	3	A	1		0.018	0.073	
20:4 n-3....g									
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.003	0.000	3	A	1		0.005	0.022	
21:5....g									
22:4....g	0.010	0.000	3	A	1		0.017	0.071	
22:5 n-3 (DPA)....g	0.006	0.000	3	A	1		0.011	0.044	
22:6 n-3 (DHA)....g	0.001	0.000	3	A	1		0.002	0.007	
Fatty acids, total trans....g	0.237		0	NC	4		0.424	1.732	
Fatty acids, total trans-monoenoic....g	0.187		0	NC	4		0.334	1.366	
Fatty acids, total trans-polyenoic....g	0.050		0	NC	4		0.090	0.366	
Cholesterol....mg	24		2	A	1		43	178	
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same

NDB No. 21476

DIGIORNO Pizza, pepperoni topping, cheese stuffed crust, frozen, baked

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

food, or similar food.

Common Measures:

Measure 1 = 179g: 1 slice 1/4 of pie

Measure 2 = 732g: 1 pie 12" diameter

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2010)

NDB No. 21477

DIGIORNO Pizza, pepperoni topping, rising crust, frozen, baked

Kraft Foods, Inc.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	43.32	0.244	5	A	1		89.66	328.77	
Energy ... kcal	265		0	NC	4		549	2014	
Energy ... kJ	1110		0	NC	4		2299	8428	
Protein ... g	12.46	0.081	5	A	1		25.80	94.59	
Total lipid (fat) ... g	10.11	0.196	5	A	1		20.92	76.70	
Ash ... g	2.97	0.031	5	A	1		6.14	22.51	
Carbohydrate, by difference ... g	31.15		0	NC	4		64.48	236.42	
Fiber, total dietary ... g	2.3		2	A	1		4.7	17.1	
Sugars, total ... g	5.10		0	NR	4		10.56	38.71	
Sucrose ... g	0.00	0.000	5	A	1		0.00	0.00	
Glucose (dextrose) ... g	1.97	0.048	5	A	1		4.09	14.98	
Fructose ... g	2.32	0.043	5	A	1		4.80	17.62	
Lactose ... g	0.00	0.000	5	A	1		0.00	0.00	
Maltose ... g	0.60		1	A	1		1.24	4.55	
Galactose ... g	0.20		1	A	1		0.41	1.52	
Starch ... g	24.24	0.250	5	A	1		50.18	183.98	
Minerals:									
Calcium, Ca ... mg	157	1.716	5	A	1		325	1193	
Iron, Fe ... mg	0.95	0.124	5	A	1		1.97	7.21	
Magnesium, Mg ... mg	27	0.086	5	A	1		55	202	
Phosphorus, P ... mg	225	4.120	5	A	1		465	1705	
Potassium, K ... mg	212	3.578	5	A	1		438	1607	
Sodium, Na ... mg	743	8.404	5	A	1		1537	5637	
Zinc, Zn ... mg	1.45	0.007	5	A	1		3.01	11.04	
Copper, Cu ... mg	0.120	0.003	5	A	1		0.248	0.911	
Manganese, Mn ... mg	0.392	0.005	5	A	1		0.811	2.975	
Selenium, Se ... mcg	26.8	0.922	5	A	1		55.6	203.7	
Vitamins:									
Vitamin C, total ascorbic acid ... mg	1.3		1	A	1		2.6	9.7	
Thiamin ... mg	0.132	0.008	5	A	1		0.273	1.002	
Riboflavin ... mg	0.083	0.005	4	A	1		0.171	0.626	
Niacin ... mg	1.564	0.030	5	A	1		3.237	11.871	
Pantothenic acid ... mg	0.450	0.000	3	A	1		0.932	3.416	
Vitamin B-6 ... mg	0.136	0.002	5	A	1		0.282	1.032	
Folate, total ... mcg									
Folate, DFE ... mcg_DFE									
Choline, total ... mg									
Betaine ... mg									
Vitamin B-12 ... mcg	0.42	0.019	5	A	1		0.87	3.19	
Vitamin A, RAE ... mcg_RAE	41		0	AS	1		85	311	
Vitamin A, IU ... IU	137		0	AS	1		283	1038	
Lycopene ... mcg									
Lutein + zeaxanthin ... mcg									
Vitamin E (alpha-tocopherol) ... mg	0.88	0.075	5	A	1		1.81	6.65	
Tocopherol, beta ... mg	0.10	0.005	5	A	1		0.22	0.79	
Tocopherol, gamma ... mg	1.31	0.053	5	A	1		2.72	9.97	
Tocopherol, delta ... mg	0.25	0.011	5	A	1		0.52	1.90	
Vitamin D (D2 + D3) ... mcg									
Vitamin D2 (ergocalciferol) ... mcg									
Vitamin D3 (cholecalciferol) ... mcg									
Vitamin D ... IU									
Vitamin K (phylloquinone) ... mcg	7.6	0.176	3	A	1		15.7	57.6	
Dihydrophylloquinone ... mcg	0.0	0.000	3	A	1		0.0	0.0	
Menaquinone-4 ... mcg	2.7	0.164	3	A	1		5.6	20.6	
Lipids:									
Fatty acids, total saturated ... g	3.761		0	NC	4		7.784	28.543	
4:0 ... g	0.040	0.000	5	A	1		0.083	0.304	

NDB No. 21477
DIGIORNO Pizza, pepperoni topping, rising crust, frozen, baked

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.040	0.000	5	A	1		0.083	0.304	
8:0 g	0.030	0.000	5	A	1		0.062	0.228	
10:0 g	0.084	0.002	5	A	1		0.174	0.638	
12:0 g	0.106	0.004	5	A	1		0.219	0.805	
13:0 g									
14:0 g	0.412	0.009	5	A	1		0.853	3.127	
15:0 g	0.040	0.000	5	A	1		0.083	0.304	
16:0 g	2.000	0.053	5	A	1		4.140	15.180	
17:0 g	0.032	0.002	5	A	1		0.066	0.243	
18:0 g	0.946	0.026	5	A	1		1.958	7.180	
20:0 g	0.012	0.002	5	A	1		0.025	0.091	
22:0 g	0.010	0.000	5	A	1		0.021	0.076	
24:0 g	0.006	0.000	5	A	1		0.013	0.049	
Fatty acids, total monounsaturated g	2.770		0	NC	4		5.734	21.024	
14:1 g	0.030	0.000	5	A	1		0.062	0.228	
15:1 g	0.000	0.000	5	A	1		0.000	0.000	
16:1 undifferentiated g	0.156	0.006	5	AS	1		0.323	1.184	
16:1 c g	0.146	0.006	5	A	1		0.302	1.108	
16:1 t g	0.010	0.000	5	A	1		0.021	0.076	
17:1 g	0.000	0.000	5	A	1		0.000	0.000	
18:1 undifferentiated g	2.536	0.090	5	AS	1		5.250	19.248	
18:1 c g	2.422	0.085	5	A	1		5.014	18.383	
18:1-11c (18:1c n-7) g									
18:1 t g	0.114	0.005	5	A	1		0.236	0.865	
18:1-11t (18:1t n-7) g									
20:1 g	0.036	0.002	5	A	1		0.075	0.273	
22:1 undifferentiated g	0.010	0.000	5	AS	1		0.021	0.076	
22:1 c g	0.010	0.000	5	A	1		0.021	0.076	
22:1 t g	0.000	0.000	5	A	1		0.000	0.000	
24:1 c g	0.002	0.000	5	A	1		0.004	0.015	
Fatty acids, total polyunsaturated g	1.775		0	NC	4		3.674	13.471	
18:2 undifferentiated g	1.576	0.033	5	AS	1		3.262	11.962	
18:2 n-6 c,c g	1.516	0.029	5	A	1		3.138	11.506	
18:2 CLAs g	0.026	0.002	5	A	1		0.054	0.197	
18:2 c,t g									
18:2 t,c g									
18:2 t,t g									
18:2 i g									
18:2 t not further defined g	0.034	0.002	5	A	1		0.070	0.258	
18:3 undifferentiated g	0.149	0.002	5	AS	1		0.308	1.131	
18:3 n-3 c,c,c (ALA) g	0.146	0.002	5	A	1		0.302	1.108	
18:3 n-6 c,c,c g	0.003	0.000	5	A	1		0.006	0.023	
18:3i g									
18:4 g	0.001	0.000	5	A	1		0.002	0.008	
20:2 n-6 c,c g	0.010	0.000	5	A	1		0.021	0.076	
20:3 undifferentiated g	0.011	0.000	5	AS	1		0.023	0.085	
20:3 n-3 g	0.003	0.000	5	A	1		0.005	0.020	
20:3 n-6 g	0.009	0.000	5	A	1		0.018	0.065	
20:4 undifferentiated g	0.010	0.000	5	A	1		0.021	0.076	
20:4 n-3 g									
20:4 n-6 g									
20:5 n-3 (EPA) g	0.002	0.000	5	A	1		0.004	0.015	
21:5 g									
22:4 g	0.009	0.000	5	A	1		0.019	0.068	
22:5 n-3 (DPA) g	0.005	0.000	5	A	1		0.010	0.035	
22:6 n-3 (DHA) g	0.001	0.000	5	A	1		0.002	0.009	
Fatty acids, total trans g	0.158		0	NC	4		0.327	1.199	
Fatty acids, total trans-monoenoic g	0.124		0	NC	4		0.257	0.941	
Fatty acids, total trans-polyenoic g	0.034		0	NC	4		0.070	0.258	
Cholesterol mg	18	0.570	3	A	1		38	140	
Phytosterols mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same

NDB No. 21477
DIGIORNO Pizza, pepperoni topping, rising crust, frozen, baked

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

food, or similar food.

Common Measures:
Measure 1 = 207g: 1 slice 1/4 of pie
Measure 2 = 759g: 1 pie 12" diameter

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2010)

NDB No. 21478

DIGIORNO Pizza, pepperoni topping, thin crispy crust, frozen, baked

Kraft Foods, Inc.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	42.38	0.306	4	A	1		61.45	232.24	
Energy....kcal	283		0	NC	4		411	1552	
Energy....kJ	1185		0	NC	4		1718	6494	
Protein....g	13.22	0.141	4	A	1		19.17	72.44	
Total lipid (fat)....g	12.86	0.287	4	A	1		18.64	70.45	
Ash....g	2.88	0.071	4	A	1		4.17	15.77	
Carbohydrate, by difference....g	28.67		0	NC	4		41.57	157.10	
Fiber, total dietary....g	2.8	0.033	3	A	1		4.1	15.5	
Sugars, total....g									
Sucrose....g	0.00	0.000	4	A	1		0.00	0.00	
Glucose (dextrose)....g	1.31	0.128	4	A	1		1.90	7.17	
Fructose....g	1.35	0.065	4	A	1		1.96	7.41	
Lactose....g	0.00	0.000	4	A	1		0.00	0.00	
Maltose....g	0.97		1	A	1		1.41	5.32	
Galactose....g									
Starch....g	22.33	0.851	3	A	1		32.38	122.39	
Minerals:									
Calcium, Ca....mg	209	2.675	4	A	1		303	1144	
Iron, Fe....mg	0.90	0.030	4	A	1		1.31	4.93	
Magnesium, Mg....mg	28	0.284	4	A	1		41	155	
Phosphorus, P....mg	213	1.014	4	A	1		309	1166	
Potassium, K....mg	268	6.283	4	A	1		389	1470	
Sodium, Na....mg	663	14.072	4	A	1		962	3635	
Zinc, Zn....mg	1.64	0.022	4	A	1		2.37	8.96	
Copper, Cu....mg	0.108	0.003	4	A	1		0.156	0.589	
Manganese, Mn....mg	0.305	0.006	4	A	1		0.442	1.671	
Selenium, Se....mcg	24.1	0.892	4	A	1		34.9	132.1	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.9		1	A	1		1.3	4.8	
Thiamin....mg	0.143	0.005	4	A	1		0.207	0.781	
Riboflavin....mg	0.125	0.005	4	A	1		0.181	0.685	
Niacin....mg	2.053	0.046	4	A	1		2.976	11.248	
Pantothenic acid....mg	0.537	0.041	3	A	1		0.778	2.941	
Vitamin B-6....mg	0.160	0.004	4	A	1		0.232	0.877	
Folate, total....mcg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.55	0.039	4	A	1		0.80	3.01	
Vitamin A, RAE....mcg_RAE	46		0	AS	1		66	250	
Vitamin A, IU....IU	152		0	AS	1		221	835	
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg	0.77	0.063	4	A	1		1.12	4.22	
Tocopherol, beta....mg	0.06	0.005	4	A	1		0.08	0.30	
Tocopherol, gamma....mg	0.99	0.060	4	A	1		1.44	5.44	
Tocopherol, delta....mg	0.29	0.026	4	A	1		0.42	1.58	
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg	5.0	0.186	3	A	1		7.3	27.6	
Dihydrophylloquinone....mcg	3.9	0.275	3	A	1		5.6	21.1	
Menaquinone-4....mcg	4.0	0.350	3	A	1		5.7	21.6	
Lipids:									
Fatty acids, total saturated....g	4.973		0	NC	4		7.211	27.252	
4:0....g	0.055	0.003	4	A	1		0.080	0.301	

NDB No. 21478
DIGIORNO Pizza, pepperoni topping, thin crispy crust, frozen, baked

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 ... g	0.055	0.003	4	A	1		0.080	0.301	
8:0 ... g	0.038	0.003	4	A	1		0.054	0.206	
10:0 ... g	0.108	0.005	4	A	1		0.156	0.589	
12:0 ... g	0.135	0.006	4	A	1		0.196	0.740	
13:0 ... g									
14:0 ... g	0.528	0.027	4	A	1		0.765	2.891	
15:0 ... g	0.050	0.004	4	A	1		0.073	0.274	
16:0 ... g	2.670	0.072	4	A	1		3.872	14.632	
17:0 ... g	0.048	0.003	4	A	1		0.069	0.260	
18:0 ... g	1.248	0.028	4	A	1		1.809	6.836	
20:0 ... g	0.020	0.000	4	A	1		0.029	0.110	
22:0 ... g	0.010	0.000	4	A	1		0.015	0.055	
24:0 ... g	0.008	0.000	4	A	1		0.011	0.042	
Fatty acids, total monounsaturated ... g	4.354		0	NC	4		6.313	23.860	
14:1 ... g	0.038	0.003	4	A	1		0.054	0.206	
15:1 ... g	0.000	0.000	4	A	1		0.000	0.000	
16:1 undifferentiated ... g	0.230	0.009	4	AS	1		0.334	1.260	
16:1 c ... g	0.218	0.009	4	A	1		0.315	1.192	
16:1 t ... g	0.013	0.003	4	A	1		0.018	0.069	
17:1 ... g	0.007	0.004	4	A	1		0.010	0.037	
18:1 undifferentiated ... g	4.008	0.097	4	AS	1		5.811	21.961	
18:1 c ... g	3.563	0.093	4	A	1		5.166	19.523	
18:1-11c (18:1c n-7) ... g									
18:1 t ... g	0.445	0.005	4	A	1		0.645	2.439	
18:1-11t (18:1t n-7) ... g									
20:1 ... g	0.053	0.003	4	A	1		0.076	0.288	
22:1 undifferentiated ... g	0.018	0.003	4	AS	1		0.025	0.096	
22:1 c ... g	0.018	0.003	4	A	1		0.025	0.096	
22:1 t ... g	0.000	0.000	4	A	1		0.000	0.000	
24:1 c ... g	0.002	0.000	4	A	1		0.003	0.012	
Fatty acids, total polyunsaturated ... g	1.827		0	NC	4		2.649	10.011	
18:2 undifferentiated ... g	1.613	0.019	4	AS	1		2.338	8.837	
18:2 n-6 c,c ... g	1.528	0.021	4	A	1		2.215	8.371	
18:2 CLAs ... g	0.035	0.003	4	A	1		0.051	0.192	
18:2 c,t ... g									
18:2 t,c ... g									
18:2 t,t ... g									
18:2 i ... g									
18:2 t not further defined ... g	0.050	0.000	4	A	1		0.073	0.274	
18:3 undifferentiated ... g	0.137	0.005	4	AS	1		0.198	0.748	
18:3 n-3 c,c,c (ALA) ... g	0.133	0.005	4	A	1		0.192	0.726	
18:3 n-6 c,c,c ... g	0.004	0.000	4	A	1		0.006	0.022	
18:3i ... g									
18:4 ... g	0.002	0.001	4	A	1		0.003	0.011	
20:2 n-6 c,c ... g	0.020	0.000	4	A	1		0.029	0.110	
20:3 undifferentiated ... g	0.014	0.000	4	AS	1		0.020	0.077	
20:3 n-3 ... g	0.004	0.000	4	A	1		0.006	0.022	
20:3 n-6 ... g	0.010	0.000	4	A	1		0.015	0.055	
20:4 undifferentiated ... g	0.020	0.000	4	A	1		0.029	0.110	
20:4 n-3 ... g									
20:4 n-6 ... g									
20:5 n-3 (EPA) ... g	0.003	0.000	4	A	1		0.004	0.014	
21:5 ... g									
22:4 ... g	0.010	0.000	4	A	1		0.015	0.055	
22:5 n-3 (DPA) ... g	0.007	0.000	4	A	1		0.009	0.036	
22:6 n-3 (DHA) ... g	0.001	0.000	4	A	1		0.002	0.007	
Fatty acids, total trans ... g	0.508		0	NC	4		0.736	2.781	
Fatty acids, total trans-monoenoic ... g	0.458		0	NC	4		0.663	2.507	
Fatty acids, total trans-polyenoic ... g	0.050		0	NC	4		0.073	0.274	
Cholesterol ... mg	28		2	A	1		40	153	
Phytosterols ... mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same

NDB No. 21478
DIGIORNO Pizza, pepperoni topping, thin crispy crust, frozen, baked

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

food, or similar food.

Common Measures:
Measure 1 = 145g: 1 slice 1/4 of pie
Measure 2 = 548g: 1 pie 22.1 oz

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2010)

NDB No. 21479

DIGIORNO Pizza, supreme topping, rising crust, frozen, baked

Kraft Foods, Inc.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	46.80	0.208	6	A	1		106.23	409.96	
Energy....kcal	255		0	NC	4		578	2232	
Energy....kJ	1066		0	NC	4		2420	9338	
Protein....g	11.74	0.090	6	A	1		26.65	102.84	
Total lipid (fat)....g	10.68	0.186	6	A	1		24.23	93.51	
Ash....g	2.85	0.033	6	A	1		6.48	25.00	
Carbohydrate, by difference....g	27.93		0	NC	4		63.41	244.69	
Fiber, total dietary....g	2.3	0.145	3	A	1		5.1	19.9	
Sugars, total....g	4.71		0	NR	4		10.69	41.26	
Sucrose....g	0.00	0.000	6	A	1		0.00	0.00	
Glucose (dextrose)....g	1.76	0.169	6	A	1		4.00	15.42	
Fructose....g	2.15	0.065	6	A	1		4.87	18.81	
Lactose....g	0.00	0.000	6	A	1		0.00	0.00	
Maltose....g	0.60		1	A	1		1.36	5.26	
Galactose....g	0.20		1	A	1		0.45	1.75	
Starch....g	21.07	0.150	6	A	1		47.82	184.54	
Minerals:									
Calcium, Ca....mg	139	5.198	6	A	1		315	1215	
Iron, Fe....mg	1.01	0.052	6	A	1		2.29	8.85	
Magnesium, Mg....mg	27	0.314	6	A	1		61	234	
Phosphorus, P....mg	211	5.844	6	A	1		479	1849	
Potassium, K....mg	210	3.657	6	A	1		476	1838	
Sodium, Na....mg	712	8.714	6	A	1		1616	6234	
Zinc, Zn....mg	1.30	0.033	6	A	1		2.95	11.39	
Copper, Cu....mg	0.118	0.003	6	A	1		0.269	1.037	
Manganese, Mn....mg	0.382	0.005	6	A	1		0.866	3.343	
Selenium, Se....mcg	25.0	0.646	6	A	1		56.8	219.1	
Vitamins:									
Vitamin C, total ascorbic acid....mg									
Thiamin....mg	0.153	0.006	6	A	1		0.348	1.343	
Riboflavin....mg	0.080	0.004	6	A	1		0.182	0.701	
Niacin....mg	1.605	0.021	6	A	1		3.643	14.060	
Pantothenic acid....mg	0.467	0.015	3	A	1		1.059	4.088	
Vitamin B-6....mg	0.137	0.002	6	A	1		0.310	1.197	
Folate, total....mcg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.41	0.022	6	A	1		0.92	3.55	
Vitamin A, RAE....mcg_RAE	35		0	AS	1		80	308	
Vitamin A, IU....IU	117		0	AS	1		266	1025	
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg	0.89	0.044	6	A	1		2.02	7.81	
Tocopherol, beta....mg	0.12	0.011	6	A	1		0.26	1.01	
Tocopherol, gamma....mg	1.28	0.035	6	A	1		2.90	11.20	
Tocopherol, delta....mg	0.25	0.010	6	A	1		0.57	2.20	
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg	7.6	0.497	3	A	1		17.3	66.9	
Dihydrophylloquinone....mcg	0.0	0.000	3	A	1		0.0	0.0	
Menaquinone-4....mcg	3.0	0.076	3	A	1		6.7	25.8	
Lipids:									
Fatty acids, total saturated....g	3.965		0	NC	4		9.001	34.733	
4:0....g	0.040	0.000	6	A	1		0.091	0.350	

NDB No. 21479
DIGIORNO Pizza, supreme topping, rising crust, frozen, baked

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g	0.038	0.002	6	A	1		0.087	0.336	
8:0....g	0.028	0.002	6	A	1		0.064	0.248	
10:0....g	0.080	0.003	6	A	1		0.182	0.701	
12:0....g	0.097	0.003	6	A	1		0.219	0.847	
13:0....g									
14:0....g	0.380	0.008	6	A	1		0.863	3.329	
15:0....g	0.033	0.002	6	A	1		0.076	0.292	
16:0....g	2.158	0.039	6	A	1		4.899	18.907	
17:0....g	0.035	0.002	6	A	1		0.079	0.307	
18:0....g	1.037	0.019	6	A	1		2.353	9.081	
20:0....g	0.020	0.000	6	A	1		0.045	0.175	
22:0....g	0.010	0.000	6	A	1		0.023	0.088	
24:0....g	0.006	0.000	6	A	1		0.014	0.054	
Fatty acids, total monounsaturated....g	3.372		0	NC	4		7.654	29.536	
14:1....g	0.025	0.002	6	A	1		0.057	0.219	
15:1....g	0.000	0.000	6	A	1		0.000	0.000	
16:1 undifferentiated....g	0.178	0.005	6	AS	1		0.405	1.562	
16:1 c....g	0.168	0.005	6	A	1		0.382	1.475	
16:1 t....g	0.010	0.000	6	A	1		0.023	0.088	
17:1....g	0.003	0.002	6	A	1		0.007	0.026	
18:1 undifferentiated....g	3.108	0.062	6	AS	1		7.056	27.229	
18:1 c....g	3.005	0.060	6	A	1		6.821	26.324	
18:1-11c (18:1c n-7)....g									
18:1 t....g	0.103	0.003	6	A	1		0.235	0.905	
18:1-11t (18:1t n-7)....g									
20:1....g	0.047	0.002	6	A	1		0.106	0.409	
22:1 undifferentiated....g	0.009	0.000	6	AS	1		0.020	0.079	
22:1 c....g	0.009	0.000	6	A	1		0.020	0.079	
22:1 t....g	0.000	0.000	6	A	1		0.000	0.000	
24:1 c....g	0.001	0.000	6	A	1		0.003	0.012	
Fatty acids, total polyunsaturated....g	1.891		0	NC	4		4.292	16.564	
18:2 undifferentiated....g	1.670	0.021	6	AS	1		3.791	14.629	
18:2 n-6 c,c....g	1.615	0.019	6	A	1		3.666	14.147	
18:2 CLAs....g	0.025	0.002	6	A	1		0.057	0.219	
18:2 c,t....g									
18:2 t,c....g									
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.030	0.000	6	A	1		0.068	0.263	
18:3 undifferentiated....g	0.148	0.002	6	AS	1		0.336	1.298	
18:3 n-3 c,c,c (ALA)....g	0.145	0.002	6	A	1		0.329	1.270	
18:3 n-6 c,c,c....g	0.003	0.000	6	A	1		0.007	0.028	
18:3i....g									
18:4....g	0.001	0.000	6	A	1		0.002	0.009	
20:2 n-6 c,c....g	0.020	0.000	6	A	1		0.045	0.175	
20:3 undifferentiated....g	0.014	0.000	6	AS	1		0.031	0.118	
20:3 n-3....g	0.004	0.000	6	A	1		0.009	0.034	
20:3 n-6....g	0.010	0.000	6	A	1		0.022	0.085	
20:4 undifferentiated....g	0.018	0.002	6	A	1		0.042	0.161	
20:4 n-3....g									
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.002	0.000	6	A	1		0.005	0.018	
21:5....g									
22:4....g	0.010	0.000	6	A	1		0.023	0.088	
22:5 n-3 (DPA)....g	0.006	0.000	6	A	1		0.012	0.048	
22:6 n-3 (DHA)....g	0.001	0.000	6	A	1		0.003	0.012	
Fatty acids, total trans....g	0.143		0	NC	4		0.325	1.256	
Fatty acids, total trans-monoenoic....g	0.113		0	NC	4		0.257	0.993	
Fatty acids, total trans-polyenoic....g	0.030		0	NC	4		0.068	0.263	
Cholesterol....mg	19	0.494	4	A	1		43	165	
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same

NDB No. 21479
DIGIORNO Pizza, supreme topping, rising crust, frozen, baked

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

food, or similar food.

Common Measures:
Measure 1 = 227g: 1 slice 1/4 of pie
Measure 2 = 876g: 1 pie 12" diameter

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2010)

NDB No. 21480

DIGIORNO Pizza, supreme topping, thin crispy crust, frozen, baked

Kraft Foods, Inc.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	47.31	0.447	4	A	1		73.33	281.51	
Energy....kcal	255		0	NC	4		395	1518	
Energy....kJ	1067		0	NC	4		1654	6349	
Protein....g	11.41	0.235	4	A	1		17.68	67.87	
Total lipid (fat)....g	10.80	0.363	4	A	1		16.74	64.27	
Ash....g	2.43	0.037	4	A	1		3.77	14.46	
Carbohydrate, by difference....g	28.05		0	NC	4		43.48	166.89	
Fiber, total dietary....g	2.8	0.058	3	A	1		4.3	16.7	
Sugars, total....g									
Sucrose....g	0.00	0.000	4	A	1		0.00	0.00	
Glucose (dextrose)....g	1.38	0.070	4	A	1		2.14	8.21	
Fructose....g	1.57	0.034	4	A	1		2.44	9.36	
Lactose....g	0.00	0.000	4	A	1		0.00	0.00	
Maltose....g									
Galactose....g									
Starch....g	21.43	0.598	4	A	1		33.21	127.48	
Minerals:									
Calcium, Ca....mg	161	7.056	4	A	1		249	955	
Iron, Fe....mg	0.92	0.012	4	A	1		1.43	5.49	
Magnesium, Mg....mg	28	0.194	4	A	1		43	166	
Phosphorus, P....mg	187	4.428	4	A	1		290	1113	
Potassium, K....mg	278	3.340	4	A	1		431	1655	
Sodium, Na....mg	555	12.602	4	A	1		861	3304	
Zinc, Zn....mg	1.40	0.030	4	A	1		2.17	8.34	
Copper, Cu....mg	0.110	0.000	4	A	1		0.171	0.655	
Manganese, Mn....mg	0.313	0.003	4	A	1		0.484	1.859	
Selenium, Se....mcg	20.9	0.591	4	A	1		32.4	124.2	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.8		1	A	1		1.2	4.5	
Thiamin....mg	0.148	0.020	4	A	1		0.229	0.878	
Riboflavin....mg	0.098	0.006	4	A	1		0.151	0.580	
Niacin....mg	2.013	0.034	4	A	1		3.119	11.974	
Pantothenic acid....mg	0.537	0.009	3	A	1		0.832	3.193	
Vitamin B-6....mg	0.163	0.008	4	A	1		0.252	0.967	
Folate, total....mcg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.48	0.030	4	A	1		0.75	2.87	
Vitamin A, RAE....mcg_RAE	41		0	AS	1		64	246	
Vitamin A, IU....IU	138		0	AS	1		214	822	
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg	0.82	0.139	4	A	1		1.26	4.85	
Tocopherol, beta....mg	0.07	0.008	4	A	1		0.10	0.40	
Tocopherol, gamma....mg	1.09	0.120	4	A	1		1.69	6.49	
Tocopherol, delta....mg	0.32	0.035	4	A	1		0.50	1.90	
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg	5.7	0.304	3	A	1		8.8	33.6	
Dihydrophylloquinone....mcg	3.5	0.033	3	A	1		5.4	20.6	
Menaquinone-4....mcg	3.4	0.485	3	A	1		5.2	20.0	
Lipids:									
Fatty acids, total saturated....g	4.377		0	NC	4		6.784	26.040	
4:0....g	0.043	0.003	4	A	1		0.066	0.253	

NDB No. 21480
DIGIORNO Pizza, supreme topping, thin crispy crust, frozen, baked

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g	0.040	0.000	4	A	1		0.062	0.238	
8:0....g	0.030	0.000	4	A	1		0.047	0.179	
10:0....g	0.090	0.004	4	A	1		0.140	0.536	
12:0....g	0.113	0.006	4	A	1		0.174	0.669	
13:0....g									
14:0....g	0.438	0.019	4	A	1		0.678	2.603	
15:0....g	0.043	0.003	4	A	1		0.066	0.253	
16:0....g	2.370	0.076	4	A	1		3.674	14.102	
17:0....g	0.040	0.000	4	A	1		0.062	0.238	
18:0....g	1.133	0.040	4	A	1		1.755	6.738	
20:0....g	0.020	0.000	4	A	1		0.031	0.119	
22:0....g	0.010	0.000	4	A	1		0.016	0.060	
24:0....g	0.007	0.000	4	A	1		0.011	0.042	
Fatty acids, total monounsaturated....g	3.957		0	NC	4		6.133	23.544	
14:1....g	0.030	0.000	4	A	1		0.047	0.179	
15:1....g	0.000	0.000	4	A	1		0.000	0.000	
16:1 undifferentiated....g	0.190	0.011	4	AS	1		0.295	1.131	
16:1 c....g	0.180	0.011	4	A	1		0.279	1.071	
16:1 t....g	0.010	0.000	4	A	1		0.016	0.060	
17:1....g	0.001	0.001	4	A	1		0.002	0.007	
18:1 undifferentiated....g	3.680	0.163	4	AS	1		5.704	21.896	
18:1 c....g	3.278	0.166	4	A	1		5.080	19.501	
18:1-11c (18:1c n-7)....g									
18:1 t....g	0.403	0.005	4	A	1		0.624	2.395	
18:1-11t (18:1t n-7)....g									
20:1....g	0.045	0.003	4	A	1		0.070	0.268	
22:1 undifferentiated....g	0.009	0.001	4	AS	1		0.014	0.055	
22:1 c....g	0.009	0.001	4	A	1		0.014	0.055	
22:1 t....g	0.000	0.000	4	A	1		0.000	0.000	
24:1 c....g	0.002	0.000	4	A	1		0.002	0.009	
Fatty acids, total polyunsaturated....g	1.790		0	NC	4		2.774	10.649	
18:2 undifferentiated....g	1.600	0.046	4	AS	1		2.480	9.520	
18:2 n-6 c,c....g	1.525	0.043	4	A	1		2.364	9.074	
18:2 CLAs....g	0.028	0.003	4	A	1		0.043	0.164	
18:2 c,t....g									
18:2 t,c....g									
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.048	0.003	4	A	1		0.074	0.283	
18:3 undifferentiated....g	0.121	0.007	4	AS	1		0.187	0.717	
18:3 n-3 c,c,c (ALA)....g	0.118	0.008	4	A	1		0.182	0.699	
18:3 n-6 c,c,c....g	0.003	0.000	4	A	1		0.005	0.018	
18:3i....g									
18:4....g	0.001	0.000	4	A	1		0.002	0.006	
20:2 n-6 c,c....g	0.018	0.003	4	A	1		0.027	0.104	
20:3 undifferentiated....g	0.013	0.001	4	AS	1		0.021	0.079	
20:3 n-3....g	0.004	0.000	4	A	1		0.006	0.022	
20:3 n-6....g	0.010	0.001	4	A	1		0.015	0.057	
20:4 undifferentiated....g	0.018	0.003	4	A	1		0.027	0.104	
20:4 n-3....g									
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.002	0.000	4	A	1		0.003	0.012	
21:5....g									
22:4....g	0.010	0.001	4	A	1		0.015	0.057	
22:5 n-3 (DPA)....g	0.006	0.000	4	A	1		0.009	0.036	
22:6 n-3 (DHA)....g	0.002	0.000	4	A	1		0.002	0.009	
Fatty acids, total trans....g	0.460		0	NC	4		0.713	2.737	
Fatty acids, total trans-monoenoic....g	0.413		0	NC	4		0.639	2.454	
Fatty acids, total trans-polyenoic....g	0.048		0	NC	4		0.074	0.283	
Cholesterol....mg	20		2	A	1		31	120	
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same

NDB No. 21480
DIGIORNO Pizza, supreme topping, thin crispy crust, frozen, baked

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

food, or similar food.

Common Measures:
Measure 1 = 155g: 1 slice 1/4 of pie
Measure 2 = 595g: 1 pie 24.8 oz

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2010)

NDB No. 21277

DOMINO'S 14" Cheese Pizza, Classic Hand-Tossed Crust

Domino's Pizza, LLC

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	44.30	0.594	11	A	1		46.95	394.68	
Energy....kcal	257		0	NC	4		273	2292	
Energy....kJ	1076		0	NC	4		1141	9591	
Protein....g	10.98	0.158	11	A	1		11.64	97.88	
Total lipid (fat)....g	8.39	0.235	11	A	1		8.89	74.76	
Ash....g	1.87	0.040	11	A	1		1.99	16.70	
Carbohydrate, by difference....g	34.45		0	NC	4		36.52	306.98	
Fiber, total dietary....g	1.4	0.100	11	A	1		1.5	12.9	
Sugars, total....g	3.57	0.154	11	A	1		3.79	31.83	
Sucrose....g	0.01	0.015	11	A	1		0.02	0.13	
Glucose (dextrose)....g	1.04	0.024	11	A	1		1.10	9.28	
Fructose....g	1.02	0.030	11	A	1		1.08	9.09	
Lactose....g	0.32	0.074	11	A	1		0.34	2.83	
Maltose....g	1.07	0.091	11	A	1		1.13	9.53	
Galactose....g	0.11	0.012	11	A	1		0.11	0.97	
Starch....g	27.81	0.710	11	A	1		29.48	247.78	
Minerals:									
Calcium, Ca....mg	134	8.364	11	A	1		142	1191	
Iron, Fe....mg	2.30	0.154	11	A	1		2.44	20.50	
Magnesium, Mg....mg	24	0.723	11	A	1		25	214	
Phosphorus, P....mg	187	9.166	11	A	1		199	1670	
Potassium, K....mg	152	4.621	11	A	1		162	1358	
Sodium, Na....mg	478	15.595	11	A	1		506	4255	
Zinc, Zn....mg	1.15	0.042	11	A	1		1.22	10.26	
Copper, Cu....mg	0.132	0.004	11	A	1		0.140	1.178	
Manganese, Mn....mg	0.298	0.008	11	A	1		0.316	2.652	
Selenium, Se....mcg	25.9	3.374	4	A	1		27.5	230.8	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0	0.000	3	A	1		0.0	0.0	
Thiamin....mg	0.166	0.028	11	A	1		0.176	1.482	
Riboflavin....mg	0.215	0.014	11	A	1		0.228	1.919	
Niacin....mg	3.253	0.165	11	A	1		3.448	28.981	
Pantothenic acid....mg	0.450	0.029	4	A	1		0.477	4.010	
Vitamin B-6....mg	0.116	0.003	11	A	1		0.123	1.034	
Folate, total....mcg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.42	0.028	11	A	1		0.45	3.77	
Vitamin A, RAE....mcg_RAE	61		0	AS	1		64	539	
Vitamin A, IU....IU	301		0	AS	1		319	2679	
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg	0.99	0.068	4	A	1		1.05	8.84	
Tocopherol, beta....mg	0.05	0.009	4	A	1		0.06	0.49	
Tocopherol, gamma....mg	1.34	0.038	4	A	1		1.42	11.96	
Tocopherol, delta....mg	0.33	0.037	4	A	1		0.35	2.94	
Vitamin D (D2 + D3)....mcg	0.0	0.000	4	A	1		0.0	0.0	
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU	0	0.000	4	A	1		0	0	
Vitamin K (phylloquinone)....mcg	5.4	0.260	4	A	1		5.8	48.6	
Dihydrophylloquinone....mcg	0.0	0.000	4	A	1		0.0	0.0	
Menaquinone-4....mcg									
Lipids:									
Fatty acids, total saturated....g	3.547		0	NC	4		3.760	31.608	
4:0....g									

NDB No. 21277
DOMINO'S 14" Cheese Pizza, Classic Hand-Tossed Crust

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g									
8:0....g	0.056	0.003	11	A	1		0.059	0.497	
10:0....g	0.129	0.008	11	A	1		0.137	1.151	
12:0....g	0.146	0.009	11	A	1		0.154	1.298	
13:0....g	0.000	0.000	11	A	1		0.000	0.000	
14:0....g	0.499	0.027	11	A	1		0.529	4.443	
15:0....g	0.052	0.003	11	A	1		0.055	0.462	
16:0....g	1.738	0.072	11	A	1		1.842	15.487	
17:0....g	0.033	0.002	11	A	1		0.035	0.294	
18:0....g	0.867	0.031	11	A	1		0.919	7.727	
20:0....g	0.016	0.001	11	A	1		0.017	0.145	
22:0....g	0.011	0.000	11	A	1		0.011	0.096	
24:0....g	0.001	0.001	11	A	1		0.001	0.008	
Fatty acids, total monounsaturated....g	1.976		0	NC	4		2.095	17.610	
14:1....g	0.036	0.002	11	A	1		0.039	0.324	
15:1....g	0.005	0.000	11	A	1		0.006	0.048	
16:1 undifferentiated....g	0.080	0.004	11	A	1		0.085	0.716	
17:1....g	0.005	0.000	11	A	1		0.006	0.048	
18:1 undifferentiated....g	1.835	0.057	11	A	1		1.945	16.352	
20:1....g	0.014	0.001	11	A	1		0.014	0.122	
22:1 undifferentiated....g	0.000	0.000	11	A	1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.583		0	NC	4		1.678	14.103	
18:2 undifferentiated....g	1.248	0.019	11	A	1		1.323	11.119	
18:3 undifferentiated....g	0.150	0.002	11	A	1		0.159	1.336	
18:3 n-3 c,c,c (ALA)....g	0.145	0.002	11	A	1		0.154	1.295	
18:3 n-6 c,c,c....g	0.000	0.000	11	A	1		0.000	0.000	
18:3i....g									
18:4....g	0.026	0.002	11	A	1		0.028	0.234	
20:2 n-6 c,c....g	0.000	0.000	11	A	1		0.000	0.000	
20:3 undifferentiated....g	0.003	0.001	11	A	1		0.003	0.028	
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.010	0.001	11	A	1		0.011	0.092	
20:4 n-3....g									
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000	0.000	11	A	1		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000	0.000	11	A	1		0.000	0.000	
22:6 n-3 (DHA)....g	0.000	0.000	11	A	1		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	13	0.993	11	A	1		14	120	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g									
Threonine....g									
Isoleucine....g									
Leucine....g									
Lysine....g									
Methionine....g									
Cystine....g									
Phenylalanine....g									
Tyrosine....g									
Valine....g									
Arginine....g									
Histidine....g									
Alanine....g									
Aspartic acid....g									
Glutamic acid....g									
Glycine....g									
Proline....g									
Serine....g									
Hydroxyproline....g									

NDB No. 21277
DOMINO'S 14" Cheese Pizza, Classic Hand-Tossed Crust

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 106g: 1 slice

Measure 2 = 891g: 1 pie

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2010)

NDB No. 21279

DOMINO'S 14" Cheese Pizza, Crunchy Thin Crust

Domino's Pizza, LLC

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	39.72	1.506	4	A	1		15.49	205.77	
Energy....kcal	315		0	NC	4		123	1633	
Energy....kJ	1319		0	NC	4		514	6832	
Protein....g	12.96	0.130	4	A	1		5.05	67.11	
Total lipid (fat)....g	16.82	0.202	4	A	1		6.56	87.12	
Ash....g	2.50	0.042	4	A	1		0.97	12.93	
Carbohydrate, by difference....g	28.01		0	NC	4		10.92	145.07	
Fiber, total dietary....g	2.1	0.309	4	A	1		0.8	11.0	
Sugars, total....g	3.17	0.182	4	A	1		1.24	16.41	
Sucrose....g	0.05	0.052	4	A	1		0.02	0.27	
Glucose (dextrose)....g	0.91	0.048	4	A	1		0.35	4.71	
Fructose....g	0.90	0.049	4	A	1		0.35	4.69	
Lactose....g	0.63	0.133	4	A	1		0.25	3.26	
Maltose....g	0.51	0.022	4	A	1		0.20	2.67	
Galactose....g	0.16	0.028	4	A	1		0.06	0.81	
Starch....g	21.95	1.298	4	A	1		8.56	113.70	
Minerals:									
Calcium, Ca....mg	222	7.059	4	A	1		87	1151	
Iron, Fe....mg	0.71	0.028	4	A	1		0.28	3.69	
Magnesium, Mg....mg	26	0.564	4	A	1		10	134	
Phosphorus, P....mg	301	8.471	4	A	1		117	1557	
Potassium, K....mg	184	2.646	4	A	1		72	953	
Sodium, Na....mg	497	6.982	4	A	1		194	2573	
Zinc, Zn....mg	1.66	0.033	4	A	1		0.65	8.62	
Copper, Cu....mg	0.100	0.005	4	A	1		0.039	0.518	
Manganese, Mn....mg	0.260	0.016	4	A	1		0.101	1.346	
Selenium, Se....mcg	35.4	1.787	4	A	1		13.8	183.4	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0	0.000	4	A	1		0.0	0.0	
Thiamin....mg	0.086	0.042	4	A	1		0.033	0.444	
Riboflavin....mg	0.110	0.006	4	A	1		0.043	0.570	
Niacin....mg	1.025	0.025	4	A	1		0.400	5.310	
Pantothenic acid....mg	0.400	0.000	4	A	1		0.156	2.072	
Vitamin B-6....mg									
Folate, total....mcg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.79	0.096	4	A	1		0.31	4.08	
Vitamin A, RAE....mcg_RAE	95		0	AS	1		37	491	
Vitamin A, IU....IU	411		0	AS	1		160	2127	
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg	1.49	0.162	4	A	1		0.58	7.72	
Tocopherol, beta....mg	0.06	0.003	4	A	1		0.02	0.32	
Tocopherol, gamma....mg	3.54	0.205	4	A	1		1.38	18.34	
Tocopherol, delta....mg	1.39	0.083	4	A	1		0.54	7.19	
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg	15.8	1.041	4	A	1		6.1	81.6	
Dihydrophylloquinone....mcg	0.0	0.000	4	A	1		0.0	0.0	
Menaquinone-4....mcg									
Lipids:									
Fatty acids, total saturated....g	6.756		0	NC	4		2.635	34.998	
4:0....g									

NDB No. 21279
DOMINO'S 14" Cheese Pizza, Crunchy Thin Crust

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g									
8:0....g	0.106	0.001	4	A	1		0.041	0.549	
10:0....g	0.242	0.004	4	A	1		0.094	1.252	
12:0....g	0.273	0.004	4	A	1		0.106	1.414	
13:0....g									
14:0....g	0.921	0.005	4	A	1		0.359	4.773	
15:0....g	0.094	0.001	4	A	1		0.037	0.489	
16:0....g	3.459	0.154	4	A	1		1.349	17.916	
17:0....g	0.062	0.000	4	A	1		0.024	0.320	
18:0....g	1.534	0.019	4	A	1		0.598	7.947	
20:0....g	0.036	0.001	4	A	1		0.014	0.189	
22:0....g	0.029	0.002	4	A	1		0.011	0.149	
24:0....g									
Fatty acids, total monounsaturated....g	4.217		0	NC	4		1.644	21.842	
14:1....g	0.067	0.002	4	A	1		0.026	0.349	
15:1....g	0.000	0.000	4	A	1		0.000	0.000	
16:1 undifferentiated....g	0.132	0.003	4	A	1		0.052	0.685	
17:1....g	0.000	0.000	4	A	1		0.000	0.000	
18:1 undifferentiated....g	3.999	0.050	4	A	1		1.560	20.713	
20:1....g	0.018	0.002	4	A	1		0.007	0.094	
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	3.646		0	NC	4		1.422	18.888	
18:2 undifferentiated....g	3.164	0.460	4	A	1		1.234	16.391	
18:3 undifferentiated....g	0.467		0	AS	1		0.182	2.420	
18:3 n-3 c,c,c (ALA)....g	0.467	0.020	4	A	1		0.182	2.420	
18:3 n-6 c,c,c....g	0.000	0.000	4	A	1		0.000	0.000	
18:3i....g									
18:4....g									
20:2 n-6 c,c....g	0.000	0.000	4	A	1		0.000	0.000	
20:3 undifferentiated....g	0.000	0.000	4	A	1		0.000	0.000	
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.015	0.000	4	A	1		0.006	0.077	
20:4 n-3....g									
20:4 n-6....g									
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g									
Cholesterol....mg	21	2.402	4	A	1		8	111	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.105		0	A	1		0.041	0.543	
Threonine....g	0.420		0	A	1		0.164	2.176	
Isoleucine....g	0.585		0	A	1		0.228	3.028	
Leucine....g	1.203		0	A	1		0.469	6.231	
Lysine....g	0.880		0	A	1		0.343	4.559	
Methionine....g	0.330		0	A	1		0.129	1.710	
Cystine....g	0.153		0	A	1		0.060	0.793	
Phenylalanine....g	0.695		0	A	1		0.271	3.600	
Tyrosine....g	0.505		0	A	1		0.197	2.618	
Valine....g	0.752		0	A	1		0.293	3.896	
Arginine....g	0.505		0	A	1		0.197	2.616	
Histidine....g	0.367		0	A	1		0.143	1.903	
Alanine....g	0.395		0	A	1		0.154	2.047	
Aspartic acid....g	0.966		0	A	1		0.377	5.002	
Glutamic acid....g	3.664		0	A	1		1.429	18.979	
Glycine....g	0.323		0	A	1		0.126	1.671	
Proline....g	1.873		0	A	1		0.730	9.701	
Serine....g	0.828		0	A	1		0.323	4.290	

NDB No. 21279
DOMINO'S 14" Cheese Pizza, Crunchy Thin Crust

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 39g: 1 slice

Measure 2 = 518g: 1 pie

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2010)

NDB No. 21278

DOMINO'S 14" Cheese Pizza, Ultimate Deep Dish Crust

Domino's Pizza, LLC

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	42.09	0.178	4	A	1		50.93	403.23	
Energy....kcal	274		0	NC	4		332	2628	
Energy....kJ	1148		0	NC	4		1389	10994	
Protein....g	11.36	0.141	4	A	1		13.75	108.86	
Total lipid (fat)....g	10.34	0.294	4	A	1		12.52	99.10	
Ash....g	2.27	0.040	4	A	1		2.74	21.72	
Carbohydrate, by difference....g	33.93		0	NC	4		41.06	325.10	
Fiber, total dietary....g	2.3	0.084	4	A	1		2.8	22.2	
Sugars, total....g	3.28	0.226	3	A	1		3.97	31.40	
Sucrose....g	0.00	0.000	4	A	1		0.00	0.00	
Glucose (dextrose)....g	0.69	0.040	4	A	1		0.84	6.63	
Fructose....g	0.88	0.064	4	A	1		1.07	8.45	
Lactose....g	0.74	0.085	4	A	1		0.90	7.11	
Maltose....g	0.94	0.085	4	A	1		1.13	8.98	
Galactose....g	0.10	0.012	3	A	1		0.12	0.94	
Starch....g	26.40	0.370	4	A	1		31.94	252.91	
Minerals:									
Calcium, Ca....mg	148	8.670	4	A	1		179	1418	
Iron, Fe....mg	2.96	0.071	4	A	1		3.58	28.33	
Magnesium, Mg....mg	25	0.071	4	A	1		30	239	
Phosphorus, P....mg	202	7.238	4	A	1		244	1933	
Potassium, K....mg	164	2.496	4	A	1		198	1569	
Sodium, Na....mg	561	11.214	4	A	1		679	5373	
Zinc, Zn....mg	1.37	0.032	4	A	1		1.65	13.08	
Copper, Cu....mg	0.104	0.002	4	A	1		0.126	1.001	
Manganese, Mn....mg	0.359	0.011	4	A	1		0.435	3.441	
Selenium, Se....mcg	35.6	2.661	4	A	1		43.0	340.8	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0	0.000	4	A	1		0.0	0.0	
Thiamin....mg	0.228	0.077	4	A	1		0.276	2.184	
Riboflavin....mg	0.245	0.009	4	A	1		0.296	2.347	
Niacin....mg	4.250	0.225	4	A	1		5.142	40.715	
Pantothenic acid....mg	0.525	0.025	4	A	1		0.635	5.030	
Vitamin B-6....mg									
Folate, total....mcg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.47	0.055	4	A	1		0.57	4.48	
Vitamin A, RAE....mcg_RAE	78		0	AS	1		95	752	
Vitamin A, IU....IU	340		0	AS	1		411	3254	
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg	0.89	0.063	4	A	1		1.08	8.55	
Tocopherol, beta....mg	0.07	0.009	4	A	1		0.08	0.65	
Tocopherol, gamma....mg	2.29	0.069	4	A	1		2.77	21.96	
Tocopherol, delta....mg	0.69	0.035	4	A	1		0.84	6.66	
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg	6.1	0.375	4	A	1		7.4	58.2	
Dihydrophylloquinone....mcg	4.1	0.227	4	A	1		5.0	39.3	
Menaquinone-4....mcg									
Lipids:									
Fatty acids, total saturated....g	4.025		0	NC	4		4.870	38.561	
4:0....g									

NDB No. 21278
DOMINO'S 14" Cheese Pizza, Ultimate Deep Dish Crust

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g									
8:0....g	0.060	0.002	4	A	1		0.073	0.576	
10:0....g	0.137	0.004	4	A	1		0.165	1.310	
12:0....g	0.156	0.005	4	A	1		0.189	1.494	
13:0....g									
14:0....g	0.533	0.023	4	A	1		0.644	5.101	
15:0....g	0.054	0.003	4	A	1		0.066	0.521	
16:0....g	2.027	0.080	4	A	1		2.453	19.421	
17:0....g	0.037	0.001	4	A	1		0.045	0.354	
18:0....g	0.981	0.040	4	A	1		1.187	9.395	
20:0....g	0.020	0.001	4	A	1		0.025	0.195	
22:0....g	0.020	0.002	4	A	1		0.024	0.194	
24:0....g									
Fatty acids, total monounsaturated....g	2.937		0	NC	4		3.554	28.135	
14:1....g	0.039	0.002	4	A	1		0.047	0.371	
15:1....g	0.000	0.000	4	A	1		0.000	0.000	
16:1 undifferentiated....g	0.097	0.005	4	A	1		0.117	0.926	
17:1....g	0.000	0.000	4	A	1		0.000	0.000	
18:1 undifferentiated....g	2.772	0.118	4	A	1		3.354	26.556	
20:1....g	0.029	0.001	4	A	1		0.036	0.282	
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.921		0	NC	4		2.324	18.401	
18:2 undifferentiated....g	1.735	0.047	4	A	1		2.099	16.621	
18:3 undifferentiated....g	0.176		0	AS	1		0.213	1.683	
18:3 n-3 c,c,c (ALA)....g	0.176	0.004	4	A	1		0.213	1.683	
18:3 n-6 c,c,c....g	0.000	0.000	4	A	1		0.000	0.000	
18:3i....g									
18:4....g									
20:2 n-6 c,c....g	0.000	0.000	4	A	1		0.000	0.000	
20:3 undifferentiated....g	0.000	0.000	4	A	1		0.000	0.000	
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.010	0.001	4	A	1		0.012	0.096	
20:4 n-3....g									
20:4 n-6....g									
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g									
Cholesterol....mg	14	0.666	4	A	1		17	137	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.114		0	A	1		0.138	1.092	
Threonine....g	0.381		0	A	1		0.461	3.650	
Isoleucine....g	0.514		0	A	1		0.622	4.923	
Leucine....g	0.935		0	A	1		1.132	8.961	
Lysine....g	0.635		0	A	1		0.768	6.082	
Methionine....g	0.281		0	A	1		0.340	2.690	
Cystine....g	0.165		0	A	1		0.199	1.579	
Phenylalanine....g	0.651		0	A	1		0.788	6.240	
Tyrosine....g	0.475		0	A	1		0.574	4.546	
Valine....g	0.647		0	A	1		0.783	6.196	
Arginine....g	0.819		0	A	1		0.990	7.841	
Histidine....g	0.360		0	A	1		0.435	3.444	
Alanine....g	0.381		0	A	1		0.461	3.649	
Aspartic acid....g	0.845		0	A	1		1.022	8.094	
Glutamic acid....g	3.625		0	A	1		4.387	34.731	
Glycine....g	0.348		0	A	1		0.421	3.334	
Proline....g	1.446		0	A	1		1.749	13.848	
Serine....g	0.779		0	A	1		0.943	7.467	

NDB No. 21278
DOMINO'S 14" Cheese Pizza, Ultimate Deep Dish Crust

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 121g: 1 slice

Measure 2 = 958g: 1 pie

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2010)

NDB No. 21282

DOMINO'S 14" EXTRAVAGANZZA FEAST Pizza, Classic Hand-Tossed Crust

Domino's Pizza, LLC

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	50.77	0.435	4	A	1		76.66	621.41	
Energy....kcal	244		0	NC	4		369	2987	
Energy....kJ	1021		0	NC	4		1542	12499	
Protein....g	10.33	0.129	4	A	1		15.60	126.42	
Total lipid (fat)....g	11.10	0.402	4	A	1		16.75	135.81	
Ash....g	2.08	0.024	4	A	1		3.15	25.50	
Carbohydrate, by difference....g	25.72		0	NC	4		38.84	314.86	
Fiber, total dietary....g	2.0	0.151	4	A	1		3.1	25.1	
Sugars, total....g	3.30	0.186	4	A	1		4.98	40.37	
Sucrose....g	0.00	0.000	4	A	1		0.00	0.00	
Glucose (dextrose)....g	1.01	0.037	4	A	1		1.53	12.42	
Fructose....g	0.89	0.037	4	A	1		1.34	10.86	
Lactose....g	0.33	0.085	4	A	1		0.49	3.99	
Maltose....g	0.97	0.144	4	A	1		1.47	11.90	
Galactose....g	0.10	0.013	4	A	1		0.15	1.19	
Starch....g	19.90	1.128	4	A	1		30.05	243.58	
Minerals:									
Calcium, Ca....mg	113	9.053	4	A	1		170	1379	
Iron, Fe....mg	2.32	0.201	4	A	1		3.50	28.40	
Magnesium, Mg....mg	22	0.255	4	A	1		33	267	
Phosphorus, P....mg	184	6.897	4	A	1		277	2249	
Potassium, K....mg	174	3.065	4	A	1		263	2133	
Sodium, Na....mg	456	14.309	4	A	1		689	5585	
Zinc, Zn....mg	1.27	0.042	4	A	1		1.93	15.61	
Copper, Cu....mg	0.111	0.005	4	A	1		0.167	1.354	
Manganese, Mn....mg	0.260	0.006	4	A	1		0.392	3.178	
Selenium, Se....mcg	24.0	3.155	4	A	1		36.3	294.1	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0	0.000	4	A	1		0.0	0.0	
Thiamin....mg	0.135	0.032	4	A	1		0.204	1.655	
Riboflavin....mg	0.220	0.014	4	A	1		0.332	2.692	
Niacin....mg	3.250	0.144	4	A	1		4.907	39.779	
Pantothenic acid....mg	0.500	0.000	4	A	1		0.755	6.120	
Vitamin B-6....mg									
Folate, total....mcg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.55	0.060	4	A	1		0.84	6.79	
Vitamin A, RAE....mcg_RAE	51		0	AS	1		78	629	
Vitamin A, IU....IU	227		0	AS	1		343	2778	
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg	0.80	0.069	4	A	1		1.20	9.76	
Tocopherol, beta....mg	0.05	0.005	4	A	1		0.07	0.58	
Tocopherol, gamma....mg	1.03	0.039	4	A	1		1.56	12.64	
Tocopherol, delta....mg	0.28	0.043	4	A	1		0.43	3.49	
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg	5.2	0.318	4	A	1		7.9	64.3	
Dihydrophylloquinone....mcg	0.0	0.000	4	A	1		0.0	0.0	
Menaquinone-4....mcg									
Lipids:									
Fatty acids, total saturated....g	4.386		0	NC	4		6.623	53.683	
4:0....g									

NDB No. 21282
DOMINO'S 14" EXTRAVAGANZZA FEAST Pizza, Classic Hand-Tossed Crust

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g									
8:0....g	0.043	0.003	4	A	1		0.066	0.532	
10:0....g	0.102	0.008	4	A	1		0.155	1.254	
12:0....g	0.117	0.009	4	A	1		0.177	1.435	
13:0....g									
14:0....g	0.484	0.021	4	A	1		0.730	5.921	
15:0....g	0.052	0.002	4	A	1		0.078	0.636	
16:0....g	2.326	0.073	4	A	1		3.513	28.476	
17:0....g	0.057	0.002	4	A	1		0.086	0.700	
18:0....g	1.184	0.047	4	A	1		1.789	14.498	
20:0....g	0.019	0.001	4	A	1		0.029	0.231	
22:0....g	0.000	0.000	4	A	1		0.000	0.000	
24:0....g									
Fatty acids, total monounsaturated....g	3.627		0	NC	4		5.477	44.397	
14:1....g	0.046	0.002	4	A	1		0.070	0.565	
15:1....g	0.000	0.000	4	A	1		0.000	0.000	
16:1 undifferentiated....g	0.184	0.008	4	A	1		0.278	2.257	
17:1....g	0.000	0.000	4	A	1		0.000	0.000	
18:1 undifferentiated....g	3.365	0.099	4	A	1		5.082	41.193	
20:1....g	0.031	0.002	4	A	1		0.047	0.382	
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.425		0	NC	4		2.151	17.440	
18:2 undifferentiated....g	1.260	0.024	4	A	1		1.903	15.428	
18:3 undifferentiated....g	0.127		0	AS	1		0.192	1.554	
18:3 n-3 c,c,c (ALA)....g	0.127	0.004	4	A	1		0.192	1.554	
18:3 n-6 c,c,c....g	0.000	0.000	4	A	1		0.000	0.000	
18:3i....g									
18:4....g									
20:2 n-6 c,c....g	0.017	0.001	4	A	1		0.025	0.204	
20:3 undifferentiated....g	0.000	0.000	4	A	1		0.000	0.000	
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.021	0.001	4	A	1		0.031	0.253	
20:4 n-3....g									
20:4 n-6....g									
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g									
Cholesterol....mg	20	1.118	4	A	1		30	246	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.083		0	A	1		0.125	1.011	
Threonine....g	0.319		0	A	1		0.482	3.909	
Isoleucine....g	0.435		0	A	1		0.657	5.324	
Leucine....g	0.856		0	A	1		1.293	10.480	
Lysine....g	0.531		0	A	1		0.802	6.501	
Methionine....g	0.227		0	A	1		0.343	2.779	
Cystine....g	0.137		0	A	1		0.207	1.675	
Phenylalanine....g	0.524		0	A	1		0.792	6.418	
Tyrosine....g	0.337		0	A	1		0.508	4.119	
Valine....g	0.529		0	A	1		0.800	6.481	
Arginine....g	0.462		0	A	1		0.698	5.657	
Histidine....g	0.385		0	A	1		0.582	4.715	
Alanine....g	0.379		0	A	1		0.573	4.643	
Aspartic acid....g	0.751		0	A	1		1.134	9.193	
Glutamic acid....g	2.845		0	A	1		4.296	34.827	
Glycine....g	0.387		0	A	1		0.584	4.733	
Proline....g	1.468		0	A	1		2.216	17.964	
Serine....g	0.581		0	A	1		0.878	7.114	

NDB No. 21282
DOMINO'S 14" EXTRAVAGANZZA FEAST Pizza, Classic Hand-Tossed Crust

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 151g: 1 slice

Measure 2 = 1224g: 1 pie

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2010)

NDB No. 21280

DOMINO'S 14" Pepperoni Pizza, Classic Hand-Tossed Crust

Domino's Pizza, LLC

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	43.45	0.449	15	A	1		52.13	415.77	
Energy ... kcal	270		0	NC	4		325	2588	
Energy ... kJ	1131		0	NC	4		1358	10828	
Protein ... g	11.60	0.126	15	A	1		13.92	110.99	
Total lipid (fat) ... g	10.54	0.131	15	A	1		12.65	100.90	
Ash ... g	2.13	0.022	15	A	1		2.55	20.34	
Carbohydrate, by difference ... g	32.29		0	NC	4		38.75	309.00	
Fiber, total dietary ... g	1.5	0.093	14	A	1		1.8	14.5	
Sugars, total ... g	3.45	0.120	14	A	1		4.14	33.03	
Sucrose ... g	0.01	0.008	15	A	1		0.01	0.08	
Glucose (dextrose) ... g	1.04	0.016	15	A	1		1.25	9.98	
Fructose ... g	1.02	0.016	15	A	1		1.22	9.73	
Lactose ... g	0.30	0.071	15	A	1		0.36	2.89	
Maltose ... g	0.98	0.054	15	A	1		1.18	9.42	
Galactose ... g	0.09	0.005	14	A	1		0.11	0.90	
Starch ... g	26.43	0.417	15	A	1		31.72	252.97	
Minerals:									
Calcium, Ca ... mg	122	3.598	15	A	1		146	1167	
Iron, Fe ... mg	2.36	0.091	15	A	1		2.83	22.60	
Magnesium, Mg ... mg	25	0.389	15	A	1		30	239	
Phosphorus, P ... mg	185	4.291	15	A	1		222	1769	
Potassium, K ... mg	176	2.525	15	A	1		211	1682	
Sodium, Na ... mg	507	9.766	15	A	1		609	4855	
Zinc, Zn ... mg	1.23	0.024	15	A	1		1.48	11.82	
Copper, Cu ... mg	0.122	0.004	15	A	1		0.147	1.170	
Manganese, Mn ... mg	0.317	0.005	15	A	1		0.380	3.032	
Selenium, Se ... mcg	28.5	3.533	4	A	1		34.2	272.5	
Vitamins:									
Vitamin C, total ascorbic acid ... mg	0.0	0.000	3	A	1		0.0	0.0	
Thiamin ... mg	0.176	0.022	15	A	1		0.212	1.689	
Riboflavin ... mg	0.223	0.007	15	A	1		0.267	2.130	
Niacin ... mg	3.617	0.112	15	A	1		4.341	34.617	
Pantothenic acid ... mg	0.550	0.029	4	A	1		0.660	5.264	
Vitamin B-6 ... mg	0.150	0.006	11	A	1		0.180	1.439	
Folate, total ... mcg									
Folate, DFE ... mcg_DFE									
Choline, total ... mg									
Betaine ... mg									
Vitamin B-12 ... mcg	0.55	0.026	15	A	1		0.66	5.24	
Vitamin A, RAE ... mcg_RAE	47		0	AS	1		57	452	
Vitamin A, IU ... IU	235		0	AS	1		282	2249	
Lycopene ... mcg									
Lutein + zeaxanthin ... mcg									
Vitamin E (alpha-tocopherol) ... mg	0.97	0.077	4	A	1		1.16	9.26	
Tocopherol, beta ... mg	0.06	0.007	4	A	1		0.07	0.57	
Tocopherol, gamma ... mg	1.34	0.032	4	A	1		1.61	12.87	
Tocopherol, delta ... mg	0.35	0.031	4	A	1		0.42	3.33	
Vitamin D (D2 + D3) ... mcg	0.0	0.000	4	A	1		0.0	0.0	
Vitamin D2 (ergocalciferol) ... mcg									
Vitamin D3 (cholecalciferol) ... mcg									
Vitamin D ... IU	0	0.000	4	A	1		0	0	
Vitamin K (phylloquinone) ... mcg	5.2	0.111	4	A	1		6.2	49.5	
Dihydrophylloquinone ... mcg	0.0	0.000	4	A	1		0.0	0.0	
Menaquinone-4 ... mcg									
Lipids:									
Fatty acids, total saturated ... g	4.255		0	NC	4		5.106	40.721	
4:0 ... g									

NDB No. 21280
DOMINO'S 14" Pepperoni Pizza, Classic Hand-Tossed Crust

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g									
8:0 g	0.048	0.001	15	A	1		0.057	0.457	
10:0 g	0.109	0.003	15	A	1		0.131	1.047	
12:0 g	0.124	0.004	15	A	1		0.148	1.182	
13:0 g	0.000	0.000	11	A	1		0.000	0.000	
14:0 g	0.487	0.012	15	A	1		0.585	4.664	
15:0 g	0.052	0.001	15	A	1		0.063	0.499	
16:0 g	2.210	0.039	15	A	1		2.652	21.151	
17:0 g	0.053	0.001	15	A	1		0.064	0.511	
18:0 g	1.141	0.019	15	A	1		1.369	10.918	
20:0 g	0.019	0.000	15	A	1		0.023	0.181	
22:0 g	0.010	0.000	15	A	1		0.012	0.097	
24:0 g	0.002	0.001	11	A	1		0.002	0.017	
Fatty acids, total monounsaturated g	3.137		0	NC	4		3.765	30.026	
14:1 g	0.044	0.001	15	A	1		0.053	0.423	
15:1 g	0.004	0.001	15	A	1		0.004	0.035	
16:1 undifferentiated g	0.165	0.005	15	A	1		0.198	1.575	
17:1 g	0.011	0.002	15	A	1		0.013	0.105	
18:1 undifferentiated g	2.881	0.056	15	A	1		3.457	27.569	
20:1 g	0.033	0.001	15	A	1		0.040	0.319	
22:1 undifferentiated g	0.000	0.000	11	A	1		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	1.750		0	NC	4		2.100	16.745	
18:2 undifferentiated g	1.422	0.022	15	A	1		1.706	13.607	
18:3 undifferentiated g	0.156	0.002	15	JA	6		0.188	1.496	
18:3 n-3 c,c,c (ALA) g	0.153	0.002	15	A	1		0.183	1.461	
18:3 n-6 c,c,c g	0.000	0.000	15	A	1		0.000	0.000	
18:3i g									
18:4 g	0.032	0.001	11	A	1		0.038	0.304	
20:2 n-6 c,c g	0.014	0.000	15	A	1		0.017	0.137	
20:3 undifferentiated g	0.004	0.001	15	A	1		0.004	0.035	
20:3 n-3 g									
20:3 n-6 g									
20:4 undifferentiated g	0.019	0.000	15	A	1		0.023	0.180	
20:4 n-3 g									
20:4 n-6 g									
20:5 n-3 (EPA) g	0.001	0.001	11	A	1		0.001	0.009	
21:5 g									
22:4 g									
22:5 n-3 (DPA) g	0.000	0.000	11	A	1		0.000	0.000	
22:6 n-3 (DHA) g	0.000	0.000	11	A	1		0.000	0.000	
Fatty acids, total trans g									
Cholesterol mg	22	0.928	15	A	1		26	208	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.081		0	A	1		0.097	0.774	
Threonine g	0.306		0	A	1		0.367	2.924	
Isoleucine g	0.419		0	A	1		0.503	4.010	
Leucine g	0.825		0	A	1		0.990	7.892	
Lysine g	0.562		0	A	1		0.675	5.381	
Methionine g	0.212		0	A	1		0.254	2.026	
Cystine g	0.165		0	A	1		0.198	1.581	
Phenylalanine g	0.529		0	A	1		0.635	5.063	
Tyrosine g	0.301		0	A	1		0.361	2.877	
Valine g	0.508		0	A	1		0.609	4.860	
Arginine g	0.436		0	A	1		0.523	4.171	
Histidine g	0.268		0	A	1		0.322	2.568	
Alanine g	0.362		0	A	1		0.434	3.464	
Aspartic acid g	0.688		0	A	1		0.825	6.580	
Glutamic acid g	3.069		0	A	1		3.683	29.370	
Glycine g	0.384		0	A	1		0.461	3.674	
Proline g	1.308		0	A	1		1.569	12.516	
Serine g	0.575		0	A	1		0.691	5.507	

NDB No. 21280
DOMINO'S 14" Pepperoni Pizza, Classic Hand-Tossed Crust

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 120g: 1 slice

Measure 2 = 957g: 1 pie

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2010)

NDB No. 21281

DOMINO'S 14" Pepperoni Pizza, Ultimate Deep Dish Crust

Domino's Pizza, LLC

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	40.85	0.495	4	A	1		51.88	410.16	
Energy ... kcal	288		0	NC	4		366	2893	
Energy ... kJ	1206		0	NC	4		1531	12104	
Protein ... g	12.11	0.276	4	A	1		15.38	121.55	
Total lipid (fat) ... g	12.28	0.156	4	A	1		15.59	123.28	
Ash ... g	2.46	0.056	4	A	1		3.12	24.70	
Carbohydrate, by difference ... g	32.30		0	NC	4		41.02	324.32	
Fiber, total dietary ... g	2.1	0.130	4	A	1		2.7	21.2	
Sugars, total ... g	3.26	0.112	4	A	1		4.14	32.71	
Sucrose ... g	0.03	0.032	4	A	1		0.04	0.33	
Glucose (dextrose) ... g	0.65	0.048	4	A	1		0.83	6.53	
Fructose ... g	0.82	0.035	4	A	1		1.04	8.23	
Lactose ... g	0.77	0.103	4	A	1		0.97	7.71	
Maltose ... g	0.91	0.074	4	A	1		1.15	9.11	
Galactose ... g	0.08	0.006	4	A	1		0.10	0.81	
Starch ... g	25.48	0.541	4	A	1		32.35	255.77	
Minerals:									
Calcium, Ca ... mg	112	4.743	4	A	1		142	1126	
Iron, Fe ... mg	2.60	0.107	4	A	1		3.30	26.05	
Magnesium, Mg ... mg	25	0.357	4	A	1		32	256	
Phosphorus, P ... mg	202	4.761	4	A	1		257	2028	
Potassium, K ... mg	176	2.250	4	A	1		223	1765	
Sodium, Na ... mg	526	17.466	4	A	1		667	5277	
Zinc, Zn ... mg	1.51	0.063	4	A	1		1.92	15.18	
Copper, Cu ... mg	0.116	0.007	4	A	1		0.147	1.164	
Manganese, Mn ... mg	0.368	0.008	4	A	1		0.468	3.697	
Selenium, Se ... mcg	36.8	3.326	4	A	1		46.7	369.0	
Vitamins:									
Vitamin C, total ascorbic acid ... mg	0.0	0.000	4	A	1		0.0	0.0	
Thiamin ... mg	0.160	0.013	4	A	1		0.203	1.606	
Riboflavin ... mg	0.242	0.009	4	A	1		0.308	2.434	
Niacin ... mg	3.975	0.165	4	A	1		5.048	39.908	
Pantothenic acid ... mg	0.600	0.000	4	A	1		0.762	6.024	
Vitamin B-6 ... mg									
Folate, total ... mcg									
Folate, DFE ... mcg_DFE									
Choline, total ... mg									
Betaine ... mg									
Vitamin B-12 ... mcg	0.56	0.019	4	A	1		0.71	5.60	
Vitamin A, RAE ... mcg_RAE	70		0	AS	1		89	703	
Vitamin A, IU ... IU	301		0	AS	1		382	3021	
Lycopene ... mcg									
Lutein + zeaxanthin ... mcg									
Vitamin E (alpha-tocopherol) ... mg	0.88	0.135	4	A	1		1.12	8.83	
Tocopherol, beta ... mg	0.06	0.004	4	A	1		0.08	0.60	
Tocopherol, gamma ... mg	2.13	0.168	4	A	1		2.70	21.36	
Tocopherol, delta ... mg	0.67	0.069	4	A	1		0.85	6.70	
Vitamin D (D2 + D3) ... mcg									
Vitamin D2 (ergocalciferol) ... mcg									
Vitamin D3 (cholecalciferol) ... mcg									
Vitamin D ... IU									
Vitamin K (phylloquinone) ... mcg	5.9	0.275	4	A	1		7.5	59.5	
Dihydrophylloquinone ... mcg	3.2	0.394	4	A	1		4.1	32.4	
Menaquinone-4 ... mcg									
Lipids:									
Fatty acids, total saturated ... g	4.905		0	NC	4		6.229	49.244	
4:0 ... g									

NDB No. 21281
DOMINO'S 14" Pepperoni Pizza, Ultimate Deep Dish Crust

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g									
8:0....g	0.056	0.001	4	A	1		0.071	0.562	
10:0....g	0.127	0.002	4	A	1		0.162	1.280	
12:0....g	0.146	0.002	4	A	1		0.185	1.465	
13:0....g									
14:0....g	0.563	0.018	4	A	1		0.716	5.657	
15:0....g	0.060	0.002	4	A	1		0.076	0.599	
16:0....g	2.566	0.048	4	A	1		3.259	25.760	
17:0....g	0.059	0.002	4	A	1		0.075	0.589	
18:0....g	1.290	0.019	4	A	1		1.639	12.956	
20:0....g	0.022	0.001	4	A	1		0.028	0.220	
22:0....g	0.015	0.001	4	A	1		0.020	0.155	
24:0....g									
Fatty acids, total monounsaturated....g	4.027		0	NC	4		5.115	40.434	
14:1....g	0.049	0.003	4	A	1		0.062	0.489	
15:1....g	0.000	0.000	4	A	1		0.000	0.000	
16:1 undifferentiated....g	0.176	0.007	4	A	1		0.224	1.771	
17:1....g	0.000	0.000	4	A	1		0.000	0.000	
18:1 undifferentiated....g	3.757	0.074	4	A	1		4.772	37.725	
20:1....g	0.045	0.001	4	A	1		0.057	0.449	
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	2.030		0	NC	4		2.578	20.381	
18:2 undifferentiated....g	1.814	0.096	4	A	1		2.304	18.214	
18:3 undifferentiated....g	0.182		0	AS	1		0.231	1.829	
18:3 n-3 c,c,c (ALA)....g	0.177	0.007	4	A	1		0.224	1.774	
18:3 n-6 c,c,c....g	0.005	0.003	4	A	1		0.007	0.055	
18:3i....g									
18:4....g									
20:2 n-6 c,c....g	0.014	0.001	4	A	1		0.018	0.145	
20:3 undifferentiated....g	0.000	0.000	4	A	1		0.000	0.000	
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.019	0.000	4	A	1		0.024	0.192	
20:4 n-3....g									
20:4 n-6....g									
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g									
Cholesterol....mg	17	1.111	4	A	1		22	171	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.113		0	A	1		0.144	1.136	
Threonine....g	0.359		0	A	1		0.455	3.600	
Isoleucine....g	0.465		0	A	1		0.591	4.673	
Leucine....g	0.958		0	A	1		1.216	9.614	
Lysine....g	0.657		0	A	1		0.835	6.600	
Methionine....g	0.246		0	A	1		0.312	2.469	
Cystine....g	0.186		0	A	1		0.236	1.869	
Phenylalanine....g	0.599		0	A	1		0.760	6.012	
Tyrosine....g	0.365		0	A	1		0.463	3.661	
Valine....g	0.586		0	A	1		0.744	5.883	
Arginine....g	0.478		0	A	1		0.607	4.802	
Histidine....g	0.301		0	A	1		0.382	3.019	
Alanine....g	0.398		0	A	1		0.505	3.995	
Aspartic acid....g	0.792		0	A	1		1.006	7.956	
Glutamic acid....g	3.417		0	A	1		4.340	34.310	
Glycine....g	0.402		0	A	1		0.511	4.039	
Proline....g	1.570		0	A	1		1.994	15.767	
Serine....g	0.683		0	A	1		0.867	6.854	

NDB No. 21281
DOMINO'S 14" Pepperoni Pizza, Ultimate Deep Dish Crust

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 127g: 1 slice

Measure 2 = 1004g: 1 pie

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2010)

NDB No. 21046
Entrees, crab cake

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	53.38		1		1		32.03		
Energy....kcal	266		0	NC	4		160		
Energy....kJ	1113				4		668		
Protein (N x 6.25)....g	18.75		1		1		11.25		
Total lipid (fat)....g	17.25		1		1		10.35		
Ash....g	2.10		1		1		1.26		
Carbohydrate, by difference....g	8.52		0	NC	4		5.11		
Fiber, total dietary....g	0.4		0		4		0.2		
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	337		1		1		202		
Iron, Fe....mg	1.86		1		1		1.12		
Magnesium, Mg....mg	42		1		1		25		
Phosphorus, P....mg	378		1		1		227		
Potassium, K....mg	270		1		1		162		
Sodium, Na....mg	819		1		1		491		
Zinc, Zn....mg	3.54		1		1		2.12		
Copper, Cu....mg	0.610		1		1		0.366		
Manganese, Mn....mg	0.470		1		1		0.282		
Selenium, Se....mcg	42.1		0	RK	4		25.3		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.3		0		4		0.2		
Thiamin....mg	0.092		0		4		0.055		
Riboflavin....mg	0.125		0		4		0.075		
Niacin....mg	1.943		0		4		1.166		
Pantothenic acid....mg	0.450		0		4		0.270		
Vitamin B-6....mg	0.249		0		4		0.149		
Folate, total....mcg	41		0	RK	4		25		
Folic acid....mcg	25		0	NC	4		15		
Folate, food....mcg	16		0		4		10		
Folate, DFE....mcg_DFE	59		0	NC	4		35		
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	7.33		0		4		4.40		
Vitamin A, RAE....mcg_RAE	155		0	NC	4		93		
Retinol....mcg	155		0	NC	4		93		
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	522		0		4		313		
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Dihydrophylloquinone....mcg									
Menaquinone-4....mcg									
Lipids:									
Fatty acids, total saturated....g	3.740		0		1		2.244		
Fatty acids, total monounsaturated....g	7.180		0		1		4.308		

NDB No. 21046
Entrees, crab cake

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total polyunsaturated.....g	5.130		0		1		3.078		
Fatty acids, total trans.....g									
Cholesterol.....mg	137		0		4		82		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.258		0		1		0.155		
Threonine.....g	0.750		0		1		0.450		
Isoleucine.....g	0.912		0		1		0.547		
Leucine.....g	1.476		0		1		0.886		
Lysine.....g	1.524		0		1		0.914		
Methionine.....g	0.513		0		1		0.308		
Cystine.....g	0.231		0		1		0.139		
Phenylalanine.....g	0.813		0		1		0.488		
Tyrosine.....g	0.618		0		1		0.371		
Valine.....g	0.909		0		1		0.545		
Arginine.....g	1.539		0		1		0.923		
Histidine.....g	0.384		0		1		0.230		
Alanine.....g	1.029		0		1		0.617		
Aspartic acid.....g	1.854		0		1		1.112		
Glutamic acid.....g	3.294		0		1		1.976		
Glycine.....g	1.059		0		1		0.635		
Proline.....g	0.717		0		1		0.430		
Serine.....g	0.792		0		1		0.475		
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 60g: 1 cake

Calories Factors: Protein 4.27 **Fat** 8.9 **Carbohydrate**3.81

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2010)

NDB No. 21047
Entrees, fish fillet, battered or breaded, and fried

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	53.57	1.297	12		1		48.75		
Energy ... kcal	232		0	NC	4		211		
Energy ... kJ	971				4		883		
Protein (N x 6.11) ... g	14.66	1.406	13		1		13.34		
Total lipid (fat) ... g	12.29	0.798	11		1		11.18		
Ash ... g	2.51		1		1		2.28		
Carbohydrate, by difference ... g	16.97		0	NC	4		15.44		
Fiber, total dietary ... g	0.5		0		4		0.5		
Sugars, total ... g									
Starch ... g									
Minerals:									
Calcium, Ca ... mg	18	2.487	9		1		16		
Iron, Fe ... mg	2.11	0.881	9		1		1.92		
Magnesium, Mg ... mg	24	1.835	9		1		22		
Phosphorus, P ... mg	171	18.745	9		1		156		
Potassium, K ... mg	320	29.066	9		1		291		
Sodium, Na ... mg	532	82.923	8		1		484		
Zinc, Zn ... mg	0.44	0.048	9		1		0.40		
Copper, Cu ... mg	0.045	0.002	8		1		0.041		
Manganese, Mn ... mg	0.185	0.031	9		1		0.168		
Selenium, Se ... mcg	9.1		0	RK	4		8.3		
Vitamins:									
Vitamin C, total ascorbic acid ... mg	0.0		0		4		0.0		
Thiamin ... mg	0.109		1		1		0.099		
Riboflavin ... mg	0.106		0		4		0.096		
Niacin ... mg	2.102		0		4		1.913		
Pantothenic acid ... mg	0.199		2		1		0.181		
Vitamin B-6 ... mg	0.102		2		1		0.093		
Folate, total ... mcg	17		0	RK	4		15		
Folic acid ... mcg	4		0	NC	4		4		
Folate, food ... mcg	13		0		1		12		
Folate, DFE ... mcg_DFE	20		0	NC	4		18		
Choline, total ... mg									
Betaine ... mg									
Vitamin B-12 ... mcg	1.11		2		1		1.01		
Vitamin A, RAE ... mcg_RAE	11		0	NC	4		10		
Retinol ... mcg	11		0	NC	4		10		
Carotene, beta ... mcg									
Carotene, alpha ... mcg									
Cryptoxanthin, beta ... mcg									
Vitamin A, IU ... IU	38		0		4		35		
Lycopene ... mcg									
Lutein + zeaxanthin ... mcg									
Vitamin E (alpha-tocopherol) ... mg									
Tocopherol, beta ... mg									
Tocopherol, gamma ... mg									
Tocopherol, delta ... mg									
Vitamin D (D2 + D3) ... mcg									
Vitamin D2 (ergocalciferol) ... mcg									
Vitamin D3 (cholecalciferol) ... mcg									
Vitamin D ... IU									
Vitamin K (phylloquinone) ... mcg									
Dihydrophylloquinone ... mcg									
Menaquinone-4 ... mcg									
Lipids:									
Fatty acids, total saturated ... g	2.820		0		1		2.566		
4:0 ... g									

NDB No. 21047
Entrees, fish fillet, battered or breaded, and fried

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g									
8:0....g									
10:0....g									
12:0....g									
13:0....g									
14:0....g	0.130		1		1		0.118		
15:0....g									
16:0....g	2.260		1		1		2.057		
17:0....g									
18:0....g	0.430		1		1		0.391		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	2.580		0		1		2.348		
14:1....g									
15:1....g									
16:1 undifferentiated....g									
17:1....g									
18:1 undifferentiated....g	2.580		1		1		2.348		
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	6.270		0		1		5.706		
18:2 undifferentiated....g	5.780		1		1		5.260		
18:3 undifferentiated....g	0.490		1		1		0.446		
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g									
Cholesterol....mg	34		1		1		31		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.168		0		1		0.153		
Threonine....g	0.626		0		1		0.570		
Isoleucine....g	0.676		0		1		0.615		
Leucine....g	1.190		0		1		1.083		
Lysine....g	1.247		0		1		1.135		
Methionine....g	0.417		0		1		0.379		
Cystine....g	0.175		0		1		0.159		
Phenylalanine....g	0.602		0		1		0.548		
Tyrosine....g	0.494		0		1		0.450		
Valine....g	0.760		0		1		0.692		
Arginine....g	0.852		0		1		0.775		
Histidine....g	0.425		0		1		0.387		
Alanine....g	0.847		0		1		0.771		
Aspartic acid....g	1.422		0		1		1.294		
Glutamic acid....g	2.514		0		1		2.288		
Glycine....g	0.688		0		1		0.626		
Proline....g	0.664		0		1		0.604		
Serine....g	0.628		0		1		0.571		
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 91g: 1 fillet

NDB No. 21047
Entrees, fish fillet, battered or breaded, and fried

Calories Factors: Protein 4.1 **Fat** 8.77 **Carbohydrate** 3.78

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2010)

NDB No. 21299

Fast Food, Pizza Chain, 14" Pizza, cheese topping, regular crust

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	43.76	0.276	40	A	1		45.07	396.02	
Energy ... kcal	264		0	NC	4		272	2386	
Energy ... kJ	1103		0	NC	4		1136	9981	
Protein ... g	11.91	0.519	40	A	1		12.27	107.81	
Total lipid (fat) ... g	9.51	0.515	40	A	1		9.80	86.10	
Ash ... g	2.23	0.143	40	A	1		2.30	20.21	
Carbohydrate, by difference ... g	32.58		0	NC	4		33.56	294.86	
Fiber, total dietary ... g	1.7		0	AS	1		1.8	15.4	
Sugars, total ... g	4.02	0.469	40	A	1		4.14	36.37	
Sucrose ... g	0.11	0.109	40	A	1		0.12	1.03	
Glucose (dextrose) ... g	1.01	0.199	40	A	1		1.04	9.10	
Fructose ... g	1.20	0.196	40	A	1		1.23	10.84	
Lactose ... g	0.23	0.054	40	A	1		0.24	2.09	
Maltose ... g	1.34	0.125	40	A	1		1.38	12.13	
Galactose ... g	0.13	0.017	40	A	1		0.13	1.18	
Starch ... g	25.49	0.841	40	A	1		26.25	230.68	
Minerals:									
Calcium, Ca ... mg	177	5.078	40	A	1		183	1606	
Iron, Fe ... mg	2.14	0.105	40	A	1		2.21	19.38	
Magnesium, Mg ... mg	24	1.432	40	A	1		25	220	
Phosphorus, P ... mg	212	10.329	40	A	1		218	1919	
Potassium, K ... mg	154	6.475	40	A	1		159	1395	
Sodium, Na ... mg	535	41.904	40	A	1		551	4844	
Zinc, Zn ... mg	1.37	0.105	40	A	1		1.41	12.37	
Copper, Cu ... mg	0.119	0.009	40	A	1		0.122	1.074	
Manganese, Mn ... mg	0.317	0.008	40	A	1		0.326	2.865	
Selenium, Se ... mcg	24.5	3.904	15	A	1		25.3	222.2	
Vitamins:									
Vitamin C, total ascorbic acid ... mg	0.0	0.000	13	A	1		0.0	0.0	
Thiamin ... mg	0.340	0.061	40	A	1		0.351	3.081	
Riboflavin ... mg	0.502	0.242	40	A	1		0.517	4.539	
Niacin ... mg	3.277	0.101	40	A	1		3.375	29.654	
Pantothenic acid ... mg	0.352	0.064	15	A	1		0.362	3.183	
Vitamin B-6 ... mg	0.120	0.002	32	A	1		0.124	1.086	
Folate, total ... mcg	93	15.250	8	A	1		95	837	
Folic acid ... mcg	52	7.250	8	A	1		54	473	
Folate, food ... mcg	40		0	AS	1		42	365	
Folate, DFE ... mcg_DFE	129		0	NC	4		133	1169	
Choline, total ... mg	16.4	0.230	8	AS	1		16.9	148.6	
Betaine ... mg	27.8	0.585	8	A	1		28.6	251.6	
Vitamin B-12 ... mcg	0.55	0.083	40	A	1		0.57	5.01	
Vitamin B-12, added ... mcg	0.00		0	FLA	4		0.00	0.00	
Vitamin A, RAE ... mcg_RAE	69		0	AS	1		71	623	
Retinol ... mcg	61	4.199	15	A	1		63	553	
Carotene, beta ... mcg	92		2	A	1		95	836	
Carotene, alpha ... mcg	0		2	A	1		0	0	
Cryptoxanthin, beta ... mcg	0		2	A	1		0	0	
Vitamin A, IU ... IU	358		0	AS	1		368	3236	
Lycopene ... mcg	1915		2	A	1		1972	17331	
Lutein + zeaxanthin ... mcg	58		2	A	1		60	526	
Vitamin E (alpha-tocopherol) ... mg	0.83	0.141	15	A	1		0.85	7.50	
Vitamin E, added ... mg	0.00		0	FLA	4		0.00	0.00	
Tocopherol, beta ... mg	0.05	0.006	15	A	1		0.05	0.43	
Tocopherol, gamma ... mg	1.19	0.062	15	A	1		1.22	10.75	
Tocopherol, delta ... mg	0.34	0.008	15	A	1		0.35	3.09	
Vitamin D (D2 + D3) ... mcg	0.0	0.000	15	A	1		0.0	0.0	
Vitamin D2 (ergocalciferol) ... mcg									

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Fast Food, Pizza Chain, 14" Pizza, cheese topping, regular crust

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D3 (cholecalciferol).....mcg									
Vitamin D.....IU	0	0.000	15	A	1		0	0	
Vitamin K (phylloquinone).....mcg	6.7	0.575	15	A	1		6.9	60.2	
Dihydrophylloquinone.....mcg	0.0	0.000	15	A	1		0.0	0.0	
Menaquinone-4.....mcg									
Lipids:									
Fatty acids, total saturated.....g	4.221		0	NC	4		4.347	38.197	
4:0.....g	0.175		0	FLA	4		0.181	1.588	
6:0.....g	0.034		0	FLA	4		0.035	0.306	
8:0.....g	0.062	0.003	40	A	1		0.063	0.557	
10:0.....g	0.145	0.007	40	A	1		0.150	1.315	
12:0.....g	0.167	0.010	40	A	1		0.172	1.516	
13:0.....g	0.000	0.000	20	A	1		0.000	0.000	
14:0.....g	0.590	0.037	40	A	1		0.607	5.335	
15:0.....g	0.060	0.004	40	A	1		0.062	0.542	
16:0.....g	2.016	0.110	40	A	1		2.076	18.245	
17:0.....g	0.038	0.003	40	A	1		0.040	0.347	
18:0.....g	0.904	0.023	40	A	1		0.932	8.185	
20:0.....g	0.018	0.001	40	A	1		0.019	0.166	
22:0.....g	0.010	0.000	40	A	1		0.011	0.094	
24:0.....g	0.000	0.000	32	A	1		0.000	0.003	
Fatty acids, total monounsaturated.....g	2.352		0	NC	4		2.423	21.287	
14:1.....g	0.045	0.004	40	A	1		0.046	0.408	
15:1.....g	0.001	0.001	40	A	1		0.001	0.012	
16:1 undifferentiated.....g	0.104	0.012	40	A	1		0.107	0.938	
17:1.....g	0.008	0.004	40	A	1		0.008	0.074	
18:1 undifferentiated.....g	2.175	0.118	40	A	1		2.241	19.687	
20:1.....g	0.018	0.002	40	A	1		0.019	0.167	
22:1 undifferentiated.....g	0.000	0.000	32	A	1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.788		0	NC	4		1.842	16.186	
18:2 undifferentiated.....g	1.420	0.087	40	A	1		1.462	12.848	
18:3 undifferentiated.....g	0.169	0.011	32	JA	6		0.174	1.526	
18:3 n-3 c,c,c (ALA).....g	0.156	0.006	28	A	1		0.160	1.410	
18:3 n-6 c,c,c.....g	0.000	0.000	28	A	1		0.000	0.000	
18:3i.....g									
18:4.....g	0.033	0.005	32	A	1		0.034	0.298	
20:2 n-6 c,c.....g	0.000	0.000	40	A	1		0.000	0.000	
20:3 undifferentiated.....g	0.001	0.001	39	A	1		0.001	0.008	
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.010	0.000	40	A	1		0.011	0.095	
20:4 n-3.....g									
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.000	0.000	32	A	1		0.000	0.000	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000	0.000	32	A	1		0.000	0.000	
22:6 n-3 (DHA).....g	0.000	0.000	32	A	1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	21	1.918	40	A	1		22	194	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.128		0	A	1		0.132	1.159	
Threonine.....g	0.410		0	A	1		0.422	3.711	
Isoleucine.....g	0.564		0	A	1		0.581	5.105	
Leucine.....g	1.139		0	A	1		1.173	10.304	
Lysine.....g	0.770		0	A	1		0.793	6.971	
Methionine.....g	0.264		0	A	1		0.272	2.387	
Cystine.....g	0.163		0	A	1		0.168	1.477	
Phenylalanine.....g	0.664		0	A	1		0.684	6.009	
Tyrosine.....g	0.522		0	A	1		0.538	4.723	
Valine.....g	0.720		0	A	1		0.742	6.520	

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Fast Food, Pizza Chain, 14" Pizza, cheese topping, regular crust

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Arginine.....g	0.486		0	A	1		0.501	4.400	
Histidine.....g	0.355		0	A	1		0.366	3.213	
Alanine.....g	0.419		0	A	1		0.431	3.790	
Aspartic acid.....g	0.839		0	A	1		0.864	7.595	
Glutamic acid.....g	3.535		0	A	1		3.641	31.992	
Glycine.....g	0.341		0	A	1		0.351	3.083	
Proline.....g	1.357		0	A	1		1.397	12.278	
Serine.....g	0.700		0	A	1		0.721	6.339	
Hydroxyproline.....g	0.000	0.000	7	A	1		0.000	0.000	
Others:									
Alcohol, ethyl.....g	0.0		0	FLA	4		0.0	0.0	
Caffeine.....mg	0		0	FLA	4		0	0	
Theobromine.....mg	0		0	FLA	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 103g: 1 slice

Measure 2 = 905g: 1 pie

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2010)

NDB No. 21300

Fast Food, Pizza Chain, 14" Pizza, cheese topping, thick crust

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	43.41	0.815	19	A	1		46.02	423.72	
Energy....kcal	272		0	NC	4		289	2657	
Energy....kJ	1139		0	NC	4		1207	11117	
Protein....g	12.00	0.364	19	A	1		12.72	117.08	
Total lipid (fat)....g	10.99	0.712	19	A	1		11.65	107.30	
Ash....g	2.27	0.064	19	A	1		2.40	22.12	
Carbohydrate, by difference....g	31.33		0	NC	4		33.21	305.77	
Fiber, total dietary....g	1.5	0.419	19	A	1		1.6	14.8	
Sugars, total....g	3.18	0.311	18	A	1		3.37	31.04	
Sucrose....g	0.00	0.000	19	A	1		0.00	0.00	
Glucose (dextrose)....g	0.67	0.167	19	A	1		0.71	6.51	
Fructose....g	0.79	0.195	19	A	1		0.84	7.74	
Lactose....g	0.38	0.195	19	A	1		0.40	3.69	
Maltose....g	1.23	0.149	19	A	1		1.31	12.03	
Galactose....g	0.13	0.018	18	A	1		0.14	1.31	
Starch....g	24.82	0.792	19	A	1		26.31	242.21	
Minerals:									
Calcium, Ca....mg	186	22.036	19	A	1		198	1819	
Iron, Fe....mg	2.30	0.385	19	A	1		2.43	22.41	
Magnesium, Mg....mg	24	1.870	19	A	1		26	237	
Phosphorus, P....mg	216	7.177	19	A	1		229	2107	
Potassium, K....mg	157	5.184	19	A	1		166	1530	
Sodium, Na....mg	533	52.354	19	A	1		565	5202	
Zinc, Zn....mg	1.38	0.073	19	A	1		1.47	13.50	
Copper, Cu....mg	0.110	0.006	7	A	1		0.117	1.076	
Manganese, Mn....mg	0.315	0.024	19	A	1		0.334	3.078	
Selenium, Se....mcg	27.8	5.246	11	A	1		29.4	271.1	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0	0.000	11	A	1		0.0	0.0	
Thiamin....mg	0.354	0.064	19	A	1		0.375	3.455	
Riboflavin....mg	0.265	0.010	19	A	1		0.280	2.582	
Niacin....mg	3.490	0.389	18	A	1		3.700	34.066	
Pantothenic acid....mg	0.442	0.106	11	A	1		0.468	4.314	
Vitamin B-6....mg	0.058	0.002	12	A	1		0.061	0.565	
Folate, total....mcg	106	6.811	4	A	1		113	1037	
Folic acid....mcg	66	3.979	4	A	1		70	644	
Folate, food....mcg	40		0	AS	1		43	393	
Folate, DFE....mcg_DFE	152		0	NC	4		162	1488	
Choline, total....mg	16.6	0.372	7	AS	1		17.6	161.6	
Betaine....mg	27.3	1.667	7	A	1		29.0	266.7	
Vitamin B-12....mcg	0.56	0.112	19	A	1		0.60	5.49	
Vitamin B-12, added....mcg	0.00		0	FLA	4		0.00	0.00	
Vitamin A, RAE....mcg_RAE	69		0	NC	4		73	675	
Retinol....mcg	61		0	BFSN	4		65	600	
Carotene, beta....mcg	93		0	BFSN	4		99	907	
Carotene, alpha....mcg	0		0	BFSN	4		0	0	
Cryptoxanthin, beta....mcg	0		0	BFSN	4		0	0	
Vitamin A, IU....IU	360		0	NC	4		381	3511	
Lycopene....mcg	1927		0	BFSN	4		2042	18805	
Lutein + zeaxanthin....mcg	22		0	NR	4		23	211	
Vitamin E (alpha-tocopherol)....mg	0.82	0.043	11	A	1		0.87	7.96	
Vitamin E, added....mg	0.00		0	FLA	4		0.00	0.00	
Tocopherol, beta....mg	0.06	0.006	11	A	1		0.06	0.55	
Tocopherol, gamma....mg	2.09	0.440	11	A	1		2.22	20.44	
Tocopherol, delta....mg	0.62	0.121	11	A	1		0.66	6.08	
Vitamin D (D2 + D3)....mcg	0.0	0.000	4	A	1		0.0	0.0	
Vitamin D2 (ergocalciferol)....mcg									

NDB No. 21300

Fast Food, Pizza Chain, 14" Pizza, cheese topping, thick crust

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D3 (cholecalciferol).....mcg									
Vitamin D.....IU	0	0.000	4	A	1		0	0	
Vitamin K (phylloquinone).....mcg	10.0	3.540	11	A	1		10.6	97.2	
Dihydrophylloquinone.....mcg	1.4	1.367	11	A	1		1.4	13.3	
Menaquinone-4.....mcg									
Lipids:									
Fatty acids, total saturated.....g	4.679		0	NC	4		4.960	45.671	
4:0.....g	0.220		0	FLA	4		0.233	2.143	
6:0.....g	0.042		0	FLA	4		0.045	0.413	
8:0.....g	0.066	0.003	19	A	1		0.070	0.645	
10:0.....g	0.154	0.010	19	A	1		0.163	1.500	
12:0.....g	0.178	0.012	19	A	1		0.188	1.733	
13:0.....g									
14:0.....g	0.620	0.052	19	A	1		0.657	6.047	
15:0.....g	0.063	0.005	19	A	1		0.067	0.616	
16:0.....g	2.252	0.161	19	A	1		2.388	21.984	
17:0.....g	0.041	0.004	19	A	1		0.044	0.403	
18:0.....g	1.005	0.056	19	A	1		1.065	9.808	
20:0.....g	0.022	0.002	19	A	1		0.024	0.219	
22:0.....g	0.017	0.002	19	A	1		0.018	0.162	
24:0.....g	0.000	0.000	12	A	1		0.000	0.000	
Fatty acids, total monounsaturated.....g	2.934		0	NC	4		3.110	28.636	
14:1.....g	0.048	0.006	19	A	1		0.051	0.473	
15:1.....g	0.000	0.000	19	A	1		0.000	0.000	
16:1 undifferentiated.....g	0.116	0.013	19	A	1		0.123	1.136	
17:1.....g	0.007	0.007	19	A	1		0.007	0.065	
18:1 undifferentiated.....g	2.738	0.085	19	A	1		2.902	26.721	
20:1.....g	0.025	0.002	19	A	1		0.026	0.241	
22:1 undifferentiated.....g	0.000	0.000	12	A	1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.389		0	NC	4		2.532	23.315	
18:2 undifferentiated.....g	1.906	0.277	19	A	1		2.020	18.601	
18:3 undifferentiated.....g	0.249	0.066	12	JA	6		0.263	2.426	
18:3 n-3 c,c,c (ALA).....g	0.179	0.004	7	A	1		0.190	1.750	
18:3 n-6 c,c,c.....g	0.000	0.000	7	A	1		0.000	0.000	
18:3i.....g									
18:4.....g	0.044	0.002	12	A	1		0.047	0.431	
20:2 n-6 c,c.....g	0.000	0.000	19	A	1		0.000	0.000	
20:3 undifferentiated.....g	0.000	0.000	17	A	1		0.000	0.000	
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.011	0.001	19	A	1		0.012	0.107	
20:4 n-3.....g									
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.000	0.000	12	A	1		0.000	0.000	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000	0.000	12	A	1		0.000	0.000	
22:6 n-3 (DHA).....g	0.000	0.000	12	A	1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	24	3.030	19	A	1		25	232	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.131		0	A	1		0.139	1.281	
Threonine.....g	0.399		0	A	1		0.423	3.895	
Isoleucine.....g	0.555		0	A	1		0.588	5.414	
Leucine.....g	1.084		0	A	1		1.149	10.583	
Lysine.....g	0.807		0	A	1		0.856	7.879	
Methionine.....g	0.287		0	A	1		0.304	2.801	
Cystine.....g	0.260		0	A	1		0.275	2.534	
Phenylalanine.....g	0.678		0	A	1		0.718	6.613	
Tyrosine.....g	0.488		0	A	1		0.517	4.762	
Valine.....g	0.703		0	A	1		0.746	6.865	

NDB No. 21300

Fast Food, Pizza Chain, 14" Pizza, cheese topping, thick crust

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Arginine.....g	0.634		0	A	1		0.672	6.189	
Histidine.....g	0.328		0	A	1		0.347	3.199	
Alanine.....g	0.374		0	A	1		0.396	3.646	
Aspartic acid.....g	0.847		0	A	1		0.897	8.264	
Glutamic acid.....g	3.723		0	A	1		3.947	36.340	
Glycine.....g	0.371		0	A	1		0.393	3.622	
Proline.....g	1.437		0	A	1		1.524	14.028	
Serine.....g	0.767		0	A	1		0.813	7.489	
Hydroxyproline.....g	0.000	0.000	6	A	1		0.000	0.000	
Others:									
Alcohol, ethyl.....g	0.0		0	FLA	4		0.0	0.0	
Caffeine.....mg	0		0	FLA	4		0	0	
Theobromine.....mg	0		0	FLA	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 106g: 1 slice

Measure 2 = 976g: 1 pie

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2010)

NDB No. 21301

Fast Food, Pizza Chain, 14" Pizza, cheese topping, thin crust

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	40.87	0.911	14	A	1		25.75	256.26	147.96
Energy	kcal	304		0	NC	4		191	1906	1100
Energy	kJ	1272		0	NC	4		801	7974	4604
Protein	g	14.17	0.929	14	A	1		8.93	88.86	51.31
Total lipid (fat)	g	15.68	0.862	14	A	1		9.88	98.32	56.76
Ash	g	2.74	0.179	14	A	1		1.73	17.17	9.92
Carbohydrate, by difference	g	26.54		0	NC	4		16.72	166.38	96.06
Fiber, total dietary	g	2.0	0.280	14	A	1		1.3	12.5	7.2
Sugars, total	g	3.08	0.290	14	A	1		1.94	19.28	11.13
Sucrose	g	0.20	0.188	14	A	1		0.13	1.28	0.74
Glucose (dextrose)	g	0.81	0.100	14	A	1		0.51	5.10	2.95
Fructose	g	0.81	0.075	14	A	1		0.51	5.09	2.94
Lactose	g	0.34	0.115	14	A	1		0.22	2.16	1.25
Maltose	g	0.73	0.088	14	A	1		0.46	4.56	2.63
Galactose	g	0.17	0.039	14	A	1		0.11	1.09	0.63
Starch	g	20.46	1.419	14	A	1		12.89	128.30	74.07
Minerals:										
Calcium, Ca	mg	300	41.348	14	A	1		189	1882	1086
Iron, Fe	mg	0.83	0.211	14	A	1		0.52	5.19	3.00
Magnesium, Mg	mg	25	1.218	14	A	1		16	158	91
Phosphorus, P	mg	286	13.797	14	A	1		180	1795	1036
Potassium, K	mg	175	5.111	14	A	1		110	1094	632
Sodium, Na	mg	581	70.647	14	A	1		366	3641	2102
Zinc, Zn	mg	1.63	0.184	14	A	1		1.03	10.25	5.92
Copper, Cu	mg	0.124	0.020	14	A	1		0.078	0.776	0.448
Manganese, Mn	mg	0.236	0.015	14	A	1		0.149	1.481	0.855
Selenium, Se	mcg	28.4	2.926	14	A	1		17.9	178.2	102.9
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.1	0.092	13	A	1		0.1	0.6	0.3
Thiamin	mg	0.256	0.088	14	A	1		0.161	1.604	0.926
Riboflavin	mg	0.204	0.040	14	A	1		0.128	1.278	0.738
Niacin	mg	2.029	1.106	14	A	1		1.278	12.721	7.344
Pantothenic acid	mg	0.301	0.068	14	A	1		0.190	1.889	1.091
Vitamin B-6	mg	0.082	0.003	4	A	1		0.052	0.514	0.297
Folate, total	mcg	96	4.564	4	A	1		60	602	348
Folic acid	mcg	56	3.568	4	A	1		35	353	204
Folate, food	mcg	40		0	AS	1		25	249	144
Folate, DFE	mcg_DFE	135		0	NC	4		85	849	490
Choline, total	mg	18.9		3	AS	1		11.9	118.2	68.3
Betaine	mg	20.4		3	A	1		12.8	127.6	73.7
Vitamin B-12	mcg	0.80	0.034	14	A	1		0.50	5.01	2.89
Vitamin B-12, added	mcg	0.00		0	FLA	4		0.00	0.00	0.00
Vitamin A, RAE	mcg_RAE	72		0	NC	4		46	453	262
Retinol	mcg	64		0	BFSN	4		40	403	233
Carotene, beta	mcg	97		0	BFSN	4		61	609	352
Carotene, alpha	mcg	0		0	BFSN	4		0	0	0
Cryptoxanthin, beta	mcg	0		0	BFSN	4		0	0	0
Vitamin A, IU	IU	376		0	NC	4		237	2357	1361
Lycopene	mcg	2013		0	BFSN	4		1268	12624	7288
Lutein + zeaxanthin	mcg	30		0	NR	4		19	191	110
Vitamin E (alpha-tocopherol)	mg	1.29	0.233	14	A	1		0.81	8.09	4.67
Vitamin E, added	mg	0.00		0	FLA	4		0.00	0.00	0.00
Tocopherol, beta	mg	0.06	0.006	14	A	1		0.04	0.38	0.22
Tocopherol, gamma	mg	2.52	0.547	14	A	1		1.59	15.78	9.11
Tocopherol, delta	mg	0.88	0.212	14	A	1		0.55	5.51	3.18
Vitamin D (D2 + D3)	mcg	0.0		0	Z	7		0.0	0.0	0.0
Vitamin D2 (ergocalciferol)	mcg									

NDB No. 21301

Fast Food, Pizza Chain, 14" Pizza, cheese topping, thin crust

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU	0		0	Z	7		0	0	0
Vitamin K (phylloquinone)....mcg	9.7	2.182	14	A	1		6.1	60.5	35.0
Dihydrophylloquinone....mcg	3.0	2.809	14	A	1		1.9	19.0	11.0
Menaquinone-4....mcg	2.8	0.185	4	A	1		1.7	17.2	10.0
Lipids:									
Fatty acids, total saturated....g	6.932		0	NC	4		4.367	43.462	25.093
4:0....g	0.220		0	FLA	4		0.138	1.377	0.795
6:0....g	0.042		0	FLA	4		0.027	0.265	0.153
8:0....g	0.102	0.008	14	A	1		0.064	0.637	0.368
10:0....g	0.237	0.017	14	A	1		0.149	1.483	0.856
12:0....g	0.273	0.020	14	A	1		0.172	1.711	0.988
13:0....g	0.000	0.000	4	A	1		0.000	0.000	0.000
14:0....g	0.956	0.056	14	A	1		0.602	5.995	3.461
15:0....g	0.096	0.007	14	A	1		0.060	0.601	0.347
16:0....g	3.330	0.146	14	A	1		2.098	20.876	12.053
17:0....g	0.062	0.004	14	A	1		0.039	0.387	0.224
18:0....g	1.566	0.066	14	A	1		0.987	9.820	5.670
20:0....g	0.030	0.003	14	A	1		0.019	0.185	0.107
22:0....g	0.020	0.004	14	A	1		0.012	0.124	0.072
24:0....g	0.000	0.000	8	A	1		0.000	0.000	0.000
Fatty acids, total monounsaturated....g	4.561		0	NC	4		2.873	28.597	16.511
14:1....g	0.074	0.005	14	A	1		0.047	0.464	0.268
15:1....g	0.000	0.000	14	A	1		0.000	0.000	0.000
16:1 undifferentiated....g	0.160	0.015	14	A	1		0.101	1.003	0.579
17:1....g	0.013	0.008	14	A	1		0.008	0.082	0.047
18:1 undifferentiated....g	4.287	0.520	14	A	1		2.701	26.877	15.518
20:1....g	0.027	0.004	14	A	1		0.017	0.172	0.099
22:1 undifferentiated....g	0.000	0.000	8	A	1		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	2.932		0	NC	4		1.847	18.384	10.614
18:2 undifferentiated....g	2.220	0.437	14	A	1		1.399	13.922	8.038
18:3 undifferentiated....g	0.220	0.082	8	JA	6		0.139	1.380	0.797
18:3 n-3 c,c,c (ALA)....g	0.423	0.045	6	A	1		0.266	2.650	1.530
18:3 n-6 c,c,c....g	0.000	0.000	6	A	1		0.000	0.000	0.000
18:3i....g									
18:4....g	0.052	0.005	8	A	1		0.033	0.329	0.190
20:2 n-6 c,c....g	0.000	0.000	10	A	1		0.000	0.000	0.000
20:3 undifferentiated....g	0.001	0.001	11	A	1		0.000	0.004	0.002
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.016	0.002	14	A	1		0.010	0.099	0.057
20:4 n-3....g									
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000	0.000	8	A	1		0.000	0.000	0.000
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000	0.000	8	A	1		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.000	0.000	8	A	1		0.000	0.000	0.000
Fatty acids, total trans....g									
Cholesterol....mg	35	3.031	14	A	1		22	220	127
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.146		0	A	1		0.092	0.918	0.530
Threonine....g	0.514		0	A	1		0.324	3.221	1.860
Isoleucine....g	0.657		0	A	1		0.414	4.120	2.379
Leucine....g	1.335		0	A	1		0.841	8.368	4.831
Lysine....g	0.962		0	A	1		0.606	6.031	3.482
Methionine....g	0.320		0	A	1		0.202	2.007	1.159
Cystine....g	0.200		0	A	1		0.126	1.257	0.725
Phenylalanine....g	0.776		0	A	1		0.489	4.866	2.809
Tyrosine....g	0.605		0	A	1		0.381	3.793	2.190
Valine....g	0.845		0	A	1		0.532	5.298	3.059

NDB No. 21301

Fast Food, Pizza Chain, 14" Pizza, cheese topping, thin crust

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Arginine....g	0.554		0	A	1		0.349	3.472	2.005
Histidine....g	0.361		0	A	1		0.228	2.265	1.307
Alanine....g	0.462		0	A	1		0.291	2.895	1.671
Aspartic acid....g	1.101		0	A	1		0.693	6.902	3.985
Glutamic acid....g	3.994		0	A	1		2.516	25.042	14.458
Glycine....g	0.355		0	A	1		0.224	2.224	1.284
Proline....g	1.639		0	A	1		1.032	10.275	5.932
Serine....g	0.868		0	A	1		0.547	5.440	3.141
Hydroxyproline....g	0.000	0.000	4	A	1		0.000	0.000	0.000
Others:									
Alcohol, ethyl....g	0.0		0	FLA	4		0.0	0.0	0.0
Caffeine....mg	0		0	FLA	4		0	0	0
Theobromine....mg	0		0	FLA	4		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 63g: 1 slice

Measure 2 = 627g: 1 pie

Measure 3 = 362g: .5 pie

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2010)

NDB No. 21303

Fast Food, Pizza Chain, 14" Pizza, pepperoni topping, thick crust

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	42.27	1.353	19	A	1		44.81	420.59	
Energy....kcal	284		0	NC	4		301	2823	
Energy....kJ	1187		0	NC	4		1258	11812	
Protein....g	12.43	0.255	19	A	1		13.17	123.66	
Total lipid (fat)....g	12.49	1.036	19	A	1		13.24	124.27	
Ash....g	2.41	0.081	19	A	1		2.55	23.98	
Carbohydrate, by difference....g	30.40		0	NC	4		32.23	302.50	
Fiber, total dietary....g	1.8	0.217	19	A	1		1.9	17.9	
Sugars, total....g	3.02	0.302	19	A	1		3.21	30.09	
Sucrose....g	0.01	0.011	19	A	1		0.01	0.11	
Glucose (dextrose)....g	0.62	0.152	19	A	1		0.65	6.14	
Fructose....g	0.72	0.178	19	A	1		0.77	7.20	
Lactose....g	0.37	0.207	19	A	1		0.39	3.64	
Maltose....g	1.20	0.145	19	A	1		1.27	11.91	
Galactose....g	0.11	0.015	19	A	1		0.12	1.08	
Starch....g	24.13	0.948	19	A	1		25.58	240.08	
Minerals:									
Calcium, Ca....mg	160	20.675	19	A	1		169	1589	
Iron, Fe....mg	2.18	0.279	19	A	1		2.31	21.71	
Magnesium, Mg....mg	25	1.529	19	A	1		26	247	
Phosphorus, P....mg	204	5.338	19	A	1		217	2034	
Potassium, K....mg	171	3.801	19	A	1		181	1700	
Sodium, Na....mg	617	63.043	19	A	1		654	6139	
Zinc, Zn....mg	1.44	0.098	19	A	1		1.53	14.36	
Copper, Cu....mg	0.119	0.003	7	A	1		0.126	1.180	
Manganese, Mn....mg	0.334	0.017	19	A	1		0.354	3.323	
Selenium, Se....mcg	29.1	4.961	11	A	1		30.9	290.0	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0	0.000	11	A	1		0.0	0.0	
Thiamin....mg	0.307	0.074	19	A	1		0.326	3.056	
Riboflavin....mg	0.274	0.017	19	A	1		0.291	2.730	
Niacin....mg	3.687	0.193	19	A	1		3.909	36.690	
Pantothenic acid....mg	0.469	0.080	11	A	1		0.497	4.665	
Vitamin B-6....mg	0.093	0.003	12	A	1		0.099	0.927	
Folate, total....mcg	103	4.211	4	A	1		109	1022	
Folic acid....mcg	57	3.010	4	A	1		61	570	
Folate, food....mcg	46		0	AS	1		48	453	
Folate, DFE....mcg_DFE	143		0	NC	4		151	1421	
Choline, total....mg	24.8	0.223	7	AS	1		26.2	246.3	
Betaine....mg	28.4	1.569	7	A	1		30.1	282.8	
Vitamin B-12....mcg	0.62	0.114	19	A	1		0.66	6.16	
Vitamin B-12, added....mcg	0.00		0	FLA	4		0.00	0.00	
Vitamin A, RAE....mcg_RAE	64		0	NC	4		68	640	
Retinol....mcg	56	6.581	11	A	1		60	561	
Carotene, beta....mcg	95		0	BFSN	4		100	943	
Carotene, alpha....mcg	0		0	BFSN	4		0	0	
Cryptoxanthin, beta....mcg	0		0	BFSN	4		0	0	
Vitamin A, IU....IU	346		0	NC	4		367	3443	
Lycopene....mcg	1966		0	BFSN	4		2084	19559	
Lutein + zeaxanthin....mcg	23		0	NR	4		24	228	
Vitamin E (alpha-tocopherol)....mg	0.87	0.034	11	A	1		0.92	8.66	
Vitamin E, added....mg	0.00		0	FLA	4		0.00	0.00	
Tocopherol, beta....mg	0.06	0.003	11	A	1		0.06	0.56	
Tocopherol, gamma....mg	2.09	0.546	11	A	1		2.22	20.84	
Tocopherol, delta....mg	0.65	0.173	11	A	1		0.69	6.48	
Vitamin D (D2 + D3)....mcg	0.0	0.000	4	A	1		0.0	0.0	
Vitamin D2 (ergocalciferol)....mcg									

NDB No. 21303

Fast Food, Pizza Chain, 14" Pizza, pepperoni topping, thick crust

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU	0	0.000	4	A	1		0	0	
Vitamin K (phylloquinone)....mcg	11.5	5.007	11	A	1		12.2	114.5	
Dihydrophylloquinone....mcg	1.1	1.075	11	A	1		1.1	10.7	
Menaquinone-4....mcg	2.1	0.344	4	A	1		2.2	20.9	
Lipids:									
Fatty acids, total saturated....g	4.977		0	NC	4		5.276	49.522	
4:0....g	0.220		0	FLA	4		0.233	2.186	
6:0....g	0.042		0	FLA	4		0.045	0.421	
8:0....g	0.055	0.004	19	A	1		0.058	0.542	
10:0....g	0.126	0.007	19	A	1		0.134	1.255	
12:0....g	0.145	0.008	19	A	1		0.154	1.445	
13:0....g									
14:0....g	0.551	0.010	19	A	1		0.584	5.485	
15:0....g	0.056	0.003	19	A	1		0.059	0.553	
16:0....g	2.522	0.132	19	A	1		2.673	25.091	
17:0....g	0.050	0.005	19	A	1		0.053	0.498	
18:0....g	1.174	0.090	19	A	1		1.245	11.683	
20:0....g	0.022	0.002	19	A	1		0.024	0.223	
22:0....g	0.014	0.003	19	A	1		0.015	0.139	
24:0....g	0.000	0.000	12	A	1		0.000	0.000	
Fatty acids, total monounsaturated....g	3.762		0	NC	4		3.988	37.436	
14:1....g	0.046	0.002	19	A	1		0.048	0.453	
15:1....g	0.000	0.000	19	A	1		0.000	0.000	
16:1 undifferentiated....g	0.176	0.016	19	A	1		0.186	1.747	
17:1....g	0.009	0.009	19	A	1		0.010	0.094	
18:1 undifferentiated....g	3.467	0.271	19	A	1		3.675	34.497	
20:1....g	0.044	0.007	19	A	1		0.047	0.438	
22:1 undifferentiated....g	0.021	0.001	12	A	1		0.022	0.206	
24:1 c....g									
Fatty acids, total polyunsaturated....g	2.603		0	NC	4		2.759	25.896	
18:2 undifferentiated....g	2.090	0.411	19	A	1		2.215	20.792	
18:3 undifferentiated....g	0.265	0.088	12	JA	6		0.281	2.635	
18:3 n-3 c,c,c (ALA)....g	0.177	0.000	7	A	1		0.188	1.761	
18:3 n-6 c,c,c....g	0.003	0.003	7	A	1		0.003	0.027	
18:3i....g									
18:4....g	0.036	0.004	12	A	1		0.038	0.353	
20:2 n-6 c,c....g	0.015	0.004	19	A	1		0.015	0.145	
20:3 undifferentiated....g	0.000	0.000	19	A	1		0.000	0.000	
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.018	0.002	19	A	1		0.019	0.182	
20:4 n-3....g									
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000	0.000	12	A	1		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000	0.000	12	A	1		0.000	0.000	
22:6 n-3 (DHA)....g	0.000	0.000	12	A	1		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	28	2.399	19	A	1		29	276	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.113		0	A	1		0.120	1.126	
Threonine....g	0.367		0	A	1		0.389	3.651	
Isoleucine....g	0.488		0	A	1		0.517	4.855	
Leucine....g	0.989		0	A	1		1.049	9.843	
Lysine....g	0.699		0	A	1		0.741	6.951	
Methionine....g	0.255		0	A	1		0.270	2.539	
Cystine....g	0.271		0	A	1		0.288	2.700	
Phenylalanine....g	0.606		0	A	1		0.643	6.033	
Tyrosine....g	0.415		0	A	1		0.440	4.126	
Valine....g	0.609		0	A	1		0.646	6.060	

NDB No. 21303

Fast Food, Pizza Chain, 14" Pizza, pepperoni topping, thick crust

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Arginine.....g	0.493		0	A	1		0.523	4.910	
Histidine.....g	0.321		0	A	1		0.340	3.194	
Alanine.....g	0.412		0	A	1		0.436	4.096	
Aspartic acid.....g	0.789		0	A	1		0.837	7.853	
Glutamic acid.....g	3.413		0	A	1		3.618	33.961	
Glycine.....g	0.395		0	A	1		0.419	3.934	
Proline.....g	1.247		0	A	1		1.322	12.408	
Serine.....g	0.671		0	A	1		0.712	6.679	
Hydroxyproline.....g	0.010	0.010	7	A	1		0.010	0.095	
Others:									
Alcohol, ethyl.....g	0.0		0	FLA	4		0.0	0.0	
Caffeine.....mg	0		0	FLA	4		0	0	
Theobromine.....mg	0		0	FLA	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 106g: 1 slice

Measure 2 = 995g: 1 pie

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2010)

NDB No. 21304

Fast Food, Pizza Chain, 14" pizza, meat and vegetable topping, regular crust

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	50.40	0.429	15	A	1		68.54	588.66	
Energy ... kcal	244		0	NC	4		331	2847	
Energy ... kJ	1020		0	NC	4		1387	11911	
Protein ... g	11.02	0.444	15	A	1		14.98	128.67	
Total lipid (fat) ... g	10.90	0.246	15	A	1		14.83	127.34	
Ash ... g	2.30	0.093	15	A	1		3.13	26.84	
Carbohydrate, by difference ... g	25.38		0	NC	4		34.52	296.48	
Fiber, total dietary ... g	2.2	0.100	15	A	1		3.0	26.0	
Sugars, total ... g	3.73	0.398	15	A	1		5.07	43.57	
Sucrose ... g	0.08	0.083	15	A	1		0.11	0.97	
Glucose (dextrose) ... g	1.07	0.171	15	A	1		1.45	12.46	
Fructose ... g	1.10	0.157	15	A	1		1.50	12.84	
Lactose ... g	0.17	0.054	15	A	1		0.24	2.04	
Maltose ... g	1.21	0.115	15	A	1		1.64	14.11	
Galactose ... g	0.10	0.013	15	A	1		0.13	1.15	
Starch ... g	18.70	0.945	15	A	1		25.43	218.41	
Minerals:									
Calcium, Ca ... mg	120	15.779	15	A	1		164	1407	
Iron, Fe ... mg	1.86	0.208	15	A	1		2.54	21.78	
Magnesium, Mg ... mg	23	0.648	15	A	1		31	264	
Phosphorus, P ... mg	183	9.529	15	A	1		249	2140	
Potassium, K ... mg	184	10.556	15	A	1		250	2150	
Sodium, Na ... mg	589	23.430	15	A	1		801	6881	
Zinc, Zn ... mg	1.24	0.119	15	A	1		1.68	14.47	
Copper, Cu ... mg	0.138	0.009	15	A	1		0.187	1.609	
Manganese, Mn ... mg	0.273	0.006	15	A	1		0.371	3.188	
Selenium, Se ... mcg	23.1	2.961	15	A	1		31.4	269.7	
Vitamins:									
Vitamin C, total ascorbic acid ... mg	0.1	0.143	15	A	1		0.2	1.7	
Thiamin ... mg	0.256	0.049	15	A	1		0.347	2.984	
Riboflavin ... mg	0.266	0.017	15	A	1		0.362	3.111	
Niacin ... mg	3.100	0.253	15	A	1		4.216	36.212	
Pantothenic acid ... mg	0.455	0.053	15	A	1		0.619	5.316	
Vitamin B-6 ... mg	0.098	0.002	4	A	1		0.133	1.146	
Folate, total ... mcg	62	3.375	8	A	1		84	723	
Folic acid ... mcg	36	1.750	8	A	1		49	423	
Folate, food ... mcg	26		0	AS	1		35	299	
Folate, DFE ... mcg_DFE	87		0	NC	4		119	1019	
Choline, total ... mg	21.7		4	AS	1		29.4	252.9	
Betaine ... mg	23.7		4	A	1		32.2	276.6	
Vitamin B-12 ... mcg	0.68	0.065	15	A	1		0.93	7.97	
Vitamin B-12, added ... mcg	0.00		0	FLA	4		0.00	0.00	
Vitamin A, RAE ... mcg_RAE	61		0	NC	4		83	709	
Retinol ... mcg	54		0	BFSN	4		73	629	
Carotene, beta ... mcg	81		0	BFSN	4		111	951	
Carotene, alpha ... mcg	0		0	BFSN	4		0	0	
Cryptoxanthin, beta ... mcg	0		0	BFSN	4		0	0	
Vitamin A, IU ... IU	315		0	NC	4		429	3683	
Lycopene ... mcg	1689		0	BFSN	4		2297	19727	
Lutein + zeaxanthin ... mcg	26		0	NR	4		35	304	
Vitamin E (alpha-tocopherol) ... mg	0.86	0.084	15	A	1		1.16	10.00	
Vitamin E, added ... mg	0.00		0	FLA	4		0.00	0.00	
Tocopherol, beta ... mg	0.04	0.002	15	A	1		0.06	0.52	
Tocopherol, gamma ... mg	0.93	0.076	15	A	1		1.27	10.89	
Tocopherol, delta ... mg	0.27	0.017	15	A	1		0.36	3.10	
Vitamin D (D2 + D3) ... mcg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol) ... mcg									

NDB No. 21304

Fast Food, Pizza Chain, 14" pizza, meat and vegetable topping, regular crust

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)....mcg	6.2	0.665	15	A	1		8.4	72.1	
Dihydrophylloquinone....mcg	0.0	0.000	15	A	1		0.0	0.0	
Menaquinone-4....mcg	2.0	0.096	4	A	1		2.8	23.9	
Lipids:									
Fatty acids, total saturated....g	4.407		0	NC	4		5.994	51.475	
4:0....g	0.147		0	FLA	4		0.200	1.714	
6:0....g	0.028		0	FLA	4		0.038	0.330	
8:0....g	0.039	0.004	15	A	1		0.053	0.456	
10:0....g	0.093	0.007	15	A	1		0.126	1.082	
12:0....g	0.107	0.008	15	A	1		0.145	1.248	
13:0....g	0.000	0.000	4	A	1		0.000	0.000	
14:0....g	0.447	0.024	15	A	1		0.609	5.227	
15:0....g	0.045	0.004	15	A	1		0.061	0.521	
16:0....g	2.330	0.081	15	A	1		3.169	27.215	
17:0....g	0.050	0.004	15	A	1		0.067	0.578	
18:0....g	1.100	0.050	15	A	1		1.497	12.853	
20:0....g	0.019	0.000	15	A	1		0.026	0.228	
22:0....g	0.002	0.002	15	A	1		0.003	0.023	
24:0....g	0.000	0.000	8	A	1		0.000	0.000	
Fatty acids, total monounsaturated....g	3.787		0	NC	4		5.151	44.237	
14:1....g	0.038	0.004	15	A	1		0.052	0.443	
15:1....g	0.000	0.000	15	A	1		0.000	0.000	
16:1 undifferentiated....g	0.195	0.012	15	A	1		0.265	2.273	
17:1....g	0.014	0.008	15	A	1		0.019	0.167	
18:1 undifferentiated....g	3.497	0.090	15	A	1		4.756	40.844	
20:1....g	0.042	0.004	15	A	1		0.058	0.495	
22:1 undifferentiated....g	0.001	0.001	8	A	1		0.002	0.014	
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.890		0	NC	4		2.570	22.071	
18:2 undifferentiated....g	1.521	0.092	15	A	1		2.069	17.770	
18:3 undifferentiated....g	0.157	0.006	8	JA	6		0.214	1.834	
18:3 n-3 c,c,c (ALA)....g	0.138	0.011	7	A	1		0.187	1.609	
18:3 n-6 c,c,c....g	0.000	0.000	7	A	1		0.000	0.000	
18:3i....g									
18:4....g	0.029	0.001	8	A	1		0.039	0.335	
20:2 n-6 c,c....g	0.023	0.003	11	A	1		0.031	0.266	
20:3 undifferentiated....g	0.000	0.000	15	A	1		0.000	0.000	
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.022	0.001	15	A	1		0.030	0.256	
20:4 n-3....g									
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000	0.000	8	A	1		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000	0.000	7	A	1		0.000	0.000	
22:6 n-3 (DHA)....g	0.000	0.000	8	A	1		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	27	2.031	15	A	1		36	311	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.109		0	A	1		0.148	1.268	
Threonine....g	0.399		0	A	1		0.543	4.661	
Isoleucine....g	0.482		0	A	1		0.655	5.627	
Leucine....g	0.923		0	A	1		1.255	10.775	
Lysine....g	0.615		0	A	1		0.837	7.187	
Methionine....g	0.217		0	A	1		0.295	2.531	
Cystine....g	0.178		0	A	1		0.242	2.080	
Phenylalanine....g	0.553		0	A	1		0.752	6.457	
Tyrosine....g	0.385		0	A	1		0.523	4.492	
Valine....g	0.579		0	A	1		0.787	6.762	

NDB No. 21304

Fast Food, Pizza Chain, 14" pizza, meat and vegetable topping, regular crust

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Arginine.....g	0.508		0	A	1		0.691	5.933	
Histidine.....g	0.334		0	A	1		0.454	3.898	
Alanine.....g	0.449		0	A	1		0.611	5.244	
Aspartic acid.....g	0.864		0	A	1		1.175	10.094	
Glutamic acid.....g	2.930		0	A	1		3.985	34.226	
Glycine.....g	0.423		0	A	1		0.575	4.935	
Proline.....g	1.107		0	A	1		1.505	12.927	
Serine.....g	0.597		0	A	1		0.812	6.972	
Hydroxyproline.....g	0.012	0.012	6	A	1		0.017	0.145	
Others:									
Alcohol, ethyl.....g	0.0		0	FLA	4		0.0	0.0	
Caffeine.....mg	0		0	FLA	4		0	0	
Theobromine.....mg	0		0	FLA	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 136g: 1 slice

Measure 2 = 1168g: 1 pie

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2010)

NDB No. 21302

Fast Food, Pizza Chain, 14" pizza, pepperoni topping, regular crust

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	42.53	0.706	44	A	1		45.94	407.90	
Energy ... kcal	276		0	NC	4		298	2649	
Energy ... kJ	1156		0	NC	4		1248	11084	
Protein ... g	12.33	0.435	44	A	1		13.32	118.26	
Total lipid (fat) ... g	11.23	0.411	44	A	1		12.13	107.72	
Ash ... g	2.45	0.144	44	A	1		2.64	23.45	
Carbohydrate, by difference ... g	31.46		0	NC	4		33.97	301.66	
Fiber, total dietary ... g	1.5	0.295	43	A	1		1.6	14.4	
Sugars, total ... g	3.81	0.361	43	A	1		4.12	36.56	
Sucrose ... g	0.10	0.095	44	A	1		0.11	0.93	
Glucose (dextrose) ... g	0.99	0.165	44	A	1		1.07	9.53	
Fructose ... g	1.19	0.149	44	A	1		1.29	11.46	
Lactose ... g	0.20	0.048	44	A	1		0.21	1.89	
Maltose ... g	1.22	0.102	44	A	1		1.32	11.69	
Galactose ... g	0.11	0.014	43	A	1		0.12	1.04	
Starch ... g	25.01	1.226	44	A	1		27.01	239.82	
Minerals:									
Calcium, Ca ... mg	156	19.144	44	A	1		168	1494	
Iron, Fe ... mg	2.20	0.090	44	A	1		2.38	21.14	
Magnesium, Mg ... mg	24	1.224	44	A	1		26	235	
Phosphorus, P ... mg	200	8.344	44	A	1		216	1921	
Potassium, K ... mg	172	7.478	44	A	1		186	1649	
Sodium, Na ... mg	632	48.593	44	A	1		682	6060	
Zinc, Zn ... mg	1.43	0.092	44	A	1		1.54	13.67	
Copper, Cu ... mg	0.118	0.007	44	A	1		0.127	1.130	
Manganese, Mn ... mg	0.340	0.009	44	A	1		0.368	3.265	
Selenium, Se ... mcg	26.5	3.569	15	A	1		28.6	253.8	
Vitamins:									
Vitamin C, total ascorbic acid ... mg	0.0	0.000	14	A	1		0.0	0.0	
Thiamin ... mg	0.339	0.058	44	A	1		0.366	3.247	
Riboflavin ... mg	0.337	0.055	43	A	1		0.364	3.228	
Niacin ... mg	3.735	0.235	44	A	1		4.034	35.817	
Pantothenic acid ... mg	0.437	0.066	15	A	1		0.471	4.186	
Vitamin B-6 ... mg	0.155	0.004	32	A	1		0.167	1.485	
Folate, total ... mcg	92	19.625	8	A	1		99	881	
Folic acid ... mcg	56	12.500	8	A	1		60	532	
Folate, food ... mcg	36		0	AS	1		39	349	
Folate, DFE ... mcg_DFE	131		0	NC	4		141	1254	
Choline, total ... mg	25.4	0.552	7	AS	1		27.4	243.4	
Betaine ... mg	26.0	0.442	7	A	1		28.1	249.3	
Vitamin B-12 ... mcg	0.64	0.065	44	A	1		0.70	6.18	
Vitamin B-12, added ... mcg	0.00		0	FLA	4		0.00	0.00	
Vitamin A, RAE ... mcg_RAE	70		0	NC	4		76	674	
Retinol ... mcg	62		0	BFSN	4		67	599	
Carotene, beta ... mcg	94		0	BFSN	4		102	905	
Carotene, alpha ... mcg	0		0	BFSN	4		0	0	
Cryptoxanthin, beta ... mcg	0		0	BFSN	4		0	0	
Vitamin A, IU ... IU	365		0	NC	4		395	3504	
Lycopene ... mcg	1957		0	BFSN	4		2113	18765	
Lutein + zeaxanthin ... mcg	24		0	NR	4		25	225	
Vitamin E (alpha-tocopherol) ... mg	0.87	0.101	15	A	1		0.94	8.37	
Vitamin E, added ... mg	0.00		0	FLA	4		0.00	0.00	
Tocopherol, beta ... mg	0.05	0.004	15	A	1		0.06	0.50	
Tocopherol, gamma ... mg	1.19	0.061	15	A	1		1.28	11.41	
Tocopherol, delta ... mg	0.33	0.009	15	A	1		0.36	3.21	
Vitamin D (D2 + D3) ... mcg	0.0	0.000	15	A	1		0.0	0.0	
Vitamin D2 (ergocalciferol) ... mcg									

NDB No. 21302

Fast Food, Pizza Chain, 14" pizza, pepperoni topping, regular crust

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU	0	0.000	15	A	1		0	0	
Vitamin K (phylloquinone)....mcg	6.4	0.721	15	A	1		6.9	61.6	
Dihydrophylloquinone....mcg	0.0	0.000	15	A	1		0.0	0.0	
Menaquinone-4....mcg	2.5	0.065	4	A	1		2.8	24.5	
Lipids:									
Fatty acids, total saturated....g	4.870		0	NC	4		5.259	46.702	
4:0....g	0.220		0	FLA	4		0.237	2.107	
6:0....g	0.042		0	FLA	4		0.046	0.406	
8:0....g	0.053	0.004	44	A	1		0.057	0.510	
10:0....g	0.124	0.008	44	A	1		0.134	1.194	
12:0....g	0.143	0.009	44	A	1		0.155	1.372	
13:0....g	0.000	0.000	19	A	1		0.000	0.000	
14:0....g	0.557	0.025	44	A	1		0.601	5.337	
15:0....g	0.056	0.002	44	A	1		0.061	0.542	
16:0....g	2.441	0.093	44	A	1		2.637	23.411	
17:0....g	0.054	0.004	44	A	1		0.058	0.517	
18:0....g	1.150	0.037	44	A	1		1.242	11.025	
20:0....g	0.019	0.001	44	A	1		0.021	0.184	
22:0....g	0.010	0.001	44	A	1		0.010	0.092	
24:0....g	0.001	0.001	32	A	1		0.001	0.006	
Fatty acids, total monounsaturated....g	3.454		0	NC	4		3.731	33.126	
14:1....g	0.048	0.002	44	A	1		0.052	0.457	
15:1....g	0.001	0.001	44	A	1		0.001	0.009	
16:1 undifferentiated....g	0.181	0.011	44	A	1		0.195	1.734	
17:1....g	0.015	0.006	44	A	1		0.016	0.139	
18:1 undifferentiated....g	3.161	0.178	44	A	1		3.413	30.310	
20:1....g	0.040	0.004	44	A	1		0.043	0.380	
22:1 undifferentiated....g	0.010	0.006	32	A	1		0.011	0.097	
24:1 c....g									
Fatty acids, total polyunsaturated....g	2.010		0	NC	4		2.170	19.273	
18:2 undifferentiated....g	1.604	0.106	44	A	1		1.732	15.378	
18:3 undifferentiated....g	0.174	0.011	36	JO	11		0.188	1.672	
18:3 n-3 c,c,c (ALA)....g	0.162	0.007	32	A	1		0.175	1.551	
18:3 n-6 c,c,c....g	0.000	0.000	32	A	1		0.000	0.000	
18:3i....g									
18:4....g	0.035	0.004	32	A	1		0.038	0.334	
20:2 n-6 c,c....g	0.015	0.002	44	A	1		0.016	0.145	
20:3 undifferentiated....g	0.001	0.001	43	A	1		0.001	0.010	
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.019	0.001	44	A	1		0.020	0.180	
20:4 n-3....g									
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000	0.000	32	A	1		0.000	0.003	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000	0.000	32	A	1		0.000	0.000	
22:6 n-3 (DHA)....g	0.000	0.000	32	A	1		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	27	0.862	44	A	1		29	259	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.119		0	A	1		0.129	1.142	
Threonine....g	0.404		0	A	1		0.437	3.878	
Isoleucine....g	0.520		0	A	1		0.562	4.987	
Leucine....g	1.033		0	A	1		1.116	9.905	
Lysine....g	0.739		0	A	1		0.798	7.089	
Methionine....g	0.263		0	A	1		0.284	2.525	
Cystine....g	0.170		0	A	1		0.184	1.634	
Phenylalanine....g	0.604		0	A	1		0.653	5.796	
Tyrosine....g	0.467		0	A	1		0.505	4.481	
Valine....g	0.648		0	A	1		0.700	6.215	

NDB No. 21302

Fast Food, Pizza Chain, 14" pizza, pepperoni topping, regular crust

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Arginine.....g	0.521		0	A	1		0.563	4.996	
Histidine.....g	0.349		0	A	1		0.377	3.347	
Alanine.....g	0.474		0	A	1		0.512	4.544	
Aspartic acid.....g	0.827		0	A	1		0.893	7.929	
Glutamic acid.....g	3.233		0	A	1		3.492	31.009	
Glycine.....g	0.436		0	A	1		0.471	4.181	
Proline.....g	1.189		0	A	1		1.285	11.406	
Serine.....g	0.636		0	A	1		0.687	6.101	
Hydroxyproline.....g	0.011	0.011	7	A	1		0.012	0.104	
Others:									
Alcohol, ethyl.....g	0.0		0	FLA	4		0.0	0.0	
Caffeine.....mg	0		0	FLA	4		0	0	
Theobromine.....mg	0		0	FLA	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 108g: 1 slice

Measure 2 = 959g: 1 pie

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2010)

NDB No. 21469
Fast Foods, Fried Chicken, Breast, meat and skin with breading

Refuse: 10% Cartilage and bone

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	53.05		0	RKA	1		105.56	72.14	62.60
Energy ... kcal	252		0	NC	4		502	343	297
Energy ... kJ	1055		0	NC	4		2099	1434	1244
Protein ... g	21.91		0	RKA	1		43.59	29.79	25.85
Total lipid (fat) ... g	14.80		0	RKA	1		29.46	20.13	17.47
Ash ... g	2.45		0	RKA	1		4.87	3.33	2.89
Carbohydrate, by difference ... g	7.79		0	RKI	6		15.51	10.60	9.20
Fiber, total dietary ... g	0.5		0	RKI	6		0.9	0.6	0.6
Sugars, total ... g	0.00		0	RKI	6		0.00	0.00	0.00
Sucrose ... g	0.00		0	RKA	1		0.00	0.00	0.00
Glucose (dextrose) ... g	0.00		0	RKA	1		0.00	0.00	0.00
Fructose ... g	0.00		0	RKA	1		0.00	0.00	0.00
Lactose ... g	0.00		0	RKA	1		0.00	0.00	0.00
Maltose ... g	0.00		0	RKA	1		0.00	0.00	0.00
Galactose ... g	0.00		0	RKA	1		0.00	0.00	0.00
Starch ... g	6.95		0	RKA	1		13.82	9.45	8.20
Minerals:									
Calcium, Ca ... mg	27		0	RKA	1		54	37	32
Iron, Fe ... mg	0.66		0	RKA	1		1.31	0.89	0.78
Magnesium, Mg ... mg	25		0	RKA	1		50	34	29
Phosphorus, P ... mg	205		0	RKA	1		409	279	242
Potassium, K ... mg	273		0	RKA	1		543	371	322
Sodium, Na ... mg	551		0	RKA	1		1097	749	650
Zinc, Zn ... mg	0.78		0	RKA	1		1.55	1.06	0.92
Copper, Cu ... mg	0.130		0	RKA	1		0.259	0.177	0.154
Manganese, Mn ... mg	0.122		0	RKA	1		0.243	0.166	0.144
Selenium, Se ... mcg	25.8		0	RKA	1		51.3	35.0	30.4
Vitamins:									
Vitamin C, total ascorbic acid ... mg	0.0		0	RKI	6		0.0	0.0	0.0
Thiamin ... mg	0.072		0	RKA	1		0.143	0.098	0.085
Riboflavin ... mg	0.141		0	RKA	1		0.281	0.192	0.167
Niacin ... mg	8.878		0	RKA	1		17.668	12.074	10.476
Pantothenic acid ... mg	1.408		0	RKA	1		2.802	1.915	1.661
Vitamin B-6 ... mg	0.361		0	RKA	1		0.718	0.491	0.426
Folate, total ... mcg	22		0	RKI	6		44	30	26
Folic acid ... mcg	11		0	RKI	6		22	15	13
Folate, food ... mcg	11		0	RKI	6		21	15	13
Folate, DFE ... mcg_DFE	30		0	NC	4		59	41	35
Choline, total ... mg	56.6		0	RKI	6		112.7	77.0	66.8
Betaine ... mg									
Vitamin B-12 ... mcg	0.34		0	RKA	1		0.67	0.46	0.40
Vitamin B-12, added ... mcg	0.00		0	RKI	6		0.00	0.00	0.00
Vitamin A, RAE ... mcg_RAE	19		0	RKI	6		39	26	23
Retinol ... mcg	19		0	RKI	6		39	26	23
Carotene, beta ... mcg	0		0	RKI	6		0	0	0
Carotene, alpha ... mcg	0		0	RKI	6		0	0	0
Cryptoxanthin, beta ... mcg	0		0	RKI	6		0	0	0
Vitamin A, IU ... IU	65		0	RKI	6		129	88	77
Lycopene ... mcg	0		0	RKI	6		0	0	0
Lutein + zeaxanthin ... mcg	0		0	RKI	6		0	0	0
Vitamin E (alpha-tocopherol) ... mg	0.26		0	RKI	6		0.52	0.35	0.31
Vitamin E, added ... mg	0.00		0	RKI	6		0.00	0.00	0.00
Tocopherol, beta ... mg									
Tocopherol, gamma ... mg									
Tocopherol, delta ... mg									
Vitamin D (D2 + D3) ... mcg	0.1		0	RKI	6		0.3	0.2	0.2
Vitamin D2 (ergocalciferol) ... mcg									

NDB No. 21469

Fast Foods, Fried Chicken, Breast, meat and skin with breading

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU	5		0	RKI	6		10	7	6
Vitamin K (phylloquinone)....mcg	0.0		0	RKI	6		0.0	0.0	0.0
Dihydrophylloquinone....mcg									
Menaquinone-4....mcg									
Lipids:									
Fatty acids, total saturated....g	3.920		0	RKI	6		7.801	5.331	4.626
4:0....g	0.003		0	RKA	1		0.005	0.004	0.003
6:0....g	0.001		0	RKA	1		0.001	0.001	0.001
8:0....g	0.003		0	RKA	1		0.006	0.004	0.004
10:0....g	0.005		0	RKA	1		0.009	0.006	0.005
12:0....g	0.008		0	RKA	1		0.015	0.010	0.009
13:0....g									
14:0....g	0.116		0	RKA	1		0.230	0.157	0.136
15:0....g	0.017		0	RKA	1		0.034	0.023	0.020
16:0....g	2.724		0	RKA	1		5.421	3.705	3.214
17:0....g	0.038		0	RKA	1		0.075	0.051	0.045
18:0....g	0.959		0	RKA	1		1.907	1.304	1.131
20:0....g	0.022		0	RKA	1		0.044	0.030	0.026
22:0....g	0.018		0	RKA	1		0.036	0.025	0.021
24:0....g	0.008		0	RKA	1		0.016	0.011	0.010
Fatty acids, total monounsaturated....g	5.551		0	RKI	6		11.047	7.550	6.551
14:1....g	0.031		0	RKA	1		0.061	0.042	0.036
15:1....g	0.003		0	RKA	1		0.006	0.004	0.004
16:1 undifferentiated....g	0.618		0	RKA	1		1.231	0.841	0.730
17:1....g	0.024		0	RKA	1		0.048	0.033	0.028
18:1 undifferentiated....g	4.811		0	RKA	1		9.575	6.544	5.678
20:1....g	0.055		0	RKA	1		0.109	0.075	0.065
22:1 undifferentiated....g	0.003		0	RKA	1		0.006	0.004	0.004
24:1 c....g	0.006		0	RKA	1		0.012	0.008	0.007
Fatty acids, total polyunsaturated....g	3.979		0	RKI	6		7.918	5.411	4.695
18:2 undifferentiated....g	3.683		0	RKA	1		7.328	5.008	4.346
18:3 undifferentiated....g	0.186		0	RKA	1		0.370	0.253	0.219
18:4....g	0.003		0	RKA	1		0.005	0.004	0.003
20:2 n-6 c,c....g	0.014		0	RKA	1		0.027	0.019	0.016
20:3 undifferentiated....g	0.024		0	RKA	1		0.047	0.032	0.028
20:4 undifferentiated....g	0.045		0	RKA	1		0.089	0.061	0.053
20:5 n-3 (EPA)....g	0.002		0	RKA	1		0.004	0.003	0.002
22:5 n-3 (DPA)....g	0.004		0	RKA	1		0.009	0.006	0.005
22:6 n-3 (DHA)....g	0.003		0	RKA	1		0.006	0.004	0.003
Fatty acids, total trans....g	0.212		0	RKI	6		0.423	0.289	0.251
Cholesterol....mg	88		0	RKA	1		175	119	104
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	RKI	6		0.0	0.0	0.0
Caffeine....mg	0		0	RKI	6		0	0	0
Theobromine....mg	0		0	RKI	6		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 199g: 1 breast, with skin

Measure 2 = 136g: 1 breast, without skin

Measure 3 = 118g: 1 breast, bone and skin removed

Calories Factors: Protein **Fat** **Carbohydrate**

NDB No. 21469

Fast Foods, Fried Chicken, Breast, meat and skin with breading

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2010)

NDB No. 21464

Fast Foods, Fried Chicken, Breast, meat only, skin and breading removed

Refuse: 41% Skin, subcutaneous fat and breading,31.5%;Cartilage and bone, 9.5%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	65.53		18	A	1		89.12	77.33	
Energy....kcal	152		0	NC	4		206	179	
Energy....kJ	635		0	NC	4		864	749	
Protein....g	27.24		18	A	1		37.05	32.15	
Total lipid (fat)....g	4.50		18	A	1		6.12	5.31	
Ash....g	2.14		18	A	1		2.91	2.53	
Carbohydrate, by difference....g	0.59		0	NC	4		0.80	0.69	
Fiber, total dietary....g	0.0		0	BFSN	4		0.0	0.0	
Sugars, total....g	0.00		0	BFSN	4		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	20	1.017	12	A	1		27	24	
Iron, Fe....mg	0.51	0.003	12	A	1		0.69	0.60	
Magnesium, Mg....mg	28	0.517	12	A	1		38	33	
Phosphorus, P....mg	237	11.667	12	A	1		322	280	
Potassium, K....mg	321	16.667	12	A	1		436	378	
Sodium, Na....mg	434	34.833	12	A	1		591	513	
Zinc, Zn....mg	0.85	0.026	12	A	1		1.15	1.00	
Copper, Cu....mg	0.036	0.007	12	A	1		0.049	0.042	
Manganese, Mn....mg	0.041	0.006	12	A	1		0.056	0.049	
Selenium, Se....mcg	31.1	3.817	12	A	1		42.3	36.7	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	BFSN	4		0.0	0.0	
Thiamin....mg	0.084	0.024	8	A	1		0.114	0.099	
Riboflavin....mg	0.157	0.030	8	A	1		0.214	0.186	
Niacin....mg	11.365	0.472	8	A	1		15.456	13.411	
Pantothenic acid....mg	1.687	0.063	8	A	1		2.295	1.991	
Vitamin B-6....mg	0.477	0.062	8	A	1		0.649	0.563	
Folate, total....mcg	12		0	BFSN	4		16	14	
Folic acid....mcg	0		0	BFSN	4		0	0	
Folate, food....mcg	12		0	BFSN	4		16	14	
Folate, DFE....mcg_DFE	12		0	NC	4		16	14	
Choline, total....mg	64.8		0	BFNN	4		88.2	76.5	
Betaine....mg									
Vitamin B-12....mcg	0.34	0.042	8	A	1		0.47	0.41	
Vitamin B-12, added....mcg	0.00		0		7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	7		0	BFFN	4		9	8	
Retinol....mcg	7		0	BFFN	4		9	8	
Carotene, beta....mcg	0		0	BFFN	4		0	0	
Carotene, alpha....mcg	0		0	BFFN	4		0	0	
Cryptoxanthin, beta....mcg	0		0	BFFN	4		0	0	
Vitamin A, IU....IU	23		0	NC	4		31	27	
Lycopene....mcg	0		0	BFFN	4		0	0	
Lutein + zeaxanthin....mcg	0		0	BFFN	4		0	0	
Vitamin E (alpha-tocopherol)....mg	0.23		0	BFFN	4		0.31	0.27	
Vitamin E, added....mg	0.00		0		7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	0.1		0	BFZN	4		0.2	0.1	
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU	5		0	BFZN	4		6	5	
Vitamin K (phylloquinone)....mcg	0.0		0	BFSN	4		0.0	0.0	
Dihydrophylloquinone....mcg									
Menaquinone-4....mcg									
Lipids:									

NDB No. 21464

Fast Foods, Fried Chicken, Breast, meat only, skin and breading removed

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	1.265		0	NC	4		1.720	1.493	
4:0....g	0.003		18	A	1		0.004	0.003	
6:0....g	0.001		18	A	1		0.001	0.001	
8:0....g	0.001		18	A	1		0.001	0.001	
10:0....g	0.003		18	A	1		0.004	0.004	
12:0....g	0.003		18	A	1		0.004	0.004	
13:0....g									
14:0....g	0.031		18	A	1		0.042	0.036	
15:0....g	0.005		18	A	1		0.007	0.006	
16:0....g	0.868		18	A	1		1.181	1.025	
17:0....g	0.009		18	A	1		0.012	0.011	
18:0....g	0.326		18	A	1		0.443	0.385	
20:0....g	0.007		18	A	1		0.009	0.008	
22:0....g	0.006		18	A	1		0.008	0.007	
24:0....g	0.003		18	A	1		0.004	0.004	
Fatty acids, total monounsaturated....g	1.682		0	NC	4		2.287	1.984	
14:1....g	0.007		18	A	1		0.010	0.009	
15:1....g	0.003		18	A	1		0.004	0.003	
16:1 undifferentiated....g	0.188		18	AS	1		0.255	0.222	
16:1 c....g	0.185		18	A	1		0.251	0.218	
16:1 t....g	0.003		18	A	1		0.004	0.003	
17:1....g	0.011		18	A	1		0.015	0.013	
18:1 undifferentiated....g	1.448		18	AS	1		1.970	1.709	
18:1 c....g	1.408		18	A	1		1.914	1.661	
18:1-11c (18:1c n-7)....g									
18:1 t....g	0.041		18	A	1		0.055	0.048	
18:1-11t (18:1t n-7)....g									
20:1....g	0.018		18	A	1		0.025	0.022	
22:1 undifferentiated....g	0.002		18	AS	1		0.002	0.002	
22:1 c....g	0.002		18	A	1		0.002	0.002	
22:1 t....g	0.000		18	A	1		0.000	0.000	
24:1 c....g	0.004		18	A	1		0.006	0.005	
Fatty acids, total polyunsaturated....g	1.113		0	NC	4		1.513	1.313	
18:2 undifferentiated....g	0.978		18	AS	1		1.329	1.154	
18:2 n-6 c,c....g	0.956		18	A	1		1.299	1.127	
18:2 CLAs....g	0.006		18	A	1		0.009	0.008	
18:2 c,t....g									
18:2 t,c....g									
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.016		18	A	1		0.021	0.018	
18:3 undifferentiated....g	0.046		18	AS	1		0.063	0.054	
18:3 n-3 c,c,c (ALA)....g	0.042		18	A	1		0.057	0.049	
18:3 n-6 c,c,c....g	0.004		18	A	1		0.006	0.005	
18:3i....g									
18:4....g	0.001		18	A	1		0.001	0.001	
20:2 n-6 c,c....g	0.008		18	A	1		0.010	0.009	
20:3 undifferentiated....g	0.019		18	AS	1		0.026	0.022	
20:3 n-3....g	0.001		18	A	1		0.001	0.001	
20:3 n-6....g	0.018		18	A	1		0.024	0.021	
20:4 undifferentiated....g	0.039		18	A	1		0.053	0.046	
20:4 n-3....g									
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.002		18	A	1		0.003	0.002	
21:5....g									
22:4....g	0.013		18	A	1		0.018	0.016	
22:5 n-3 (DPA)....g	0.004		18	A	1		0.005	0.004	
22:6 n-3 (DHA)....g	0.003		18	A	1		0.004	0.004	
Fatty acids, total trans....g	0.059		0	NC	4		0.081	0.070	
Fatty acids, total trans-monoenoic....g	0.044		0	NC	4		0.059	0.052	
Fatty acids, total trans-polyenoic....g	0.016		0	NC	4		0.021	0.018	
Cholesterol....mg	96	9.075	12	A	1		131	113	
Phytosterols....mg									

NDB No. 21464

Fast Foods, Fried Chicken, Breast, meat only, skin and breading removed

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0		7		0	0	
Theobromine....mg	0		0		7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 136g: 1 breast, without skin

Measure 2 = 118g: 1 breast, bone and skin removed

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2010)

NDB No. 21470
Fast Foods, Fried Chicken, Drumstick, meat and skin with breading

Refuse: 22% Cartilage and bone

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	51.92		0	RKA	1		38.94	29.08	20.77
Energy	kcal	267		0	NC	4		200	150	107
Energy	kJ	1118		0	NC	4		838	626	447
Protein	g	21.13		0	RKA	1		15.85	11.83	8.45
Total lipid (fat)	g	16.92		0	RKA	1		12.69	9.47	6.77
Ash	g	2.45		0	RKA	1		1.84	1.37	0.98
Carbohydrate, by difference	g	7.59		0	RKI	6		5.69	4.25	3.04
Fiber, total dietary	g	0.5		0	RKI	6		0.4	0.3	0.2
Sugars, total	g	0.00		0	RKI	6		0.00	0.00	0.00
Sucrose	g	0.00		0	RKA	1		0.00	0.00	0.00
Glucose (dextrose)	g	0.00		0	RKA	1		0.00	0.00	0.00
Fructose	g	0.00		0	RKA	1		0.00	0.00	0.00
Lactose	g	0.00		0	RKA	1		0.00	0.00	0.00
Maltose	g	0.00		0	RKA	1		0.00	0.00	0.00
Galactose	g	0.00		0	RKA	1		0.00	0.00	0.00
Starch	g	7.11		0	RKA	1		5.34	3.98	2.85
Minerals:										
Calcium, Ca	mg	24		0	RKA	1		18	14	10
Iron, Fe	mg	0.99		0	RKA	1		0.75	0.56	0.40
Magnesium, Mg	mg	22		0	RKA	1		16	12	9
Phosphorus, P	mg	188		0	RKA	1		141	105	75
Potassium, K	mg	253		0	RKA	1		190	142	101
Sodium, Na	mg	591		0	RKA	1		443	331	236
Zinc, Zn	mg	1.83		0	RKA	1		1.37	1.03	0.73
Copper, Cu	mg	0.162		0	RKA	1		0.122	0.091	0.065
Manganese, Mn	mg	0.130		0	RKA	1		0.097	0.073	0.052
Selenium, Se	mcg	26.2		0	RKA	1		19.7	14.7	10.5
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	RKI	6		0.0	0.0	0.0
Thiamin	mg	0.069		0	RKA	1		0.051	0.038	0.027
Riboflavin	mg	0.234		0	RKA	1		0.176	0.131	0.094
Niacin	mg	5.209		0	RKA	1		3.907	2.917	2.084
Pantothenic acid	mg	1.209		0	RKA	1		0.907	0.677	0.484
Vitamin B-6	mg	0.227		0	RKA	1		0.170	0.127	0.091
Folate, total	mcg	21		0	RKI	6		16	12	8
Folic acid	mcg	12		0	RKI	6		9	6	5
Folate, food	mcg	10		0	RKI	6		7	5	4
Folate, DFE	mcg_DFE	29		0	NC	4		22	16	12
Choline, total	mg	66.7		0	RKI	6		50.1	37.4	26.7
Betaine	mg									
Vitamin B-12	mcg	0.59		0	RKA	1		0.44	0.33	0.24
Vitamin B-12, added	mcg	0.00		0	RKI	6		0.00	0.00	0.00
Vitamin A, RAE	mcg_RAE	22		0	RKI	6		17	13	9
Retinol	mcg	22		0	RKI	6		17	13	9
Carotene, beta	mcg	0		0	RKI	6		0	0	0
Carotene, alpha	mcg	0		0	RKI	6		0	0	0
Cryptoxanthin, beta	mcg	0		0	RKI	6		0	0	0
Vitamin A, IU	IU	75		0	RKI	6		56	42	30
Lycopene	mcg	0		0	RKI	6		0	0	0
Lutein + zeaxanthin	mcg	0		0	RKI	6		0	0	0
Vitamin E (alpha-tocopherol)	mg	0.33		0	RKI	6		0.25	0.18	0.13
Vitamin E, added	mg	0.00		0	RKI	6		0.00	0.00	0.00
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg	0.1		0	RKI	6		0.1	0.1	0.1
Vitamin D2 (ergocalciferol)	mcg									

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Fast Foods, Fried Chicken, Drumstick, meat and skin with breading

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU	5		0	RKI	6		4	3	2
Vitamin K (phylloquinone)....mcg	0.0		0	RKI	6		0.0	0.0	0.0
Dihydrophylloquinone....mcg									
Menaquinone-4....mcg									
Lipids:									
Fatty acids, total saturated....g	4.458		0	RKI	6		3.343	2.496	1.783
4:0....g	0.003		0	RKA	1		0.002	0.001	0.001
6:0....g	0.001		0	RKA	1		0.001	0.001	0.000
8:0....g	0.003		0	RKA	1		0.002	0.002	0.001
10:0....g	0.005		0	RKA	1		0.004	0.003	0.002
12:0....g	0.009		0	RKA	1		0.007	0.005	0.004
13:0....g									
14:0....g	0.127		0	RKA	1		0.096	0.071	0.051
15:0....g	0.018		0	RKA	1		0.014	0.010	0.007
16:0....g	3.117		0	RKA	1		2.338	1.745	1.247
17:0....g	0.040		0	RKA	1		0.030	0.023	0.016
18:0....g	1.080		0	RKA	1		0.810	0.605	0.432
20:0....g	0.024		0	RKA	1		0.018	0.014	0.010
22:0....g	0.020		0	RKA	1		0.015	0.011	0.008
24:0....g	0.009		0	RKA	1		0.007	0.005	0.004
Fatty acids, total monounsaturated....g	6.446		0	RKI	6		4.834	3.610	2.578
14:1....g	0.036		0	RKA	1		0.027	0.020	0.014
15:1....g	0.003		0	RKA	1		0.002	0.001	0.001
16:1 undifferentiated....g	0.784		0	RKA	1		0.588	0.439	0.313
17:1....g	0.023		0	RKA	1		0.017	0.013	0.009
18:1 undifferentiated....g	5.528		0	RKA	1		4.146	3.096	2.211
20:1....g	0.062		0	RKA	1		0.047	0.035	0.025
22:1 undifferentiated....g	0.004		0	RKA	1		0.003	0.002	0.001
24:1 c....g	0.007		0	RKA	1		0.006	0.004	0.003
Fatty acids, total polyunsaturated....g	4.408		0	RKI	6		3.306	2.469	1.763
18:2 undifferentiated....g	4.052		0	RKA	1		3.039	2.269	1.621
18:3 undifferentiated....g	0.205		0	RKA	1		0.154	0.115	0.082
18:4....g	0.003		0	RKA	1		0.002	0.002	0.001
20:2 n-6 c,c....g	0.015		0	RKA	1		0.012	0.009	0.006
20:3 undifferentiated....g	0.028		0	RKA	1		0.021	0.015	0.011
20:4 undifferentiated....g	0.070		0	RKA	1		0.052	0.039	0.028
20:5 n-3 (EPA)....g	0.003		0	RKA	1		0.002	0.001	0.001
22:5 n-3 (DPA)....g	0.006		0	RKA	1		0.005	0.003	0.002
22:6 n-3 (DHA)....g	0.004		0	RKA	1		0.003	0.002	0.001
Fatty acids, total trans....g	0.225		0	RKI	6		0.169	0.126	0.090
Cholesterol....mg	111		0	RKA	1		83	62	44
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	RKI	6		0.0	0.0	0.0
Caffeine....mg	0		0	RKI	6		0	0	0
Theobromine....mg	0		0	RKI	6		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 75g: 1 drumstick, with skin

Measure 2 = 56g: 1 drumstick, without skin

Measure 3 = 40g: 1 drumstick, bone and skin removed

Calories Factors: Protein **Fat** **Carbohydrate**

NDB No. 21470

Fast Foods, Fried Chicken, Drumstick, meat and skin with breading

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2010)

NDB No. 21465

Fast Foods, Fried Chicken, Drumstick, meat only, skin and breading removed

Refuse: 47% Skin, subcutaneous fat and breading, 24.5%, Cartilage and bone, 22%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	64.24		18	A	1		25.70	35.98	
Energy....kcal	172		0	NC	4		69	96	
Energy....kJ	718		0	NC	4		287	402	
Protein....g	26.24		18	A	1		10.49	14.69	
Total lipid (fat)....g	7.41		18	A	1		2.96	4.15	
Ash....g	2.13		18	A	1		0.85	1.19	
Carbohydrate, by difference....g	0.00		0	NC	4		0.00	0.00	
Fiber, total dietary....g	0.0		0	BFNN	4		0.0	0.0	
Sugars, total....g	0.00		0	BFNN	4		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	16	0.596	12	A	1		6	9	
Iron, Fe....mg	1.03	0.014	12	A	1		0.41	0.58	
Magnesium, Mg....mg	24	0.363	12	A	1		9	13	
Phosphorus, P....mg	211	12.250	12	A	1		84	118	
Potassium, K....mg	291	17.917	12	A	1		116	163	
Sodium, Na....mg	492	32.167	12	A	1		197	276	
Zinc, Zn....mg	2.50	0.000	12	A	1		1.00	1.40	
Copper, Cu....mg	0.082	0.001	12	A	1		0.033	0.046	
Manganese, Mn....mg	0.050	0.006	12	A	1		0.020	0.028	
Selenium, Se....mcg	32.1	1.242	12	A	1		12.8	18.0	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	BFNN	4		0.0	0.0	
Thiamin....mg	0.079	0.029	8	A	1		0.031	0.044	
Riboflavin....mg	0.303	0.039	8	A	1		0.121	0.170	
Niacin....mg	5.726	0.449	8	A	1		2.290	3.207	
Pantothenic acid....mg	1.387	0.087	8	A	1		0.555	0.777	
Vitamin B-6....mg	0.272	0.024	8	A	1		0.109	0.153	
Folate, total....mcg	10		0	BFNN	4		4	5	
Folic acid....mcg	0		0	BFNN	4		0	0	
Folate, food....mcg	10		0	BFNN	4		4	5	
Folate, DFE....mcg_DFE	10		0	NC	4		4	5	
Choline, total....mg	81.0		0	BFNN	4		32.4	45.3	
Betaine....mg									
Vitamin B-12....mcg	0.74	0.106	8	A	1		0.30	0.42	
Vitamin B-12, added....mcg	0.00		0		7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	11		0	BFFN	4		4	6	
Retinol....mcg	11		0	BFFN	4		4	6	
Carotene, beta....mcg	0		0	BFFN	4		0	0	
Carotene, alpha....mcg	0		0	BFFN	4		0	0	
Cryptoxanthin, beta....mcg	0		0	BFFN	4		0	0	
Vitamin A, IU....IU	37		0	NC	4		15	21	
Lycopene....mcg	0		0	BFFN	4		0	0	
Lutein + zeaxanthin....mcg	0		0	BFFN	4		0	0	
Vitamin E (alpha-tocopherol)....mg	0.33		0	BFFN	4		0.13	0.19	
Vitamin E, added....mg	0.00		0		7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	0.1		0	BFZN	4		0.0	0.1	
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU	5		0	BFZN	4		2	3	
Vitamin K (phylloquinone)....mcg	0.0		0	BFFN	4		0.0	0.0	
Dihydrophylloquinone....mcg									
Menaquinone-4....mcg									
Lipids:									

NDB No. 21465

Fast Foods, Fried Chicken, Drumstick, meat only, skin and breading removed

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	2.004		0	NC	4		0.802	1.122	
4:0....g	0.002		18	A	1		0.001	0.001	
6:0....g	0.001		18	A	1		0.000	0.000	
8:0....g	0.001		18	A	1		0.000	0.001	
10:0....g	0.003		18	A	1		0.001	0.002	
12:0....g	0.005		18	A	1		0.002	0.003	
13:0....g									
14:0....g	0.046		18	A	1		0.018	0.026	
15:0....g	0.007		18	A	1		0.003	0.004	
16:0....g	1.412		18	A	1		0.565	0.791	
17:0....g	0.012		18	A	1		0.005	0.007	
18:0....g	0.492		18	A	1		0.197	0.275	
20:0....g	0.009		18	A	1		0.004	0.005	
22:0....g	0.008		18	A	1		0.003	0.005	
24:0....g	0.005		18	A	1		0.002	0.003	
Fatty acids, total monounsaturated....g	2.933		0	NC	4		1.173	1.642	
14:1....g	0.015		18	A	1		0.006	0.008	
15:1....g	0.002		18	A	1		0.001	0.001	
16:1 undifferentiated....g	0.430		18	AS	1		0.172	0.241	
16:1 c....g	0.425		18	A	1		0.170	0.238	
16:1 t....g	0.005		18	A	1		0.002	0.003	
17:1....g	0.009		18	A	1		0.004	0.005	
18:1 undifferentiated....g	2.440		18	AS	1		0.976	1.366	
18:1 c....g	2.389		18	A	1		0.956	1.338	
18:1-11c (18:1c n-7)....g									
18:1 t....g	0.051		18	A	1		0.020	0.028	
18:1-11t (18:1t n-7)....g									
20:1....g	0.028		18	A	1		0.011	0.016	
22:1 undifferentiated....g	0.003		18	AS	1		0.001	0.001	
22:1 c....g	0.002		18	A	1		0.001	0.001	
22:1 t....g	0.000		18	A	1		0.000	0.000	
24:1 c....g	0.007		18	A	1		0.003	0.004	
Fatty acids, total polyunsaturated....g	1.675		0	NC	4		0.670	0.938	
18:2 undifferentiated....g	1.453		18	AS	1		0.581	0.813	
18:2 n-6 c,c....g	1.424		18	A	1		0.570	0.798	
18:2 CLAs....g	0.010		18	A	1		0.004	0.006	
18:2 c,t....g									
18:2 t,c....g									
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.018		18	A	1		0.007	0.010	
18:3 undifferentiated....g	0.071		18	AS	1		0.028	0.040	
18:3 n-3 c,c,c (ALA)....g	0.062		18	A	1		0.025	0.035	
18:3 n-6 c,c,c....g	0.009		18	A	1		0.004	0.005	
18:3i....g									
18:4....g	0.002		18	A	1		0.001	0.001	
20:2 n-6 c,c....g	0.010		18	A	1		0.004	0.006	
20:3 undifferentiated....g	0.025		18	AS	1		0.010	0.014	
20:3 n-3....g	0.001		18	A	1		0.000	0.001	
20:3 n-6....g	0.024		18	A	1		0.010	0.013	
20:4 undifferentiated....g	0.078		18	A	1		0.031	0.044	
20:4 n-3....g									
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.003		18	A	1		0.001	0.001	
21:5....g									
22:4....g	0.022		18	A	1		0.009	0.013	
22:5 n-3 (DPA)....g	0.007		18	A	1		0.003	0.004	
22:6 n-3 (DHA)....g	0.004		18	A	1		0.002	0.002	
Fatty acids, total trans....g	0.074		0	NC	4		0.030	0.041	
Fatty acids, total trans-monoenoic....g	0.056		0	NC	4		0.022	0.031	
Fatty acids, total trans-polyenoic....g	0.018		0	NC	4		0.007	0.010	
Cholesterol....mg	133	4.783	12	A	1		53	74	
Phytosterols....mg									

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Fast Foods, Fried Chicken, Drumstick, meat only, skin and breading removed

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0		7		0	0	
Theobromine.....mg	0		0		7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 40g: 1 drumstick, bone and skin removed

Measure 2 = 56g: 1 drumstick, drumstick without skin

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2010)

NDB No. 21468

Fast Foods, Fried Chicken, Skin and breading from all pieces

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	30.01		18	A	1				
Energy	kcal	437		0	NC	4				
Energy	kJ	1828		0	NC	4				
Protein	g	12.06		18	A	1				
Total lipid (fat)	g	33.82		17	A	1				
Ash	g	3.02		18	A	1				
Carbohydrate, by difference	g	21.09		0	NC	4				
Fiber, total dietary	g	1.3	0.087	16	A	1				
Sugars, total	g	0.00	0.000	15	A	1				
Sucrose	g	0.00	0.000	16	A	1				
Glucose (dextrose)	g	0.00	0.000	15	A	1				
Fructose	g	0.00	0.000	15	A	1				
Lactose	g	0.00	0.000	16	A	1				
Maltose	g	0.00	0.000	16	A	1				
Galactose	g	0.00	0.000	16	A	1				
Starch	g	19.76	0.735	24	A	1				
Minerals:										
Calcium, Ca	mg	40	10.492	48	A	1				
Iron, Fe	mg	0.93	0.202	48	A	1				
Magnesium, Mg	mg	19	0.628	48	A	1				
Phosphorus, P	mg	147	18.740	48	A	1				
Potassium, K	mg	185	0.750	48	A	1				
Sodium, Na	mg	766	77.427	48	A	1				
Zinc, Zn	mg	0.65	0.002	48	A	1				
Copper, Cu	mg	0.304	0.238	48	A	1				
Manganese, Mn	mg	0.271	0.042	48	A	1				
Selenium, Se	mcg	15.8	3.301	48	A	1				
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	BFFN	4				
Thiamin	mg	0.051	0.034	16	A	1				
Riboflavin	mg	0.111	0.028	16	A	1				
Niacin	mg	4.290	0.412	16	A	1				
Pantothenic acid	mg	0.892	0.002	16	A	1				
Vitamin B-6	mg	0.146	0.004	16	A	1				
Folate, total	mcg	41		0	BFNN	4				
Folic acid	mcg	32		0	BFNN	4				
Folate, food	mcg	9		0	BFNN	4				
Folate, DFE	mcg_DFE	64		0	NC	4				
Choline, total	mg	41.5		0	BFFN	4				
Betaine	mg									
Vitamin B-12	mcg	0.33	0.014	16	A	1				
Vitamin B-12, added	mcg	0.00		0		7				
Vitamin A, RAE	mcg_RAE	43		0	AS	1				
Retinol	mcg	43	0.769	24	A	1				
Carotene, beta	mcg	0		0	BFFN	4				
Carotene, alpha	mcg	0		0	BFFN	4				
Cryptoxanthin, beta	mcg	0		0	BFFN	4				
Vitamin A, IU	IU	142		0	AS	1				
Lycopene	mcg	0		0	BFFN	4				
Lutein + zeaxanthin	mcg	0		0	BFFN	4				
Vitamin E (alpha-tocopherol)	mg	0.32		0	BFFN	4				
Vitamin E, added	mg	0.00		0		7				
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg	0.2		0	BFZN	4				
Vitamin D2 (ergocalciferol)	mcg									

NDB No. 21468

Fast Foods, Fried Chicken, Skin and breading from all pieces

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D3 (cholecalciferol).....mcg									
Vitamin D.....IU	7		0	BFZN	4				
Vitamin K (phylloquinone).....mcg	0.0		0	BFFN	4				
Dihydrophylloquinone.....mcg									
Menaquinone-4.....mcg									
Lipids:									
Fatty acids, total saturated.....g	8.819		0	NC	4				
4:0.....g	0.003		18	A	1				
6:0.....g	0.001		18	A	1				
8:0.....g	0.007		18	A	1				
10:0.....g	0.007		18	A	1				
12:0.....g	0.016		18	A	1				
13:0.....g									
14:0.....g	0.272		18	A	1				
15:0.....g	0.039		18	A	1				
16:0.....g	6.148		18	A	1				
17:0.....g	0.090		18	A	1				
18:0.....g	2.126		18	A	1				
20:0.....g	0.051		18	A	1				
22:0.....g	0.041		18	A	1				
24:0.....g	0.018		18	A	1				
Fatty acids, total monounsaturated.....g	12.692		0	NC	4				
14:1.....g	0.074		18	A	1				
15:1.....g	0.004		18	A	1				
16:1 undifferentiated.....g	1.413		18	AS	1				
16:1 c.....g	1.388		18	A	1				
16:1 t.....g	0.025		18	A	1				
17:1.....g	0.048		18	A	1				
18:1 undifferentiated.....g	11.017		18	AS	1				
18:1 c.....g	10.656		18	A	1				
18:1-11c (18:1c n-7).....g									
18:1 t.....g	0.361		18	A	1				
18:1-11t (18:1t n-7).....g									
20:1.....g	0.122		18	A	1				
22:1 undifferentiated.....g	0.005		18	AS	1				
22:1 c.....g	0.005		18	A	1				
22:1 t.....g	0.000		18	A	1				
24:1 c.....g	0.009		18	A	1				
Fatty acids, total polyunsaturated.....g	9.268		0	NC	4				
18:2 undifferentiated.....g	8.674		18	AS	1				
18:2 n-6 c,c.....g	8.512		18	A	1				
18:2 CLAs.....g	0.052		18	A	1				
18:2 c,t.....g									
18:2 t,c.....g									
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.109		18	A	1				
18:3 undifferentiated.....g	0.443		18	AS	1				
18:3 n-3 c,c,c (ALA).....g	0.411		18	A	1				
18:3 n-6 c,c,c.....g	0.032		18	A	1				
18:3i.....g									
18:4.....g	0.006		18	A	1				
20:2 n-6 c,c.....g	0.025		18	A	1				
20:3 undifferentiated.....g	0.033		18	AS	1				
20:3 n-3.....g	0.002		18	A	1				
20:3 n-6.....g	0.031		18	A	1				
20:4 undifferentiated.....g	0.055		18	A	1				
20:4 n-3.....g									
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.002		18	A	1				
21:5.....g									
22:4.....g	0.021		18	A	1				
22:5 n-3 (DPA).....g	0.006		18	A	1				

NDB No. 21468

Fast Foods, Fried Chicken, Skin and breading from all pieces

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
22:6 n-3 (DHA)....g	0.003		18	A	1				
Fatty acids, total trans....g	0.495		0	NC	4				
Fatty acids, total trans-monoenoic....g	0.386		0	NC	4				
Fatty acids, total trans-polyenoic....g	0.109		0	NC	4				
Cholesterol....mg	73	8.240	48	A	1				
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0		7				
Caffeine....mg	0		0		7				
Theobromine....mg	0		0		7				

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2010)

NDB No. 21471
Fast Foods, Fried Chicken, Thigh, meat and skin and breading

Refuse: 14% Cartilage and bone

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	49.61		0	RKA	1		67.46	41.67	32.74
Energy....kcal	293		0	NC	4		399	246	194
Energy....kJ	1227		0	NC	4		1669	1031	810
Protein....g	18.20		0	RKA	1		24.76	15.29	12.01
Total lipid (fat)....g	20.35		0	RKA	1		27.67	17.09	13.43
Ash....g	2.49		0	RKA	1		3.39	2.09	1.64
Carbohydrate, by difference....g	9.35		0	RKI	6		12.72	7.86	6.17
Fiber, total dietary....g	0.6		0	RKI	6		0.8	0.5	0.4
Sugars, total....g	0.00		0	RKI	6		0.00	0.00	0.00
Sucrose....g	0.00		0	RKA	1		0.00	0.00	0.00
Glucose (dextrose)....g	0.00		0	RKA	1		0.00	0.00	0.00
Fructose....g	0.00		0	RKA	1		0.00	0.00	0.00
Lactose....g	0.00		0	RKA	1		0.00	0.00	0.00
Maltose....g	0.00		0	RKA	1		0.00	0.00	0.00
Galactose....g	0.00		0	RKA	1		0.00	0.00	0.00
Starch....g	8.64		0	RKA	1		11.74	7.25	5.70
Minerals:									
Calcium, Ca....mg	27		0	RKA	1		37	23	18
Iron, Fe....mg	0.95		0	RKA	1		1.29	0.80	0.63
Magnesium, Mg....mg	21		0	RKA	1		28	17	14
Phosphorus, P....mg	179		0	RKA	1		243	150	118
Potassium, K....mg	244		0	RKA	1		331	205	161
Sodium, Na....mg	618		0	RKA	1		841	519	408
Zinc, Zn....mg	1.34		0	RKA	1		1.82	1.13	0.89
Copper, Cu....mg	0.179		0	RKA	1		0.243	0.150	0.118
Manganese, Mn....mg	0.145		0	RKA	1		0.197	0.122	0.095
Selenium, Se....mcg	23.4		0	RKA	1		31.8	19.6	15.4
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	RKI	6		0.0	0.0	0.0
Thiamin....mg	0.066		0	RKA	1		0.089	0.055	0.043
Riboflavin....mg	0.208		0	RKA	1		0.283	0.175	0.137
Niacin....mg	5.188		0	RKA	1		7.056	4.358	3.424
Pantothenic acid....mg	1.206		0	RKA	1		1.640	1.013	0.796
Vitamin B-6....mg	0.234		0	RKA	1		0.318	0.197	0.154
Folate, total....mcg	25		0	RKI	6		34	21	16
Folic acid....mcg	14		0	RKI	6		19	12	9
Folate, food....mcg	11		0	RKI	6		15	9	7
Folate, DFE....mcg_DFE	34		0	NC	4		47	29	23
Choline, total....mg	56.8		0	RKI	6		77.2	47.7	37.5
Betaine....mg									
Vitamin B-12....mcg	0.46		0	RKA	1		0.63	0.39	0.30
Vitamin B-12, added....mcg	0.00		0	RKI	6		0.00	0.00	0.00
Vitamin A, RAE....mcg_RAE	25		0	RKI	6		34	21	17
Retinol....mcg	25		0	RKI	6		34	21	17
Carotene, beta....mcg	0		0	RKI	6		0	0	0
Carotene, alpha....mcg	0		0	RKI	6		0	0	0
Cryptoxanthin, beta....mcg	0		0	RKI	6		0	0	0
Vitamin A, IU....IU	85		0	RKI	6		115	71	56
Lycopene....mcg	0		0	RKI	6		0	0	0
Lutein + zeaxanthin....mcg	0		0	RKI	6		0	0	0
Vitamin E (alpha-tocopherol)....mg	0.27		0	RKI	6		0.36	0.22	0.18
Vitamin E, added....mg	0.00		0	RKI	6		0.00	0.00	0.00
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	0.2		0	RKI	6		0.3	0.2	0.1
Vitamin D2 (ergocalciferol)....mcg									

NDB No. 21471

Fast Foods, Fried Chicken, Thigh, meat and skin and breading

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU	7		0	RKI	6		10	6	5
Vitamin K (phylloquinone)....mcg	0.0		0	RKI	6		0.0	0.0	0.0
Dihydrophylloquinone....mcg									
Menaquinone-4....mcg									
Lipids:									
Fatty acids, total saturated....g	5.473		0	RKI	6		7.443	4.597	3.612
4:0....g	0.003		0	RKA	1		0.003	0.002	0.002
6:0....g	0.001		0	RKA	1		0.001	0.001	0.001
8:0....g	0.004		0	RKA	1		0.005	0.003	0.003
10:0....g	0.005		0	RKA	1		0.007	0.004	0.003
12:0....g	0.011		0	RKA	1		0.015	0.010	0.007
13:0....g									
14:0....g	0.155		0	RKA	1		0.210	0.130	0.102
15:0....g	0.022		0	RKA	1		0.030	0.018	0.014
16:0....g	3.883		0	RKA	1		5.281	3.262	2.563
17:0....g	0.048		0	RKA	1		0.065	0.040	0.031
18:0....g	1.281		0	RKA	1		1.742	1.076	0.845
20:0....g	0.028		0	RKA	1		0.038	0.023	0.018
22:0....g	0.022		0	RKA	1		0.030	0.019	0.015
24:0....g	0.011		0	RKA	1		0.014	0.009	0.007
Fatty acids, total monounsaturated....g	7.978		0	RKI	6		10.850	6.701	5.265
14:1....g	0.044		0	RKA	1		0.059	0.037	0.029
15:1....g	0.003		0	RKA	1		0.004	0.002	0.002
16:1 undifferentiated....g	0.978		0	RKA	1		1.330	0.822	0.646
17:1....g	0.027		0	RKA	1		0.037	0.023	0.018
18:1 undifferentiated....g	6.838		0	RKA	1		9.300	5.744	4.513
20:1....g	0.076		0	RKA	1		0.104	0.064	0.050
22:1 undifferentiated....g	0.004		0	RKA	1		0.005	0.003	0.003
24:1 c....g	0.008		0	RKA	1		0.010	0.006	0.005
Fatty acids, total polyunsaturated....g	5.151		0	RKI	6		7.006	4.327	3.400
18:2 undifferentiated....g	4.764		0	RKA	1		6.479	4.002	3.144
18:3 undifferentiated....g	0.244		0	RKA	1		0.331	0.205	0.161
18:4....g	0.004		0	RKA	1		0.005	0.003	0.003
20:2 n-6 c,c....g	0.018		0	RKA	1		0.024	0.015	0.012
20:3 undifferentiated....g	0.029		0	RKA	1		0.039	0.024	0.019
20:4 undifferentiated....g	0.062		0	RKA	1		0.084	0.052	0.041
20:5 n-3 (EPA)....g	0.003		0	RKA	1		0.004	0.002	0.002
22:5 n-3 (DPA)....g	0.006		0	RKA	1		0.008	0.005	0.004
22:6 n-3 (DHA)....g	0.003		0	RKA	1		0.004	0.003	0.002
Fatty acids, total trans....g	0.265		0	RKI	6		0.361	0.223	0.175
Cholesterol....mg	101		0	RKA	1		138	85	67
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	RKI	6		0.0	0.0	0.0
Caffeine....mg	0		0	RKI	6		0	0	0
Theobromine....mg	0		0	RKI	6		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 136g: 1 thigh, with skin

Measure 2 = 84g: 1 thigh, without skin

Measure 3 = 66g: 1 thigh, bone and skin removed

Calories Factors: Protein **Fat** **Carbohydrate**

NDB No. 21471

Fast Foods, Fried Chicken, Thigh, meat and skin and breading

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2010)

NDB No. 21466

Fast Foods, Fried Chicken, Thigh, meat only, skin and breading removed

Refuse: 52% Skin, subcutaneous fat and breading, 37%; Cartilage and bone, 14.5%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	64.81		18	A	1		54.44	42.78	
Energy....kcal	182		0	NC	4		153	120	
Energy....kJ	761		0	NC	4		639	502	
Protein....g	22.97		18	A	1		19.30	15.16	
Total lipid (fat)....g	9.88		18	A	1		8.30	6.52	
Ash....g	2.08		18	A	1		1.75	1.38	
Carbohydrate, by difference....g	0.25		0	NC	4		0.21	0.16	
Fiber, total dietary....g	0.0		0	BFNN	4		0.0	0.0	
Sugars, total....g	0.00		0	BFNN	4		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	18	2.661	11	A	1		15	12	
Iron, Fe....mg	0.96	0.030	12	A	1		0.81	0.64	
Magnesium, Mg....mg	22	0.925	12	A	1		19	15	
Phosphorus, P....mg	204	12.167	12	A	1		171	134	
Potassium, K....mg	289	26.125	12	A	1		243	191	
Sodium, Na....mg	504	37.125	12	A	1		423	332	
Zinc, Zn....mg	1.88	0.038	12	A	1		1.58	1.24	
Copper, Cu....mg	0.081	0.003	12	A	1		0.068	0.054	
Manganese, Mn....mg	0.046	0.006	12	A	1		0.039	0.031	
Selenium, Se....mcg	29.2	2.317	12	A	1		24.5	19.3	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	BFNN	4		0.0	0.0	
Thiamin....mg	0.077	0.023	8	A	1		0.065	0.051	
Riboflavin....mg	0.283	0.040	7	A	1		0.238	0.187	
Niacin....mg	5.885	0.612	8	A	1		4.943	3.884	
Pantothenic acid....mg	1.450	0.113	8	A	1		1.218	0.957	
Vitamin B-6....mg	0.302	0.016	8	A	1		0.254	0.199	
Folate, total....mcg	12		0	BFNN	4		10	8	
Folic acid....mcg	0		0	BFNN	4		0	0	
Folate, food....mcg	12		0	BFNN	4		10	8	
Folate, DFE....mcg_DFE	12		0	NC	4		10	8	
Choline, total....mg	68.6		0	BFNN	4		57.7	45.3	
Betaine....mg									
Vitamin B-12....mcg	0.56	0.043	8	A	1		0.47	0.37	
Vitamin B-12, added....mcg	0.00		0		7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	12		0	BFFN	4		10	8	
Retinol....mcg	12		0	BFFN	4		10	8	
Carotene, beta....mcg	0		0	BFFN	4		0	0	
Carotene, alpha....mcg	0		0	BFFN	4		0	0	
Cryptoxanthin, beta....mcg	0		0	BFFN	4		0	0	
Vitamin A, IU....IU	40		0	NC	4		33	26	
Lycopene....mcg	0		0	BFFN	4		0	0	
Lutein + zeaxanthin....mcg	0		0	BFFN	4		0	0	
Vitamin E (alpha-tocopherol)....mg	0.22		0	BFFN	4		0.19	0.15	
Vitamin E, added....mg	0.00		0		7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	0.2		0	BFZN	4		0.2	0.1	
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU	8		0	BFZN	4		7	5	
Vitamin K (phylloquinone)....mcg	0.0		0	BFFN	4		0.0	0.0	
Dihydrophylloquinone....mcg									
Menaquinone-4....mcg									
Lipids:									

NDB No. 21466

Fast Foods, Fried Chicken, Thigh, meat only, skin and breading removed

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	2.875		0	NC	4		2.415	1.898	
4:0....g	0.002		18	A	1		0.002	0.002	
6:0....g	0.001		18	A	1		0.001	0.001	
8:0....g	0.001		18	A	1		0.001	0.001	
10:0....g	0.004		18	A	1		0.003	0.002	
12:0....g	0.008		18	A	1		0.007	0.005	
13:0....g									
14:0....g	0.063		18	A	1		0.053	0.042	
15:0....g	0.008		18	A	1		0.007	0.005	
16:0....g	2.125		18	A	1		1.785	1.403	
17:0....g	0.015		18	A	1		0.012	0.010	
18:0....g	0.625		18	A	1		0.525	0.413	
20:0....g	0.010		18	A	1		0.008	0.007	
22:0....g	0.007		18	A	1		0.006	0.005	
24:0....g	0.005		18	A	1		0.004	0.003	
Fatty acids, total monounsaturated....g	4.319		0	NC	4		3.628	2.850	
14:1....g	0.021		18	A	1		0.017	0.014	
15:1....g	0.002		18	A	1		0.001	0.001	
16:1 undifferentiated....g	0.640		18	AS	1		0.538	0.423	
16:1 c....g	0.634		18	A	1		0.533	0.419	
16:1 t....g	0.006		18	A	1		0.005	0.004	
17:1....g	0.011		18	A	1		0.009	0.007	
18:1 undifferentiated....g	3.595		18	AS	1		3.020	2.373	
18:1 c....g	3.535		18	A	1		2.969	2.333	
18:1-11c (18:1c n-7)....g									
18:1 t....g	0.060		18	A	1		0.051	0.040	
18:1-11t (18:1t n-7)....g									
20:1....g	0.040		18	A	1		0.034	0.027	
22:1 undifferentiated....g	0.003		18	AS	1		0.002	0.002	
22:1 c....g	0.003		18	A	1		0.002	0.002	
22:1 t....g	0.000		18	A	1		0.000	0.000	
24:1 c....g	0.007		18	A	1		0.005	0.004	
Fatty acids, total polyunsaturated....g	1.956		0	NC	4		1.643	1.291	
18:2 undifferentiated....g	1.729		18	AS	1		1.452	1.141	
18:2 n-6 c,c....g	1.697		18	A	1		1.425	1.120	
18:2 CLAs....g	0.012		18	A	1		0.010	0.008	
18:2 c,t....g									
18:2 t,c....g									
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.020		18	A	1		0.017	0.013	
18:3 undifferentiated....g	0.088		18	AS	1		0.074	0.058	
18:3 n-3 c,c,c (ALA)....g	0.073		18	A	1		0.062	0.048	
18:3 n-6 c,c,c....g	0.015		18	A	1		0.013	0.010	
18:3i....g									
18:4....g	0.003		18	A	1		0.002	0.002	
20:2 n-6 c,c....g	0.012		18	A	1		0.010	0.008	
20:3 undifferentiated....g	0.025		18	AS	1		0.021	0.017	
20:3 n-3....g	0.001		18	A	1		0.001	0.001	
20:3 n-6....g	0.025		18	A	1		0.021	0.016	
20:4 undifferentiated....g	0.068		18	A	1		0.057	0.045	
20:4 n-3....g									
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.003		18	A	1		0.002	0.002	
21:5....g									
22:4....g	0.018		18	A	1		0.015	0.012	
22:5 n-3 (DPA)....g	0.006		18	A	1		0.005	0.004	
22:6 n-3 (DHA)....g	0.003		18	A	1		0.003	0.002	
Fatty acids, total trans....g	0.087		0	NC	4		0.073	0.057	
Fatty acids, total trans-monoenoic....g	0.067		0	NC	4		0.056	0.044	
Fatty acids, total trans-polyenoic....g	0.020		0	NC	4		0.017	0.013	
Cholesterol....mg	124	5.492	12	A	1		104	82	
Phytosterols....mg									

NDB No. 21466

Fast Foods, Fried Chicken, Thigh, meat only, skin and breading removed

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0		7		0	0	
Theobromine....mg	0		0		7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 84g: 1 thigh, thigh without skin

Measure 2 = 66g: 1 thigh, bone and skin removed

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2010)

NDB No. 21472
Fast Foods, Fried Chicken, Wing, meat and skin and breading

Refuse: 23% Cartilage and bone

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	43.87		0	RKA	1		27.64	17.11	10.97
Energy	kcal	319		0	RKI	6		201	124	80
Energy	kJ	1333		0	RKI	6		840	520	333
Protein	g	21.34		0	RKA	1		13.44	8.32	5.34
Total lipid (fat)	g	21.06		0	RKA	1		13.27	8.22	5.27
Ash	g	2.79		0	RKA	1		1.76	1.09	0.70
Carbohydrate, by difference	g	10.93		0	RKI	6		6.89	4.26	2.73
Fiber, total dietary	g	0.6		0	RKI	6		0.4	0.2	0.1
Sugars, total	g	0.00		0	RKI	6		0.00	0.00	0.00
Sucrose	g	0.00		0	RKA	1		0.00	0.00	0.00
Glucose (dextrose)	g	0.00		0	RKA	1		0.00	0.00	0.00
Fructose	g	0.00		0	RKA	1		0.00	0.00	0.00
Lactose	g	0.00		0	RKA	1		0.00	0.00	0.00
Maltose	g	0.00		0	RKA	1		0.00	0.00	0.00
Galactose	g	0.00		0	RKA	1		0.00	0.00	0.00
Starch	g	8.60		0	RKA	1		5.42	3.35	2.15
Minerals:										
Calcium, Ca	mg	34		0	RKA	1		21	13	8
Iron, Fe	mg	0.90		0	RKA	1		0.57	0.35	0.23
Magnesium, Mg	mg	22		0	RKA	1		14	8	5
Phosphorus, P	mg	178		0	RKA	1		112	69	44
Potassium, K	mg	233		0	RKA	1		147	91	58
Sodium, Na	mg	701		0	RKA	1		442	273	175
Zinc, Zn	mg	1.25		0	RKA	1		0.78	0.49	0.31
Copper, Cu	mg	0.165		0	RKA	1		0.104	0.064	0.041
Manganese, Mn	mg	0.161		0	RKA	1		0.102	0.063	0.040
Selenium, Se	mcg	26.1		0	RKA	1		16.5	10.2	6.5
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	RKI	6		0.0	0.0	0.0
Thiamin	mg	0.058		0	RKA	1		0.037	0.023	0.015
Riboflavin	mg	0.152		0	RKA	1		0.096	0.059	0.038
Niacin	mg	6.421		0	RKA	1		4.045	2.504	1.605
Pantothenic acid	mg	1.130		0	RKA	1		0.712	0.441	0.282
Vitamin B-6	mg	0.320		0	RKA	1		0.202	0.125	0.080
Folate, total	mcg	22		0	RKI	6		14	9	6
Folic acid	mcg	14		0	RKI	6		9	5	3
Folate, food	mcg	8		0	RKI	6		5	3	2
Folate, DFE	mcg_DFE	32		0	NC	4		20	12	8
Choline, total	mg	62.8		0	RKI	6		39.6	24.5	15.7
Betaine	mg									
Vitamin B-12	mcg	0.41		0	RKA	1		0.26	0.16	0.10
Vitamin B-12, added	mcg	0.00		0	RKI	6		0.00	0.00	0.00
Vitamin A, RAE	mcg_RAE	26		0	RKI	6		16	10	6
Retinol	mcg	26		0	RKI	6		16	10	6
Carotene, beta	mcg	0		0	RKI	6		0	0	0
Carotene, alpha	mcg	0		0	RKI	6		0	0	0
Cryptoxanthin, beta	mcg	0		0	RKI	6		0	0	0
Vitamin A, IU	IU	86		0	RKI	6		54	34	22
Lycopene	mcg	0		0	RKI	6		0	0	0
Lutein + zeaxanthin	mcg	0		0	RKI	6		0	0	0
Vitamin E (alpha-tocopherol)	mg	0.33		0	RKI	6		0.21	0.13	0.08
Vitamin E, added	mg	0.00		0	RKI	6		0.00	0.00	0.00
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg	0.1		0	RKI	6		0.1	0.0	0.0
Vitamin D2 (ergocalciferol)	mcg									

NDB No. 21472

Fast Foods, Fried Chicken, Wing, meat and skin and breading

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D3 (cholecalciferol).....mcg									
Vitamin D.....IU	5		0	RKI	6		3	2	1
Vitamin K (phylloquinone).....mcg	0.0		0	RKI	6		0.0	0.0	0.0
Dihydrophylloquinone.....mcg									
Menaquinone-4.....mcg									
Lipids:									
Fatty acids, total saturated.....g	5.500		0	RKI	6		3.465	2.145	1.375
4:0.....g	0.003		0	RKA	1		0.002	0.001	0.001
6:0.....g	0.001		0	RKA	1		0.001	0.000	0.000
8:0.....g	0.004		0	RKA	1		0.003	0.002	0.001
10:0.....g	0.005		0	RKA	1		0.003	0.002	0.001
12:0.....g	0.010		0	RKA	1		0.007	0.004	0.003
13:0.....g									
14:0.....g	0.163		0	RKA	1		0.103	0.064	0.041
15:0.....g	0.023		0	RKA	1		0.015	0.009	0.006
16:0.....g	3.830		0	RKA	1		2.413	1.494	0.958
17:0.....g	0.053		0	RKA	1		0.034	0.021	0.013
18:0.....g	1.337		0	RKA	1		0.842	0.521	0.334
20:0.....g	0.031		0	RKA	1		0.020	0.012	0.008
22:0.....g	0.026		0	RKA	1		0.016	0.010	0.007
24:0.....g	0.012		0	RKA	1		0.008	0.005	0.003
Fatty acids, total monounsaturated.....g	7.883		0	RKI	6		4.967	3.075	1.971
14:1.....g	0.044		0	RKA	1		0.028	0.017	0.011
15:1.....g	0.003		0	RKA	1		0.002	0.001	0.001
16:1 undifferentiated.....g	0.898		0	RKA	1		0.565	0.350	0.224
17:1.....g	0.029		0	RKA	1		0.019	0.011	0.007
18:1 undifferentiated.....g	6.821		0	RKA	1		4.297	2.660	1.705
20:1.....g	0.077		0	RKA	1		0.049	0.030	0.019
22:1 undifferentiated.....g	0.004		0	RKA	1		0.003	0.002	0.001
24:1 c.....g	0.008		0	RKA	1		0.005	0.003	0.002
Fatty acids, total polyunsaturated.....g	5.693		0	RKI	6		3.586	2.220	1.423
18:2 undifferentiated.....g	5.272		0	RKA	1		3.321	2.056	1.318
18:3 undifferentiated.....g	0.268		0	RKA	1		0.169	0.105	0.067
18:4.....g	0.004		0	RKA	1		0.002	0.002	0.001
20:2 n-6 c,c.....g	0.018		0	RKA	1		0.011	0.007	0.005
20:3 undifferentiated.....g	0.031		0	RKA	1		0.019	0.012	0.008
20:4 undifferentiated.....g	0.063		0	RKA	1		0.040	0.025	0.016
20:5 n-3 (EPA).....g	0.003		0	RKA	1		0.002	0.001	0.001
22:5 n-3 (DPA).....g	0.006		0	RKA	1		0.004	0.002	0.002
22:6 n-3 (DHA).....g	0.004		0	RKA	1		0.003	0.002	0.001
Fatty acids, total trans.....g	0.295		0	RKI	6		0.186	0.115	0.074
Cholesterol.....mg	107		0	RKA	1		67	42	27
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	RKI	6		0.0	0.0	0.0
Caffeine.....mg	0		0	RKI	6		0	0	0
Theobromine.....mg	0		0	RKI	6		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 63g: 1 wing, with skin

Measure 2 = 39g: 1 wing, without skin

Measure 3 = 25g: 1 wing, bone and skin removed

Calories Factors: Protein **Fat** **Carbohydrate**

NDB No. 21472

Fast Foods, Fried Chicken, Wing, meat and skin and breading

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2010)

NDB No. 21467

Fast Foods, Fried Chicken, Wing, meat only, skin and breading removed

Refuse: 59% Skin, subcutaneous fat and breading, 35%; Cartilage and bone, 24%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	54.53		18	A	1		35.45	14.72	
Energy....kcal	228		0	NC	4		148	61	
Energy....kJ	952		0	NC	4		619	257	
Protein....g	28.49		18	A	1		18.52	7.69	
Total lipid (fat)....g	11.24		18	A	1		7.31	3.04	
Ash....g	2.62		18	A	1		1.71	0.71	
Carbohydrate, by difference....g	3.11		0	NC	4		2.02	0.84	
Fiber, total dietary....g	0.0		0	BFNN	4		0.0	0.0	
Sugars, total....g	0.00		0	BFNN	4		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	29	0.667	12	A	1		19	8	
Iron, Fe....mg	0.89	0.029	12	A	1		0.58	0.24	
Magnesium, Mg....mg	24	0.067	12	A	1		16	7	
Phosphorus, P....mg	202	14.333	12	A	1		131	55	
Potassium, K....mg	270	16.250	12	A	1		176	73	
Sodium, Na....mg	651	32.667	12	A	1		423	176	
Zinc, Zn....mg	1.70	0.026	12	A	1		1.11	0.46	
Copper, Cu....mg	0.058	0.000	12	A	1		0.038	0.016	
Manganese, Mn....mg	0.076	0.014	12	A	1		0.050	0.021	
Selenium, Se....mcg	34.1	3.483	12	A	1		22.1	9.2	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	BFNN	4		0.0	0.0	
Thiamin....mg	0.064	0.035	8	A	1		0.041	0.017	
Riboflavin....mg	0.184	0.031	8	A	1		0.119	0.050	
Niacin....mg	8.062	0.778	8	A	1		5.240	2.177	
Pantothenic acid....mg	1.312	0.087	8	A	1		0.853	0.354	
Vitamin B-6....mg	0.454	0.044	8	A	1		0.295	0.123	
Folate, total....mcg	8		0	BFNN	4		5	2	
Folic acid....mcg	0		0	BFNN	4		0	0	
Folate, food....mcg	8		0	BFNN	4		5	2	
Folate, DFE....mcg_DFE	8		0	NC	4		5	2	
Choline, total....mg	79.3		0	BFNN	4		51.5	21.4	
Betaine....mg									
Vitamin B-12....mcg	0.47	0.049	8	A	1		0.31	0.13	
Vitamin B-12, added....mcg	0.00		0		7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	13		0	BFFN	4		8	4	
Retinol....mcg	13		0	BFFN	4		8	4	
Carotene, beta....mcg	0		0	BFFN	4		0	0	
Carotene, alpha....mcg	0		0	BFFN	4		0	0	
Cryptoxanthin, beta....mcg	0		0	BFFN	4		0	0	
Vitamin A, IU....IU	44		0	NC	4		28	12	
Lycopene....mcg	0		0	BFFN	4		0	0	
Lutein + zeaxanthin....mcg	0		0	BFFN	4		0	0	
Vitamin E (alpha-tocopherol)....mg	0.33		0	BFFN	4		0.21	0.09	
Vitamin E, added....mg	0.00		0		7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	0.1		0	BFZN	4		0.1	0.0	
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU	3		0	BFZN	4		2	1	
Vitamin K (phylloquinone)....mcg	0.0		0	BFFN	4		0.0	0.0	
Dihydrophylloquinone....mcg									
Menaquinone-4....mcg									
Lipids:									

NDB No. 21467

Fast Foods, Fried Chicken, Wing, meat only, skin and breading removed

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	2.945		0	NC	4		1.914	0.795	
4:0....g	0.003		18	A	1		0.002	0.001	
6:0....g	0.001		18	A	1		0.001	0.000	
8:0....g	0.002		18	A	1		0.001	0.000	
10:0....g	0.004		18	A	1		0.003	0.001	
12:0....g	0.006		18	A	1		0.004	0.002	
13:0....g									
14:0....g	0.079		18	A	1		0.051	0.021	
15:0....g	0.011		18	A	1		0.007	0.003	
16:0....g	2.046		18	A	1		1.330	0.552	
17:0....g	0.025		18	A	1		0.016	0.007	
18:0....g	0.730		18	A	1		0.474	0.197	
20:0....g	0.016		18	A	1		0.011	0.004	
22:0....g	0.015		18	A	1		0.009	0.004	
24:0....g	0.008		18	A	1		0.005	0.002	
Fatty acids, total monounsaturated....g	4.181		0	NC	4		2.718	1.129	
14:1....g	0.021		18	A	1		0.014	0.006	
15:1....g	0.002		18	A	1		0.001	0.001	
16:1 undifferentiated....g	0.501		18	AS	1		0.325	0.135	
16:1 c....g	0.493		18	A	1		0.320	0.133	
16:1 t....g	0.008		18	A	1		0.005	0.002	
17:1....g	0.015		18	A	1		0.010	0.004	
18:1 undifferentiated....g	3.590		18	AS	1		2.334	0.969	
18:1 c....g	3.490		18	A	1		2.269	0.942	
18:1-11c (18:1c n-7)....g									
18:1 t....g	0.100		18	A	1		0.065	0.027	
18:1-11t (18:1t n-7)....g									
20:1....g	0.042		18	A	1		0.027	0.011	
22:1 undifferentiated....g	0.003		18	AS	1		0.002	0.001	
22:1 c....g	0.003		18	A	1		0.002	0.001	
22:1 t....g	0.000		18	A	1		0.000	0.000	
24:1 c....g	0.007		18	A	1		0.005	0.002	
Fatty acids, total polyunsaturated....g	2.940		0	NC	4		1.911	0.794	
18:2 undifferentiated....g	2.653		18	AS	1		1.725	0.716	
18:2 n-6 c,c....g	2.604		18	A	1		1.692	0.703	
18:2 CLAs....g	0.016		18	A	1		0.010	0.004	
18:2 c,t....g									
18:2 t,c....g									
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.034		18	A	1		0.022	0.009	
18:3 undifferentiated....g	0.134		18	AS	1		0.087	0.036	
18:3 n-3 c,c,c (ALA)....g	0.122		18	A	1		0.079	0.033	
18:3 n-6 c,c,c....g	0.012		18	A	1		0.007	0.003	
18:3i....g									
18:4....g	0.002		18	A	1		0.002	0.001	
20:2 n-6 c,c....g	0.013		18	A	1		0.009	0.004	
20:3 undifferentiated....g	0.029		18	AS	1		0.019	0.008	
20:3 n-3....g	0.001		18	A	1		0.001	0.000	
20:3 n-6....g	0.028		18	A	1		0.018	0.008	
20:4 undifferentiated....g	0.070		18	A	1		0.045	0.019	
20:4 n-3....g									
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.003		18	A	1		0.002	0.001	
21:5....g									
22:4....g	0.023		18	A	1		0.015	0.006	
22:5 n-3 (DPA)....g	0.007		18	A	1		0.005	0.002	
22:6 n-3 (DHA)....g	0.005		18	A	1		0.003	0.001	
Fatty acids, total trans....g	0.141		0	NC	4		0.092	0.038	
Fatty acids, total trans-monoenoic....g	0.108		0	NC	4		0.070	0.029	
Fatty acids, total trans-polyenoic....g	0.034		0	NC	4		0.022	0.009	
Cholesterol....mg	133	1.108	12	A	1		86	36	
Phytosterols....mg									

NDB No. 21467

Fast Foods, Fried Chicken, Wing, meat only, skin and breading removed

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0		7		0	0	
Theobromine.....mg	0		0		7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 65g: 1 wing, wing with skin

Measure 2 = 27g: 1 wing, bone and skin removed

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2010)

NDB No. 21005
Fast Foods, biscuit, with egg and sausage

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	44.48	0.596	4	A	1		72.06		
Energy....kcal	312		0	NC	4		505		
Energy....kJ	1305		0	NC	4		2114		
Protein (N x 6.06)....g	11.13	0.185	4	A	1		18.04		
Total lipid (fat)....g	20.77	0.459	4	A	1		33.66		
Ash....g	2.56	0.024	4	A	1		4.16		
Carbohydrate, by difference....g	21.05		0	NC	4		34.09		
Fiber, total dietary....g	0.2	0.000	4	A	1		0.2		
Sugars, total....g	0.95	0.073	4	A	1		1.54		
Sucrose....g	0.25	0.118	4	A	1		0.40		
Glucose (dextrose)....g	0.17	0.024	4	A	1		0.28		
Fructose....g	0.00	0.000	4	A	1		0.00		
Lactose....g	0.35	0.021	4	A	1		0.56		
Maltose....g	0.18	0.008	4	A	1		0.30		
Galactose....g	0.00	0.000	4	A	1		0.00		
Starch....g	16.33	0.430	4	A	1		26.46		
Minerals:									
Calcium, Ca....mg	51	2.125	4	A	1		82		
Iron, Fe....mg	1.90	0.070	4	A	1		3.09		
Magnesium, Mg....mg	13	0.250	4	A	1		22		
Phosphorus, P....mg	312	6.062	4	A	1		505		
Potassium, K....mg	149	4.950	4	A	1		241		
Sodium, Na....mg	672	22.119	4	A	1		1088		
Zinc, Zn....mg	0.90	0.006	4	A	1		1.46		
Copper, Cu....mg	0.244	0.047	4	A	1		0.396		
Manganese, Mn....mg	0.138	0.005	4	A	1		0.224		
Selenium, Se....mcg	22.6	2.794	4	A	1		36.6		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0	0.000	4	A	1		0.0		
Thiamin....mg	0.282	0.022	4	A	1		0.457		
Riboflavin....mg	0.263	0.009	4	A	1		0.426		
Niacin....mg	2.467	0.052	4	A	1		3.997		
Pantothenic acid....mg	0.939	0.072	4	A	1		1.521		
Vitamin B-6....mg	0.068	0.002	4	A	1		0.110		
Folate, total....mcg	42	4.385	4	A	1		68		
Folic acid....mcg	34	3.775	4	A	1		54		
Folate, food....mcg	9		0	AS	1		14		
Folate, DFE....mcg_DFE	66		0	NC	4		106		
Choline, total....mg	97.9		0	AS	1		158.5		
Betaine....mg	7.3		1	A	1		11.9		
Vitamin B-12....mcg	0.75	0.027	4	A	1		1.21		
Vitamin B-12, added....mcg	0.00		0	FLA	4		0.00		
Vitamin A, RAE....mcg_RAE	43		0	NC	4		70		
Retinol....mcg	39	3.227	4	A	1		64		
Carotene, beta....mcg	42		0	FLA	4		68		
Carotene, alpha....mcg	0		0	FLA	4		0		
Cryptoxanthin, beta....mcg	2		0	FLA	4		4		
Vitamin A, IU....IU	203		0	NC	4		328		
Lycopene....mcg	0		0	FLA	4		0		
Lutein + zeaxanthin....mcg	87		0	FLA	4		142		
Vitamin E (alpha-tocopherol)....mg	0.95	0.023	4	A	1		1.55		
Vitamin E, added....mg	0.00		0	FLA	4		0.00		
Tocopherol, beta....mg	0.04	0.003	4	A	1		0.06		
Tocopherol, gamma....mg	3.84	0.240	4	A	1		6.23		
Tocopherol, delta....mg	1.86	0.108	4	A	1		3.01		
Vitamin D (D2 + D3)....mcg	0.5		0	FLA	4		0.9		
Vitamin D2 (ergocalciferol)....mcg									

NDB No. 21005
Fast Foods, biscuit, with egg and sausage

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D3 (cholecalciferol).....mcg									
Vitamin D.....IU	22		0	FLA	4		35		
Vitamin K (phylloquinone).....mcg	4.4	0.880	4	A	1		7.2		
Dihydrophylloquinone.....mcg	17.8	1.967	4	A	1		28.8		
Menaquinone-4.....mcg									
Lipids:									
Fatty acids, total saturated.....g	6.449		0	NC	4		10.448		
4:0.....g	0.000		0		1		0.000		
6:0.....g	0.000		0		1		0.000		
8:0.....g	0.007	0.005	4	A	1		0.012		
10:0.....g	0.010	0.006	4	A	1		0.016		
12:0.....g	0.012	0.007	4	A	1		0.020		
13:0.....g									
14:0.....g	0.177	0.022	4	A	1		0.287		
15:0.....g	0.007	0.005	4	A	1		0.012		
16:0.....g	3.852	0.123	4	A	1		6.241		
17:0.....g	0.035	0.012	4	A	1		0.057		
18:0.....g	2.222	0.073	4	A	1		3.600		
20:0.....g	0.095	0.003	4	A	1		0.154		
22:0.....g	0.020	0.000	4	A	1		0.032		
24:0.....g	0.010	0.010	4	A	1		0.016		
Fatty acids, total monounsaturated.....g	9.985		0	NC	4		16.176		
14:1.....g	0.000	0.000	4	A	1		0.000		
15:1.....g	0.000	0.000	4	A	1		0.000		
16:1 undifferentiated.....g	0.352	0.012	4	A	1		0.571		
17:1.....g	0.000	0.000	4	A	1		0.000		
18:1 undifferentiated.....g	9.532	0.241	4	A	1		15.443		
20:1.....g	0.100	0.004	4	A	1		0.162		
22:1 undifferentiated.....g	0.000	0.000	4	A	1		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.967		0	NC	4		4.806		
18:2 undifferentiated.....g	2.415	0.112	4	A	1		3.912		
18:3 undifferentiated.....g	0.127	0.009	4	A	1		0.207		
18:4.....g	0.037	0.003	4	A	1		0.061		
20:2 n-6 c,c.....g	0.225	0.009	4	A	1		0.364		
20:3 undifferentiated.....g	0.020	0.007	4	A	1		0.032		
20:4 undifferentiated.....g	0.082	0.006	4	A	1		0.134		
20:5 n-3 (EPA).....g	0.000	0.000	4	A	1		0.000		
22:5 n-3 (DPA).....g	0.022	0.003	4	A	1		0.036		
22:6 n-3 (DHA).....g	0.037	0.014	4	A	1		0.061		
Fatty acids, total trans.....g									
Cholesterol.....mg	161	6.981	4	A	1		261		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.135		0	A	1		0.219		
Threonine.....g	0.446		0	A	1		0.722		
Isoleucine.....g	0.435		0	A	1		0.705		
Leucine.....g	0.776		0	A	1		1.257		
Lysine.....g	0.608		0	A	1		0.985		
Methionine.....g	0.220		0	A	1		0.357		
Cystine.....g	0.193		0	A	1		0.312		
Phenylalanine.....g	0.460		0	A	1		0.746		
Tyrosine.....g	0.318		0	A	1		0.515		
Valine.....g	0.533		0	A	1		0.863		
Arginine.....g	0.558		0	A	1		0.904		
Histidine.....g	0.268		0	A	1		0.434		
Alanine.....g	0.508		0	A	1		0.823		
Aspartic acid.....g	0.934		0	A	1		1.513		
Glutamic acid.....g	1.914		0	A	1		3.101		
Glycine.....g	0.463		0	A	1		0.750		
Proline.....g	0.628		0	A	1		1.017		
Serine.....g	0.591		0	A	1		0.957		
Hydroxyproline.....g									

NDB No. 21005
Fast Foods, biscuit, with egg and sausage

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0		
Caffeine.....mg	0		0	FLA	4		0		
Theobromine.....mg	0		0	FLA	4		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 162g: 1 item

Calories Factors: Protein 4.13 **Fat** 8.8 **Carbohydrate** 3.95

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2010)

NDB No. 21399

Fast Foods, cheeseburger; double, large patty; with condiments, vegetables and mayonnaise

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	54.56		2	A	1		193.69		
Energy....kcal	253		0	NC	4		899		
Energy....kJ	1059		0	NC	4		3759		
Protein....g	15.50		2	A	1		55.01		
Total lipid (fat)....g	15.63		2	A	1		55.49		
Ash....g	1.70		2	A	1		6.03		
Carbohydrate, by difference....g	12.62		0	NC	4		44.78		
Fiber, total dietary....g	1.3		2	A	1		4.8		
Sugars, total....g	3.61		0	NR	4		12.82		
Sucrose....g	0.61		2	A	1		2.15		
Glucose (dextrose)....g	0.23		2	A	1		0.83		
Fructose....g	0.94		2	A	1		3.35		
Lactose....g	0.11		2	A	1		0.40		
Maltose....g									
Galactose....g									
Starch....g	9.35		2	A	1		33.19		
Minerals:									
Calcium, Ca....mg	68		2	A	1		241		
Iron, Fe....mg	4.12		2	A	1		14.63		
Magnesium, Mg....mg	19		2	A	1		68		
Phosphorus, P....mg	131		2	A	1		465		
Potassium, K....mg	202		2	A	1		715		
Sodium, Na....mg	405		2	A	1		1436		
Zinc, Zn....mg	3.27		2	A	1		11.63		
Copper, Cu....mg	0.076		2	A	1		0.271		
Manganese, Mn....mg	0.137		2	A	1		0.485		
Selenium, Se....mcg	18.4		2	A	1		65.5		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.5		2	A	1		1.6		
Thiamin....mg	0.254		2	A	1		0.903		
Riboflavin....mg	0.230		2	A	1		0.818		
Niacin....mg	3.260		2	A	1		11.573		
Pantothenic acid....mg	0.279		2	A	1		0.992		
Vitamin B-6....mg	0.150		2	A	1		0.534		
Folate, total....mcg	27		1	A	1		96		
Folic acid....mcg	22		1	A	1		78		
Folate, food....mcg	5		0	AS	1		18		
Folate, DFE....mcg_DFE	42		0	NC	4		151		
Choline, total....mg	46.0		0	FLA	4		163.3		
Betaine....mg									
Vitamin B-12....mcg	1.92		1	A	1		6.82		
Vitamin B-12, added....mcg	0.00		0	FLA	4		0.00		
Vitamin A, RAE....mcg_RAE	12		0	NC	4		42		
Retinol....mcg	7		0	FLA	4		26		
Carotene, beta....mcg	49		0	FLA	4		173		
Carotene, alpha....mcg	4		0	FLA	4		14		
Cryptoxanthin, beta....mcg	1		0	FLA	4		5		
Vitamin A, IU....IU	111		0	NC	4		393		
Lycopene....mcg	77		0	FLA	4		274		
Lutein + zeaxanthin....mcg	42		0	FLA	4		150		
Vitamin E (alpha-tocopherol)....mg	0.06		1	A	1		0.21		
Vitamin E, added....mg	0.00		0	FLA	4		0.00		
Tocopherol, beta....mg	0.83		1	A	1		2.95		
Tocopherol, gamma....mg	0.21		1	A	1		0.75		
Tocopherol, delta....mg	0.25		1	A	1		0.89		
Vitamin D (D2 + D3)....mcg	0.1		0	BFFN	4		0.4		
Vitamin D2 (ergocalciferol)....mcg									

NDB No. 21399

Fast Foods, cheeseburger; double, large patty; with condiments, vegetables and mayonnaise

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D3 (cholecalciferol).....mcg									
Vitamin D.....IU	4		0	BFFN	4		14		
Vitamin K (phylloquinone).....mcg	9.2		2	A	1		32.7		
Dihydrophylloquinone.....mcg	0.2		2	A	1		0.5		
Menaquinone-4.....mcg									
Lipids:									
Fatty acids, total saturated.....g	6.519		0	NC	4		23.144		
4:0.....g	0.060		1	A	1		0.212		
6:0.....g	0.092		1	A	1		0.327		
8:0.....g	0.010		2	A	1		0.035		
10:0.....g	0.073		2	A	1		0.258		
12:0.....g	0.078		2	A	1		0.277		
13:0.....g	0.000		1	A	1		0.000		
14:0.....g	0.557		2	A	1		1.978		
15:0.....g	0.076		2	A	1		0.268		
16:0.....g	3.530		2	A	1		12.532		
17:0.....g	0.161		2	A	1		0.573		
18:0.....g	1.863		2	A	1		6.614		
20:0.....g	0.010		2	A	1		0.035		
22:0.....g	0.000		2	A	1		0.000		
24:0.....g	0.010		2	A	1		0.035		
Fatty acids, total monounsaturated.....g	6.249		0	NC	4		22.185		
14:1.....g	0.128		2	A	1		0.453		
15:1.....g	0.000		2	A	1		0.000		
16:1 undifferentiated.....g	0.489		2	A	1		1.735		
17:1.....g	0.057		2	A	1		0.202		
18:1 undifferentiated.....g	5.551		0	AS	1		19.706		
18:1 c.....g	4.931		1	A	1		17.503		
18:1-11c (18:1c n-7).....g									
18:1 t.....g	0.620		1	A	1		2.202		
18:1-11t (18:1t n-7).....g									
20:1.....g	0.025		2	A	1		0.089		
22:1 undifferentiated.....g	0.000		2	A	1		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.299		0	NC	4		8.161		
18:2 undifferentiated.....g	1.817		2	A	1		6.452		
18:3 undifferentiated.....g	0.392		0	AS	1		1.390		
18:3 n-3 c,c,c (ALA).....g	0.392		1	A	1		1.390		
18:3 n-6 c,c,c.....g	0.000		1	A	1		0.000		
18:3i.....g									
18:4.....g	0.070		1	A	1		0.249		
20:2 n-6 c,c.....g	0.000		2	A	1		0.000		
20:3 undifferentiated.....g	0.005		2	A	1		0.018		
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.015		2	A	1		0.053		
20:4 n-3.....g									
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.000		2	A	1		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		1	A	1		0.000		
22:6 n-3 (DHA).....g	0.000		2	A	1		0.000		
Fatty acids, total trans.....g	0.620		0	NC	4		2.202		
Cholesterol.....mg	49		2	A	1		173		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	FLA	4		0.0		
Caffeine.....mg	0		0	FLA	4		0		
Theobromine.....mg	0		0	FLA	4		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same

NDB No. 21399

Fast Foods, cheeseburger; double, large patty; with condiments, vegetables and mayonnaise

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

food, or similar food.

Common Measures:

Measure 1 = 355g: 1 item

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2010)

NDB No. 21230

Fast Foods, crispy chicken filet sandwich, with lettuce, tomato and mayonnaise

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	51.06		1	A	1		111.82		
Energy	kcal	245		0	NC	4		536		
Energy	kJ	1024		0	NC	4		2243		
Protein	g	12.42		1	A	1		27.20		
Total lipid (fat)	g	11.70		1	A	1		25.62		
Ash	g	2.36		1	A	1		5.17		
Carbohydrate, by difference	g	22.46		0	NC	4		49.19		
Fiber, total dietary	g	1.4		1	A	1		3.1		
Sugars, total	g									
Sucrose	g	0.15		1	A	1		0.33		
Glucose (dextrose)	g	0.94		1	A	1		2.06		
Fructose	g	1.09		1	A	1		2.39		
Lactose	g	0.15		1	A	1		0.33		
Maltose	g	0.15		1	A	1		0.33		
Galactose	g									
Starch	g	17.80		1	A	1		38.98		
Minerals:										
Calcium, Ca	mg	78		1	A	1		171		
Iron, Fe	mg	1.23		1	A	1		2.69		
Magnesium, Mg	mg	28		1	A	1		60		
Phosphorus, P	mg	161		1	A	1		353		
Potassium, K	mg	205		1	A	1		449		
Sodium, Na	mg	650		1	A	1		1424		
Zinc, Zn	mg	1.00		1	A	1		2.19		
Copper, Cu	mg	0.145		1	A	1		0.317		
Manganese, Mn	mg	0.255		1	A	1		0.558		
Selenium, Se	mcg	19.3		1	A	1		42.3		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.3		1	A	1		0.7		
Thiamin	mg	0.160		1	A	1		0.350		
Riboflavin	mg	0.183		1	A	1		0.401		
Niacin	mg	5.110		1	A	1		11.191		
Pantothenic acid	mg	0.804		1	A	1		1.761		
Vitamin B-6	mg	0.126		1	A	1		0.276		
Folate, total	mcg	29		1	A	1		64		
Folic acid	mcg	20		1	A	1		44		
Folate, food	mcg	9		1	AS	1		20		
Folate, DFE	mcg_DFE	43		0	NC	4		94		
Choline, total	mg	31.2		0	AS	1		68.3		
Betaine	mg	75.8		1	A	1		166.0		
Vitamin B-12	mcg	0.33		1	A	1		0.72		
Vitamin A, RAE	mcg_RAE									
Retinol	mcg									
Carotene, beta	mcg									
Carotene, alpha	mcg									
Cryptoxanthin, beta	mcg									
Vitamin A, IU	IU									
Lycopene	mcg									
Lutein + zeaxanthin	mcg									
Vitamin E (alpha-tocopherol)	mg	0.69		1	A	1		1.51		
Tocopherol, beta	mg	1.94		1	A	1		4.25		
Tocopherol, gamma	mg	4.84		1	A	1		10.60		
Tocopherol, delta	mg	1.51		1	A	1		3.31		
Vitamin D (D2 + D3)	mcg									
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	4.6		1	A	1		10.1		

NDB No. 21230

Fast Foods, crispy chicken filet sandwich, with lettuce, tomato and mayonnaise

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Dihydrophylloquinone....mcg	0.0		1	A	1		0.0		
Menaquinone-4....mcg									
Lipids:									
Fatty acids, total saturated....g	2.119		0	NC	4		4.641		
4:0....g									
6:0....g									
8:0....g	0.000		1	A	1		0.000		
10:0....g	0.000		1	A	1		0.000		
12:0....g	0.000		1	A	1		0.000		
13:0....g									
14:0....g	0.010		1	A	1		0.022		
15:0....g	0.000		1	A	1		0.000		
16:0....g	1.390		1	A	1		3.044		
17:0....g	0.010		1	A	1		0.022		
18:0....g	0.630		1	A	1		1.379		
20:0....g	0.040		1	A	1		0.087		
22:0....g	0.040		1	A	1		0.087		
24:0....g	0.000		1	A	1		0.000		
Fatty acids, total monounsaturated....g	3.740		0	NC	4		8.190		
14:1....g	0.000		1	A	1		0.000		
15:1....g	0.000		1	A	1		0.000		
16:1 undifferentiated....g	0.060		1	A	1		0.131		
17:1....g	0.000		1	A	1		0.000		
18:1 undifferentiated....g	3.610		1	A	1		7.906		
20:1....g	0.040		1	A	1		0.087		
22:1 undifferentiated....g	0.030		1	A	1		0.065		
24:1 c....g									
Fatty acids, total polyunsaturated....g	5.470		0	NC	4		11.979		
18:2 undifferentiated....g	4.910		1	A	1		10.753		
18:3 undifferentiated....g	0.540		1	A	1		1.183		
18:4....g									
20:2 n-6 c,c....g	0.000		1	A	1		0.000		
20:3 undifferentiated....g	0.000		1	A	1		0.000		
20:4 undifferentiated....g	0.020		1	A	1		0.044		
20:5 n-3 (EPA)....g	0.000		1	A	1		0.000		
22:5 n-3 (DPA)....g	0.000		1	A	1		0.000		
22:6 n-3 (DHA)....g	0.000		1	A	1		0.000		
Fatty acids, total trans....g									
Cholesterol....mg	29		1	A	1		63		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.120		0	A	1		0.263		
Threonine....g	0.410		0	A	1		0.898		
Isoleucine....g	0.490		0	A	1		1.073		
Leucine....g	0.840		0	A	1		1.839		
Lysine....g	0.710		0	A	1		1.555		
Methionine....g	0.270		0	A	1		0.591		
Cystine....g	0.160		0	A	1		0.350		
Phenylalanine....g	0.460		0	A	1		1.007		
Tyrosine....g	0.240		0	A	1		0.525		
Valine....g	0.530		0	A	1		1.160		
Arginine....g	0.580		0	A	1		1.270		
Histidine....g	0.350		0	A	1		0.766		
Alanine....g	0.580		0	A	1		1.270		
Aspartic acid....g	0.780		0	A	1		1.708		
Glutamic acid....g	2.640		0	A	1		5.782		
Glycine....g	0.490		0	A	1		1.073		
Proline....g	0.680		0	A	1		1.489		
Serine....g	0.430		0	A	1		0.942		
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based.

NDB No. 21230

Fast Foods, crispy chicken filet sandwich, with lettuce, tomato and mayonnaise

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 219g: 1 item

Calories Factors: Protein 4 **Fat** 9 **Carbohydrate**4

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2010)

NDB No. 21411

Fast foods, bagel, with breakfast steak, egg, cheese, and condiments

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	44.90	0.278	4	A	1		97.44		
Energy....kcal	282		0	NC	4		613		
Energy....kJ	1182		0	NC	4		2564		
Protein....g	15.95	0.719	4	A	1		34.61		
Total lipid (fat)....g	14.07	0.309	4	A	1		30.54		
Ash....g	2.08	0.069	4	A	1		4.51		
Carbohydrate, by difference....g	22.99		0	NC	4		49.89		
Fiber, total dietary....g	0.2	0.000	4	A	1		0.3		
Sugars, total....g	2.97	0.030	4	A	1		6.44		
Sucrose....g	0.00	0.000	4	A	1		0.00		
Glucose (dextrose)....g	0.82	0.024	4	A	1		1.79		
Fructose....g	0.86	0.033	4	A	1		1.86		
Lactose....g	0.37	0.022	4	A	1		0.81		
Maltose....g	0.92	0.049	4	A	1		1.99		
Galactose....g	0.00	0.000	4	A	1		0.00		
Starch....g	17.58	0.148	4	A	1		38.15		
Minerals:									
Calcium, Ca....mg	93	6.290	4	A	1		202		
Iron, Fe....mg	2.06	0.031	4	A	1		4.48		
Magnesium, Mg....mg	22	0.401	4	A	1		48		
Phosphorus, P....mg	204	13.375	4	A	1		442		
Potassium, K....mg	145	4.907	4	A	1		314		
Sodium, Na....mg	530	16.357	4	A	1		1151		
Zinc, Zn....mg	2.21	0.172	4	A	1		4.79		
Copper, Cu....mg	0.337	0.038	4	A	1		0.731		
Manganese, Mn....mg	0.188	0.011	4	A	1		0.409		
Selenium, Se....mcg	25.1	0.846	4	A	1		54.6		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0	0.000	4	A	1		0.0		
Thiamin....mg	0.236	0.010	4	A	1		0.512		
Riboflavin....mg	0.255	0.025	4	A	1		0.554		
Niacin....mg	3.355	0.118	4	A	1		7.280		
Pantothenic acid....mg	0.765	0.014	4	A	1		1.661		
Vitamin B-6....mg	0.132	0.010	4	A	1		0.287		
Folate, total....mcg	47	2.582	4	A	1		102		
Folic acid....mcg	38	2.179	4	A	1		81		
Folate, food....mcg	10		0	AS	1		21		
Folate, DFE....mcg_DFE	73		0	NC	4		159		
Choline, total....mg	82.2		0	AS	1		178.5		
Betaine....mg	10.4		1	A	1		22.5		
Vitamin B-12....mcg	1.27	0.107	4	A	1		2.76		
Vitamin B-12, added....mcg	0.00		0	BFPN	4		0.00		
Vitamin A, RAE....mcg_RAE	83		0	NC	4		179		
Retinol....mcg	81	9.894	4	A	1		175		
Carotene, beta....mcg	20		0	BFPN	4		43		
Carotene, alpha....mcg	0		0	BFPN	4		0		
Cryptoxanthin, beta....mcg	4		0	BFPN	4		9		
Vitamin A, IU....IU	306		0	NC	4		663		
Lycopene....mcg	0		0	BFPN	4		0		
Lutein + zeaxanthin....mcg	151		0	BFPN	4		327		
Vitamin E (alpha-tocopherol)....mg	0.55	0.027	4	A	1		1.20		
Vitamin E, added....mg	0.00		0	BFPN	4		0.00		
Tocopherol, beta....mg	0.03	0.003	4	A	1		0.06		
Tocopherol, gamma....mg	1.14	0.167	4	A	1		2.47		
Tocopherol, delta....mg	0.46	0.067	4	A	1		0.99		
Vitamin D (D2 + D3)....mcg	0.4		0	BFFN	4		0.8		
Vitamin D2 (ergocalciferol)....mcg									

NDB No. 21411

Fast foods, bagel, with breakfast steak, egg, cheese, and condiments

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU	15		0	BFFN	4		32		
Vitamin K (phylloquinone)....mcg	3.4	0.490	4	A	1		7.5		
Dihydrophylloquinone....mcg	0.6	0.389	4	A	1		1.2		
Menaquinone-4....mcg									
Lipids:									
Fatty acids, total saturated....g	5.419		0	NC	4		11.759		
4:0....g	0.018		0	BFPN	4		0.040		
6:0....g	0.011		0	BFPN	4		0.024		
8:0....g	0.070	0.007	4	A	1		0.152		
10:0....g	0.082	0.009	4	A	1		0.179		
12:0....g	0.092	0.009	4	A	1		0.201		
13:0....g									
14:0....g	0.512	0.024	4	A	1		1.112		
15:0....g	0.062	0.003	4	A	1		0.135		
16:0....g	3.062	0.090	4	A	1		6.645		
17:0....g	0.092	0.006	4	A	1		0.201		
18:0....g	1.382	0.033	4	A	1		3.000		
20:0....g	0.030	0.007	4	A	1		0.065		
22:0....g	0.002	0.002	4	A	1		0.005		
24:0....g	0.000	0.000	4	A	1		0.000		
Fatty acids, total monounsaturated....g	4.997		0	NC	4		10.844		
14:1....g	0.152	0.013	4	A	1		0.331		
15:1....g	0.000	0.000	4	A	1		0.000		
16:1 undifferentiated....g	0.332	0.026	4	A	1		0.721		
17:1....g	0.000	0.000	4	A	1		0.000		
18:1 undifferentiated....g	4.480	0.187	4	A	1		9.722		
20:1....g	0.032	0.003	4	A	1		0.070		
22:1 undifferentiated....g	0.000	0.000	4	A	1		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.849		0	NC	4		4.013		
18:2 undifferentiated....g	1.500	0.141	4	A	1		3.255		
18:3 undifferentiated....g	0.145	0.016	4	A	1		0.315		
18:4....g	0.045	0.015	4	A	1		0.097		
20:2 n-6 c,c....g	0.030	0.007	4	A	1		0.065		
20:3 undifferentiated....g	0.025	0.005	4	A	1		0.054		
20:4 undifferentiated....g	0.057	0.002	4	A	1		0.125		
20:5 n-3 (EPA)....g	0.000	0.000	4	A	1		0.000		
22:5 n-3 (DPA)....g	0.025	0.005	4	A	1		0.054		
22:6 n-3 (DHA)....g	0.022	0.003	4	A	1		0.049		
Fatty acids, total trans....g									
Cholesterol....mg	130	3.416	4	A	1		282		
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	BFPN	4		0.0		
Caffeine....mg	0		0	BFPN	4		0		
Theobromine....mg	0		0	BFPN	4		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 217g: 1 item

Calories Factors: Protein 4 **Fat** 9 **Carbohydrate** 4

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2010)

NDB No. 21410
Fast foods, bagel, with egg, sausage patty, cheese, and condiments

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	45.17	0.664	3	A	1		98.93		
Energy	kcal	295		0	NC	4		646		
Energy	kJ	1235		0	NC	4		2705		
Protein	g	12.98	0.303	3	A	1		28.43		
Total lipid (fat)	g	16.97	0.219	3	A	1		37.16		
Ash	g	2.24	0.041	3	A	1		4.90		
Carbohydrate, by difference	g	22.64		0	NC	4		49.58		
Fiber, total dietary	g	0.2	0.000	3	A	1		0.3		
Sugars, total	g	2.87	0.138	3	A	1		6.29		
Sucrose	g	0.00	0.000	3	A	1		0.00		
Glucose (dextrose)	g	0.84	0.022	3	A	1		1.85		
Fructose	g	0.80	0.070	3	A	1		1.75		
Lactose	g	0.36	0.040	3	A	1		0.78		
Maltose	g	0.87	0.035	3	A	1		1.91		
Galactose	g	0.00	0.000	3	A	1		0.00		
Starch	g	17.41	0.905	3	A	1		38.13		
Minerals:										
Calcium, Ca	mg	94	3.067	3	A	1		205		
Iron, Fe	mg	1.77	0.142	3	A	1		3.87		
Magnesium, Mg	mg	20	1.033	3	A	1		44		
Phosphorus, P	mg	185	4.055	3	A	1		404		
Potassium, K	mg	123	5.487	3	A	1		269		
Sodium, Na	mg	550	25.340	3	A	1		1204		
Zinc, Zn	mg	1.05	0.074	3	A	1		2.30		
Copper, Cu	mg	0.327	0.080	3	A	1		0.716		
Manganese, Mn	mg	0.179	0.014	3	A	1		0.391		
Selenium, Se	mcg	23.8	1.629	3	A	1		52.0		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.5	0.021	3	A	1		1.2		
Thiamin	mg	0.305	0.010	3	A	1		0.669		
Riboflavin	mg	0.218	0.027	3	A	1		0.477		
Niacin	mg	2.877	0.084	3	A	1		6.300		
Pantothenic acid	mg	0.896	0.039	3	A	1		1.961		
Vitamin B-6	mg	0.091	0.006	3	A	1		0.200		
Folate, total	mcg	53	6.173	3	A	1		117		
Folic acid	mcg	39	6.438	3	A	1		85		
Folate, food	mcg	15		0	AS	1		32		
Folate, DFE	mcg_DFE	80		0	NC	4		176		
Choline, total	mg	83.8		0	AS	1		183.5		
Betaine	mg	8.7		1	A	1		19.1		
Vitamin B-12	mcg	0.96	0.084	3	A	1		2.09		
Vitamin B-12, added	mcg	0.00		0	BFPN	4		0.00		
Vitamin A, RAE	mcg_RAE	64		0	AS	1		139		
Retinol	mcg	64	22.958	3	A	1		139		
Carotene, beta	mcg	0		2	A	1		0		
Carotene, alpha	mcg	0	0.000	3	A	1		0		
Cryptoxanthin, beta	mcg	0	0.000	3	A	1		0		
Vitamin A, IU	IU	212		0	AS	1		464		
Lycopene	mcg	0	0.000	3	A	1		0		
Lutein + zeaxanthin	mcg	119		0	BFPN	4		260		
Vitamin E (alpha-tocopherol)	mg	0.64	0.021	3	A	1		1.40		
Vitamin E, added	mg	0.00		0	BFPN	4		0.00		
Tocopherol, beta	mg	0.02	0.000	3	A	1		0.04		
Tocopherol, gamma	mg	0.87	0.020	3	A	1		1.90		
Tocopherol, delta	mg	0.29	0.033	3	A	1		0.63		
Vitamin D (D2 + D3)	mcg	0.4		0	BFFN	4		1.0		
Vitamin D2 (ergocalciferol)	mcg									

NDB No. 21410

Fast foods, bagel, with egg, sausage patty, cheese, and condiments

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU	18		0	BFFN	4		39		
Vitamin K (phylloquinone)....mcg	2.8	0.384	3	A	1		6.1		
Dihydrophylloquinone....mcg	0.3	0.153	3	A	1		0.7		
Menaquinone-4....mcg									
Lipids:									
Fatty acids, total saturated....g	6.396		0	NC	4		14.008		
4:0....g	0.000		0	BFPN	4		0.000		
6:0....g	0.000		0	BFPN	4		0.000		
8:0....g	0.077	0.003	3	A	1		0.168		
10:0....g	0.103	0.003	3	A	1		0.226		
12:0....g	0.113	0.003	3	A	1		0.248		
13:0....g									
14:0....g	0.503	0.023	3	A	1		1.102		
15:0....g	0.043	0.003	3	A	1		0.095		
16:0....g	3.757	0.192	3	A	1		8.227		
17:0....g	0.063	0.003	3	A	1		0.139		
18:0....g	1.690	0.092	3	A	1		3.701		
20:0....g	0.047	0.013	3	A	1		0.102		
22:0....g	0.000	0.000	3	A	1		0.000		
24:0....g	0.000	0.000	3	A	1		0.000		
Fatty acids, total monounsaturated....g	6.026		0	NC	4		13.198		
14:1....g	0.060	0.000	3	A	1		0.131		
15:1....g	0.000	0.000	3	A	1		0.000		
16:1 undifferentiated....g	0.340	0.021	3	A	1		0.745		
17:1....g	0.000	0.000	3	A	1		0.000		
18:1 undifferentiated....g	5.550	0.313	3	A	1		12.154		
20:1....g	0.077	0.009	3	A	1		0.168		
22:1 undifferentiated....g	0.000	0.000	3	A	1		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	2.603		0	NC	4		5.700		
18:2 undifferentiated....g	2.113	0.119	3	A	1		4.628		
18:3 undifferentiated....g	0.150	0.012	3	A	1		0.328		
18:4....g	0.053	0.003	3	A	1		0.117		
20:2 n-6 c,c....g	0.150	0.055	3	A	1		0.328		
20:3 undifferentiated....g	0.030	0.006	3	A	1		0.065		
20:4 undifferentiated....g	0.070	0.000	3	A	1		0.153		
20:5 n-3 (EPA)....g	0.000	0.000	3	A	1		0.000		
22:5 n-3 (DPA)....g	0.020	0.000	3	A	1		0.044		
22:6 n-3 (DHA)....g	0.017	0.003	3	A	1		0.036		
Fatty acids, total trans....g									
Cholesterol....mg	133	2.963	3	A	1		291		
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	BFPN	4		0.0		
Caffeine....mg	0		0	BFPN	4		0		
Theobromine....mg	0		0	BFPN	4		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 219g: 1 item

Calories Factors: Protein 4 **Fat** 9 **Carbohydrate** 4

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2010)

NDB No. 21409
Fast foods, bagel, with ham, egg, and cheese

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	46.44	0.480	4	A	1		88.70		
Energy	kcal	253		0	NC	4		483		
Energy	kJ	1057		0	NC	4		2019		
Protein	g	13.97	0.080	4	A	1		26.68		
Total lipid (fat)	g	9.68	0.236	4	A	1		18.48		
Ash	g	2.49	0.035	4	A	1		4.76		
Carbohydrate, by difference	g	27.43		0	NC	4		52.39		
Fiber, total dietary	g	0.2	0.000	4	A	1		0.3		
Sugars, total	g	3.65	0.606	4	A	1		6.96		
Sucrose	g	0.12	0.043	4	A	1		0.22		
Glucose (dextrose)	g	1.17	0.197	4	A	1		2.23		
Fructose	g	0.96	0.249	4	A	1		1.83		
Lactose	g	0.44	0.063	4	A	1		0.84		
Maltose	g	0.96	0.110	4	A	1		1.84		
Galactose	g	0.00	0.000	4	A	1		0.00		
Starch	g	17.19	0.511	4	A	1		32.83		
Minerals:										
Calcium, Ca	mg	97	3.189	4	A	1		185		
Iron, Fe	mg	2.17	0.076	4	A	1		4.14		
Magnesium, Mg	mg	21	0.409	4	A	1		40		
Phosphorus, P	mg	208	6.390	4	A	1		397		
Potassium, K	mg	137	8.391	4	A	1		261		
Sodium, Na	mg	659	43.625	4	A	1		1259		
Zinc, Zn	mg	1.25	0.046	4	A	1		2.38		
Copper, Cu	mg	0.229	0.041	4	A	1		0.436		
Manganese, Mn	mg	0.197	0.012	4	A	1		0.377		
Selenium, Se	mcg	26.4	1.735	4	A	1		50.4		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0	0.000	3	A	1		0.0		
Thiamin	mg	0.372	0.024	4	A	1		0.711		
Riboflavin	mg	0.316	0.069	4	A	1		0.604		
Niacin	mg	3.150	0.076	4	A	1		6.016		
Pantothenic acid	mg	0.759	0.015	3	A	1		1.449		
Vitamin B-6	mg	0.077	0.005	4	A	1		0.147		
Folate, total	mcg	68	6.994	4	A	1		130		
Folic acid	mcg	46	7.153	4	A	1		88		
Folate, food	mcg	22		0	BFPN	4		43		
Folate, DFE	mcg_DFE	101		0	NC	4		192		
Choline, total	mg	98.3		0	AS	1		187.7		
Betaine	mg	11.0		1	A	1		20.9		
Vitamin B-12	mcg	0.73	0.019	3	A	1		1.39		
Vitamin B-12, added	mcg	0.00		0	BFPN	4		0.00		
Vitamin A, RAE	mcg_RAE	97		0	NC	4		185		
Retinol	mcg	95	11.460	4	A	1		182		
Carotene, beta	mcg	18		0	BFPN	4		35		
Carotene, alpha	mcg	0		0	BFPN	4		0		
Cryptoxanthin, beta	mcg	4		0	BFPN	4		7		
Vitamin A, IU	IU	352		0	NC	4		672		
Lycopene	mcg	0		0	BFPN	4		0		
Lutein + zeaxanthin	mcg	141		0	BFPN	4		270		
Vitamin E (alpha-tocopherol)	mg	0.61	0.055	4	A	1		1.16		
Vitamin E, added	mg	0.00		0	BFPN	4		0.00		
Tocopherol, beta	mg	0.03	0.003	4	A	1		0.05		
Tocopherol, gamma	mg	1.05	0.091	4	A	1		2.00		
Tocopherol, delta	mg	0.42	0.064	4	A	1		0.81		
Vitamin D (D2 + D3)	mcg	0.4		0	BFFN	4		0.8		
Vitamin D2 (ergocalciferol)	mcg									

NDB No. 21409
Fast foods, bagel, with ham, egg, and cheese

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU	17		0	BFFN	4		33		
Vitamin K (phylloquinone)....mcg	2.9	0.359	4	A	1		5.6		
Dihydrophylloquinone....mcg	0.0	0.000	4	A	1		0.0		
Menaquinone-4....mcg									
Lipids:									
Fatty acids, total saturated....g	4.121		0	NC	4		7.871		
4:0....g	0.020		0	BFPN	4		0.038		
6:0....g	0.012		0	BFPN	4		0.023		
8:0....g	0.088	0.006	4	A	1		0.167		
10:0....g	0.102	0.009	4	A	1		0.196		
12:0....g	0.120	0.007	4	A	1		0.229		
13:0....g									
14:0....g	0.452	0.030	4	A	1		0.864		
15:0....g	0.050	0.004	4	A	1		0.095		
16:0....g	2.277	0.065	4	A	1		4.350		
17:0....g	0.037	0.003	4	A	1		0.071		
18:0....g	0.952	0.041	4	A	1		1.819		
20:0....g	0.010	0.000	4	A	1		0.019		
22:0....g	0.000	0.000	4	A	1		0.000		
24:0....g	0.000	0.000	4	A	1		0.000		
Fatty acids, total monounsaturated....g	2.992		0	NC	4		5.715		
14:1....g	0.067	0.005	4	A	1		0.129		
15:1....g	0.000	0.000	4	A	1		0.000		
16:1 undifferentiated....g	0.165	0.003	4	A	1		0.315		
17:1....g	0.000	0.000	4	A	1		0.000		
18:1 undifferentiated....g	2.740	0.082	4	A	1		5.233		
20:1....g	0.020	0.000	4	A	1		0.038		
22:1 undifferentiated....g	0.000	0.000	4	A	1		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.749		0	NC	4		3.341		
18:2 undifferentiated....g	1.397	0.060	4	A	1		2.669		
18:3 undifferentiated....g	0.135	0.006	4	A	1		0.258		
18:4....g	0.042	0.003	4	A	1		0.081		
20:2 n-6 c,c....g	0.040	0.000	4	A	1		0.076		
20:3 undifferentiated....g	0.010	0.000	4	A	1		0.019		
20:4 undifferentiated....g	0.057	0.002	4	A	1		0.110		
20:5 n-3 (EPA)....g	0.000	0.000	4	A	1		0.000		
22:5 n-3 (DPA)....g	0.030	0.007	4	A	1		0.057		
22:6 n-3 (DHA)....g	0.037	0.003	4	A	1		0.071		
Fatty acids, total trans....g									
Cholesterol....mg	127	4.990	4	A	1		243		
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	BFPN	4		0.0		
Caffeine....mg	0		0	BFPN	4		0		
Theobromine....mg	0		0	BFPN	4		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 191g: 1 item

Calories Factors: Protein 4 **Fat** 9 **Carbohydrate** 4

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2010)

NDB No. 21006
Fast foods, biscuit with egg and steak

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	52.51		0		1		77.71		
Energy	kcal	277		0	NC	4		410		
Energy	kJ	1159		0		4		1715		
Protein (N x 6.19)	g	12.12		1		1		17.94		
Total lipid (fat)	g	19.21		1		1		28.43		
Ash	g	1.78		0		1		2.63		
Carbohydrate, by difference	g	14.37		0	NC	4		21.27		
Fiber, total dietary	g									
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	93		1		1		138		
Iron, Fe	mg	3.58		1		1		5.30		
Magnesium, Mg	mg	17		0		4		25		
Phosphorus, P	mg	152		0		4		225		
Potassium, K	mg	207		1		1		306		
Sodium, Na	mg	600		1		1		888		
Zinc, Zn	mg	1.89		0		4		2.80		
Copper, Cu	mg	0.072		0		4		0.107		
Manganese, Mn	mg	0.165		0		4		0.244		
Selenium, Se	mcg	21.2		0	RK	4		31.4		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.1		1		1		0.1		
Thiamin	mg	0.240		1		1		0.355		
Riboflavin	mg	0.350		1		1		0.518		
Niacin	mg	2.070		1		1		3.064		
Pantothenic acid	mg	0.730		0		4		1.080		
Vitamin B-6	mg	0.120		0		4		0.178		
Folate, total	mcg	38		0	RK	4		56		
Folic acid	mcg	19		0	NC	4		28		
Folate, food	mcg	19		0		4		28		
Folate, DFE	mcg_DFE	51		0	NC	4		76		
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	0.95		0		4		1.41		
Vitamin A, RAE	mcg_RAE	139		0	NC	4		206		
Retinol	mcg	138		0	NC	4		204		
Carotene, beta	mcg									
Carotene, alpha	mcg									
Cryptoxanthin, beta	mcg									
Vitamin A, IU	IU	476		0		1		704		
Lycopene	mcg									
Lutein + zeaxanthin	mcg									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg									
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Dihydrophylloquinone	mcg									
Menaquinone-4	mcg									
Lipids:										
Fatty acids, total saturated	g	5.810		0		1		8.599		
Fatty acids, total monounsaturated	g	7.910		0		1		11.707		

NDB No. 21006
Fast foods, biscuit with egg and steak

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total polyunsaturated.....g	3.950		1		1		5.846		
Fatty acids, total trans.....g									
Cholesterol.....mg	184		1		1		272		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.155		0		1		0.229		
Threonine.....g	0.505		0		1		0.747		
Isoleucine.....g	0.589		0		1		0.872		
Leucine.....g	0.965		0		1		1.428		
Lysine.....g	0.799		0		1		1.183		
Methionine.....g	0.311		0		1		0.460		
Cystine.....g	0.200		0		1		0.296		
Phenylalanine.....g	0.560		0		1		0.829		
Tyrosine.....g	0.433		0		1		0.641		
Valine.....g	0.662		0		1		0.980		
Arginine.....g	0.685		0		1		1.014		
Histidine.....g	0.339		0		1		0.502		
Alanine.....g	0.629		0		1		0.931		
Aspartic acid.....g	0.999		0		1		1.479		
Glutamic acid.....g	2.148		0		1		3.179		
Glycine.....g	0.503		0		1		0.744		
Proline.....g	0.705		0		1		1.043		
Serine.....g	0.633		0		1		0.937		
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 148g: 1 biscuit

Calories Factors: Protein 4.23 **Fat** 8.82 **Carbohydrate** 3.94

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2010)

NDB No. 21002
Fast foods, biscuit, with egg

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	50.06			RA	4		68.08		
Energy	kcal	274			RA	4		373		
Energy	kJ	1145			RA	4		1557		
Protein	g	8.53			RA	4		11.61		
Total lipid (fat)	g	16.23			RA	4		22.08		
Ash	g	1.77			RA	4		2.40		
Carbohydrate, by difference	g	23.46			RA	4		31.90		
Fiber, total dietary	g	0.6			RA	4		0.8		
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	60			RA	4		81		
Iron, Fe	mg	2.13			RA	4		2.90		
Magnesium, Mg	mg	14			RA	4		19		
Phosphorus, P	mg	285			RA	4		388		
Potassium, K	mg	175			RA	4		238		
Sodium, Na	mg	655			RA	4		891		
Zinc, Zn	mg	0.73			RA	4		0.99		
Copper, Cu	mg	0.045			RA	4		0.062		
Manganese, Mn	mg	0.192			RA	4		0.260		
Selenium, Se	mcg	20.1			RA	4		27.4		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.1			RA	4		0.1		
Thiamin	mg	0.223			RA	4		0.304		
Riboflavin	mg	0.358			RA	4		0.487		
Niacin	mg	1.583			RA	4		2.153		
Pantothenic acid	mg	0.654			RA	4		0.890		
Vitamin B-6	mg	0.082			RA	4		0.112		
Folate, total	mcg	42			RA	4		58		
Folic acid	mcg	24			RA	4		33		
Folate, food	mcg	19		0	NC	4		25		
Folate, DFE	mcg_DFE	59		0	NC	4		81		
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	0.46			RA	4		0.63		
Vitamin A, RAE	mcg_RAE	132		0	NC	4		180		
Retinol	mcg	131		0	NC	4		178		
Carotene, beta	mcg									
Carotene, alpha	mcg									
Cryptoxanthin, beta	mcg									
Vitamin A, IU	IU	456			RA	4		620		
Lycopene	mcg									
Lutein + zeaxanthin	mcg									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg									
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Dihydrophylloquinone	mcg									
Menaquinone-4	mcg									
Lipids:										
Fatty acids, total saturated	g	3.477			RA	4		4.728		
4:0	g	0.014			RA	4		0.019		

NDB No. 21002
Fast foods, biscuit, with egg

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g	0.009			RA	4		0.012		
8:0....g	0.007			RA	4		0.009		
10:0....g	0.013			RA	4		0.017		
12:0....g	0.015			RA	4		0.020		
13:0....g									
14:0....g	0.078			RA	4		0.107		
15:0....g									
16:0....g	2.294			RA	4		3.119		
17:0....g									
18:0....g	1.048			RA	4		1.425		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	6.671			RA	4		9.073		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.164			RA	4		0.223		
17:1....g									
18:1 undifferentiated....g	6.494			RA	4		8.832		
20:1....g	0.012			RA	4		0.016		
22:1 undifferentiated....g	0.001			RA	4		0.001		
24:1 c....g									
Fatty acids, total polyunsaturated....g	4.706			RA	4		6.401		
18:2 undifferentiated....g	4.359			RA	4		5.928		
18:3 undifferentiated....g	0.271			RA	4		0.369		
18:4....g	0.000			RA	4		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.059			RA	4		0.080		
20:5 n-3 (EPA)....g	0.002			RA	4		0.002		
22:5 n-3 (DPA)....g	0.000			RA	4		0.000		
22:6 n-3 (DHA)....g	0.015			RA	4		0.021		
Fatty acids, total trans....g									
Cholesterol....mg	180			RA	4		245		
Phytosterols....mg	13			RA	4		18		
Amino Acids:									
Tryptophan....g	0.105			RA	4		0.142		
Threonine....g	0.352			RA	4		0.479		
Isoleucine....g	0.416			RA	4		0.565		
Leucine....g	0.690			RA	4		0.938		
Lysine....g	0.487			RA	4		0.662		
Methionine....g	0.226			RA	4		0.307		
Cystine....g	0.182			RA	4		0.247		
Phenylalanine....g	0.440			RA	4		0.599		
Tyrosine....g	0.323			RA	4		0.439		
Valine....g	0.468			RA	4		0.636		
Arginine....g	0.442			RA	4		0.601		
Histidine....g	0.199			RA	4		0.271		
Alanine....g	0.396			RA	4		0.539		
Aspartic acid....g	0.685			RA	4		0.932		
Glutamic acid....g	1.685			RA	4		2.291		
Glycine....g	0.282			RA	4		0.383		
Proline....g	0.572			RA	4		0.778		
Serine....g	0.554			RA	4		0.753		
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0			RA	4		0.0		
Caffeine....mg									
Theobromine....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 21002
Fast foods, biscuit, with egg

Common Measures:

Measure 1 = 136g: 1 biscuit

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2010)

NDB No. 21003
Fast foods, biscuit, with egg and bacon

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	46.67		1		4		70.01		
Energy....kcal	305		0	NC	4		458		
Energy....kJ	1276		0		4		1914		
Protein (N x 6.12)....g	11.33	0.087	3		1		17.00		
Total lipid (fat)....g	20.73	1.812	3		1		31.10		
Ash....g	2.40		1		4		3.60		
Carbohydrate, by difference....g	19.06		3		9		28.59		
Fiber, total dietary....g	0.5		0		4		0.8		
Sugars, total....g	2.19		0	FLA	4		3.29		
Starch....g									
Minerals:									
Calcium, Ca....mg	126		2		1		189		
Iron, Fe....mg	2.49		2		1		3.74		
Magnesium, Mg....mg	16		1		4		24		
Phosphorus, P....mg	159		1		4		239		
Potassium, K....mg	167		1		1		251		
Sodium, Na....mg	666	56.244	3		1		999		
Zinc, Zn....mg	1.09		1		4		1.64		
Copper, Cu....mg	0.075		1		4		0.113		
Manganese, Mn....mg	0.186		1		4		0.279		
Selenium, Se....mcg	20.6		0	RK	4		30.9		
Vitamins:									
Vitamin C, total ascorbic acid....mg	1.8		2		1		2.7		
Thiamin....mg	0.090		2		1		0.135		
Riboflavin....mg	0.150		2		1		0.225		
Niacin....mg	1.600		2		1		2.400		
Pantothenic acid....mg	0.810		1		4		1.215		
Vitamin B-6....mg	0.090		1		4		0.135		
Folate, total....mcg	40		0	RK	4		60		
Folic acid....mcg	20		0	NC	4		30		
Folate, food....mcg	20		0		4		30		
Folate, DFE....mcg_DFE	54		0	NC	4		81		
Choline, total....mg	98.5		0	FLA	4		147.8		
Betaine....mg									
Vitamin B-12....mcg	0.69		1		4		1.04		
Vitamin B-12, added....mcg	0.00		0	FLA	4		0.00		
Vitamin A, RAE....mcg_RAE	63		0	FLA	4		95		
Retinol....mcg	62		0	FLA	4		93		
Carotene, beta....mcg	14		0	FLA	4		21		
Carotene, alpha....mcg	0		0	FLA	4		0		
Cryptoxanthin, beta....mcg	3		0	FLA	4		4		
Vitamin A, IU....IU	233		0	NC	4		349		
Lycopene....mcg	0		0	FLA	4		0		
Lutein + zeaxanthin....mcg	107		0	FLA	4		161		
Vitamin E (alpha-tocopherol)....mg	1.34		0	FLA	4		2.02		
Vitamin E, added....mg	0.00		0	FLA	4		0.00		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	0.6		0	FLA	4		0.9		
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU	25		0	FLA	4		38		
Vitamin K (phylloquinone)....mcg	4.3		0	FLA	4		6.5		
Dihydrophylloquinone....mcg									
Menaquinone-4....mcg									
Lipids:									

NDB No. 21003
Fast foods, biscuit, with egg and bacon

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	5.300		0		4		7.950		
4:0....g	0.013		0		4		0.020		
6:0....g	0.008		0		4		0.012		
8:0....g	0.006		0		4		0.009		
10:0....g	0.022		0		4		0.033		
12:0....g	0.022		0		4		0.033		
13:0....g									
14:0....g	0.147		0		4		0.221		
15:0....g									
16:0....g	3.416		0		4		5.124		
17:0....g									
18:0....g	1.647		0		4		2.471		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	8.960		0		4		13.440		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.357		0		4		0.536		
17:1....g									
18:1 undifferentiated....g	8.587		0		4		12.881		
20:1....g	0.011		0		4		0.017		
22:1 undifferentiated....g	0.001		0		4		0.002		
24:1 c....g									
Fatty acids, total polyunsaturated....g	4.980		0		4		7.470		
18:2 undifferentiated....g	4.551		0		4		6.827		
18:3 undifferentiated....g	0.341		0		4		0.512		
18:4....g	0.000		0		4		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.069		0		4		0.104		
20:5 n-3 (EPA)....g	0.001		0		4		0.002		
22:5 n-3 (DPA)....g	0.000		0		4		0.000		
22:6 n-3 (DHA)....g	0.014		0		4		0.021		
Fatty acids, total trans....g									
Cholesterol....mg	235	32.533	3		1		353		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.144		0		1		0.216		
Threonine....g	0.453		0		1		0.680		
Isoleucine....g	0.548		0		1		0.822		
Leucine....g	0.875		0		1		1.313		
Lysine....g	0.683		0		1		1.025		
Methionine....g	0.281		0		1		0.422		
Cystine....g	0.196		0		1		0.294		
Phenylalanine....g	0.540		0		1		0.810		
Tyrosine....g	0.396		0		1		0.594		
Valine....g	0.635		0		1		0.953		
Arginine....g	0.624		0		1		0.936		
Histidine....g	0.287		0		1		0.431		
Alanine....g	0.559		0		1		0.839		
Aspartic acid....g	0.890		0		1		1.335		
Glutamic acid....g	2.036		0		1		3.054		
Glycine....g	0.513		0		1		0.770		
Proline....g	0.727		0		1		1.091		
Serine....g	0.624		0		1		0.936		
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0		
Caffeine....mg	0		0	FLA	4		0		
Theobromine....mg	0		0	FLA	4		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based.

NDB No. 21003
Fast foods, biscuit, with egg and bacon

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:
Measure 1 = 150g: 1 biscuit

Calories Factors: Protein 4.18 **Fat** 8.8 **Carbohydrate** 3.94

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2010)

NDB No. 21004
Fast foods, biscuit, with egg and ham

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	56.60		0		1		108.67		
Energy	kcal	230		0	NC	4		442		
Energy	kJ	962		0		4		1848		
Protein (N x 6.09)	g	10.64		2		1		20.43		
Total lipid (fat)	g	14.08		2		1		27.03		
Ash	g	2.31		1		4		4.44		
Carbohydrate, by difference	g	16.37		2		1		31.43		
Fiber, total dietary	g	0.4		0		4		0.8		
Sugars, total	g	2.20		0	FLA	4		4.23		
Starch	g									
Minerals:										
Calcium, Ca	mg	115		1		1		221		
Iron, Fe	mg	2.37		1		1		4.55		
Magnesium, Mg	mg	16		1		4		31		
Phosphorus, P	mg	165		1		4		317		
Potassium, K	mg	166		1		1		319		
Sodium, Na	mg	720		2		1		1382		
Zinc, Zn	mg	1.16		1		4		2.23		
Copper, Cu	mg	0.072		1		4		0.138		
Manganese, Mn	mg	0.159		1		4		0.305		
Selenium, Se	mcg	19.2		0	RK	4		36.9		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		1		1		0.0		
Thiamin	mg	0.350		1		1		0.672		
Riboflavin	mg	0.310		1		1		0.595		
Niacin	mg	1.040		1		1		1.997		
Pantothenic acid	mg	0.870		1		4		1.670		
Vitamin B-6	mg	0.140		1		4		0.269		
Folate, total	mcg	34		0	RK	4		65		
Folic acid	mcg	17		0	NC	4		33		
Folate, food	mcg	17		0		4		33		
Folate, DFE	mcg_DFE	46		0	NC	4		88		
Choline, total	mg	97.0		0	FLA	4		186.3		
Betaine	mg									
Vitamin B-12	mcg	0.62		1		4		1.19		
Vitamin B-12, added	mcg	0.00		0	FLA	4		0.00		
Vitamin A, RAE	mcg_RAE	60		0	NC	4		116		
Retinol	mcg	59		0	FLA	4		113		
Carotene, beta	mcg	14		0	FLA	4		27		
Carotene, alpha	mcg	0		0	FLA	4		0		
Cryptoxanthin, beta	mcg	3		0	FLA	4		5		
Vitamin A, IU	IU	223		0	NC	4		428		
Lycopene	mcg	0		0	FLA	4		0		
Lutein + zeaxanthin	mcg	108		0	FLA	4		207		
Vitamin E (alpha-tocopherol)	mg	1.10		0	FLA	4		2.11		
Vitamin E, added	mg	0.00		0	FLA	4		0.00		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg	0.6		0	FLA	4		1.2		
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU	25		0	FLA	4		48		
Vitamin K (phylloquinone)	mcg	3.6		0	FLA	4		6.9		
Dihydrophylloquinone	mcg									
Menaquinone-4	mcg									
Lipids:										

NDB No. 21004
Fast foods, biscuit, with egg and ham

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	3.080		0		4		5.914		
4:0....g	0.015		0		4		0.029		
6:0....g	0.009		0		4		0.017		
8:0....g	0.007		0		4		0.013		
10:0....g	0.014		0		4		0.027		
12:0....g	0.015		0		4		0.029		
13:0....g									
14:0....g	0.075		0		4		0.144		
15:0....g									
16:0....g	2.043		0		4		3.923		
17:0....g									
18:0....g	0.890		0		4		1.709		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	5.710		0		4		10.963		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.168		0		4		0.323		
17:1....g									
18:1 undifferentiated....g	5.530		0		4		10.618		
20:1....g	0.012		0		4		0.023		
22:1 undifferentiated....g	0.001		0		4		0.002		
24:1 c....g									
Fatty acids, total polyunsaturated....g	4.010		0		4		7.699		
18:2 undifferentiated....g	3.691		0		4		7.087		
18:3 undifferentiated....g	0.243		0		4		0.467		
18:4....g	0.000		0		4		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.061		0		4		0.117		
20:5 n-3 (EPA)....g	0.002		0		4		0.004		
22:5 n-3 (DPA)....g	0.000		0		4		0.000		
22:6 n-3 (DHA)....g	0.016		0		4		0.031		
Fatty acids, total trans....g									
Cholesterol....mg	156		2		1		300		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.142		0		1		0.273		
Threonine....g	0.456		0		1		0.876		
Isoleucine....g	0.521		0		1		1.000		
Leucine....g	0.863		0		1		1.657		
Lysine....g	0.722		0		1		1.386		
Methionine....g	0.281		0		1		0.540		
Cystine....g	0.196		0		1		0.376		
Phenylalanine....g	0.519		0		1		0.996		
Tyrosine....g	0.383		0		1		0.735		
Valine....g	0.564		0		1		1.083		
Arginine....g	0.620		0		1		1.190		
Histidine....g	0.311		0		1		0.597		
Alanine....g	0.556		0		1		1.068		
Aspartic acid....g	0.907		0		1		1.741		
Glutamic acid....g	1.974		0		1		3.790		
Glycine....g	0.439		0		1		0.843		
Proline....g	0.620		0		1		1.190		
Serine....g	0.575		0		1		1.104		
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0		
Caffeine....mg	0		0	FLA	4		0		
Theobromine....mg	0		0	FLA	4		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based.

NDB No. 21004
Fast foods, biscuit, with egg and ham

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 192g: 1 biscuit

Calories Factors: Protein 4.15 **Fat** 8.8 **Carbohydrate** 3.94

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2010)

NDB No. 21007
Fast foods, biscuit, with egg, cheese, and bacon

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	42.99	0.572	4	A	1		62.34		
Energy	kcal	301		0	NC	4		436		
Energy	kJ	1258		0	NC	4		1825		
Protein (N x 6.19)	g	12.01	0.419	4	A	1		17.42		
Total lipid (fat)	g	17.48	0.293	4	A	1		25.34		
Ash	g	3.08	0.062	4	A	1		4.47		
Carbohydrate, by difference	g	24.44		0	NC	4		35.44		
Fiber, total dietary	g	0.2	0.000	4	A	1		0.2		
Sugars, total	g	1.74	0.145	4	A	1		2.53		
Sucrose	g	0.50	0.183	4	A	1		0.73		
Glucose (dextrose)	g	0.17	0.023	4	A	1		0.25		
Fructose	g	0.08	0.007	4	A	1		0.12		
Lactose	g	0.79	0.023	4	A	1		1.14		
Maltose	g	0.20	0.015	4	A	1		0.29		
Galactose	g	0.00	0.000	4	A	1		0.00		
Starch	g	17.84	0.674	4	A	1		25.87		
Minerals:										
Calcium, Ca	mg	103	2.319	4	A	1		149		
Iron, Fe	mg	1.57	0.076	4	A	1		2.28		
Magnesium, Mg	mg	15	0.844	4	A	1		21		
Phosphorus, P	mg	363	14.974	4	A	1		526		
Potassium, K	mg	131	7.450	4	A	1		190		
Sodium, Na	mg	816	35.214	4	A	1		1183		
Zinc, Zn	mg	1.09	0.068	4	A	1		1.58		
Copper, Cu	mg	0.273	0.057	4	A	1		0.396		
Manganese, Mn	mg	0.136	0.004	4	A	1		0.198		
Selenium, Se	mcg	23.3	2.407	4	A	1		33.8		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0	0.000	4	A	1		0.0		
Thiamin	mg	0.269	0.025	4	A	1		0.390		
Riboflavin	mg	0.247	0.030	4	A	1		0.358		
Niacin	mg	2.350	0.137	4	A	1		3.407		
Pantothenic acid	mg	0.772	0.025	4	A	1		1.119		
Vitamin B-6	mg	0.113	0.067	4	A	1		0.163		
Folate, total	mcg	48	3.862	4	A	1		69		
Folic acid	mcg	39	2.869	4	A	1		57		
Folate, food	mcg	8		0	AS	1		12		
Folate, DFE	mcg_DFE	75		0	NC	4		109		
Choline, total	mg	126.7		0	AS	1		183.7		
Betaine	mg	11.3		1	A	1		16.4		
Vitamin B-12	mcg	0.86	0.084	4	A	1		1.24		
Vitamin B-12, added	mcg	0.00		0	BFFN	4		0.00		
Vitamin A, RAE	mcg_RAE	77		0	NC	4		112		
Retinol	mcg	75	7.365	4	A	1		109		
Carotene, beta	mcg	23		0	BFFN	4		33		
Carotene, alpha	mcg	0		0	BFFN	4		0		
Cryptoxanthin, beta	mcg	6		0	BFFN	4		9		
Vitamin A, IU	IU	294		0	NC	4		426		
Lycopene	mcg	0		0	BFFN	4		0		
Lutein + zeaxanthin	mcg	270		0	BFFN	4		391		
Vitamin E (alpha-tocopherol)	mg	1.02	0.016	4	A	1		1.48		
Vitamin E, added	mg	0.00		0	BFFN	4		0.00		
Tocopherol, beta	mg	0.04	0.003	4	A	1		0.05		
Tocopherol, gamma	mg	4.39	0.336	4	A	1		6.36		
Tocopherol, delta	mg	2.19	0.166	4	A	1		3.18		
Vitamin D (D2 + D3)	mcg	0.5		0	BFFN	4		0.8		
Vitamin D2 (ergocalciferol)	mcg									

NDB No. 21007
Fast foods, biscuit, with egg, cheese, and bacon

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D3 (cholecalciferol).....mcg									
Vitamin D.....IU	21		0	BFFN	4		31		
Vitamin K (phylloquinone).....mcg	4.2	0.856	4	A	1		6.0		
Dihydrophylloquinone.....mcg	21.7	1.747	4	A	1		31.4		
Menaquinone-4.....mcg									
Lipids:									
Fatty acids, total saturated.....g	5.893		0	NC	4		8.545		
4:0.....g	0.206		0	BFFN	4		0.299		
6:0.....g	0.070		0	BFFN	4		0.102		
8:0.....g	0.062	0.005	4	A	1		0.091		
10:0.....g	0.072	0.005	4	A	1		0.105		
12:0.....g	0.085	0.006	4	A	1		0.123		
13:0.....g									
14:0.....g	0.347	0.026	4	A	1		0.504		
15:0.....g	0.035	0.003	4	A	1		0.051		
16:0.....g	3.060	0.038	4	A	1		4.437		
17:0.....g	0.037	0.003	4	A	1		0.054		
18:0.....g	1.837	0.025	4	A	1		2.664		
20:0.....g	0.030	0.000	4	A	1		0.043		
22:0.....g	0.022	0.003	4	A	1		0.032		
24:0.....g	0.027	0.009	4	A	1		0.040		
Fatty acids, total monounsaturated.....g	8.035		0	NC	4		11.650		
14:1.....g									
15:1.....g	0.000	0.000	4	A	1		0.000		
16:1 undifferentiated.....g	0.212	0.005	4	A	1		0.308		
17:1.....g	0.000	0.000	4	A	1		0.000		
18:1 undifferentiated.....g	7.775	0.157	4	A	1		11.274		
20:1.....g	0.047	0.003	4	A	1		0.069		
22:1 undifferentiated.....g	0.000	0.000	4	A	1		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.922		0	NC	4		2.787		
18:2 undifferentiated.....g	1.567	0.008	4	A	1		2.273		
18:3 undifferentiated.....g	0.097	0.005	4	A	1		0.141		
18:4.....g	0.042	0.003	4	A	1		0.062		
20:2 n-6 c,c.....g	0.075	0.009	4	A	1		0.109		
20:3 undifferentiated.....g	0.002	0.002	4	A	1		0.004		
20:4 undifferentiated.....g	0.062	0.003	4	A	1		0.091		
20:5 n-3 (EPA).....g	0.000	0.000	4	A	1		0.000		
22:5 n-3 (DPA).....g	0.022	0.003	4	A	1		0.032		
22:6 n-3 (DHA).....g	0.052	0.005	4	A	1		0.076		
Fatty acids, total trans.....g									
Cholesterol.....mg	166	5.907	4	A	1		240		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.163		0	A	1		0.236		
Threonine.....g	0.500		0	A	1		0.725		
Isoleucine.....g	0.515		0	A	1		0.747		
Leucine.....g	0.931		0	A	1		1.350		
Lysine.....g	0.695		0	A	1		1.008		
Methionine.....g	0.295		0	A	1		0.428		
Cystine.....g	0.208		0	A	1		0.301		
Phenylalanine.....g	0.561		0	A	1		0.813		
Tyrosine.....g	0.393		0	A	1		0.570		
Valine.....g	0.636		0	A	1		0.922		
Arginine.....g	0.590		0	A	1		0.856		
Histidine.....g	0.303		0	A	1		0.439		
Alanine.....g	0.528		0	A	1		0.765		
Aspartic acid.....g	1.005		0	A	1		1.457		
Glutamic acid.....g	2.253		0	A	1		3.266		
Glycine.....g	0.431		0	A	1		0.625		
Proline.....g	0.788		0	A	1		1.142		
Serine.....g	0.696		0	A	1		1.009		
Hydroxyproline.....g									

NDB No. 21007
Fast foods, biscuit, with egg, cheese, and bacon

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Others:									
Alcohol, ethyl.....g	0.0		0	BFFN	4		0.0		
Caffeine.....mg	0		0	BFFN	4		0		
Theobromine.....mg	0		0	BFFN	4		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 145g: 1 item

Calories Factors: Protein 4.22 **Fat** 8.8 **Carbohydrate** 3.94

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2010)

NDB No. 21008
Fast foods, biscuit, with ham

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	28.40		1		1		32.09		
Energy....kcal	342		0	NC	4		386		
Energy....kJ	1431		0		4		1617		
Protein (N x 5.98)....g	11.85	0.838	4		1		13.39		
Total lipid (fat)....g	16.30	1.265	4		1		18.42		
Ash....g	4.70		1		1		5.31		
Carbohydrate, by difference....g	38.75		0	NC	4		43.79		
Fiber, total dietary....g	0.7		0		4		0.8		
Sugars, total....g	1.97		0	FLA	4		2.23		
Starch....g									
Minerals:									
Calcium, Ca....mg	142	19.383	4		1		160		
Iron, Fe....mg	2.41	0.387	4		1		2.72		
Magnesium, Mg....mg	20		1		1		23		
Phosphorus, P....mg	490		1		1		554		
Potassium, K....mg	174	14.834	4		1		197		
Sodium, Na....mg	1268	141.692	4		1		1433		
Zinc, Zn....mg	1.46		1		1		1.65		
Copper, Cu....mg	0.032		1		1		0.036		
Manganese, Mn....mg	0.320		1		1		0.362		
Selenium, Se....mcg	17.1		0	RK	4		19.3		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.1		1		1		0.1		
Thiamin....mg	0.450	0.053	4		1		0.509		
Riboflavin....mg	0.280	0.062	4		1		0.316		
Niacin....mg	3.080	0.585	4		1		3.480		
Pantothenic acid....mg	0.360		1		1		0.407		
Vitamin B-6....mg	0.120		1		1		0.136		
Folate, total....mcg	34		0	RK	4		38		
Folic acid....mcg	27		0	NC	4		31		
Folate, food....mcg	7		1		1		8		
Folate, DFE....mcg_DFE	53		0	NC	4		60		
Choline, total....mg	40.8		0	FLA	4		46.1		
Betaine....mg									
Vitamin B-12....mcg	0.03		1		1		0.03		
Vitamin B-12, added....mcg	0.00		0	FLA	4		0.00		
Vitamin A, RAE....mcg_RAE	27		0	FLA	4		31		
Retinol....mcg	25		0	FLA	4		29		
Carotene, beta....mcg	20		0	FLA	4		23		
Carotene, alpha....mcg	0		0	FLA	4		0		
Cryptoxanthin, beta....mcg	0		0	FLA	4		0		
Vitamin A, IU....IU	118		1		1		133		
Lycopene....mcg	0		0	FLA	4		0		
Lutein + zeaxanthin....mcg	5		0	FLA	4		6		
Vitamin E (alpha-tocopherol)....mg	1.23		0	FLA	4		1.39		
Vitamin E, added....mg	0.00		0	FLA	4		0.00		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	0.3		0	FLA	4		0.4		
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU	13		0	FLA	4		14		
Vitamin K (phylloquinone)....mcg	5.7		0	FLA	4		6.4		
Dihydrophylloquinone....mcg									
Menaquinone-4....mcg									
Lipids:									

NDB No. 21008
Fast foods, biscuit, with ham

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	10.096		0		1		11.408		
4:0....g	0.000		0		1		0.000		
6:0....g	0.000		0		1		0.000		
8:0....g	0.363		1		1		0.410		
10:0....g	0.346		1		1		0.391		
12:0....g	2.997		1		1		3.387		
13:0....g									
14:0....g	1.280		1		1		1.446		
15:0....g									
16:0....g	2.357		1		1		2.663		
17:0....g									
18:0....g	2.644		1		1		2.988		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	4.277		0		1		4.833		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.182		1		1		0.206		
17:1....g									
18:1 undifferentiated....g	4.064		1		1		4.592		
20:1....g	0.000		0		1		0.000		
22:1 undifferentiated....g	0.000		0		1		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.918		0		1		1.037		
18:2 undifferentiated....g	0.808		1		1		0.913		
18:3 undifferentiated....g	0.081		1		1		0.092		
18:4....g	0.000		0		1		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.029		1		1		0.033		
20:5 n-3 (EPA)....g	0.000		0		1		0.000		
22:5 n-3 (DPA)....g	0.000		0		1		0.000		
22:6 n-3 (DHA)....g	0.000		0		1		0.000		
Fatty acids, total trans....g									
Cholesterol....mg	22	4.737	3		1		25		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.147		0		1		0.166		
Threonine....g	0.481		0		1		0.544		
Isoleucine....g	0.513		0		1		0.580		
Leucine....g	0.937		0		1		1.059		
Lysine....g	0.818		0		1		0.924		
Methionine....g	0.289		0		1		0.327		
Cystine....g	0.196		0		1		0.221		
Phenylalanine....g	0.547		0		1		0.618		
Tyrosine....g	0.400		0		1		0.452		
Valine....g	0.533		0		1		0.602		
Arginine....g	0.680		0		1		0.768		
Histidine....g	0.382		0		1		0.432		
Alanine....g	0.604		0		1		0.683		
Aspartic acid....g	0.957		0		1		1.081		
Glutamic acid....g	2.558		0		1		2.891		
Glycine....g	0.549		0		1		0.620		
Proline....g	0.794		0		1		0.897		
Serine....g	0.533		0		1		0.602		
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0		
Caffeine....mg	0		0	FLA	4		0		
Theobromine....mg	0		0	FLA	4		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based.

NDB No. 21008
Fast foods, biscuit, with ham

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 113g: 1 biscuit

Calories Factors: Protein 4.03 **Fat** 8.67 **Carbohydrate** 3.95

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2010)

NDB No. 21009
Fast foods, biscuit, with sausage

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	32.82	0.897	4	A	1		36.43		
Energy	kcal	371		0	NC	4		412		
Energy	kJ	1552		0	NC	4		1723		
Protein (N x 5.87)	g	9.67	0.277	4	A	1		10.74		
Total lipid (fat)	g	24.42	0.350	4	A	1		27.11		
Ash	g	3.10	0.045	4	A	1		3.44		
Carbohydrate, by difference	g	29.99		0	NC	4		33.28		
Fiber, total dietary	g	0.4	0.220	4	A	1		0.4		
Sugars, total	g	1.59	0.202	4	A	1		1.76		
Sucrose	g	0.42	0.236	4	A	1		0.46		
Glucose (dextrose)	g	0.21	0.022	4	A	1		0.23		
Fructose	g	0.11	0.012	4	A	1		0.12		
Lactose	g	0.66	0.021	4	A	1		0.73		
Maltose	g	0.19	0.006	4	A	1		0.22		
Galactose	g	0.00	0.000	4	A	1		0.00		
Starch	g	24.23	0.680	4	A	1		26.90		
Minerals:										
Calcium, Ca	mg	47	2.806	4	A	1		53		
Iron, Fe	mg	1.86	0.098	4	A	1		2.06		
Magnesium, Mg	mg	13	0.178	4	A	1		15		
Phosphorus, P	mg	341	7.708	4	A	1		378		
Potassium, K	mg	153	4.768	4	A	1		170		
Sodium, Na	mg	814	6.519	4	A	1		904		
Zinc, Zn	mg	0.71	0.013	4	A	1		0.79		
Copper, Cu	mg	0.255	0.023	4	A	1		0.284		
Manganese, Mn	mg	0.179	0.010	4	A	1		0.199		
Selenium, Se	mcg	15.0	2.209	4	A	1		16.6		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0	0.000	4	A	1		0.0		
Thiamin	mg	0.385	0.038	4	A	1		0.428		
Riboflavin	mg	0.217	0.020	4	A	1		0.241		
Niacin	mg	3.445	0.139	4	A	1		3.824		
Pantothenic acid	mg	0.467	0.027	4	A	1		0.518		
Vitamin B-6	mg	0.063	0.006	4	A	1		0.070		
Folate, total	mcg	49	4.732	4	A	1		54		
Folic acid	mcg	38	5.023	4	A	1		42		
Folate, food	mcg	11		0	AS	1		12		
Folate, DFE	mcg_DFE	75		0	NC	4		83		
Choline, total	mg	26.7		0	AS	1		29.7		
Betaine	mg	9.1		1	A	1		10.1		
Vitamin B-12	mcg	0.60	0.027	4	A	1		0.66		
Vitamin B-12, added	mcg	0.00		0	FLA	4		0.00		
Vitamin A, RAE	mcg_RAE	1		0	NC	4		1		
Retinol	mcg	0	0.000	3	A	1		0		
Carotene, beta	mcg	8		0	FLA	4		8		
Carotene, alpha	mcg	0		0	FLA	4		0		
Cryptoxanthin, beta	mcg	0		0	FLA	4		0		
Vitamin A, IU	IU	13		0	NC	4		14		
Lycopene	mcg	0		0	FLA	4		0		
Lutein + zeaxanthin	mcg	6		0	FLA	4		7		
Vitamin E (alpha-tocopherol)	mg	0.84	0.012	4	A	1		0.93		
Vitamin E, added	mg	0.00		0	FLA	4		0.00		
Tocopherol, beta	mg	0.04	0.000	4	A	1		0.04		
Tocopherol, gamma	mg	4.58	0.163	4	A	1		5.09		
Tocopherol, delta	mg	2.10	0.332	4	A	1		2.33		
Vitamin D (D2 + D3)	mcg	0.3		0	FLA	4		0.4		
Vitamin D2 (ergocalciferol)	mcg									

NDB No. 21009
Fast foods, biscuit, with sausage

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D3 (cholecalciferol).....mcg									
Vitamin D.....IU	14		0	FLA	4		15		
Vitamin K (phylloquinone).....mcg	5.5	0.794	4	A	1		6.1		
Dihydrophylloquinone.....mcg	28.9	3.195	4	A	1		32.1		
Menaquinone-4.....mcg									
Lipids:									
Fatty acids, total saturated.....g	7.427		0	NC	4		8.244		
4:0.....g	0.000		0		1		0.000		
6:0.....g	0.001		0	FLA	4		0.001		
8:0.....g	0.000	0.000	4	A	1		0.000		
10:0.....g	0.012	0.003	4	A	1		0.014		
12:0.....g	0.012	0.003	4	A	1		0.014		
13:0.....g									
14:0.....g	0.202	0.014	4	A	1		0.225		
15:0.....g	0.002	0.002	4	A	1		0.003		
16:0.....g	4.277	0.149	4	A	1		4.748		
17:0.....g	0.057	0.002	4	A	1		0.064		
18:0.....g	2.705	0.077	4	A	1		3.002		
20:0.....g	0.132	0.003	4	A	1		0.147		
22:0.....g	0.025	0.003	4	A	1		0.028		
24:0.....g	0.000	0.000	4	A	1		0.000		
Fatty acids, total monounsaturated.....g	12.157		0	NC	4		13.495		
14:1.....g	0.000	0.000	4	A	1		0.000		
15:1.....g	0.000	0.000	4	A	1		0.000		
16:1 undifferentiated.....g	0.380	0.019	4	A	1		0.422		
17:1.....g	0.000	0.000	4	A	1		0.000		
18:1 undifferentiated.....g	11.650	0.240	4	A	1		12.931		
20:1.....g	0.127	0.005	4	A	1		0.141		
22:1 undifferentiated.....g	0.000	0.000	4	A	1		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	3.107		0	NC	4		3.449		
18:2 undifferentiated.....g	2.620	0.109	4	A	1		2.908		
18:3 undifferentiated.....g	0.140	0.006	4	A	1		0.155		
18:4.....g	0.030	0.004	4	A	1		0.033		
20:2 n-6 c,c.....g	0.282	0.016	4	A	1		0.314		
20:3 undifferentiated.....g	0.000	0.000	4	A	1		0.000		
20:4 undifferentiated.....g	0.035	0.003	4	A	1		0.039		
20:5 n-3 (EPA).....g	0.000	0.000	4	A	1		0.000		
22:5 n-3 (DPA).....g	0.000	0.000	4	A	1		0.000		
22:6 n-3 (DHA).....g	0.000	0.000	4	A	1		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	28	0.901	4	A	1		32		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.105		0	A	1		0.117		
Threonine.....g	0.353		0	A	1		0.392		
Isoleucine.....g	0.358		0	A	1		0.397		
Leucine.....g	0.661		0	A	1		0.734		
Lysine.....g	0.521		0	A	1		0.578		
Methionine.....g	0.162		0	A	1		0.180		
Cystine.....g	0.153		0	A	1		0.170		
Phenylalanine.....g									
Tyrosine.....g	0.246		0	A	1		0.273		
Valine.....g	0.416		0	A	1		0.461		
Arginine.....g									
Histidine.....g	0.250		0	A	1		0.278		
Alanine.....g	0.434		0	A	1		0.481		
Aspartic acid.....g									
Glutamic acid.....g	2.029		0	A	1		2.252		
Glycine.....g	0.491		0	A	1		0.545		
Proline.....g									
Serine.....g	0.411		0	A	1		0.456		
Hydroxyproline.....g									

NDB No. 21009
Fast foods, biscuit, with sausage

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0		
Caffeine....mg	0		0	FLA	4		0		
Theobromine....mg	0		0	FLA	4		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 111g: 1 item

Calories Factors: Protein 4.01 **Fat** 8.75 **Carbohydrate** 3.95

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2010)

NDB No. 21027
Fast foods, brownie

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	12.65		2		1		7.59		
Energy	kcal	405		0	NC	4		243		
Energy	kJ	1695				4		1017		
Protein (N x 6.09)	g	4.57	0.342	3		1		2.74		
Total lipid (fat)	g	16.84	0.733	3		1		10.10		
Ash	g	1.00		2		1		0.60		
Carbohydrate, by difference	g	64.95		0	NC	4		38.97		
Fiber, total dietary	g									
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	42		2		1		25		
Iron, Fe	mg	2.15		2		1		1.29		
Magnesium, Mg	mg	27		2		1		16		
Phosphorus, P	mg	146		2		1		88		
Potassium, K	mg	139		2		1		83		
Sodium, Na	mg	255	15.790	3		1		153		
Zinc, Zn	mg	0.92		1		1		0.55		
Copper, Cu	mg	0.000		2		1		0.000		
Manganese, Mn	mg	0.181	0.059	6		1		0.109		
Selenium, Se	mcg	6.3		0	BFZN	4		3.8		
Vitamins:										
Vitamin C, total ascorbic acid	mg	5.3		2		1		3.2		
Thiamin	mg	0.120		2		1		0.072		
Riboflavin	mg	0.210		2		1		0.126		
Niacin	mg	0.970		2		1		0.582		
Pantothenic acid	mg	0.550		1		4		0.330		
Vitamin B-6	mg	0.040		1		4		0.024		
Folate, total	mcg	29		0	BFZN	4		17		
Folic acid	mcg	22		0	NC	4		13		
Folate, food	mcg	7		0		4		4		
Folate, DFE	mcg_DFE	44		0	NC	4		27		
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	0.26		1		4		0.16		
Vitamin A, RAE	mcg_RAE	5		0	NC	4		3		
Retinol	mcg	5		0	NC	4		3		
Carotene, beta	mcg									
Carotene, alpha	mcg									
Cryptoxanthin, beta	mcg									
Vitamin A, IU	IU	18		2		1		11		
Lycopene	mcg									
Lutein + zeaxanthin	mcg									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg									
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Dihydrophylloquinone	mcg									
Menaquinone-4	mcg									
Lipids:										
Fatty acids, total saturated	g	5.220		1		1		3.132		
Fatty acids, total monounsaturated	g	6.377		1		1		3.826		

NDB No. 21027
Fast foods, brownie

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total polyunsaturated.....g	4.398		1		1		2.639		
Fatty acids, total trans.....g									
Cholesterol.....mg	16		1		1		10		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.057		0		1		0.034		
Threonine.....g	0.158		0		1		0.095		
Isoleucine.....g	0.199		0		1		0.119		
Leucine.....g	0.339		0		1		0.203		
Lysine.....g	0.223		0		1		0.134		
Methionine.....g	0.082		0		1		0.049		
Cystine.....g	0.060		0		1		0.036		
Phenylalanine.....g	0.207		0		1		0.124		
Tyrosine.....g	0.167		0		1		0.100		
Valine.....g	0.236		0		1		0.142		
Arginine.....g	0.176		0		1		0.106		
Histidine.....g	0.100		0		1		0.060		
Alanine.....g	0.151		0		1		0.091		
Aspartic acid.....g	0.287		0		1		0.172		
Glutamic acid.....g	1.038		0		1		0.623		
Glycine.....g	0.131		0		1		0.079		
Proline.....g	0.396		0		1		0.238		
Serine.....g	0.214		0		1		0.128		
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g									
Caffeine.....mg	2		0	BFZN	4		1		
Theobromine.....mg	79		0	BFZN	4		47		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 60g: 1 brownie (2" square)

Calories Factors: Protein 3.71 **Fat** 8.74 **Carbohydrate** 3.71

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2010)

NDB No. 21060
Fast foods, burrito, with beans

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	52.53	1.681	7		1		113.99		
Energy....kcal	206		0	NC	4		447		
Energy....kJ	862		0		4		1870		
Protein (N x 5.88)....g	6.48	0.145	7		1		14.06		
Total lipid (fat)....g	6.22	0.417	7		1		13.50		
Ash....g	1.85	0.047	7		1		4.01		
Carbohydrate, by difference....g	32.92		0	NC	4		71.44		
Fiber, total dietary....g									
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	52	7.447	7		1		113		
Iron, Fe....mg	2.08	0.206	7		1		4.51		
Magnesium, Mg....mg	40	0.732	7		1		87		
Phosphorus, P....mg	45	3.682	7		1		98		
Potassium, K....mg	301	13.129	7		1		653		
Sodium, Na....mg	454	38.455	7		1		985		
Zinc, Zn....mg	0.70	0.053	6		1		1.52		
Copper, Cu....mg	0.174	0.013	6		1		0.378		
Manganese, Mn....mg	0.400	0.049	7		1		0.868		
Selenium, Se....mcg	10.1		0	RK	4		21.9		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.9	0.337	7		1		2.0		
Thiamin....mg	0.290	0.049	7		1		0.629		
Riboflavin....mg	0.280	0.022	7		1		0.608		
Niacin....mg	1.870	0.072	7		1		4.058		
Pantothenic acid....mg	0.920	0.089	7		1		1.996		
Vitamin B-6....mg	0.140	0.018	7		1		0.304		
Folate, total....mcg	40		0	RK	4		87		
Folate, DFE....mcg_DFE									
Choline, total....mg	26.8		0	AS	1		58.2		
Betaine....mg	15.4		1	A	1		33.4		
Vitamin B-12....mcg	0.50	0.111	7		1		1.09		
Vitamin A, RAE....mcg_RAE									
Vitamin A, IU....IU	153	44.633	3		1		332		
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Dihydrophylloquinone....mcg									
Menaquinone-4....mcg									
Lipids:									
Fatty acids, total saturated....g	3.174		0		1		6.888		
4:0....g									
6:0....g									
8:0....g									
10:0....g									
12:0....g									
13:0....g									
14:0....g	0.230		1		1		0.499		
15:0....g									
16:0....g	1.965		1		1		4.264		

NDB No. 21060
Fast foods, burrito, with beans

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:0 g									
18:0 g	0.980		1		1		2.127		
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	2.184		0		1		4.739		
14:1 g									
15:1 g									
16:1 undifferentiated g									
17:1 g									
18:1 undifferentiated g	2.184		1		1		4.739		
20:1 g									
22:1 undifferentiated g									
24:1 c g									
Fatty acids, total polyunsaturated g	0.551		0		1		1.196		
18:2 undifferentiated g	0.439		1		1		0.953		
18:3 undifferentiated g	0.112		1		1		0.243		
18:4 g									
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g									
20:5 n-3 (EPA) g									
22:5 n-3 (DPA) g									
22:6 n-3 (DHA) g									
Fatty acids, total trans g									
Cholesterol mg	2		1		1		4		
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.079		0		1		0.171		
Threonine g	0.244		0		1		0.529		
Isoleucine g	0.270		0		1		0.586		
Leucine g	0.504		0		1		1.094		
Lysine g	0.343		0		1		0.744		
Methionine g	0.107		0		1		0.232		
Cystine g	0.098		0		1		0.213		
Phenylalanine g	0.351		0		1		0.762		
Tyrosine g	0.192		0		1		0.417		
Valine g	0.319		0		1		0.692		
Arginine g	0.359		0		1		0.779		
Histidine g	0.172		0		1		0.373		
Alanine g	0.255		0		1		0.553		
Aspartic acid g	0.610		0		1		1.324		
Glutamic acid g	1.469		0		1		3.188		
Glycine g	0.251		0		1		0.545		
Proline g	0.463		0		1		1.005		
Serine g	0.351		0		1		0.762		
Hydroxyproline g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 217g: 2 pieces

Calories Factors: Protein 3.68 **Fat** 8.37 **Carbohydrate** 3.96

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2010)

NDB No. 21061
Fast foods, burrito, with beans and cheese

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	53.91	0.950	15		1		100.27		
Energy	kcal	203		0	NC	4		378		
Energy	kJ	849				4		1580		
Protein (N x 6.11)	g	8.10	0.312	15		1		15.07		
Total lipid (fat)	g	6.29	0.209	15		1		11.70		
Ash	g	2.15	0.054	15		1		4.00		
Carbohydrate, by difference	g	29.55		0	NC	4		54.96		
Fiber, total dietary	g									
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	115	11.049	15		1		214		
Iron, Fe	mg	1.22	0.214	15		1		2.27		
Magnesium, Mg	mg	43	2.727	15		1		80		
Phosphorus, P	mg	97	8.336	15		1		180		
Potassium, K	mg	267	16.373	15		1		497		
Sodium, Na	mg	627	40.154	15		1		1166		
Zinc, Zn	mg	0.88	0.071	15		1		1.64		
Copper, Cu	mg	0.189	0.024	14		1		0.352		
Manganese, Mn	mg	0.232	0.015	15		1		0.432		
Selenium, Se	mcg	9.1		0	RK	4		16.9		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.9	0.267	5		1		1.7		
Thiamin	mg	0.120	0.065	5		1		0.223		
Riboflavin	mg	0.380	0.052	5		1		0.707		
Niacin	mg	1.920	0.209	5		1		3.571		
Pantothenic acid	mg	0.860	0.132	5		1		1.600		
Vitamin B-6	mg	0.130	0.012	5		1		0.242		
Folate, total	mcg	40		0	RK	4		74		
Folic acid	mcg	23		0	RA	4		43		
Folate, food	mcg	17		0	NC	4		32		
Folate, DFE	mcg_DFE	56		0	NC	4		104		
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	0.48	0.073	5		1		0.89		
Vitamin A, RAE	mcg_RAE	53		0	NC	4		99		
Retinol	mcg	23		0	NC	4		43		
Carotene, beta	mcg									
Carotene, alpha	mcg									
Cryptoxanthin, beta	mcg									
Vitamin A, IU	IU	672		2		1		1250		
Lycopene	mcg									
Lutein + zeaxanthin	mcg									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg									
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Dihydrophylloquinone	mcg									
Menaquinone-4	mcg									
Lipids:										
Fatty acids, total saturated	g	3.682		0		1		6.849		
4:0	g									

NDB No. 21061
Fast foods, burrito, with beans and cheese

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g									
8:0....g									
10:0....g	0.000		2		1		0.000		
12:0....g	0.146		2		1		0.272		
13:0....g									
14:0....g	0.372		2		1		0.692		
15:0....g									
16:0....g	2.187		2		1		4.068		
17:0....g									
18:0....g	0.978		2		1		1.819		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	1.335		0		1		2.483		
14:1....g									
15:1....g									
16:1 undifferentiated....g									
17:1....g									
18:1 undifferentiated....g	1.335		2		1		2.483		
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.959		0		1		1.784		
18:2 undifferentiated....g	0.848		2		1		1.577		
18:3 undifferentiated....g	0.111		2		1		0.206		
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g									
Cholesterol....mg	15		2		1		28		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.095		0		1		0.177		
Threonine....g	0.272		0		1		0.506		
Isoleucine....g	0.382		0		1		0.711		
Leucine....g	0.634		0		1		1.179		
Lysine....g	0.492		0		1		0.915		
Methionine....g	0.156		0		1		0.290		
Cystine....g	0.081		0		1		0.151		
Phenylalanine....g	0.394		0		1		0.733		
Tyrosine....g	0.289		0		1		0.538		
Valine....g	0.423		0		1		0.787		
Arginine....g	0.355		0		1		0.660		
Histidine....g	0.229		0		1		0.426		
Alanine....g	0.259		0		1		0.482		
Aspartic acid....g	0.612		0		1		1.138		
Glutamic acid....g	1.971		0		1		3.666		
Glycine....g	0.213		0		1		0.396		
Proline....g	0.697		0		1		1.296		
Serine....g	0.416		0		1		0.774		
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 186g: 2 pieces

NDB No. 21061
Fast foods, burrito, with beans and cheese

Calories Factors: Protein 3.76 **Fat** 8.71 **Carbohydrate** 3.98

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2010)

NDB No. 21062
Fast foods, burrito, with beans and chili peppers

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	54.37	0.830	17		1		110.91		
Energy....kcal	202		0	NC	4		412		
Energy....kJ	845				4		1724		
Protein (N x 5.92)....g	8.03	0.157	17		1		16.38		
Total lipid (fat)....g	7.19	0.419	17		1		14.67		
Ash....g	1.94	0.032	17		1		3.96		
Carbohydrate, by difference....g	28.47		0	NC	4		58.08		
Fiber, total dietary....g									
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	49	4.154	17		1		100		
Iron, Fe....mg	2.23	0.100	17		1		4.55		
Magnesium, Mg....mg	35	0.642	17		1		71		
Phosphorus, P....mg	56	2.877	17		1		114		
Potassium, K....mg	284	14.916	17		1		579		
Sodium, Na....mg	512	14.481	17		1		1044		
Zinc, Zn....mg	1.67	0.296	17		1		3.41		
Copper, Cu....mg	0.163	0.007	13		1		0.333		
Manganese, Mn....mg	0.384	0.034	17		1		0.783		
Selenium, Se....mcg	9.0		0	RK	4		18.4		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.6	0.218	17		1		1.2		
Thiamin....mg	0.220	0.030	17		1		0.449		
Riboflavin....mg	0.350	0.018	17		1		0.714		
Niacin....mg	2.150	0.046	17		1		4.386		
Pantothenic acid....mg	0.920	0.064	17		1		1.877		
Vitamin B-6....mg	0.140	0.008	17		1		0.286		
Folate, total....mcg	47		0	RK	4		96		
Folic acid....mcg	29		0	RA	4		59		
Folate, food....mcg	18		0	NC	4		37		
Folate, DFE....mcg_DFE	67		0	NC	4		137		
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.57	0.054	17		1		1.16		
Vitamin A, RAE....mcg_RAE	5		0	NC	4		10		
Retinol....mcg	0		0	Z	7		0		
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	100	20.923	8		1		204		
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Dihydrophylloquinone....mcg									
Menaquinone-4....mcg									
Lipids:									
Fatty acids, total saturated....g	3.729		0		1		7.607		
4:0....g									

NDB No. 21062
Fast foods, burrito, with beans and chili peppers

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g									
8:0 g									
10:0 g	0.040		4		1		0.082		
12:0 g	0.090		4		1		0.184		
13:0 g									
14:0 g	0.422		4		1		0.861		
15:0 g									
16:0 g	2.144		4		1		4.374		
17:0 g									
18:0 g	1.033		4		1		2.107		
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	2.632		0		1		5.369		
14:1 g									
15:1 g									
16:1 undifferentiated g									
17:1 g									
18:1 undifferentiated g	2.632		4		1		5.369		
20:1 g									
22:1 undifferentiated g									
24:1 c g									
Fatty acids, total polyunsaturated g	0.473		0		1		0.965		
18:2 undifferentiated g	0.405		4		1		0.826		
18:3 undifferentiated g	0.068		4		1		0.139		
18:4 g									
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g									
20:5 n-3 (EPA) g									
22:5 n-3 (DPA) g									
22:6 n-3 (DHA) g									
Fatty acids, total trans g									
Cholesterol mg	16	6.320	3		1		33		
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.094		0		1		0.192		
Threonine g	0.273		0		1		0.557		
Isoleucine g	0.304		0		1		0.620		
Leucine g	0.556		0		1		1.134		
Lysine g	0.362		0		1		0.738		
Methionine g	0.121		0		1		0.247		
Cystine g	0.121		0		1		0.247		
Phenylalanine g	0.391		0		1		0.798		
Tyrosine g	0.222		0		1		0.453		
Valine g	0.351		0		1		0.716		
Arginine g	0.407		0		1		0.830		
Histidine g	0.197		0		1		0.402		
Alanine g	0.296		0		1		0.604		
Aspartic acid g	0.715		0		1		1.459		
Glutamic acid g	2.083		0		1		4.249		
Glycine g	0.288		0		1		0.588		
Proline g	0.573		0		1		1.169		
Serine g	0.395		0		1		0.806		
Hydroxyproline g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 204g: 2 pieces

NDB No. 21062
Fast foods, burrito, with beans and chili peppers

Calories Factors: Protein 3.64 **Fat** 8.37 **Carbohydrate** 3.97

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2010)

NDB No. 21063
Fast foods, burrito, with beans and meat

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	51.89	1.652	7		1		119.87		
Energy....kcal	220		0	NC	4		508		
Energy....kJ	920				4		2126		
Protein (N x 6.14)....g	9.73	0.279	7		1		22.48		
Total lipid (fat)....g	7.71	0.489	7		1		17.81		
Ash....g	2.09	0.037	7		1		4.83		
Carbohydrate, by difference....g	28.58		0	NC	4		66.02		
Fiber, total dietary....g									
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	46	9.617	7		1		106		
Iron, Fe....mg	2.12	0.270	7		1		4.90		
Magnesium, Mg....mg	36	3.421	7		1		83		
Phosphorus, P....mg	61	4.211	7		1		141		
Potassium, K....mg	284	19.880	7		1		656		
Sodium, Na....mg	578	26.833	7		1		1335		
Zinc, Zn....mg	1.66	0.324	7		1		3.83		
Copper, Cu....mg	0.163	0.024	6		1		0.377		
Manganese, Mn....mg	0.360	0.008	7		1		0.832		
Selenium, Se....mcg	13.2		0	RK	4		30.5		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.8	0.392	7		1		1.8		
Thiamin....mg	0.230	0.034	7		1		0.531		
Riboflavin....mg	0.360	0.031	7		1		0.832		
Niacin....mg	2.340	0.122	7		1		5.405		
Pantothenic acid....mg	0.970	0.076	7		1		2.241		
Vitamin B-6....mg	0.160	0.012	7		1		0.370		
Folate, total....mcg	50		0	RK	4		116		
Folic acid....mcg	18		0	NC	4		42		
Folate, food....mcg	32		0		4		74		
Folate, DFE....mcg_DFE	63		0	NC	4		145		
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.75	0.104	7		1		1.73		
Vitamin A, RAE....mcg_RAE	14		0	NC	4		32		
Retinol....mcg	0		0	Z	7		0		
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	275	61.265	3		1		635		
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Dihydrophylloquinone....mcg									
Menaquinone-4....mcg									
Lipids:									
Fatty acids, total saturated....g	3.600		0		1		8.316		
4:0....g									

NDB No. 21063
Fast foods, burrito, with beans and meat

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g									
8:0....g									
10:0....g									
12:0....g									
13:0....g									
14:0....g	0.351		1		1		0.811		
15:0....g									
16:0....g	2.248		1		1		5.193		
17:0....g									
18:0....g	1.002		1		1		2.315		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	3.038		0		1		7.018		
14:1....g									
15:1....g									
16:1 undifferentiated....g									
17:1....g									
18:1 undifferentiated....g	3.038		1		1		7.018		
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.529		0		1		1.222		
18:2 undifferentiated....g	0.490		1		1		1.132		
18:3 undifferentiated....g	0.039		1		1		0.090		
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g									
Cholesterol....mg	21		1		1		49		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.117		0		1		0.270		
Threonine....g	0.358		0		1		0.827		
Isoleucine....g	0.388		0		1		0.896		
Leucine....g	0.727		0		1		1.679		
Lysine....g	0.594		0		1		1.372		
Methionine....g	0.190		0		1		0.439		
Cystine....g	0.127		0		1		0.293		
Phenylalanine....g	0.425		0		1		0.982		
Tyrosine....g	0.288		0		1		0.665		
Valine....g	0.445		0		1		1.028		
Arginine....g	0.558		0		1		1.289		
Histidine....g	0.269		0		1		0.621		
Alanine....g	0.486		0		1		1.123		
Aspartic acid....g	0.802		0		1		1.853		
Glutamic acid....g	2.057		0		1		4.752		
Glycine....g	0.532		0		1		1.229		
Proline....g	0.648		0		1		1.497		
Serine....g	0.428		0		1		0.989		
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 231g: 2 pieces

NDB No. 21063
Fast foods, burrito, with beans and meat

Calories Factors: Protein 4.02 **Fat** 8.73 **Carbohydrate** 3.97

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2010)

NDB No. 21064
Fast foods, burrito, with beans, cheese, and beef

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	64.94	1.040	4		1		131.83		
Energy....kcal	163		0		1		331		
Energy....kJ	682		0		1		1384		
Protein (N x 6.17)....g	7.18	0.425	4		1		14.58		
Total lipid (fat)....g	6.55	0.240	4		1		13.30		
Ash....g	1.77	0.090	4		1		3.59		
Carbohydrate, by difference....g	19.55		0	NC	4		39.69		
Fiber, total dietary....g									
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	64	5.825	4		1		130		
Iron, Fe....mg	1.84	0.193	4		1		3.74		
Magnesium, Mg....mg	25	0.566	4		1		51		
Phosphorus, P....mg	69	4.259	4		1		140		
Potassium, K....mg	202	44.924	4		1		410		
Sodium, Na....mg	488	15.267	4		1		991		
Zinc, Zn....mg	1.16	0.048	4		1		2.35		
Copper, Cu....mg	0.162	0.046	4		1		0.329		
Manganese, Mn....mg	0.195	0.014	4		1		0.396		
Selenium, Se....mcg	8.7		0	RK	4		17.7		
Vitamins:									
Vitamin C, total ascorbic acid....mg	2.5	0.733	4		1		5.1		
Thiamin....mg	0.150	0.026	4		1		0.305		
Riboflavin....mg	0.350	0.040	4		1		0.711		
Niacin....mg	1.900	0.123	4		1		3.857		
Pantothenic acid....mg	0.820	0.143	4		1		1.665		
Vitamin B-6....mg	0.110	0.008	4		1		0.223		
Folate, total....mcg	37		0	RK	4		75		
Folic acid....mcg	7		0	NC	4		14		
Folate, food....mcg	30		0		4		61		
Folate, DFE....mcg_DFE	42		0	NC	4		85		
Choline, total....mg	27.9		0	AS	1		56.6		
Betaine....mg	11.7		1	A	1		23.7		
Vitamin B-12....mcg	0.54	0.076	4		1		1.10		
Vitamin A, RAE....mcg_RAE									
Retinol....mcg									
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	394		2		1		800		
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Dihydrophylloquinone....mcg									
Menaquinone-4....mcg									
Lipids:									
Fatty acids, total saturated....g	3.522		0		1		7.150		
4:0....g									

NDB No. 21064
Fast foods, burrito, with beans, cheese, and beef

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g									
8:0 g									
10:0 g	0.022		1		1		0.045		
12:0 g	0.145		1		1		0.294		
13:0 g									
14:0 g	0.571		1		1		1.159		
15:0 g									
16:0 g	1.854		1		1		3.764		
17:0 g									
18:0 g	0.931		1		1		1.890		
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	2.196		0		1		4.458		
14:1 g									
15:1 g									
16:1 undifferentiated g									
17:1 g									
18:1 undifferentiated g	2.196		1		1		4.458		
20:1 g									
22:1 undifferentiated g									
24:1 c g									
Fatty acids, total polyunsaturated g	0.502		0		1		1.019		
18:2 undifferentiated g	0.451		1		1		0.916		
18:3 undifferentiated g	0.051		1		1		0.104		
18:4 g									
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g									
20:5 n-3 (EPA) g									
22:5 n-3 (DPA) g									
22:6 n-3 (DHA) g									
Fatty acids, total trans g									
Cholesterol mg	61		1		1		124		
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.086		0		1		0.175		
Threonine g	0.261		0		1		0.530		
Isoleucine g	0.324		0		1		0.658		
Leucine g	0.564		0		1		1.145		
Lysine g	0.459		0		1		0.932		
Methionine g	0.144		0		1		0.292		
Cystine g	0.081		0		1		0.164		
Phenylalanine g	0.334		0		1		0.678		
Tyrosine g	0.241		0		1		0.489		
Valine g	0.363		0		1		0.737		
Arginine g	0.370		0		1		0.751		
Histidine g	0.204		0		1		0.414		
Alanine g	0.298		0		1		0.605		
Aspartic acid g	0.569		0		1		1.155		
Glutamic acid g	1.536		0		1		3.118		
Glycine g	0.296		0		1		0.601		
Proline g	0.547		0		1		1.110		
Serine g	0.346		0		1		0.702		
Hydroxyproline g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 203g: 2 pieces

NDB No. 21064
Fast foods, burrito, with beans, cheese, and beef

Calories Factors: Protein 3.96 **Fat** 8.72 **Carbohydrate** 3.97

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2010)

NDB No. 21065
Fast foods, burrito, with beans, cheese, and chili peppers

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	55.77	0.811	8		1		187.39		
Energy ... kcal	197		0		1		662		
Energy ... kJ	824				1		2769		
Protein (N x 6.13) ... g	9.91	0.283	8		1		33.30		
Total lipid (fat) ... g	6.84	0.170	8		1		22.98		
Ash ... g	2.14	0.051	8		1		7.19		
Carbohydrate, by difference ... g	25.35		0	NC	4		85.18		
Fiber, total dietary ... g									
Sugars, total ... g									
Starch ... g									
Minerals:									
Calcium, Ca ... mg	86	6.451	8		1		289		
Iron, Fe ... mg	2.29	0.080	8		1		7.69		
Magnesium, Mg ... mg	29	1.023	8		1		97		
Phosphorus, P ... mg	85	3.934	8		1		286		
Potassium, K ... mg	241	19.154	8		1		810		
Sodium, Na ... mg	613	20.166	8		1		2060		
Zinc, Zn ... mg	1.81	0.516	8		1		6.08		
Copper, Cu ... mg	0.175	0.051	7		1		0.588		
Manganese, Mn ... mg	0.242	0.008	8		1		0.813		
Selenium, Se ... mcg	13.2		0	RK	4		44.4		
Vitamins:									
Vitamin C, total ascorbic acid ... mg	2.0	0.577	8		1		6.7		
Thiamin ... mg	0.160	0.025	8		1		0.538		
Riboflavin ... mg	0.360	0.022	8		1		1.210		
Niacin ... mg	2.290	0.095	8		1		7.694		
Pantothenic acid ... mg	0.860	0.108	8		1		2.890		
Vitamin B-6 ... mg	0.120	0.009	8		1		0.403		
Folate, total ... mcg	49		0	RK	4		165		
Folic acid ... mcg	6		0	NC	4		20		
Folate, food ... mcg	43		0		4		144		
Folate, DFE ... mcg_DFE	53		0	NC	4		179		
Choline, total ... mg									
Betaine ... mg									
Vitamin B-12 ... mcg	0.59	0.057	8		1		1.98		
Vitamin A, RAE ... mcg_RAE	55		0	NC	4		183		
Retinol ... mcg	37		0	NC	4		124		
Carotene, beta ... mcg									
Carotene, alpha ... mcg									
Cryptoxanthin, beta ... mcg									
Vitamin A, IU ... IU	475	162.918	4		1		1596		
Lycopene ... mcg									
Lutein + zeaxanthin ... mcg									
Vitamin E (alpha-tocopherol) ... mg									
Tocopherol, beta ... mg									
Tocopherol, gamma ... mg									
Tocopherol, delta ... mg									
Vitamin D (D2 + D3) ... mcg									
Vitamin D2 (ergocalciferol) ... mcg									
Vitamin D3 (cholecalciferol) ... mcg									
Vitamin D ... IU									
Vitamin K (phylloquinone) ... mcg									
Dihydrophylloquinone ... mcg									
Menaquinone-4 ... mcg									
Lipids:									
Fatty acids, total saturated ... g	3.332		0		1		11.196		
4:0 ... g									

NDB No. 21065
Fast foods, burrito, with beans, cheese, and chili peppers

Nutrients and Units		Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
		Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0	g									
8:0	g									
10:0	g									
12:0	g									
13:0	g									
14:0	g	0.247		4		1		0.830		
15:0	g									
16:0	g	1.932		4		1		6.492		
17:0	g									
18:0	g	1.153		4		1		3.874		
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	2.515		0		1		8.450		
14:1	g									
15:1	g									
16:1 undifferentiated	g									
17:1	g									
18:1 undifferentiated	g	2.515		4		1		8.450		
20:1	g									
22:1 undifferentiated	g									
24:1 c	g									
Fatty acids, total polyunsaturated	g	0.377		0		1		1.267		
18:2 undifferentiated	g	0.377		4		1		1.267		
18:3 undifferentiated	g									
18:4	g									
20:2 n-6 c,c	g									
20:3 undifferentiated	g									
20:4 undifferentiated	g									
20:5 n-3 (EPA)	g									
22:5 n-3 (DPA)	g									
22:6 n-3 (DHA)	g									
Fatty acids, total trans	g									
Cholesterol	mg	47		2		1		158		
Phytosterols	mg									
Amino Acids:										
Tryptophan	g	0.118		0		1		0.396		
Threonine	g	0.330		0		1		1.109		
Isoleucine	g	0.441		0		1		1.482		
Leucine	g	0.766		0		1		2.574		
Lysine	g	0.537		0		1		1.804		
Methionine	g	0.186		0		1		0.625		
Cystine	g	0.121		0		1		0.407		
Phenylalanine	g	0.495		0		1		1.663		
Tyrosine	g	0.335		0		1		1.126		
Valine	g	0.498		0		1		1.673		
Arginine	g	0.443		0		1		1.488		
Histidine	g	0.268		0		1		0.900		
Alanine	g	0.325		0		1		1.092		
Aspartic acid	g	0.716		0		1		2.406		
Glutamic acid	g	2.400		0		1		8.064		
Glycine	g	0.294		0		1		0.988		
Proline	g	0.866		0		1		2.910		
Serine	g	0.512		0		1		1.720		
Hydroxyproline	g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 336g: 2 pieces

NDB No. 21065

Fast foods, burrito, with beans, cheese, and chili peppers

Calories Factors: Protein 3.82 **Fat** 8.61 **Carbohydrate** 3.97

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2010)

NDB No. 21066
Fast foods, burrito, with beef

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	49.61	2.638	7		1		109.14		
Energy	kcal	238		0		1		524		
Energy	kJ	996				1		2191		
Protein (N x 6.09)	g	12.09	0.745	7		1		26.60		
Total lipid (fat)	g	9.46	0.869	7		1		20.81		
Ash	g	2.24	0.093	7		1		4.93		
Carbohydrate, by difference	g	26.60		0	NC	4		58.52		
Fiber, total dietary	g									
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	38	4.617	7		1		84		
Iron, Fe	mg	2.77	0.176	7		1		6.09		
Magnesium, Mg	mg	37	2.047	7		1		81		
Phosphorus, P	mg	79	5.472	7		1		174		
Potassium, K	mg	336	36.537	7		1		739		
Sodium, Na	mg	678	33.132	7		1		1492		
Zinc, Zn	mg	2.15	0.220	7		1		4.73		
Copper, Cu	mg	0.186	0.022	7		1		0.409		
Manganese, Mn	mg	0.357	0.012	7		1		0.785		
Selenium, Se	mcg	16.7		0	RK	4		36.7		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.5	0.161	7		1		1.1		
Thiamin	mg	0.110	0.032	7		1		0.242		
Riboflavin	mg	0.420	0.033	7		1		0.924		
Niacin	mg	2.930	0.159	7		1		6.446		
Pantothenic acid	mg	1.360	0.126	7		1		2.992		
Vitamin B-6	mg	0.140	0.003	7		1		0.308		
Folate, total	mcg	59		0	RK	4		130		
Folic acid	mcg	41		0	NC	4		90		
Folate, food	mcg	18		0		4		40		
Folate, DFE	mcg_DFE	88		0	NC	4		193		
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	0.89	0.126	7		1		1.96		
Vitamin A, RAE	mcg_RAE	6		0	NC	4		14		
Retinol	mcg	0		0	Z	7		0		
Carotene, beta	mcg									
Carotene, alpha	mcg									
Cryptoxanthin, beta	mcg									
Vitamin A, IU	IU	126		2		1		277		
Lycopene	mcg									
Lutein + zeaxanthin	mcg									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg									
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Dihydrophylloquinone	mcg									
Menaquinone-4	mcg									
Lipids:										
Fatty acids, total saturated	g	4.754		0		1		10.459		
4:0	g									

NDB No. 21066
Fast foods, burrito, with beef

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g									
8:0....g									
10:0....g									
12:0....g									
13:0....g									
14:0....g	0.414		3		1		0.911		
15:0....g									
16:0....g	2.590		3		1		5.698		
17:0....g									
18:0....g	1.750		3		1		3.850		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	3.368		0		1		7.410		
14:1....g									
15:1....g									
16:1 undifferentiated....g									
17:1....g									
18:1 undifferentiated....g	3.368		3		1		7.410		
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.388		0		1		0.854		
18:2 undifferentiated....g	0.350		3		1		0.770		
18:3 undifferentiated....g	0.039		3		1		0.086		
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g									
Cholesterol....mg	29	13.110	3		1		64		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.147		0		1		0.323		
Threonine....g	0.449		0		1		0.988		
Isoleucine....g	0.482		0		1		1.060		
Leucine....g	0.909		0		1		2.000		
Lysine....g	0.782		0		1		1.720		
Methionine....g	0.256		0		1		0.563		
Cystine....g	0.155		0		1		0.341		
Phenylalanine....g	0.494		0		1		1.087		
Tyrosine....g	0.367		0		1		0.807		
Valine....g	0.548		0		1		1.206		
Arginine....g	0.712		0		1		1.566		
Histidine....g	0.347		0		1		0.763		
Alanine....g	0.663		0		1		1.459		
Aspartic acid....g	0.945		0		1		2.079		
Glutamic acid....g	2.582		0		1		5.680		
Glycine....g	0.746		0		1		1.641		
Proline....g	0.824		0		1		1.813		
Serine....g	0.500		0		1		1.100		
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 220g: 2 pieces

NDB No. 21066
Fast foods, burrito, with beef

Calories Factors: Protein 4.11 **Fat** 8.76 **Carbohydrate** 3.95

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2010)

NDB No. 21067
Fast foods, burrito, with beef and chili peppers

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	54.45	0.994	16		1		109.44		
Energy ... kcal	212		0		1		426		
Energy ... kJ	887				1		1783		
Protein (N x 6.09) ... g	10.70	0.304	16		1		21.51		
Total lipid (fat) ... g	8.23	0.403	16		1		16.54		
Ash ... g	2.02	0.048	16		1		4.06		
Carbohydrate, by difference ... g	24.60		0	NC	4		49.45		
Fiber, total dietary ... g									
Sugars, total ... g									
Starch ... g									
Minerals:									
Calcium, Ca ... mg	43	4.976	16		1		86		
Iron, Fe ... mg	2.21	0.118	16		1		4.44		
Magnesium, Mg ... mg	30	1.359	16		1		60		
Phosphorus, P ... mg	70	3.153	16		1		141		
Potassium, K ... mg	248	18.287	16		1		498		
Sodium, Na ... mg	555	17.767	16		1		1116		
Zinc, Zn ... mg	2.15	0.210	16		1		4.32		
Copper, Cu ... mg	0.157	0.013	12		1		0.316		
Manganese, Mn ... mg	0.371	0.041	16		1		0.746		
Selenium, Se ... mcg	11.9		0	RK	4		23.9		
Vitamins:									
Vitamin C, total ascorbic acid ... mg	0.8	0.213	16		1		1.6		
Thiamin ... mg	0.200	0.021	16		1		0.402		
Riboflavin ... mg	0.400	0.018	16		1		0.804		
Niacin ... mg	2.530	0.064	16		1		5.085		
Pantothenic acid ... mg	0.930	0.054	16		1		1.869		
Vitamin B-6 ... mg	0.150	0.006	16		1		0.302		
Folate, total ... mcg	48		0	RK	4		96		
Folic acid ... mcg	30		0	NC	4		60		
Folate, food ... mcg	18		0		4		36		
Folate, DFE ... mcg_DFE	69		0	NC	4		139		
Choline, total ... mg									
Betaine ... mg									
Vitamin B-12 ... mcg	0.64	0.053	16		1		1.29		
Vitamin A, RAE ... mcg_RAE	12		0	NC	4		23		
Retinol ... mcg	0		0	Z	7		0		
Carotene, beta ... mcg									
Carotene, alpha ... mcg									
Cryptoxanthin, beta ... mcg									
Vitamin A, IU ... IU	230	66.498	8		1		462		
Lycopene ... mcg									
Lutein + zeaxanthin ... mcg									
Vitamin E (alpha-tocopherol) ... mg									
Tocopherol, beta ... mg									
Tocopherol, gamma ... mg									
Tocopherol, delta ... mg									
Vitamin D (D2 + D3) ... mcg									
Vitamin D2 (ergocalciferol) ... mcg									
Vitamin D3 (cholecalciferol) ... mcg									
Vitamin D ... IU									
Vitamin K (phylloquinone) ... mcg									
Dihydrophylloquinone ... mcg									
Menaquinone-4 ... mcg									
Lipids:									
Fatty acids, total saturated ... g	3.980		0		1		8.000		
4:0 ... g									

NDB No. 21067
Fast foods, burrito, with beef and chili peppers

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g									
8:0....g									
10:0....g									
12:0....g									
13:0....g									
14:0....g	0.299		4		1		0.601		
15:0....g									
16:0....g	2.293		4		1		4.609		
17:0....g									
18:0....g	1.388		4		1		2.790		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	3.022		0		1		6.074		
14:1....g									
15:1....g									
16:1 undifferentiated....g									
17:1....g									
18:1 undifferentiated....g	3.022		4		1		6.074		
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.485		0		1		0.975		
18:2 undifferentiated....g	0.451		4		1		0.907		
18:3 undifferentiated....g	0.034		4		1		0.068		
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g									
Cholesterol....mg	27	2.241	4		1		54		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.130		0		1		0.261		
Threonine....g	0.409		0		1		0.822		
Isoleucine....g	0.432		0		1		0.868		
Leucine....g	0.810		0		1		1.628		
Lysine....g	0.733		0		1		1.473		
Methionine....g	0.230		0		1		0.462		
Cystine....g	0.130		0		1		0.261		
Phenylalanine....g	0.427		0		1		0.858		
Tyrosine....g	0.325		0		1		0.653		
Valine....g	0.490		0		1		0.985		
Arginine....g	0.650		0		1		1.307		
Histidine....g	0.313		0		1		0.629		
Alanine....g	0.610		0		1		1.226		
Aspartic acid....g	0.886		0		1		1.781		
Glutamic acid....g	2.193		0		1		4.408		
Glycine....g	0.684		0		1		1.375		
Proline....g	0.680		0		1		1.367		
Serine....g	0.436		0		1		0.876		
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 201g: 2 pieces

NDB No. 21067
Fast foods, burrito, with beef and chili peppers

Calories Factors: Protein 4.06 **Fat** 8.75 **Carbohydrate** 3.93

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2010)

NDB No. 21068
Fast foods, burrito, with beef, cheese, and chili peppers

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	55.19	0.645	8		1		167.78		
Energy....kcal	208		0		1		632		
Energy....kJ	870				1		2646		
Protein (N x 6.14)....g	13.46	0.590	8		1		40.92		
Total lipid (fat)....g	8.15	0.193	8		1		24.78		
Ash....g	2.24	0.053	8		1		6.81		
Carbohydrate, by difference....g	20.96		0	NC	4		63.72		
Fiber, total dietary....g									
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	73	4.809	8		1		222		
Iron, Fe....mg	2.57	0.090	8		1		7.81		
Magnesium, Mg....mg	23	0.688	8		1		70		
Phosphorus, P....mg	104	4.907	8		1		316		
Potassium, K....mg	219	16.341	8		1		666		
Sodium, Na....mg	688	18.242	8		1		2092		
Zinc, Zn....mg	2.60	0.320	8		1		7.90		
Copper, Cu....mg	0.119	0.033	8		1		0.362		
Manganese, Mn....mg	0.200	0.005	8		1		0.608		
Selenium, Se....mcg	11.0		0	RK	4		33.4		
Vitamins:									
Vitamin C, total ascorbic acid....mg	1.2	0.383	8		1		3.6		
Thiamin....mg	0.200	0.041	8		1		0.608		
Riboflavin....mg	0.410	0.021	8		1		1.246		
Niacin....mg	2.740	0.079	8		1		8.330		
Pantothenic acid....mg	0.990	0.080	8		1		3.010		
Vitamin B-6....mg	0.120	0.010	8		1		0.365		
Folate, total....mcg	46		0	RK	4		140		
Folic acid....mcg	27		0	NC	4		82		
Folate, food....mcg	19		0		4		58		
Folate, DFE....mcg_DFE	65		0	NC	4		197		
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.68	0.054	8		1		2.07		
Vitamin A, RAE....mcg_RAE	65		0	NC	4		198		
Retinol....mcg	59		0	NC	4		179		
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	320	60.154	4		1		973		
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Dihydrophylloquinone....mcg									
Menaquinone-4....mcg									
Lipids:									
Fatty acids, total saturated....g	3.420		1		1		10.397		
Fatty acids, total monounsaturated....g	3.267		1		1		9.932		

NDB No. 21068
Fast foods, burrito, with beef, cheese, and chili peppers

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total polyunsaturated.....g	0.732		1		1		2.225		
Fatty acids, total trans.....g									
Cholesterol.....mg	56		2		1		170		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.162		0		1		0.492		
Threonine.....g	0.495		0		1		1.505		
Isoleucine.....g	0.574		0		1		1.745		
Leucine.....g	1.032		0		1		3.137		
Lysine.....g	0.920		0		1		2.797		
Methionine.....g	0.289		0		1		0.879		
Cystine.....g	0.147		0		1		0.447		
Phenylalanine.....g	0.554		0		1		1.684		
Tyrosine.....g	0.436		0		1		1.325		
Valine.....g	0.642		0		1		1.952		
Arginine.....g	0.756		0		1		2.298		
Histidine.....g	0.397		0		1		1.207		
Alanine.....g	0.686		0		1		2.085		
Aspartic acid.....g	1.054		0		1		3.204		
Glutamic acid.....g	2.851		0		1		8.667		
Glycine.....g	0.739		0		1		2.247		
Proline.....g	0.947		0		1		2.879		
Serine.....g	0.574		0		1		1.745		
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 304g: 2 pieces

Calories Factors: Protein 4.08 **Fat** 8.76 **Carbohydrate** 3.92

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2010)

NDB No. 21069
Fast foods, burrito, with fruit (apple or cherry)

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	35.63	2.114	10		1		55.23	26.37	
Energy....kcal	312		0		1		484	231	
Energy....kJ	1305				1		2023	966	
Protein (N x 5.74)....g	3.38	0.275	10		1		5.24	2.50	
Total lipid (fat)....g	12.87	1.043	10		1		19.95	9.52	
Ash....g	0.85	0.025	10		1		1.32	0.63	
Carbohydrate, by difference....g	47.27		0	NC	4		73.27	34.98	
Fiber, total dietary....g									
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	21	3.042	10		1		33	16	
Iron, Fe....mg	1.45	0.099	10		1		2.25	1.07	
Magnesium, Mg....mg	10	0.730	10		1		16	7	
Phosphorus, P....mg	20	2.218	9		1		31	15	
Potassium, K....mg	141	62.419	10		1		219	104	
Sodium, Na....mg	286	29.626	10		1		443	212	
Zinc, Zn....mg	0.54	0.171	10		1		0.84	0.40	
Copper, Cu....mg	0.110	0.014	8		1		0.171	0.081	
Manganese, Mn....mg	0.175	0.006	10		1		0.271	0.130	
Selenium, Se....mcg	9.3		0	RK	4		14.4	6.9	
Vitamins:									
Vitamin C, total ascorbic acid....mg	1.0	0.329	10		1		1.6	0.7	
Thiamin....mg	0.230	0.046	10		1		0.357	0.170	
Riboflavin....mg	0.240	0.014	10		1		0.372	0.178	
Niacin....mg	2.510	0.200	10		1		3.891	1.857	
Pantothenic acid....mg	1.280	0.091	10		1		1.984	0.947	
Vitamin B-6....mg	0.100	0.048	10		1		0.155	0.074	
Folate, total....mcg	33		0	RK	4		51	24	
Folic acid....mcg	28		0	NC	4		43	21	
Folate, food....mcg	5		0		4		8	4	
Folate, DFE....mcg_DFE	53		0	NC	4		82	39	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.69	0.090	10		1		1.07	0.51	
Vitamin A, RAE....mcg_RAE	28		0	NC	4		43	20	
Retinol....mcg	0		0	NC	4		0	0	
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	548	165.608	4		1		849	406	
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Dihydrophylloquinone....mcg									
Menaquinone-4....mcg									
Lipids:									
Fatty acids, total saturated....g	6.175		0		1		9.571	4.570	
4:0....g									

NDB No. 21069
Fast foods, burrito, with fruit (apple or cherry)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g									
8:0....g									
10:0....g									
12:0....g									
13:0....g									
14:0....g	0.304		1		1		0.471	0.225	
15:0....g									
16:0....g	3.236		1		1		5.016	2.395	
17:0....g									
18:0....g	2.635		1		1		4.084	1.950	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	4.621		0		1		7.163	3.420	
14:1....g									
15:1....g									
16:1 undifferentiated....g									
17:1....g									
18:1 undifferentiated....g	4.621		1		1		7.163	3.420	
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.426		0		1		2.210	1.055	
18:2 undifferentiated....g	1.426		1		1		2.210	1.055	
18:3 undifferentiated....g									
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g									
Cholesterol....mg	5		2		1		8	4	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.041		0		1		0.064	0.030	
Threonine....g	0.091		0		1		0.141	0.067	
Isoleucine....g	0.117		0		1		0.181	0.087	
Leucine....g	0.228		0		1		0.353	0.169	
Lysine....g	0.078		0		1		0.121	0.058	
Methionine....g	0.059		0		1		0.091	0.044	
Cystine....g	0.071		0		1		0.110	0.053	
Phenylalanine....g	0.167		0		1		0.259	0.124	
Tyrosine....g	0.100		0		1		0.155	0.074	
Valine....g	0.135		0		1		0.209	0.100	
Arginine....g	0.135		0		1		0.209	0.100	
Histidine....g	0.075		0		1		0.116	0.056	
Alanine....g	0.108		0		1		0.167	0.080	
Aspartic acid....g	0.168		0		1		0.260	0.124	
Glutamic acid....g	1.109		0		1		1.719	0.821	
Glycine....g	0.120		0		1		0.186	0.089	
Proline....g	0.382		0		1		0.592	0.283	
Serine....g	0.166		0		1		0.257	0.123	
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 155g: 1 burrito, large

NDB No. 21069

Fast foods, burrito, with fruit (apple or cherry)

Measure 2 = 74g: 1 burrito, small

Calories Factors: Protein 4 **Fat** 8.9 **Carbohydrate** 3.9

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2010)

NDB No. 21094

Fast foods, cheeseburger, regular, double patty and bun, plain

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	38.70		0	RA	4		77.79		
Energy	kcal	305		0	NC	4		614		
Energy	kJ	1278		0	NC	4		2568		
Protein	g	15.13		0	RA	4		30.41		
Total lipid (fat)	g	13.93		0	RA	4		27.99		
Ash	g	2.38		0	RA	4		4.79		
Carbohydrate, by difference	g	29.89		0	RA	4		60.08		
Fiber, total dietary	g	1.0		0	RA	4		2.1		
Sugars, total	g	5.47		0	RA	4		11.00		
Sucrose	g	0.27		0	RA	4		0.54		
Glucose (dextrose)	g	1.40		0	RA	4		2.81		
Fructose	g	2.44		0	RA	4		4.90		
Lactose	g	0.64		0	RA	4		1.30		
Maltose	g	0.73		0	RA	4		1.46		
Galactose	g	0.00		0	RA	4		0.00		
Starch	g									
Minerals:										
Calcium, Ca	mg	191		0	RA	4		383		
Iron, Fe	mg	2.66		0	RA	4		5.34		
Magnesium, Mg	mg	21		0	RA	4		43		
Phosphorus, P	mg	159		0	RA	4		320		
Potassium, K	mg	190		0	RA	4		382		
Sodium, Na	mg	589		0	RA	4		1185		
Zinc, Zn	mg	2.20		0	RA	4		4.42		
Copper, Cu	mg	0.087		0	RA	4		0.174		
Manganese, Mn	mg	0.251		0	RA	4		0.505		
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	RA	4		0.0		
Thiamin	mg	0.259		0	RA	4		0.521		
Riboflavin	mg	0.299		0	RA	4		0.602		
Niacin	mg	4.618		0	RA	4		9.281		
Pantothenic acid	mg	0.253		0	RA	4		0.509		
Vitamin B-6	mg	0.138		0	RA	4		0.278		
Folate, total	mcg	67		0	RA	4		134		
Folate, DFE	mcg_DFE									
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	1.02		0	RA	4		2.05		
Vitamin A, RAE	mcg_RAE									
Vitamin A, IU	IU									
Lycopene	mcg									
Lutein + zeaxanthin	mcg									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Dihydrophylloquinone	mcg									
Menaquinone-4	mcg									
Lipids:										
Fatty acids, total saturated	g	5.245		0	RA	4		10.543		
Fatty acids, total monounsaturated	g	4.292		0	RA	4		8.626		
Fatty acids, total polyunsaturated	g	0.417		0	RA	4		0.838		
18:2 undifferentiated	g	0.373		0	RA	4		0.750		

NDB No. 21094

Fast foods, cheeseburger, regular, double patty and bun, plain

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
18:3 undifferentiated....g									
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g	0.714		0	RA	4		1.434		
Cholesterol....mg	41		0	RA	4		82		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.174		0		1		0.350		
Threonine....g	0.508		0		1		1.021		
Isoleucine....g	0.589		0		1		1.184		
Leucine....g	1.086		0		1		2.183		
Lysine....g	1.008		0		1		2.026		
Methionine....g	0.303		0		1		0.609		
Cystine....g	0.147		0		1		0.295		
Phenylalanine....g	0.591		0		1		1.188		
Tyrosine....g	0.468		0		1		0.941		
Valine....g	0.698		0		1		1.403		
Arginine....g	0.769		0		1		1.546		
Histidine....g	0.426		0		1		0.856		
Alanine....g	0.691		0		1		1.389		
Aspartic acid....g	1.046		0		1		2.102		
Glutamic acid....g	2.776		0		1		5.580		
Glycine....g	0.749		0		1		1.505		
Proline....g	1.012		0		1		2.034		
Serine....g	0.542		0		1		1.089		
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 201g: 1 sandwich

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2010)

NDB No. 21100

Fast foods, cheeseburger; double, large patty, with condiments and vegetables

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	51.09	0.933	13		1		131.81		
Energy....kcal	273		0		1		704		
Energy....kJ	1142		0		1		2947		
Protein (N x 6.2)....g	14.72	0.381	15		1		37.98		
Total lipid (fat)....g	16.92	0.319	15		1		43.65		
Ash....g	1.90	0.073	13		1		4.90		
Carbohydrate, by difference....g	15.37		0	NC	4		39.65		
Fiber, total dietary....g									
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	93	9.043	14		1		240		
Iron, Fe....mg	2.29	0.122	14		1		5.91		
Magnesium, Mg....mg	20	0.575	12		1		52		
Phosphorus, P....mg	153	6.382	13		1		395		
Potassium, K....mg	231	6.472	14		1		596		
Sodium, Na....mg	445	19.057	15		1		1148		
Zinc, Zn....mg	2.59	0.100	13		1		6.68		
Copper, Cu....mg	0.080	0.004	12		1		0.206		
Manganese, Mn....mg	0.123		1		4		0.317		
Selenium, Se....mcg	11.2		0	RK	4		28.9		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.4		2		1		1.0		
Thiamin....mg	0.140	0.008	14		1		0.361		
Riboflavin....mg	0.190	0.010	14		1		0.490		
Niacin....mg	2.810	0.123	14		1		7.250		
Pantothenic acid....mg	0.330		1		4		0.851		
Vitamin B-6....mg	0.160		1		4		0.413		
Folate, total....mcg	29		0	RK	4		75		
Folic acid....mcg	10		0	NC	4		26		
Folate, food....mcg	19		0		4		49		
Folate, DFE....mcg_DFE	36		0	NC	4		93		
Choline, total....mg	39.3		0	AS	1		101.4		
Betaine....mg	29.5		3	A	1		76.2		
Vitamin B-12....mcg	1.32		1		4		3.41		
Vitamin A, RAE....mcg_RAE									
Retinol....mcg									
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	135		1		1		348		
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Dihydrophylloquinone....mcg									
Menaquinone-4....mcg									
Lipids:									
Fatty acids, total saturated....g	6.850		1		1		17.673		
Fatty acids, total monounsaturated....g	6.726		1		1		17.353		

NDB No. 21100

Fast foods, cheeseburger; double, large patty, with condiments and vegetables

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total polyunsaturated.....g	1.821		1		1		4.698		
Fatty acids, total trans.....g									
Cholesterol.....mg	55	4.028	3		1		142		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.183		0		1		0.472		
Threonine.....g	0.568		0		1		1.465		
Isoleucine.....g	0.627		0		1		1.618		
Leucine.....g	1.159		0		1		2.990		
Lysine.....g	1.126		0		1		2.905		
Methionine.....g	0.328		0		1		0.846		
Cystine.....g	0.152		0		1		0.392		
Phenylalanine.....g	0.601		0		1		1.551		
Tyrosine.....g	0.482		0		1		1.244		
Valine.....g	0.731		0		1		1.886		
Arginine.....g	0.881		0		1		2.273		
Histidine.....g	0.458		0		1		1.182		
Alanine.....g	0.815		0		1		2.103		
Aspartic acid.....g	1.211		0		1		3.124		
Glutamic acid.....g	2.764		0		1		7.131		
Glycine.....g	0.900		0		1		2.322		
Proline.....g	0.950		0		1		2.451		
Serine.....g	0.539		0		1		1.391		
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 258g: 1 sandwich

Calories Factors: Protein 4.2 **Fat** 8.92 **Carbohydrate** 3.95

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2010)

NDB No. 21396
Fast foods, cheeseburger; double, large patty; with condiments

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	50.34		0	RKI	6		140.96		
Energy	kcal	272		0	NC	4		760		
Energy	kJ	1136		0	NC	4		3181		
Protein	g	16.96		0	RKI	6		47.49		
Total lipid (fat)	g	16.22		0	RKI	6		45.41		
Ash	g	2.05		0	RKI	6		5.73		
Carbohydrate, by difference	g	14.43		0	RKI	6		40.41		
Fiber, total dietary	g	1.0		0	RKI	6		2.7		
Sugars, total	g	3.49		0	RKI	6		9.79		
Sucrose	g	0.14		0	RKI	6		0.38		
Glucose (dextrose)	g	1.17		0	RKI	6		3.28		
Fructose	g	1.35		0	RKI	6		3.78		
Lactose	g	0.39		0	RKI	6		1.10		
Maltose	g	0.45		0	RKI	6		1.25		
Galactose	g	0.00		0	RKI	6		0.00		
Starch	g									
Minerals:										
Calcium, Ca	mg	106		0	RKI	6		297		
Iron, Fe	mg	2.18		0	RKI	6		6.11		
Magnesium, Mg	mg	21		0	RKI	6		60		
Phosphorus, P	mg	165		0	RKI	6		463		
Potassium, K	mg	242		0	RKI	6		678		
Sodium, Na	mg	480		0	RKA	1		1345		
Zinc, Zn	mg	3.33		0	RKI	6		9.31		
Copper, Cu	mg	0.091		0	RKI	6		0.254		
Manganese, Mn	mg	0.133		0	RKI	6		0.373		
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.6		0	RKA	1		1.6		
Thiamin	mg	0.127		0	RKI	6		0.355		
Riboflavin	mg	0.303		0	RKI	6		0.848		
Niacin	mg	4.213		0	RKI	6		11.797		
Pantothenic acid	mg									
Vitamin B-6	mg									
Folate, total	mcg	45		0	RKA	1		126		
Folate, DFE	mcg_DFE									
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	1.68		0	RKI	6		4.72		
Vitamin A, RAE	mcg_RAE									
Vitamin A, IU	IU	200		0	RKA	1		559		
Lycopene	mcg									
Lutein + zeaxanthin	mcg									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Dihydrophylloquinone	mcg									
Menaquinone-4	mcg									
Lipids:										
Fatty acids, total saturated	g	6.473		0	RKI	6		18.125		
Fatty acids, total monounsaturated	g	5.855		0	RKI	6		16.394		
Fatty acids, total polyunsaturated	g	0.480		0	RKI	6		1.345		
Fatty acids, total trans	g	1.005		0	RKI	6		2.815		

NDB No. 21396

Fast foods, cheeseburger; double, large patty; with condiments

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Cholesterol.....mg	57		0	RKI	6		161		
Phytosterols.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 280g: 1 item

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2010)

NDB No. 21093

Fast foods, cheeseburger; double, regular patty, with condiments and vegetables (1)

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	51.20		1		1		84.99		
Energy	kcal	251		0	NC	4		416		
Energy	kJ	1049		0	NC	4		1742		
Protein (N x 6.2)	g	12.80		1		1		21.25		
Total lipid (fat)	g	12.70		1		1		21.08		
Ash	g	2.10		1		1		3.49		
Carbohydrate, by difference	g	21.20		0	NC	4		35.19		
Fiber, total dietary	g									
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	103		1		1		171		
Iron, Fe	mg	2.06		1		1		3.42		
Magnesium, Mg	mg	18		1		1		30		
Phosphorus, P	mg	146		1		1		242		
Potassium, K	mg	202		1		1		335		
Sodium, Na	mg	633		1		1		1051		
Zinc, Zn	mg	2.10		1		1		3.49		
Copper, Cu	mg	0.090		1		1		0.149		
Manganese, Mn	mg	0.180		1		1		0.299		
Selenium, Se	mcg	14.2		0	RK	4		23.6		
Vitamins:										
Vitamin C, total ascorbic acid	mg	1.0		1		1		1.7		
Thiamin	mg	0.210		1		1		0.349		
Riboflavin	mg	0.170		1		1		0.282		
Niacin	mg	4.850		1		1		8.051		
Pantothenic acid	mg	0.260		1		1		0.432		
Vitamin B-6	mg	0.110		1		1		0.183		
Folate, total	mcg	37		0	RK	4		61		
Folic acid	mcg	23		0	NC	4		38		
Folate, food	mcg	14		1		1		23		
Folate, DFE	mcg_DFE	53		0	NC	4		88		
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	1.16		1		1		1.93		
Vitamin A, RAE	mcg_RAE									
Retinol	mcg									
Carotene, beta	mcg									
Carotene, alpha	mcg									
Cryptoxanthin, beta	mcg									
Vitamin A, IU	IU	240		1		1		398		
Lycopene	mcg									
Lutein + zeaxanthin	mcg									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg									
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Dihydrophylloquinone	mcg									
Menaquinone-4	mcg									
Lipids:										
Fatty acids, total saturated	g	5.251		1		1		8.717		
Fatty acids, total monounsaturated	g	4.704		1		1		7.809		

NDB No. 21093

Fast foods, cheeseburger; double, regular patty, with condiments and vegetables (1)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total polyunsaturated.....g	1.601		1		1		2.658		
Fatty acids, total trans.....g									
Cholesterol.....mg	36		1		1		60		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.161		0		1		0.267		
Threonine.....g	0.483		0		1		0.802		
Isoleucine.....g	0.549		0		1		0.911		
Leucine.....g	1.013		0		1		1.682		
Lysine.....g	0.989		0		1		1.642		
Methionine.....g	0.287		0		1		0.476		
Cystine.....g	0.128		0		1		0.212		
Phenylalanine.....g	0.539		0		1		0.895		
Tyrosine.....g	0.444		0		1		0.737		
Valine.....g	0.648		0		1		1.076		
Arginine.....g	0.731		0		1		1.213		
Histidine.....g	0.407		0		1		0.676		
Alanine.....g	0.658		0		1		1.092		
Aspartic acid.....g	1.018		0		1		1.690		
Glutamic acid.....g	2.475		0		1		4.109		
Glycine.....g	0.710		0		1		1.179		
Proline.....g	0.883		0		1		1.466		
Serine.....g	0.487		0		1		0.808		
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 166g: 1 sandwich

Footnotes:

1 Condiments include ketchup, mustard, pickles and onions

Calories Factors: Protein 4.2 **Fat** 8.92 **Carbohydrate** 3.95

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2010)

NDB No. 21400

Fast foods, cheeseburger; double, regular patty; double decker bun with condiments and special sauce

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	50.54		1	A	1		110.68		
Energy....kcal	261		0	NC	4		571		
Energy....kJ	1091		0	NC	4		2390		
Protein (N x 6.25)....g	11.94		1	A	1		26.15		
Total lipid (fat)....g	14.10		1	A	1		30.88		
Ash....g	1.89		1	A	1		4.14		
Carbohydrate, by difference....g	21.53		0	NC	4		47.15		
Fiber, total dietary....g	1.4		1	A	1		3.1		
Sugars, total....g	3.26		0	NR	4		7.14		
Sucrose....g	0.32		1	A	1		0.70		
Glucose (dextrose)....g	1.10		1	A	1		2.41		
Fructose....g	1.30		1	A	1		2.85		
Lactose....g	0.29		1	A	1		0.63		
Maltose....g	0.25		1	A	1		0.55		
Galactose....g									
Starch....g	14.10		1	A	1		30.88		
Minerals:									
Calcium, Ca....mg	127		1	A	1		278		
Iron, Fe....mg	1.40		1	A	1		3.07		
Magnesium, Mg....mg	25		1	A	1		55		
Phosphorus, P....mg	136		1	A	1		298		
Potassium, K....mg	182		1	A	1		399		
Sodium, Na....mg	485		1	A	1		1062		
Zinc, Zn....mg	2.16		1	A	1		4.73		
Copper, Cu....mg	0.131		1	A	1		0.287		
Manganese, Mn....mg	0.212		1	A	1		0.464		
Selenium, Se....mcg	25.9		1	A	1		56.7		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.3		1	A	1		0.7		
Thiamin....mg	0.184		1	A	1		0.403		
Riboflavin....mg	0.201		1	A	1		0.440		
Niacin....mg	3.630		1	A	1		7.950		
Pantothenic acid....mg	0.441		1	A	1		0.966		
Vitamin B-6....mg	0.170		1	A	1		0.372		
Folate, total....mcg	27		1	A	1		59		
Folic acid....mcg	18		1	A	1		39		
Folate, food....mcg	9		1	AS	1		20		
Folate, DFE....mcg_DFE	40		0	NC	4		87		
Choline, total....mg	31.5		0	FLA	4		68.9		
Betaine....mg									
Vitamin B-12....mcg	1.27		1	A	1		2.78		
Vitamin B-12, added....mcg	0.00		0	FLA	4		0.00		
Vitamin A, RAE....mcg_RAE	27		0	FLA	4		59		
Retinol....mcg	22		0	FLA	4		48		
Carotene, beta....mcg	59		0	FLA	4		128		
Carotene, alpha....mcg	1		0	FLA	4		3		
Cryptoxanthin, beta....mcg	2		0	FLA	4		5		
Vitamin A, IU....IU	174		0	NC	4		381		
Lycopene....mcg	0		0	FLA	4		0		
Lutein + zeaxanthin....mcg	50		0	FLA	4		109		
Vitamin E (alpha-tocopherol)....mg	0.06		1	A	1		0.13		
Vitamin E, added....mg	0.00		0	FLA	4		0.00		
Tocopherol, beta....mg	0.00		1	A	1		0.00		
Tocopherol, gamma....mg	1.00		1	A	1		2.19		
Tocopherol, delta....mg	0.87		1	A	1		1.91		
Vitamin D (D2 + D3)....mcg	0.1		0	FLA	4		0.2		
Vitamin D2 (ergocalciferol)....mcg									

NDB No. 21400

Fast foods, cheeseburger; double, regular patty; double decker bun with condiments and special sauce

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D3 (cholecalciferol).....mcg									
Vitamin D.....IU	5		0	FLA	4		10		
Vitamin K (phylloquinone).....mcg	16.4		1	A	1		35.9		
Dihydrophylloquinone.....mcg	0.0		1	A	1		0.0		
Menaquinone-4.....mcg									
Lipids:									
Fatty acids, total saturated.....g	5.045		0	NC	4		11.049		
4:0.....g	0.086		0	FLA	4		0.188		
6:0.....g	0.029		0	FLA	4		0.064		
8:0.....g	0.020		1	A	1		0.043		
10:0.....g	0.049		1	A	1		0.108		
12:0.....g	0.059		1	A	1		0.129		
13:0.....g									
14:0.....g	0.404		1	A	1		0.885		
15:0.....g	0.049		1	A	1		0.108		
16:0.....g	2.781		1	A	1		6.090		
17:0.....g	0.089		1	A	1		0.194		
18:0.....g	1.430		1	A	1		3.131		
20:0.....g	0.029		1	A	1		0.065		
22:0.....g	0.020		1	A	1		0.043		
24:0.....g	0.000		1	A	1		0.000		
Fatty acids, total monounsaturated.....g	5.088		0	NC	4		11.143		
14:1.....g	0.069		1	A	1		0.151		
15:1.....g	0.000		1	A	1		0.000		
16:1 undifferentiated.....g	0.286		1	A	1		0.626		
17:1.....g	0.000		1	A	1		0.000		
18:1 undifferentiated.....g	4.664		1	A	1		10.215		
20:1.....g	0.049		1	A	1		0.108		
22:1 undifferentiated.....g	0.020		1	A	1		0.043		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	3.826		0	NC	4		8.379		
18:2 undifferentiated.....g	3.303		1	A	1		7.234		
18:3 undifferentiated.....g	0.454		1	A	1		0.993		
18:4.....g	0.049		1	A	1		0.108		
20:2 n-6 c,c.....g	0.000		1	A	1		0.000		
20:3 undifferentiated.....g	0.000		1	A	1		0.000		
20:4 undifferentiated.....g	0.020		1	A	1		0.043		
20:5 n-3 (EPA).....g	0.000		1	A	1		0.000		
22:5 n-3 (DPA).....g	0.000		1	A	1		0.000		
22:6 n-3 (DHA).....g	0.000		1	A	1		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	36		1	A	1		78		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.110		0	A	1		0.241		
Threonine.....g	0.390		0	A	1		0.854		
Isoleucine.....g	0.440		0	A	1		0.963		
Leucine.....g	0.810		0	A	1		1.774		
Lysine.....g	0.670		0	A	1		1.467		
Methionine.....g	0.240		0	A	1		0.525		
Cystine.....g	0.150		0	A	1		0.328		
Phenylalanine.....g	0.450		0	A	1		0.985		
Tyrosine.....g	0.240		0	A	1		0.525		
Valine.....g	0.520		0	A	1		1.139		
Arginine.....g	0.580		0	A	1		1.270		
Histidine.....g	0.290		0	A	1		0.635		
Alanine.....g	0.610		0	A	1		1.336		
Aspartic acid.....g	0.740		0	A	1		1.621		
Glutamic acid.....g	2.350		0	A	1		5.146		
Glycine.....g	0.700		0	A	1		1.533		
Proline.....g	0.860		0	A	1		1.883		
Serine.....g	0.440		0	A	1		0.963		
Hydroxyproline.....g									

NDB No. 21400

Fast foods, cheeseburger; double, regular patty; double decker bun with condiments and special sauce

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Others:									
Alcohol, ethyl.....g	0.0		0	FLA	4		0.0		
Caffeine.....mg	0		0	FLA	4		0		
Theobromine.....mg	0		0	FLA	4		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 219g: 1 item

Calories Factors: Protein 4 **Fat** 9 **Carbohydrate** 4

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2010)

NDB No. 21092
Fast foods, cheeseburger; double, regular patty; plain

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	42.17		0	RA	4		62.83		
Energy....kcal	308		0	RA	4		460		
Energy....kJ	1290		0	RA	4		1923		
Protein (N x 6.2)....g	17.16		0	RA	4		25.57		
Total lipid (fat)....g	17.40		0	RA	4		25.92		
Ash....g	2.52		0	RA	4		3.75		
Carbohydrate, by difference....g	20.80		0	RA	4		30.99		
Fiber, total dietary....g	0.7		0	RA	4		1.0		
Sugars, total....g	4.02		0	RA	4		6.00		
Sucrose....g	0.18		0	RA	4		0.27		
Glucose (dextrose)....g	0.94		0	RA	4		1.41		
Fructose....g	1.64		0	RA	4		2.45		
Lactose....g	0.76		0	RA	4		1.14		
Maltose....g	0.49		0	RA	4		0.73		
Galactose....g	0.00		0	RA	4		0.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	180		0	RA	4		268		
Iron, Fe....mg	2.37		0	RA	4		3.54		
Magnesium, Mg....mg	21		0	RA	4		31		
Phosphorus, P....mg	183		0	RA	4		273		
Potassium, K....mg	216		0	RA	4		322		
Sodium, Na....mg	621		0	RA	4		925		
Zinc, Zn....mg	2.75		0	RA	4		4.09		
Copper, Cu....mg	0.081		0	RA	4		0.120		
Manganese, Mn....mg	0.181		0	RA	4		0.269		
Selenium, Se....mcg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	RA	4		0.0		
Thiamin....mg	0.185		0	RA	4		0.276		
Riboflavin....mg	0.282		0	RA	4		0.420		
Niacin....mg	4.382		0	RA	4		6.530		
Pantothenic acid....mg	0.342		0	RA	4		0.510		
Vitamin B-6....mg	0.187		0	RA	4		0.278		
Folate, total....mcg	50		0	RA	4		74		
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	1.38		0	RA	4		2.05		
Vitamin A, RAE....mcg_RAE									
Vitamin A, IU....IU									
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Dihydrophylloquinone....mcg									
Menaquinone-4....mcg									
Lipids:									
Fatty acids, total saturated....g	7.080		0	RA	4		10.550		
Fatty acids, total monounsaturated....g	5.794		0	RA	4		8.632		
Fatty acids, total polyunsaturated....g	0.562		0	RA	4		0.838		
Fatty acids, total trans....g	0.963		0	RA	4		1.435		

NDB No. 21092
Fast foods, cheeseburger; double, regular patty; plain

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Cholesterol....mg	55		0	RA	4		82		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.227		0		1		0.338		
Threonine....g	0.676		0		1		1.007		
Isoleucine....g	0.769		0		1		1.146		
Leucine....g	1.428		0		1		2.128		
Lysine....g	1.393		0		1		2.076		
Methionine....g	0.406		0		1		0.605		
Cystine....g	0.178		0		1		0.265		
Phenylalanine....g	0.754		0		1		1.123		
Tyrosine....g	0.627		0		1		0.934		
Valine....g	0.910		0		1		1.356		
Arginine....g	1.028		0		1		1.532		
Histidine....g	0.573		0		1		0.854		
Alanine....g	0.924		0		1		1.377		
Aspartic acid....g	1.405		0		1		2.093		
Glutamic acid....g	3.405		0		1		5.073		
Glycine....g	1.002		0		1		1.493		
Proline....g	1.252		0		1		1.865		
Serine....g	0.682		0		1		1.016		
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 149g: 1 item

Calories Factors: Protein 4.2 **Fat** 8.92 **Carbohydrate** 3.95

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2010)

NDB No. 21395

Fast foods, cheeseburger; double, regular patty; with condiments

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
		Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	47.77		0	RKA	1		82.64		
Energy	kcal	274		0	NC	4		473		
Energy	kJ	1145		0	NC	4		1980		
Protein	g	14.89		0	RKA	1		25.76		
Total lipid (fat)	g	14.97		0	RKA	1		25.90		
Ash	g	2.58		0	RKA	1		4.46		
Carbohydrate, by difference	g	19.83		0	RKI	6		34.31		
Fiber, total dietary	g	0.8		0	RKA	1		1.4		
Sugars, total	g	4.66		0	RKA	1		8.06		
Sucrose	g	0.16		0	RKA	1		0.28		
Glucose (dextrose)	g	1.44		0	RKA	1		2.49		
Fructose	g	1.81		0	RKA	1		3.13		
Lactose	g	0.66		0	RKA	1		1.14		
Maltose	g	0.59		0	RKA	1		1.02		
Galactose	g	0.00		0	RKI	6		0.00		
Starch	g									
Minerals:										
Calcium, Ca	mg	160		0	RKA	1		278		
Iron, Fe	mg	2.13		0	RKA	1		3.68		
Magnesium, Mg	mg	20		0	RKA	1		34		
Phosphorus, P	mg	162		0	RKA	1		281		
Potassium, K	mg	217		0	RKA	1		375		
Sodium, Na	mg	657		0	MC	9		1136		
Zinc, Zn	mg	2.40		0	RKA	1		4.15		
Copper, Cu	mg	0.093		0	RKA	1		0.161		
Manganese, Mn	mg	0.168		0	RKA	1		0.291		
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.4		0	RKA	1		0.7		
Thiamin	mg	0.162		0	RKA	1		0.281		
Riboflavin	mg	0.247		0	RKA	1		0.428		
Niacin	mg	3.860		0	RKA	1		6.678		
Pantothenic acid	mg									
Vitamin B-6	mg									
Folate, total	mcg	45		0	RKA	1		78		
Folate, DFE	mcg_DFE									
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	1.18		0	RKA	1		2.05		
Vitamin A, RAE	mcg_RAE									
Vitamin A, IU	IU	304		0	RKA	1		526		
Lycopene	mcg									
Lutein + zeaxanthin	mcg									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Dihydrophylloquinone	mcg									
Menaquinone-4	mcg									
Lipids:										
Fatty acids, total saturated	g	6.088		0	RKI	6		10.532		
Fatty acids, total monounsaturated	g	4.983		0	RKI	6		8.620		
Fatty acids, total polyunsaturated	g	0.486		0	RKI	6		0.842		
Fatty acids, total trans	g	0.857		0	MC	9		1.483		

NDB No. 21395

Fast foods, cheeseburger; double, regular patty; with condiments

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Cholesterol.....mg	48		0	RKA	1		82		
Phytosterols.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 173g: 1 item

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2010)

NDB No. 21095

Fast foods, cheeseburger; double, regular, patty and bun; with condiments and vegetables

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	46.56	0.469	13		1		106.16		
Energy....kcal	285		0	NC	4		649		
Energy....kJ	1192		0	NC	4		2717		
Protein (N x 6.2)....g	13.04	0.252	10		1		29.73		
Total lipid (fat)....g	15.47	0.395	10		1		35.27		
Ash....g	1.63	0.099	8		1		3.72		
Carbohydrate, by difference....g	23.30		0	NC	4		53.12		
Fiber, total dietary....g									
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	74	7.980	8		1		169		
Iron, Fe....mg	2.07	0.176	8		1		4.72		
Magnesium, Mg....mg	16	1.579	8		1		36		
Phosphorus, P....mg	153	11.545	7		1		349		
Potassium, K....mg	171	16.193	6		1		390		
Sodium, Na....mg	404	46.710	8		1		921		
Zinc, Zn....mg	1.81	0.194	8		1		4.13		
Copper, Cu....mg	0.071	0.007	6		1		0.162		
Manganese, Mn....mg	0.120	0.018	5		1		0.274		
Selenium, Se....mcg	17.3		0	RK	4		39.4		
Vitamins:									
Vitamin C, total ascorbic acid....mg	1.2	0.075	5		1		2.7		
Thiamin....mg	0.250	0.022	7		1		0.570		
Riboflavin....mg	0.190	0.005	7		1		0.433		
Niacin....mg	3.660	0.149	7		1		8.345		
Pantothenic acid....mg	0.280	0.094	4		1		0.638		
Vitamin B-6....mg	0.120	0.007	7		1		0.274		
Folate, total....mcg	40		0	RK	4		91		
Folic acid....mcg	25		0	NC	4		57		
Folate, food....mcg	15	1.795	9		1		34		
Folate, DFE....mcg_DFE	58		0	NC	4		131		
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.91	0.040	5		1		2.07		
Vitamin A, RAE....mcg_RAE									
Retinol....mcg									
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	163	31.822	5		1		372		
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg	0.87		0		1		1.98		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Dihydrophylloquinone....mcg									
Menaquinone-4....mcg									
Lipids:									
Fatty acids, total saturated....g	5.600		0		1		12.768		
4:0....g									

NDB No. 21095

Fast foods, cheeseburger; double, regular, patty and bun; with condiments and vegetables

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.102		5		1		0.233		
8:0 g	0.028		5		1		0.064		
10:0 g	0.040		5		1		0.091		
12:0 g	0.060		5		1		0.137		
13:0 g									
14:0 g	0.447		5		1		1.019		
15:0 g									
16:0 g	3.034		5		1		6.918		
17:0 g									
18:0 g	1.641		5		1		3.741		
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	5.543		0		1		12.638		
14:1 g									
15:1 g									
16:1 undifferentiated g	0.457		5		1		1.042		
17:1 g									
18:1 undifferentiated g	4.931		5		1		11.243		
20:1 g	0.043		5		1		0.098		
22:1 undifferentiated g									
24:1 c g									
Fatty acids, total polyunsaturated g	2.792		0		1		6.366		
18:2 undifferentiated g	2.465		5		1		5.620		
18:3 undifferentiated g	0.285		5		1		0.650		
18:4 g									
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.043		5		1		0.098		
20:5 n-3 (EPA) g									
22:5 n-3 (DPA) g									
22:6 n-3 (DHA) g									
Fatty acids, total trans g									
Cholesterol mg	41	0.402	4		1		93		
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.164		0		1		0.374		
Threonine g	0.482		0		1		1.099		
Isoleucine g	0.558		0		1		1.272		
Leucine g	1.023		0		1		2.332		
Lysine g	0.949		0		1		2.164		
Methionine g	0.286		0		1		0.652		
Cystine g	0.139		0		1		0.317		
Phenylalanine g	0.558		0		1		1.272		
Tyrosine g	0.440		0		1		1.003		
Valine g	0.661		0		1		1.507		
Arginine g	0.728		0		1		1.660		
Histidine g	0.402		0		1		0.917		
Alanine g	0.652		0		1		1.487		
Aspartic acid g	0.989		0		1		2.255		
Glutamic acid g	2.615		0		1		5.962		
Glycine g	0.705		0		1		1.607		
Proline g	0.949		0		1		2.164		
Serine g	0.511		0		1		1.165		
Hydroxyproline g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 228g: 1 sandwich

NDB No. 21095

Fast foods, cheeseburger; double, regular, patty and bun; with condiments and vegetables

Calories Factors: Protein 4.2 **Fat** 8.92 **Carbohydrate** 3.95

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2010)

NDB No. 21096
Fast foods, cheeseburger; single, large patty; plain

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	42.63		0	RA	4		70.76		
Energy	kcal	305		0	RA	4		507		
Energy	kJ	1278		0	RA	4		2122		
Protein (N x 6.2)	g	17.28		0	RA	4		28.69		
Total lipid (fat)	g	17.02		0	RA	4		28.25		
Ash	g	2.27		0	RA	4		3.77		
Carbohydrate, by difference	g	20.80		0	RA	4		34.53		
Fiber, total dietary	g	1.4		0	RA	4		2.3		
Sugars, total	g	3.83		0	RA	4		6.36		
Sucrose	g	0.18		0	RA	4		0.30		
Glucose (dextrose)	g	0.90		0	RA	4		1.50		
Fructose	g	1.60		0	RA	4		2.66		
Lactose	g	0.66		0	RA	4		1.09		
Maltose	g	0.49		0	RA	4		0.81		
Galactose	g	0.00		0	RA	4		0.00		
Starch	g									
Minerals:										
Calcium, Ca	mg	167		0	RA	4		277		
Iron, Fe	mg	2.42		0	RA	4		4.02		
Magnesium, Mg	mg	24		0	RA	4		41		
Phosphorus, P	mg	188		0	RA	4		312		
Potassium, K	mg	217		0	RA	4		359		
Sodium, Na	mg	533		0	RA	4		885		
Zinc, Zn	mg	3.11		0	RA	4		5.16		
Copper, Cu	mg	0.093		0	RA	4		0.155		
Manganese, Mn	mg	0.191		0	RA	4		0.317		
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	RA	4		0.0		
Thiamin	mg	0.191		0	RA	4		0.317		
Riboflavin	mg	0.416		0	RA	4		0.690		
Niacin	mg	4.468		0	RA	4		7.416		
Pantothenic acid	mg	0.341		0	RA	4		0.566		
Vitamin B-6	mg	0.265		0	RA	4		0.439		
Folate, total	mcg	59		0	RA	4		97		
Folate, DFE	mcg_DFE									
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	1.51		0	RA	4		2.51		
Vitamin A, RAE	mcg_RAE									
Vitamin A, IU	IU									
Lycopene	mcg									
Lutein + zeaxanthin	mcg									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Dihydrophylloquinone	mcg									
Menaquinone-4	mcg									
Lipids:										
Fatty acids, total saturated	g	6.760		0	RA	4		11.222		
Fatty acids, total monounsaturated	g	5.520		0	RA	4		9.163		
Fatty acids, total polyunsaturated	g	0.516		0	RA	4		0.856		
Fatty acids, total trans	g	0.981		0	RA	4		1.628		

NDB No. 21096
Fast foods, cheeseburger; single, large patty; plain

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Cholesterol....mg	56		0	RA	4		93		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.205		0		1		0.340		
Threonine....g	0.609		0		1		1.011		
Isoleucine....g	0.699		0		1		1.160		
Leucine....g	1.295		0		1		2.150		
Lysine....g	1.240		0		1		2.058		
Methionine....g	0.365		0		1		0.606		
Cystine....g	0.168		0		1		0.279		
Phenylalanine....g	0.691		0		1		1.147		
Tyrosine....g	0.565		0		1		0.938		
Valine....g	0.827		0		1		1.373		
Arginine....g	0.927		0		1		1.539		
Histidine....g	0.515		0		1		0.855		
Alanine....g	0.833		0		1		1.383		
Aspartic acid....g	1.263		0		1		2.097		
Glutamic acid....g	3.170		0		1		5.262		
Glycine....g	0.901		0		1		1.496		
Proline....g	1.161		0		1		1.927		
Serine....g	0.628		0		1		1.042		
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 166g: 1 item

Calories Factors: Protein 4.2 **Fat** 8.92 **Carbohydrate** 3.95

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2010)

NDB No. 21398

Fast foods, cheeseburger; single, large patty; with condiments

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	48.36		1	A	1		96.24		
Energy	kcal	269		0	NC	4		536		
Energy	kJ	1127		0	NC	4		2242		
Protein	g	15.21		1	A	1		30.27		
Total lipid (fat)	g	14.40		1	A	1		28.66		
Ash	g	2.31		1	A	1		4.60		
Carbohydrate, by difference	g	19.72		0	NC	4		39.24		
Fiber, total dietary	g	1.2		1	A	1		2.4		
Sugars, total	g	3.60		0	NR	4		7.16		
Sucrose	g	0.15		1	A	1		0.30		
Glucose (dextrose)	g	0.93		1	A	1		1.85		
Fructose	g	1.29		1	A	1		2.57		
Lactose	g	0.47		1	A	1		0.94		
Maltose	g	0.76		1	A	1		1.51		
Galactose	g									
Starch	g	13.00		1	A	1		25.87		
Minerals:										
Calcium, Ca	mg	179		1	A	1		356		
Iron, Fe	mg	1.02		1	A	1		2.03		
Magnesium, Mg	mg	26		1	A	1		52		
Phosphorus, P	mg	183		1	A	1		364		
Potassium, K	mg	223		1	A	1		444		
Sodium, Na	mg	591		1	A	1		1176		
Zinc, Zn	mg	2.83		1	A	1		5.63		
Copper, Cu	mg	0.075		1	A	1		0.148		
Manganese, Mn	mg	0.163		1	A	1		0.324		
Selenium, Se	mcg	24.7		1	A	1		49.2		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.3		1	A	1		0.7		
Thiamin	mg	0.119		1	A	1		0.237		
Riboflavin	mg	0.260		1	A	1		0.517		
Niacin	mg	4.050		1	A	1		8.060		
Pantothenic acid	mg	0.590		1	A	1		1.174		
Vitamin B-6	mg	0.093		1	A	1		0.185		
Folate, total	mcg	16		1	A	1		32		
Folic acid	mcg	12		1	A	1		24		
Folate, food	mcg	4		1	AS	1		8		
Folate, DFE	mcg_DFE	24		0	NC	4		49		
Choline, total	mg	37.7		0	FLA	4		75.0		
Betaine	mg									
Vitamin B-12	mcg	1.75		1	A	1		3.48		
Vitamin B-12, added	mcg	0.00		0	FLA	4		0.00		
Vitamin A, RAE	mcg_RAE	51		0	FLA	4		101		
Retinol	mcg	47		0	FLA	4		93		
Carotene, beta	mcg	47		0	FLA	4		93		
Carotene, alpha	mcg	1		0	FLA	4		2		
Cryptoxanthin, beta	mcg	2		0	FLA	4		4		
Vitamin A, IU	IU	237		0	NC	4		472		
Lycopene	mcg	810		0	FLA	4		1613		
Lutein + zeaxanthin	mcg	17		0	FLA	4		34		
Vitamin E (alpha-tocopherol)	mg	0.20		1	A	1		0.40		
Vitamin E, added	mg	0.00		0	FLA	4		0.00		
Tocopherol, beta	mg	2.76		1	A	1		5.49		
Tocopherol, gamma	mg	0.32		1	A	1		0.64		
Tocopherol, delta	mg	0.06		1	A	1		0.12		
Vitamin D (D2 + D3)	mcg	0.1		0	BFFN	4		0.2		
Vitamin D2 (ergocalciferol)	mcg									

NDB No. 21398

Fast foods, cheeseburger; single, large patty; with condiments

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU	3		0	BFFN	4		7		
Vitamin K (phylloquinone)....mcg	4.4		1	A	1		8.8		
Dihydrophylloquinone....mcg	0.0		1	A	1		0.0		
Menaquinone-4....mcg									
Lipids:									
Fatty acids, total saturated....g	7.033		0	NC	4		13.995		
4:0....g	0.194		0	FLA	4		0.386		
6:0....g	0.066		0	FLA	4		0.132		
8:0....g	0.049		1	A	1		0.098		
10:0....g	0.108		1	A	1		0.214		
12:0....g	0.127		1	A	1		0.253		
13:0....g									
14:0....g	0.725		1	A	1		1.443		
15:0....g	0.088		1	A	1		0.176		
16:0....g	3.627		1	A	1		7.217		
17:0....g	0.137		1	A	1		0.273		
18:0....g	1.892		1	A	1		3.764		
20:0....g	0.020		1	A	1		0.039		
22:0....g	0.000		1	A	1		0.000		
24:0....g	0.000		1	A	1		0.000		
Fatty acids, total monounsaturated....g	5.959		0	NC	4		11.859		
14:1....g	0.108		1	A	1		0.214		
15:1....g	0.000		1	A	1		0.000		
16:1 undifferentiated....g	0.461		1	A	1		0.917		
17:1....g	0.000		1	A	1		0.000		
18:1 undifferentiated....g	5.342		1	A	1		10.630		
20:1....g	0.049		1	A	1		0.098		
22:1 undifferentiated....g	0.000		1	A	1		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.264		0	NC	4		2.515		
18:2 undifferentiated....g	1.009		1	A	1		2.009		
18:3 undifferentiated....g	0.127		1	A	1		0.253		
18:4....g	0.078		1	A	1		0.156		
20:2 n-6 c,c....g	0.000		1	A	1		0.000		
20:3 undifferentiated....g	0.020		1	A	1		0.039		
20:4 undifferentiated....g	0.029		1	A	1		0.058		
20:5 n-3 (EPA)....g	0.000		1	A	1		0.000		
22:5 n-3 (DPA)....g	0.000		1	A	1		0.000		
22:6 n-3 (DHA)....g	0.000		1	A	1		0.000		
Fatty acids, total trans....g									
Cholesterol....mg	48		1	A	1		95		
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	FLA	4		0.0		
Caffeine....mg	0		0	FLA	4		0		
Theobromine....mg	0		0	FLA	4		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 199g: 1 item

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2010)

NDB No. 21097

Fast foods, cheeseburger; single, large patty; with condiments and bacon

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	46.85		0	RA	4		98.86		
Energy....kcal	282		0	RA	4		595		
Energy....kJ	1180		0	RA	4		2489		
Protein (N x 6.2)....g	15.78		0	RA	4		33.30		
Total lipid (fat)....g	15.86		0	RA	4		33.46		
Ash....g	2.62		0	RA	4		5.53		
Carbohydrate, by difference....g	18.89		0	RA	4		39.85		
Fiber, total dietary....g	1.3		0	RA	4		2.7		
Sugars, total....g	4.63		0	RA	4		9.76		
Sucrose....g	0.18		0	RA	4		0.38		
Glucose (dextrose)....g	1.55		0	RA	4		3.27		
Fructose....g	1.79		0	RA	4		3.77		
Lactose....g	0.52		0	RA	4		1.10		
Maltose....g	0.59		0	RA	4		1.25		
Galactose....g	0.00		0	RA	4		0.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	137		0	RA	4		288		
Iron, Fe....mg	2.07		0	RA	4		4.36		
Magnesium, Mg....mg	23		0	RA	4		48		
Phosphorus, P....mg	181		0	RA	4		381		
Potassium, K....mg	238		0	RA	4		501		
Sodium, Na....mg	674		0	RA	4		1421		
Zinc, Zn....mg	2.67		0	RA	4		5.63		
Copper, Cu....mg	0.102		0	RA	4		0.215		
Manganese, Mn....mg	0.166		0	RA	4		0.349		
Selenium, Se....mcg	3.4		0	RA	4		7.1		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.7		0	RA	4		1.6		
Thiamin....mg	0.174		0	RA	4		0.368		
Riboflavin....mg	0.348		0	RA	4		0.735		
Niacin....mg	4.233		0	RA	4		8.931		
Pantothenic acid....mg	0.354		0	RA	4		0.746		
Vitamin B-6....mg	0.242		0	RA	4		0.511		
Folate, total....mcg	49		0	RA	4		103		
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	1.25		0	RA	4		2.65		
Vitamin A, RAE....mcg_RAE									
Vitamin A, IU....IU									
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Dihydrophylloquinone....mcg									
Menaquinone-4....mcg									
Lipids:									
Fatty acids, total saturated....g	6.126		0	RA	4		12.925		
Fatty acids, total monounsaturated....g	5.427		0	RA	4		11.452		
Fatty acids, total polyunsaturated....g	0.672		0	RA	4		1.419		
Fatty acids, total trans....g	0.772		0	RA	4		1.628		

NDB No. 21097

Fast foods, cheeseburger; single, large patty; with condiments and bacon

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Cholesterol....mg	50		0	RA	4		106		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.199		0		1		0.420		
Threonine....g	0.617		0		1		1.302		
Isoleucine....g	0.696		0		1		1.469		
Leucine....g	1.271		0		1		2.682		
Lysine....g	1.239		0		1		2.614		
Methionine....g	0.365		0		1		0.770		
Cystine....g	0.169		0		1		0.357		
Phenylalanine....g	0.683		0		1		1.441		
Tyrosine....g	0.551		0		1		1.163		
Valine....g	0.826		0		1		1.743		
Arginine....g	0.948		0		1		2.000		
Histidine....g	0.508		0		1		1.072		
Alanine....g	0.852		0		1		1.798		
Aspartic acid....g	1.292		0		1		2.726		
Glutamic acid....g	3.034		0		1		6.402		
Glycine....g	0.956		0		1		2.017		
Proline....g	1.112		0		1		2.346		
Serine....g	0.630		0		1		1.329		
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 211g: 1 item

Calories Factors: Protein 4.2 **Fat** 8.92 **Carbohydrate** 3.95

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2010)

NDB No. 21098

Fast foods, cheeseburger; single, large patty; with condiments and vegetables

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	59.55		0	RKI	6		138.75		
Energy....kcal	206		0	RKI	6		481		
Energy....kJ	864		0	RKI	6		2013		
Protein (N x 6.2)....g	11.59		0	RKI	6		27.00		
Total lipid (fat)....g	10.36		0	RKI	6		24.15		
Ash....g	1.68		0	RKI	6		3.92		
Carbohydrate, by difference....g	16.81		0	RKI	6		39.18		
Fiber, total dietary....g	1.4		0	RKI	6		3.2		
Sugars, total....g	4.00		0	RKI	6		9.31		
Sucrose....g	0.17		0	RKI	6		0.40		
Glucose (dextrose)....g	1.39		0	RKI	6		3.24		
Fructose....g	1.72		0	RKI	6		4.02		
Lactose....g	0.26		0	RKI	6		0.61		
Maltose....g	0.47		0	RKI	6		1.10		
Galactose....g	0.00		0	RKI	6		0.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	95		0	RKI	6		222		
Iron, Fe....mg	1.86		0	RKI	6		4.33		
Magnesium, Mg....mg	19		0	RKI	6		45		
Phosphorus, P....mg	119		0	RKI	6		277		
Potassium, K....mg	210		0	RKI	6		489		
Sodium, Na....mg	385		0	RKA	1		897		
Zinc, Zn....mg	2.17		0	RKI	6		5.06		
Copper, Cu....mg	0.090		0	RKI	6		0.210		
Manganese, Mn....mg	0.182		0	RKI	6		0.424		
Selenium, Se....mcg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	1.9		0	RKA	1		4.4		
Thiamin....mg	0.145		0	RKI	6		0.337		
Riboflavin....mg	0.281		0	RKI	6		0.655		
Niacin....mg	3.327		0	RKI	6		7.751		
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....mcg	47		0	RKA	1		110		
Folate, DFE....mcg_DFE									
Choline, total....mg	29.0		0	AS	1		67.6		
Betaine....mg	11.5		1	A	1		26.8		
Vitamin B-12....mcg	1.01		0	RKI	6		2.36		
Vitamin A, RAE....mcg_RAE									
Vitamin A, IU....IU	258		0	RKA	1		600		
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Dihydrophylloquinone....mcg									
Menaquinone-4....mcg									
Lipids:									
Fatty acids, total saturated....g	3.893		0	RKI	6		9.071		
Fatty acids, total monounsaturated....g	3.518		0	RKI	6		8.198		
Fatty acids, total polyunsaturated....g	0.298		0	RKI	6		0.693		
Fatty acids, total trans....g	0.604		0	RKI	6		1.408		

NDB No. 21098

Fast foods, cheeseburger; single, large patty; with condiments and vegetables

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Cholesterol.....mg	34		0	RKI	6		80		
Phytosterols.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 233g: 1 sandwich

Calories Factors: Protein 4.2 **Fat** 8.92 **Carbohydrate** 3.95

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2010)

NDB No. 21099

Fast foods, cheeseburger; single, large patty; with condiments, vegetables and ham

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	50.05		1		1		127.13		
Energy....kcal	286		0	NC	4		726		
Energy....kJ	1196		0	NC	4		3038		
Protein (N x 6.2)....g	15.55		2		1		39.50		
Total lipid (fat)....g	18.97		2		1		48.18		
Ash....g	2.42		1		4		6.15		
Carbohydrate, by difference....g	13.01		0	NC	4		33.05		
Fiber, total dietary....g									
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	119		1		4		302		
Iron, Fe....mg	1.98		1		4		5.03		
Magnesium, Mg....mg	20		1		4		51		
Phosphorus, P....mg	209		1		4		531		
Potassium, K....mg	212		1		4		538		
Sodium, Na....mg	674		2		1		1712		
Zinc, Zn....mg	2.61		1		4		6.63		
Copper, Cu....mg	0.097		1		4		0.246		
Manganese, Mn....mg	0.147		1		4		0.373		
Selenium, Se....mcg	12.8		0	RK	4		32.5		
Vitamins:									
Vitamin C, total ascorbic acid....mg	2.9		1		4		7.4		
Thiamin....mg	0.210		1		4		0.533		
Riboflavin....mg	0.220		1		4		0.559		
Niacin....mg	3.610		1		4		9.169		
Pantothenic acid....mg	0.410		1		4		1.041		
Vitamin B-6....mg	0.150		1		4		0.381		
Folate, total....mcg	31		0	RK	4		79		
Folic acid....mcg	11		0	NC	4		28		
Folate, food....mcg	20		0		4		51		
Folate, DFE....mcg_DFE	39		0	NC	4		98		
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	1.13		1		4		2.87		
Vitamin A, RAE....mcg_RAE									
Retinol....mcg									
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	199		1		4		505		
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Dihydrophylloquinone....mcg									
Menaquinone-4....mcg									
Lipids:									
Fatty acids, total saturated....g	8.317		1		1		21.125		
Fatty acids, total monounsaturated....g	7.429		1		1		18.870		

NDB No. 21099

Fast foods, cheeseburger; single, large patty; with condiments, vegetables and ham

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total polyunsaturated.....g	1.516		1		1		3.851		
Fatty acids, total trans.....g									
Cholesterol.....mg	48		2		1		122		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.196		0		1		0.498		
Threonine.....g	0.597		0		1		1.516		
Isoleucine.....g	0.670		0		1		1.702		
Leucine.....g	1.232		0		1		3.129		
Lysine.....g	1.197		0		1		3.040		
Methionine.....g	0.354		0		1		0.899		
Cystine.....g	0.171		0		1		0.434		
Phenylalanine.....g	0.662		0		1		1.681		
Tyrosine.....g	0.532		0		1		1.351		
Valine.....g	0.773		0		1		1.963		
Arginine.....g	0.901		0		1		2.289		
Histidine.....g	0.499		0		1		1.267		
Alanine.....g	0.810		0		1		2.057		
Aspartic acid.....g	1.244		0		1		3.160		
Glutamic acid.....g	2.975		0		1		7.557		
Glycine.....g	0.850		0		1		2.159		
Proline.....g	1.046		0		1		2.657		
Serine.....g	0.657		0		1		1.669		
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 254g: 1 sandwich

Calories Factors: Protein 4.2 **Fat** 8.92 **Carbohydrate** 3.95

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2010)

NDB No. 21090
Fast foods, cheeseburger; single, regular patty, with condiments

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	45.78		3	A	1		58.14		
Energy	kcal	270		0	NC	4		342		
Energy	kJ	1128		0	NC	4		1433		
Protein (N x 6.11)	g	13.49		3	A	1		17.13		
Total lipid (fat)	g	12.90		3	A	1		16.39		
Ash	g	2.38		3	A	1		3.02		
Carbohydrate, by difference	g	25.46		0	NC	4		32.33		
Fiber, total dietary	g	1.9		3	A	1		2.4		
Sugars, total	g	5.24		0	NR	4		6.65		
Sucrose	g	0.61		3	A	1		0.78		
Glucose (dextrose)	g	1.78		3	A	1		2.26		
Fructose	g	1.98		3	A	1		2.51		
Lactose	g	0.24		3	A	1		0.31		
Maltose	g	0.48		3	A	1		0.60		
Galactose	g	0.15		1	A	1		0.19		
Starch	g	18.17		3	A	1		23.07		
Minerals:										
Calcium, Ca	mg	123		3	A	1		156		
Iron, Fe	mg	2.25		3	A	1		2.86		
Magnesium, Mg	mg	23		3	A	1		30		
Phosphorus, P	mg	142		3	A	1		181		
Potassium, K	mg	184		3	A	1		234		
Sodium, Na	mg	628		3	A	1		797		
Zinc, Zn	mg	2.21		3	A	1		2.81		
Copper, Cu	mg	0.098		3	A	1		0.124		
Manganese, Mn	mg	0.254		3	A	1		0.323		
Selenium, Se	mcg	22.7		3	A	1		28.8		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.4		3	A	1		0.5		
Thiamin	mg	0.320		3	A	1		0.406		
Riboflavin	mg	0.190		3	A	1		0.241		
Niacin	mg	3.510		3	A	1		4.458		
Pantothenic acid	mg	0.417		3	A	1		0.530		
Vitamin B-6	mg	0.374		3	A	1		0.475		
Folate, total	mcg	26		1	A	1		33		
Folic acid	mcg	19		1	A	1		24		
Folate, food	mcg	7		0	AS	1		9		
Folate, DFE	mcg_DFE	39		0	NC	4		50		
Choline, total	mg	33.4		0	FLA	4		42.4		
Betaine	mg									
Vitamin B-12	mcg	1.31		2	A	1		1.66		
Vitamin B-12, added	mcg	0.00		0	FLA	4		0.00		
Vitamin A, RAE	mcg_RAE	55		0	NC	4		70		
Retinol	mcg	50		0	FLA	4		64		
Carotene, beta	mcg	55		0	FLA	4		69		
Carotene, alpha	mcg	1		0	FLA	4		1		
Cryptoxanthin, beta	mcg	2		0	FLA	4		3		
Vitamin A, IU	IU	261		0	NC	4		332		
Lycopene	mcg	1003		0	FLA	4		1273		
Lutein + zeaxanthin	mcg	22		0	FLA	4		28		
Vitamin E (alpha-tocopherol)	mg	0.09		2	A	1		0.11		
Vitamin E, added	mg	0.00		0	Z	7		0.00		
Tocopherol, beta	mg	0.00		2	A	1		0.00		
Tocopherol, gamma	mg	0.34		2	A	1		0.43		
Tocopherol, delta	mg	0.10		2	A	1		0.12		
Vitamin D (D2 + D3)	mcg	0.1		0	BFFN	4		0.1		
Vitamin D2 (ergocalciferol)	mcg									

NDB No. 21090
Fast foods, cheeseburger; single, regular patty, with condiments

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D3 (cholecalciferol).....mcg									
Vitamin D.....IU	3		0	BFFN	4		4		
Vitamin K (phylloquinone).....mcg	5.5		3	A	1		6.9		
Dihydrophylloquinone.....mcg	0.2		3	A	1		0.3		
Menaquinone-4.....mcg									
Lipids:									
Fatty acids, total saturated.....g	5.797		0	NC	4		7.362		
4:0.....g	0.092		2	A	1		0.116		
6:0.....g	0.057		2	A	1		0.072		
8:0.....g	0.043		3	A	1		0.054		
10:0.....g	0.083		3	A	1		0.105		
12:0.....g	0.104		3	A	1		0.131		
13:0.....g									
14:0.....g	0.577		3	A	1		0.733		
15:0.....g	0.071		3	A	1		0.090		
16:0.....g	2.997		3	A	1		3.806		
17:0.....g	0.121		3	A	1		0.153		
18:0.....g	1.616		3	A	1		2.052		
20:0.....g	0.023		3	A	1		0.030		
22:0.....g	0.008		3	A	1		0.010		
24:0.....g	0.006		3	A	1		0.008		
Fatty acids, total monounsaturated.....g	5.035		0	NC	4		6.394		
14:1.....g	0.083		3	A	1		0.106		
15:1.....g	0.000		2	A	1		0.000		
16:1 undifferentiated.....g	0.418		0	AS	1		0.531		
16:1 c.....g	0.377		2	A	1		0.479		
16:1 t.....g	0.041		2	A	1		0.051		
17:1.....g	0.040		3	A	1		0.050		
18:1 undifferentiated.....g	4.456		0	AS	1		5.659		
18:1 c.....g	3.950		2	A	1		5.016		
18:1-11c (18:1c n-7).....g									
18:1 t.....g	0.506		2	A	1		0.643		
18:1-11t (18:1t n-7).....g									
20:1.....g	0.032		3	A	1		0.040		
22:1 undifferentiated.....g	0.007		3	A	1		0.008		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.363		0	NC	4		1.731		
18:2 undifferentiated.....g	1.186		0	AS	1		1.506		
18:2 n-6 c,c.....g	1.111		2	A	1		1.410		
18:2 CLAs.....g									
18:2 c,t.....g									
18:2 t,c.....g									
18:2 t,t.....g									
18:2 i.....g	0.075		2	A	1		0.095		
18:2 t not further defined.....g									
18:3 undifferentiated.....g	0.123		0	AS	1		0.156		
18:3 n-3 c,c,c (ALA).....g	0.123		2	A	1		0.156		
18:3 n-6 c,c,c.....g									
18:3i.....g									
18:4.....g	0.033		3	A	1		0.042		
20:2 n-6 c,c.....g	0.002		3	A	1		0.002		
20:3 undifferentiated.....g	0.000		0	AS	1		0.000		
20:3 n-3.....g									
20:3 n-6.....g	0.000		1	A	1		0.000		
20:4 undifferentiated.....g	0.020		0	AS	1		0.025		
20:4 n-3.....g									
20:4 n-6.....g	0.020		1	A	1		0.025		
20:5 n-3 (EPA).....g	0.000		3	A	1		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		3	A	1		0.000		
22:6 n-3 (DHA).....g	0.000		3	A	1		0.000		
Fatty acids, total trans.....g									

NDB No. 21090

Fast foods, cheeseburger; single, regular patty, with condiments

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Cholesterol.....mg	39		3	A	1		49		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	FLA	4		0.0		
Caffeine.....mg	0		0	FLA	4		0		
Theobromine.....mg	0		0	FLA	4		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 127g: 1 item

Calories Factors: Protein 4.12 **Fat** 8.8 **Carbohydrate** 3.95

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2010)

NDB No. 21091

Fast foods, cheeseburger; single, regular patty, with condiments and vegetables

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	55.20		1		1		85.01		
Energy....kcal	233		0	NC	4		359		
Energy....kJ	975		0	NC	4		1501		
Protein (N x 6.11)....g	11.58		2		1		17.83		
Total lipid (fat)....g	12.85		2		1		19.79		
Ash....g	2.10		1		1		3.23		
Carbohydrate, by difference....g	18.27		0	NC	4		28.14		
Fiber, total dietary....g									
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	118		1		1		182		
Iron, Fe....mg	1.72		1		1		2.65		
Magnesium, Mg....mg	17		1		1		26		
Phosphorus, P....mg	140		1		1		216		
Potassium, K....mg	149		1		1		229		
Sodium, Na....mg	634		2		1		976		
Zinc, Zn....mg	1.70		1		1		2.62		
Copper, Cu....mg	0.080		1		1		0.123		
Manganese, Mn....mg	0.190		1		1		0.293		
Selenium, Se....mcg	13.3		0	RK	4		20.5		
Vitamins:									
Vitamin C, total ascorbic acid....mg	1.5		1		1		2.3		
Thiamin....mg	0.210		1		1		0.323		
Riboflavin....mg	0.150		1		1		0.231		
Niacin....mg	4.140		1		1		6.376		
Pantothenic acid....mg	0.220		1		1		0.339		
Vitamin B-6....mg	0.100		1		1		0.154		
Folate, total....mcg	42		0	RK	4		65		
Folic acid....mcg	28		0	NC	4		43		
Folate, food....mcg	14		1		1		22		
Folate, DFE....mcg_DFE	62		0	NC	4		95		
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.80		1		1		1.23		
Vitamin A, RAE....mcg_RAE									
Retinol....mcg									
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	280		1		1		431		
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Dihydrophylloquinone....mcg									
Menaquinone-4....mcg									
Lipids:									
Fatty acids, total saturated....g	5.966		0		1		9.188		
4:0....g									

NDB No. 21091

Fast foods, cheeseburger; single, regular patty, with condiments and vegetables

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g									
8:0....g									
10:0....g									
12:0....g	0.119		1		1		0.183		
13:0....g									
14:0....g	0.716		1		1		1.103		
15:0....g									
16:0....g	2.983		1		1		4.594		
17:0....g									
18:0....g	1.790		1		1		2.757		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	4.654		0		1		7.167		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.477		1		1		0.735		
17:1....g									
18:1 undifferentiated....g	4.176		1		1		6.431		
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.955		0		1		1.471		
18:2 undifferentiated....g	0.597		1		1		0.919		
18:3 undifferentiated....g	0.358		1		1		0.551		
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g									
Cholesterol....mg	34		2		1		52		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.146		0		1		0.225		
Threonine....g	0.419		0		1		0.645		
Isoleucine....g	0.493		0		1		0.759		
Leucine....g	0.901		0		1		1.388		
Lysine....g	0.794		0		1		1.223		
Methionine....g	0.246		0		1		0.379		
Cystine....g	0.131		0		1		0.202		
Phenylalanine....g	0.506		0		1		0.779		
Tyrosine....g	0.383		0		1		0.590		
Valine....g	0.588		0		1		0.906		
Arginine....g	0.626		0		1		0.964		
Histidine....g	0.349		0		1		0.537		
Alanine....g	0.557		0		1		0.858		
Aspartic acid....g	0.863		0		1		1.329		
Glutamic acid....g	2.503		0		1		3.855		
Glycine....g	0.601		0		1		0.926		
Proline....g	0.891		0		1		1.372		
Serine....g	0.472		0		1		0.727		
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 154g: 1 sandwich

NDB No. 21091

Fast foods, cheeseburger; single, regular patty, with condiments and vegetables

Calories Factors: Protein 4.12 **Fat** 8.8 **Carbohydrate** 3.95

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2010)

NDB No. 21089
Fast foods, cheeseburger; single, regular patty; plain

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	38.70		0	RA	4		38.70		
Energy	kcal	303		0	RA	4		303		
Energy	kJ	1268		0	RA	4		1268		
Protein (N x 6.11)	g	15.13		0	RA	4		15.13		
Total lipid (fat)	g	13.93		0	RA	4		13.93		
Ash	g	2.38		0	RA	4		2.38		
Carbohydrate, by difference	g	29.89		0	RA	4		29.89		
Fiber, total dietary	g	1.0		0	RA	4		1.0		
Sugars, total	g	5.47		0	RA	4		5.47		
Sucrose	g	0.27		0	RA	4		0.27		
Glucose (dextrose)	g	1.40		0	RA	4		1.40		
Fructose	g	2.44		0	RA	4		2.44		
Lactose	g	0.64		0	RA	4		0.64		
Maltose	g	0.73		0	RA	4		0.73		
Galactose	g	0.00		0	RA	4		0.00		
Starch	g									
Minerals:										
Calcium, Ca	mg	191		0	RA	4		191		
Iron, Fe	mg	2.66		0	RA	4		2.66		
Magnesium, Mg	mg	21		0	RA	4		21		
Phosphorus, P	mg	159		0	RA	4		159		
Potassium, K	mg	190		0	RA	4		190		
Sodium, Na	mg	589		0	RA	4		589		
Zinc, Zn	mg	2.20		0	RA	4		2.20		
Copper, Cu	mg	0.087		0	RA	4		0.087		
Manganese, Mn	mg	0.251		0	RA	4		0.251		
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	RA	4		0.0		
Thiamin	mg	0.259		0	RA	4		0.259		
Riboflavin	mg	0.299		0	RA	4		0.299		
Niacin	mg	4.618		0	RA	4		4.618		
Pantothenic acid	mg	0.253		0	RA	4		0.253		
Vitamin B-6	mg	0.138		0	RA	4		0.138		
Folate, total	mcg	67		0	RA	4		67		
Folate, DFE	mcg_DFE									
Choline, total	mg	28.9		0	AS	1		28.9		
Betaine	mg	15.7		1	A	1		15.7		
Vitamin B-12	mcg	1.02		0	RA	4		1.02		
Vitamin A, RAE	mcg_RAE									
Vitamin A, IU	IU	230		0	RA	4		230		
Lycopene	mcg									
Lutein + zeaxanthin	mcg									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Dihydrophylloquinone	mcg									
Menaquinone-4	mcg									
Lipids:										
Fatty acids, total saturated	g	5.245		0	RA	4		5.245		
Fatty acids, total monounsaturated	g	4.292		0	RA	4		4.292		
Fatty acids, total polyunsaturated	g	0.417		0	RA	4		0.417		
Fatty acids, total trans	g	0.714		0	RA	4		0.714		

NDB No. 21089
Fast foods, cheeseburger; single, regular patty; plain

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Cholesterol....mg	41		0	RA	4		41		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.182		0		1		0.182		
Threonine....g	0.524		0		1		0.524		
Isoleucine....g	0.618		0		1		0.618		
Leucine....g	1.135		0		1		1.135		
Lysine....g	0.998		0		1		0.998		
Methionine....g	0.310		0		1		0.310		
Cystine....g	0.164		0		1		0.164		
Phenylalanine....g	0.635		0		1		0.635		
Tyrosine....g	0.483		0		1		0.483		
Valine....g	0.739		0		1		0.739		
Arginine....g	0.787		0		1		0.787		
Histidine....g	0.438		0		1		0.438		
Alanine....g	0.701		0		1		0.701		
Aspartic acid....g	1.064		0		1		1.064		
Glutamic acid....g	3.102		0		1		3.102		
Glycine....g	0.756		0		1		0.756		
Proline....g	1.128		0		1		1.128		
Serine....g	0.592		0		1		0.592		
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 100g: 1 item

Calories Factors: Protein 4.12 **Fat** 8.8 **Carbohydrate** 3.95

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2010)

NDB No. 21101
Fast foods, cheeseburger; triple, regular patty; plain

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	43.93		0	RA	4		109.39		
Energy	kcal	310		0	RA	4		772		
Energy	kJ	1297		0	RA	4		3229		
Protein (N x 6.2)	g	18.20		0	RA	4		45.32		
Total lipid (fat)	g	19.17		0	RA	4		47.73		
Ash	g	2.58		0	RA	4		6.44		
Carbohydrate, by difference	g	16.16		0	RA	4		40.24		
Fiber, total dietary	g	0.5		0	RA	4		1.3		
Sugars, total	g	3.29		0	RA	4		8.18		
Sucrose	g	0.14		0	RA	4		0.34		
Glucose (dextrose)	g	0.71		0	RA	4		1.78		
Fructose	g	1.24		0	RA	4		3.09		
Lactose	g	0.83		0	RA	4		2.06		
Maltose	g	0.37		0	RA	4		0.92		
Galactose	g	0.00		0	RA	4		0.00		
Starch	g									
Minerals:										
Calcium, Ca	mg	174		0	RA	4		433		
Iron, Fe	mg	2.23		0	RA	4		5.56		
Magnesium, Mg	mg	21		0	RA	4		51		
Phosphorus, P	mg	196		0	RA	4		488		
Potassium, K	mg	230		0	RA	4		572		
Sodium, Na	mg	637		0	RA	4		1585		
Zinc, Zn	mg	3.02		0	RA	4		7.53		
Copper, Cu	mg	0.078		0	RA	4		0.193		
Manganese, Mn	mg	0.145		0	RA	4		0.360		
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	RA	4		0.0		
Thiamin	mg	0.148		0	RA	4		0.367		
Riboflavin	mg	0.273		0	RA	4		0.679		
Niacin	mg	4.263		0	RA	4		10.614		
Pantothenic acid	mg	0.387		0	RA	4		0.964		
Vitamin B-6	mg	0.211		0	RA	4		0.526		
Folate, total	mcg	41		0	RA	4		103		
Folate, DFE	mcg_DFE									
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	1.56		0	RA	4		3.88		
Vitamin A, RAE	mcg_RAE									
Vitamin A, IU	IU									
Lycopene	mcg									
Lutein + zeaxanthin	mcg									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Dihydrophylloquinone	mcg									
Menaquinone-4	mcg									
Lipids:										
Fatty acids, total saturated	g	8.015		0	RA	4		19.958		
Fatty acids, total monounsaturated	g	6.559		0	RA	4		16.331		
14:1	g									
15:1	g									

NDB No. 21101
Fast foods, cheeseburger; triple, regular patty; plain

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated....g									
17:1....g									
18:1 undifferentiated....g									
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.637		0	RA	4		1.585		
18:2 undifferentiated....g									
18:3 undifferentiated....g									
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g	1.091		0	RA	4		2.716		
Cholesterol....mg	63		0	RA	4		156		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.229		0		1		0.570		
Threonine....g	0.732		0		1		1.823		
Isoleucine....g	0.791		0		1		1.970		
Leucine....g	1.469		0		1		3.658		
Lysine....g	1.454		0		1		3.620		
Methionine....g	0.419		0		1		1.043		
Cystine....g	0.187		0		1		0.466		
Phenylalanine....g	0.744		0		1		1.853		
Tyrosine....g	0.601		0		1		1.496		
Valine....g	0.916		0		1		2.281		
Arginine....g	1.148		0		1		2.859		
Histidine....g	0.580		0		1		1.444		
Alanine....g	1.077		0		1		2.682		
Aspartic acid....g	1.556		0		1		3.874		
Glutamic acid....g	3.290		0		1		8.192		
Glycine....g	1.202		0		1		2.993		
Proline....g	1.133		0		1		2.821		
Serine....g	0.753		0		1		1.875		
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 249g: 1 item

Calories Factors: Protein 4.2 **Fat** 8.92 **Carbohydrate** 3.95

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2010)

NDB No. 21397

Fast foods, cheeseburger;single, large patty; with condiments, vegetables and mayonnaise

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
		Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	56.21		2	JO	11		149.52		
Energy	kcal	235		0	NC	4		625		
Energy	kJ	984		0	NC	4		2617		
Protein	g	13.03		2	JO	11		34.66		
Total lipid (fat)	g	13.46		2	JO	11		35.82		
Ash	g	1.85		2	JO	11		4.91		
Carbohydrate, by difference	g	15.45		0	NC	4		41.10		
Fiber, total dietary	g	1.2		2	JO	11		3.2		
Sugars, total	g	4.51		1	JO	11		12.00		
Sucrose	g	1.61		1	JO	11		4.28		
Glucose (dextrose)	g	0.82		1	JO	11		2.18		
Fructose	g	1.37		2	JO	11		3.66		
Lactose	g	0.14		2	JO	11		0.38		
Maltose	g	0.49		2	JO	11		1.30		
Galactose	g	0.07		1	JO	11		0.20		
Starch	g									
Minerals:										
Calcium, Ca	mg	78		2	JO	11		209		
Iron, Fe	mg	2.17		2	JO	11		5.77		
Magnesium, Mg	mg	18		2	JO	11		49		
Phosphorus, P	mg	120		2	JO	11		318		
Potassium, K	mg	178		2	JO	11		473		
Sodium, Na	mg	465		2	JO	11		1236		
Zinc, Zn	mg	2.09		2	JO	11		5.56		
Copper, Cu	mg	0.064		2	JO	11		0.169		
Manganese, Mn	mg	0.171		2	JO	11		0.455		
Selenium, Se	mcg	18.7		2	A	1		49.9		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.4		2	JA	6		1.0		
Thiamin	mg	0.236		2	JO	11		0.629		
Riboflavin	mg	0.228		2	JO	11		0.606		
Niacin	mg	2.875		2	JO	11		7.647		
Pantothenic acid	mg	0.236		2	A	1		0.626		
Vitamin B-6	mg	0.089		2	A	1		0.238		
Folate, total	mcg	51		1	JA	6		136		
Folic acid	mcg	30		1	A	1		80		
Folate, food	mcg	21		0	NC	4		56		
Folate, DFE	mcg_DFE	72		0	NC	4		192		
Choline, total	mg	36.7		0	FLA	4		97.7		
Betaine	mg									
Vitamin B-12	mcg	1.54		1	JO	11		4.10		
Vitamin B-12, added	mcg	0.00		0	FLA	4		0.00		
Vitamin A, RAE	mcg_RAE	27		0	FLA	4		73		
Retinol	mcg	19		0	FLA	4		51		
Carotene, beta	mcg	93		0	FLA	4		248		
Carotene, alpha	mcg	9		0	FLA	4		24		
Cryptoxanthin, beta	mcg	1		0	FLA	4		4		
Vitamin A, IU	IU	228		0	NC	4		606		
Lycopene	mcg	701		0	FLA	4		1864		
Lutein + zeaxanthin	mcg	52		0	FLA	4		137		
Vitamin E (alpha-tocopherol)	mg	0.08		1	A	1		0.21		
Vitamin E, added	mg	0.00		0	FLA	4		0.00		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg	0.1		0	BFFN	4		0.2		
Vitamin D2 (ergocalciferol)	mcg									

NDB No. 21397

Fast foods, cheeseburger;single, large patty; with condiments, vegetables and mayonnaise

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D3 (cholecalciferol).....mcg									
Vitamin D.....IU	3		0	BFFN	4		8		
Vitamin K (phylloquinone).....mcg	14.2		2	A	1		37.8		
Dihydrophylloquinone.....mcg	0.0		2	A	1		0.0		
Menaquinone-4.....mcg									
Lipids:									
Fatty acids, total saturated.....g	5.487		0	NC	4		14.595		
4:0.....g	0.128		2	A	1		0.340		
6:0.....g	0.063		2	A	1		0.168		
8:0.....g	0.043		2	A	1		0.115		
10:0.....g	0.087		2	A	1		0.230		
12:0.....g	0.091		2	A	1		0.241		
13:0.....g	0.000		1	A	1		0.000		
14:0.....g	0.471		2	A	1		1.253		
15:0.....g	0.065		2	A	1		0.173		
16:0.....g	2.937		2	A	1		7.813		
17:0.....g	0.115		2	A	1		0.307		
18:0.....g	1.467		2	A	1		3.901		
20:0.....g	0.010		2	A	1		0.027		
22:0.....g	0.003		2	A	1		0.007		
24:0.....g	0.007		2	A	1		0.018		
Fatty acids, total monounsaturated.....g	4.754		0	NC	4		12.645		
14:1.....g	0.110		2	A	1		0.292		
15:1.....g	0.000		2	A	1		0.000		
16:1 undifferentiated.....g	0.393		0	AS	1		1.046		
16:1 c.....g	0.361		1	A	1		0.961		
16:1 t.....g	0.032		1	A	1		0.085		
17:1.....g	0.054		2	A	1		0.145		
18:1 undifferentiated.....g	4.179		0	AS	1		11.115		
18:1 c.....g	3.811		2	A	1		10.136		
18:1-11c (18:1c n-7).....g									
18:1 t.....g	0.368		2	A	1		0.979		
18:1-11t (18:1t n-7).....g									
20:1.....g	0.016		2	A	1		0.041		
22:1 undifferentiated.....g	0.002		2	A	1		0.007		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.559		0	NC	4		4.147		
18:2 undifferentiated.....g	1.195		0	AS	1		3.179		
18:2 n-6 c,c.....g	1.143		1	A	1		3.041		
18:2 CLAs.....g									
18:2 c,t.....g									
18:2 t,c.....g									
18:2 t,t.....g									
18:2 i.....g	0.052		1	A	1		0.138		
18:2 t not further defined.....g									
18:3 undifferentiated.....g	0.315		0	AS	1		0.838		
18:3 n-3 c,c,c (ALA).....g	0.315		2	A	1		0.838		
18:3 n-6 c,c,c.....g	0.000		1	A	1		0.000		
18:3i.....g									
18:4.....g	0.030		1	A	1		0.080		
20:2 n-6 c,c.....g	0.000		2	A	1		0.000		
20:3 undifferentiated.....g	0.000		0	AS	1		0.000		
20:3 n-3.....g									
20:3 n-6.....g	0.000		1	A	1		0.000		
20:4 undifferentiated.....g	0.019		0	AS	1		0.050		
20:4 n-3.....g									
20:4 n-6.....g	0.019		1	A	1		0.050		
20:5 n-3 (EPA).....g	0.000		2	A	1		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		1	A	1		0.000		
22:6 n-3 (DHA).....g	0.000		2	A	1		0.000		
Fatty acids, total trans.....g									

NDB No. 21397

Fast foods, cheeseburger;single, large patty; with condiments, vegetables and mayonnaise

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Cholesterol.....mg	37		2	JO	11		99		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	FLA	4		0.0		
Caffeine.....mg	0		0	FLA	4		0		
Theobromine.....mg	0		0	FLA	4		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 266g: 1 item

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2010)

NDB No. 21102
Fast foods, chicken fillet sandwich, plain

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	47.31	0.772	27		1		86.10		
Energy....kcal	283		0		1		515		
Energy....kJ	1184		0		1		2155		
Protein (N x 6.15)....g	13.25	0.538	20		1		24.12		
Total lipid (fat)....g	16.18	0.891	13		1		29.45		
Ash....g	2.00		1		1		3.64		
Carbohydrate, by difference....g	21.26		0	NC	4		38.69		
Fiber, total dietary....g									
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	33	4.937	11		1		60		
Iron, Fe....mg	2.57	0.441	12		1		4.68		
Magnesium, Mg....mg	19	2.331	12		1		35		
Phosphorus, P....mg	128	9.120	12		1		233		
Potassium, K....mg	194	15.630	9		1		353		
Sodium, Na....mg	526	50.378	14		1		957		
Zinc, Zn....mg	1.03	0.179	11		1		1.87		
Copper, Cu....mg	0.127	0.030	9		1		0.231		
Manganese, Mn....mg	0.260	0.038	10		1		0.473		
Selenium, Se....mcg	22.2		0	RK	4		40.4		
Vitamins:									
Vitamin C, total ascorbic acid....mg	4.9		1		1		8.9		
Thiamin....mg	0.180	0.026	3		1		0.328		
Riboflavin....mg	0.130	0.015	3		1		0.237		
Niacin....mg	3.740	0.898	3		1		6.807		
Pantothenic acid....mg	0.330		2		1		0.601		
Vitamin B-6....mg	0.110		2		1		0.200		
Folate, total....mcg	55		0	RK	4		100		
Folic acid....mcg	39		0	NC	4		71		
Folate, food....mcg	16	1.755	14		1		29		
Folate, DFE....mcg_DFE	82		0	NC	4		150		
Choline, total....mg	35.3		0	AS	1		64.2		
Betaine....mg	28.5		3	A	1		52.0		
Vitamin B-12....mcg	0.21		2		1		0.38		
Vitamin A, RAE....mcg_RAE									
Retinol....mcg									
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	55		1		1		100		
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Dihydrophylloquinone....mcg									
Menaquinone-4....mcg									
Lipids:									
Fatty acids, total saturated....g	4.685		0		1		8.527		
4:0....g									

NDB No. 21102
Fast foods, chicken fillet sandwich, plain

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g									
8:0 g									
10:0 g	0.003		1		1		0.005		
12:0 g	0.006		1		1		0.011		
13:0 g									
14:0 g	0.160		1		1		0.291		
15:0 g									
16:0 g	3.018		1		1		5.493		
17:0 g									
18:0 g	1.408		1		1		2.563		
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	5.720		0		1		10.410		
14:1 g									
15:1 g									
16:1 undifferentiated g	0.541		1		1		0.985		
17:1 g									
18:1 undifferentiated g	5.128		1		1		9.333		
20:1 g									
22:1 undifferentiated g									
24:1 c g									
Fatty acids, total polyunsaturated g	4.606		0		1		8.383		
18:2 undifferentiated g	4.000		1		1		7.280		
18:3 undifferentiated g	0.527		1		1		0.959		
18:4 g									
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.079		1		1		0.144		
20:5 n-3 (EPA) g									
22:5 n-3 (DPA) g									
22:6 n-3 (DHA) g									
Fatty acids, total trans g									
Cholesterol mg	33	2.339	7		1		60		
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.155		0		1		0.282		
Threonine g	0.523		0		1		0.952		
Isoleucine g	0.666		0		1		1.212		
Leucine g	0.978		0		1		1.780		
Lysine g	0.958		0		1		1.744		
Methionine g	0.334		0		1		0.608		
Cystine g	0.183		0		1		0.333		
Phenylalanine g	0.554		0		1		1.008		
Tyrosine g	0.418		0		1		0.761		
Valine g	0.659		0		1		1.199		
Arginine g	0.743		0		1		1.352		
Histidine g	0.383		0		1		0.697		
Alanine g	0.670		0		1		1.219		
Aspartic acid g	1.077		0		1		1.960		
Glutamic acid g	2.440		0		1		4.441		
Glycine g	0.622		0		1		1.132		
Proline g	0.732		0		1		1.332		
Serine g	0.504		0		1		0.917		
Hydroxyproline g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 182g: 1 sandwich

NDB No. 21102
Fast foods, chicken fillet sandwich, plain

Calories Factors: Protein 4.18 **Fat** 8.88 **Carbohydrate** 3.95

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2010)

NDB No. 21103
Fast foods, chicken fillet sandwich, with cheese

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	46.01		1		4		104.90		
Energy....kcal	277		0		1		632		
Energy....kJ	1159				1		2642		
Protein (N x 6.17)....g	12.90		2		1		29.41		
Total lipid (fat)....g	17.00		2		1		38.76		
Ash....g	2.10		1		4		4.79		
Carbohydrate, by difference....g	18.24		2		9		41.59		
Fiber, total dietary....g									
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	113		1		4		258		
Iron, Fe....mg	1.59		1		4		3.63		
Magnesium, Mg....mg	19		1		4		43		
Phosphorus, P....mg	178		1		4		406		
Potassium, K....mg	146		1		4		333		
Sodium, Na....mg	543		2		1		1238		
Zinc, Zn....mg	1.27		1		4		2.90		
Copper, Cu....mg	0.075		1		4		0.171		
Manganese, Mn....mg	0.167		1		4		0.381		
Selenium, Se....mcg	21.1		0	RK	4		48.1		
Vitamins:									
Vitamin C, total ascorbic acid....mg	1.3		1		4		3.0		
Thiamin....mg	0.180		1		4		0.410		
Riboflavin....mg	0.200		1		4		0.456		
Niacin....mg	3.980		1		4		9.074		
Pantothenic acid....mg	0.590		1		4		1.345		
Vitamin B-6....mg	0.180		1		4		0.410		
Folate, total....mcg	48		0	RK	4		109		
Folic acid....mcg	28		0	NC	4		64		
Folate, food....mcg	20		0		4		46		
Folate, DFE....mcg_DFE	68		0	NC	4		154		
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.20		1		4		0.46		
Vitamin A, RAE....mcg_RAE	72		0	NC	4		164		
Retinol....mcg	70		0	NC	4		160		
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	272		1		4		620		
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Dihydrophylloquinone....mcg									
Menaquinone-4....mcg									
Lipids:									
Fatty acids, total saturated....g	5.460		1		1		12.449		
Fatty acids, total monounsaturated....g	5.987		1		1		13.650		

NDB No. 21103
Fast foods, chicken fillet sandwich, with cheese

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total polyunsaturated.....g	4.363		1		1		9.948		
Fatty acids, total trans.....g									
Cholesterol.....mg	34		2		1		78		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.152		0		1		0.347		
Threonine.....g	0.474		0		1		1.081		
Isoleucine.....g	0.601		0		1		1.370		
Leucine.....g	0.955		0		1		2.177		
Lysine.....g	0.924		0		1		2.107		
Methionine.....g	0.308		0		1		0.702		
Cystine.....g	0.168		0		1		0.383		
Phenylalanine.....g	0.553		0		1		1.261		
Tyrosine.....g	0.441		0		1		1.005		
Valine.....g	0.647		0		1		1.475		
Arginine.....g	0.695		0		1		1.585		
Histidine.....g	0.376		0		1		0.857		
Alanine.....g	0.607		0		1		1.384		
Aspartic acid.....g	0.978		0		1		2.230		
Glutamic acid.....g	2.469		0		1		5.629		
Glycine.....g	0.649		0		1		1.480		
Proline.....g	0.903		0		1		2.059		
Serine.....g	0.526		0		1		1.199		
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 228g: 1 sandwich

Calories Factors: Protein 4.19 **Fat** 8.9 **Carbohydrate** 3.94

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2010)

NDB No. 21401
Fast foods, chicken tenders

chicken strips
Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	46.02		7	A	1		28.53	35.44	42.34
Energy....kcal	289		0	NC	4		179	222	266
Energy....kJ	1208		0	NC	4		749	930	1111
Protein....g	18.74		7	A	1		11.62	14.43	17.24
Total lipid (fat)....g	16.75		7	A	1		10.39	12.90	15.41
Ash....g	2.74	0.211	6	JO	11		1.70	2.11	2.52
Carbohydrate, by difference....g	15.75		0	NC	4		9.76	12.12	14.49
Fiber, total dietary....g	0.8		3	A	1		0.5	0.6	0.8
Sugars, total....g	0.00		3	A	1		0.00	0.00	0.00
Sucrose....g	0.00		2	A	1		0.00	0.00	0.00
Glucose (dextrose)....g	0.00		2	A	1		0.00	0.00	0.00
Fructose....g	0.00		2	A	1		0.00	0.00	0.00
Lactose....g	0.00		2	A	1		0.00	0.00	0.00
Maltose....g	0.00		2	A	1		0.00	0.00	0.00
Galactose....g	0.00		2	A	1		0.00	0.00	0.00
Starch....g	13.40	1.010	4	A	1		8.31	10.32	12.33
Minerals:									
Calcium, Ca....mg	23		5	A	1		14	17	21
Iron, Fe....mg	0.65		5	A	1		0.40	0.50	0.60
Magnesium, Mg....mg	28		5	A	1		17	22	26
Phosphorus, P....mg	287		5	A	1		178	221	264
Potassium, K....mg	312		5	A	1		193	240	287
Sodium, Na....mg	857		5	A	1		532	660	789
Zinc, Zn....mg	0.60		5	A	1		0.37	0.46	0.55
Copper, Cu....mg	0.066		5	A	1		0.041	0.051	0.061
Manganese, Mn....mg	0.215		5	A	1		0.133	0.165	0.197
Selenium, Se....mcg	18.1	1.617	4	A	1		11.2	13.9	16.7
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		1	A	1		0.0	0.0	0.0
Thiamin....mg	0.071		5	A	1		0.044	0.055	0.066
Riboflavin....mg	0.074		5	A	1		0.046	0.057	0.068
Niacin....mg	8.491		5	A	1		5.265	6.538	7.812
Pantothenic acid....mg	1.295		5	A	1		0.803	0.997	1.191
Vitamin B-6....mg	0.497		5	A	1		0.308	0.383	0.457
Folate, total....mcg	40		1	A	1		25	31	37
Folic acid....mcg	6		0	BFPN	4		4	4	5
Folate, food....mcg	34		0	NC	4		21	27	32
Folate, DFE....mcg_DFE	44		0	NC	4		28	34	41
Choline, total....mg	43.7	1.303	3	AS	1		27.1	33.7	40.2
Betaine....mg	16.6	1.422	3	A	1		10.3	12.8	15.3
Vitamin B-12....mcg	0.18		5	A	1		0.11	0.14	0.17
Vitamin B-12, added....mcg	0.00		0	BFPN	4		0.00	0.00	0.00
Vitamin A, RAE....mcg_RAE	5		0	NC	4		3	4	4
Retinol....mcg	5		0	BFSN	4		3	4	4
Carotene, beta....mcg	0		0	BFSN	4		0	0	0
Carotene, alpha....mcg	0		0	BFPN	4		0	0	0
Cryptoxanthin, beta....mcg	0		0	BFPN	4		0	0	0
Vitamin A, IU....IU	16		0	NC	4		10	12	15
Lycopene....mcg	0		0	BFPN	4		0	0	0
Lutein + zeaxanthin....mcg	2		0	BFPN	4		1	1	2
Vitamin E (alpha-tocopherol)....mg	0.90	0.021	4	A	1		0.56	0.69	0.83
Vitamin E, added....mg	0.00		0	BFPN	4		0.00	0.00	0.00
Tocopherol, beta....mg	0.05	0.004	4	A	1		0.03	0.04	0.05
Tocopherol, gamma....mg	3.51	0.247	4	A	1		2.17	2.70	3.23
Tocopherol, delta....mg	1.92	0.157	4	A	1		1.19	1.48	1.76
Vitamin D (D2 + D3)....mcg	0.2		0	AS	1		0.1	0.1	0.1
Vitamin D2 (ergocalciferol)....mcg									

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Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D3 (cholecalciferol)....mcg	0.2		0	BFFN	4		0.1	0.1	0.1
Vitamin D....IU	6		0	BFFN	4		4	5	6
Vitamin K (phylloquinone)....mcg	9.4		1	A	1		5.8	7.2	8.6
Dihydrophylloquinone....mcg	28.5		1	A	1		17.7	21.9	26.2
Menaquinone-4....mcg	10.3		1	A	1		6.4	7.9	9.5
Lipids:									
Fatty acids, total saturated....g	2.731		0	NC	4		1.693	2.103	2.512
4:0....g	0.002		7	A	1		0.001	0.001	0.002
6:0....g	0.000		7	A	1		0.000	0.000	0.000
8:0....g	0.003		7	A	1		0.002	0.002	0.002
10:0....g	0.002		7	A	1		0.001	0.001	0.002
12:0....g	0.003		7	A	1		0.002	0.003	0.003
13:0....g									
14:0....g	0.022		7	A	1		0.014	0.017	0.021
15:0....g	0.002		7	A	1		0.001	0.002	0.002
16:0....g	1.716		7	A	1		1.064	1.321	1.578
17:0....g	0.014		7	A	1		0.009	0.011	0.013
18:0....g	0.833		7	A	1		0.516	0.641	0.766
20:0....g	0.065		7	A	1		0.041	0.050	0.060
22:0....g	0.046		7	A	1		0.029	0.036	0.042
24:0....g	0.022		7	A	1		0.014	0.017	0.021
Fatty acids, total monounsaturated....g	6.300		0	NC	4		3.906	4.851	5.796
14:1....g	0.003		7	A	1		0.002	0.002	0.003
15:1....g	0.002		7	A	1		0.001	0.001	0.002
16:1 undifferentiated....g	0.221		0	AS	1		0.137	0.170	0.203
16:1 c....g	0.219	0.030	6	A	1		0.136	0.169	0.201
16:1 t....g	0.002	0.000	6	A	1		0.001	0.001	0.002
17:1....g	0.005		7	A	1		0.003	0.004	0.005
18:1 undifferentiated....g	5.955		0	AS	1		3.692	4.586	5.479
18:1 c....g	5.908		7	A	1		3.663	4.549	5.436
18:1-11c (18:1c n-7)....g									
18:1 t....g	0.047		7	A	1		0.029	0.036	0.043
18:1-11t (18:1t n-7)....g									
20:1....g	0.105		7	A	1		0.065	0.081	0.097
22:1 undifferentiated....g	0.002		0	AS	1		0.001	0.001	0.001
22:1 c....g	0.002		7	A	1		0.001	0.001	0.001
22:1 t....g	0.000	0.000	6	A	1		0.000	0.000	0.000
24:1 c....g	0.008	0.001	6	A	1		0.005	0.006	0.007
Fatty acids, total polyunsaturated....g	6.842		0	NC	4		4.242	5.269	6.295
18:2 undifferentiated....g	6.391		0	AS	1		3.962	4.921	5.880
18:2 n-6 c,c....g	6.231		7	A	1		3.864	4.798	5.733
18:2 CLAs....g	0.020	0.001	6	A	1		0.012	0.015	0.018
18:2 c,t....g									
18:2 t,c....g									
18:2 t,t....g	0.066		1	A	1		0.041	0.051	0.061
18:2 i....g									
18:2 t not further defined....g	0.074	0.004	6	A	1		0.046	0.057	0.068
18:3 undifferentiated....g	0.345		0	AS	1		0.214	0.266	0.318
18:3 n-3 c,c,c (ALA)....g	0.343		7	A	1		0.212	0.264	0.315
18:3 n-6 c,c,c....g	0.003		7	A	1		0.002	0.002	0.003
18:3i....g									
18:4....g	0.002	0.000	6	A	1		0.001	0.002	0.002
20:2 n-6 c,c....g	0.013		7	A	1		0.008	0.010	0.012
20:3 undifferentiated....g	0.015		0	AS	1		0.009	0.011	0.013
20:3 n-3....g	0.001	0.000	6	A	1		0.001	0.001	0.001
20:3 n-6....g	0.014	0.001	6	A	1		0.008	0.011	0.013
20:4 undifferentiated....g	0.046		7	A	1		0.028	0.035	0.042
20:4 n-3....g									
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.001	0.000	6	A	1		0.001	0.001	0.001
21:5....g									
22:4....g	0.021	0.001	6	A	1		0.013	0.016	0.019
22:5 n-3 (DPA)....g	0.005	0.000	6	A	1		0.003	0.004	0.004

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Fast foods, chicken tenders

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
22:6 n-3 (DHA)....g	0.003	0.000	6	A	1		0.002	0.003	0.003
Fatty acids, total trans....g	0.189		0	NC	4		0.117	0.145	0.173
Fatty acids, total trans-monoenoic....g	0.049		0	NC	4		0.030	0.038	0.045
Fatty acids, total trans-polyenoic....g	0.140		0	NC	4		0.086	0.107	0.128
Cholesterol....mg	45		5	A	1		28	35	42
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.167		0	A	1		0.104	0.129	0.154
Threonine....g	0.649		0	A	1		0.402	0.499	0.597
Isoleucine....g	0.757		0	A	1		0.469	0.583	0.697
Leucine....g	1.285		0	A	1		0.796	0.989	1.182
Lysine....g	1.282		0	A	1		0.795	0.987	1.179
Methionine....g	0.421		0	A	1		0.261	0.324	0.387
Cystine....g	0.193		0	A	1		0.120	0.149	0.178
Phenylalanine....g	0.679		0	A	1		0.421	0.523	0.625
Tyrosine....g	0.423		0	A	1		0.262	0.326	0.389
Valine....g	0.806		0	A	1		0.499	0.620	0.741
Arginine....g	0.978		0	A	1		0.606	0.753	0.900
Histidine....g	0.558		0	A	1		0.346	0.430	0.514
Alanine....g	0.891		0	A	1		0.552	0.686	0.820
Aspartic acid....g	1.373		0	A	1		0.851	1.057	1.263
Glutamic acid....g	2.793		0	A	1		1.731	2.150	2.569
Glycine....g	0.781		0	A	1		0.484	0.601	0.718
Proline....g	0.768		0	A	1		0.476	0.591	0.706
Serine....g	0.605		0	A	1		0.375	0.466	0.557
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	BFPN	4		0.0	0.0	0.0
Caffeine....mg	0		0	BFPN	4		0	0	0
Theobromine....mg	0		0	BFPN	4		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 62g: 4 pieces

Measure 2 = 77g: 5 pieces

Measure 3 = 92g: 6 pieces

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 21 Fast Foods

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Fast foods, chicken, breaded and fried, boneless pieces, plain

nuggets

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	47.08	0.632	4	A	1		45.20	30.13	75.34
Energy	kcal	297		0	NC	4		285	190	475
Energy	kJ	1243		0	NC	4		1193	795	1988
Protein (N x 6.25)	g	15.59	0.469	4	A	1		14.96	9.98	24.94
Total lipid (fat)	g	18.82	0.453	4	A	1		18.07	12.05	30.12
Ash	g	2.19	0.048	4	A	1		2.10	1.40	3.50
Carbohydrate, by difference	g	16.32		0	NC	4		15.66	10.44	26.10
Fiber, total dietary	g	0.9	0.026	4	A	1		0.9	0.6	1.5
Sugars, total	g	0.88		0	NR	4		0.84	0.56	1.40
Sucrose	g	0.15	0.000	4	A	1		0.14	0.10	0.24
Glucose (dextrose)	g	0.15	0.000	4	A	1		0.14	0.10	0.24
Fructose	g	0.15	0.000	4	A	1		0.14	0.10	0.24
Lactose	g	0.15	0.000	4	A	1		0.14	0.10	0.24
Maltose	g	0.28	0.075	4	A	1		0.27	0.18	0.45
Galactose	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	14	0.165	4	A	1		14	9	23
Iron, Fe	mg	0.83	0.095	4	A	1		0.80	0.53	1.33
Magnesium, Mg	mg	25	0.239	4	A	1		24	16	40
Phosphorus, P	mg	289	9.170	4	A	1		277	185	462
Potassium, K	mg	261	2.799	4	A	1		251	167	418
Sodium, Na	mg	574	21.176	4	A	1		551	367	918
Zinc, Zn	mg	0.91	0.070	4	A	1		0.88	0.58	1.46
Copper, Cu	mg	0.081	0.007	4	A	1		0.078	0.052	0.130
Manganese, Mn	mg	0.113	0.004	4	A	1		0.108	0.072	0.180
Selenium, Se	mcg	17.2	1.673	4	A	1		16.5	11.0	27.5
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.6	0.048	4	A	1		0.6	0.4	0.9
Thiamin	mg	0.092	0.006	4	A	1		0.089	0.059	0.148
Riboflavin	mg	0.204	0.009	4	A	1		0.196	0.131	0.327
Niacin	mg	5.985	0.112	4	A	1		5.746	3.830	9.576
Pantothenic acid	mg	1.182	0.075	4	A	1		1.135	0.756	1.891
Vitamin B-6	mg	0.148	0.005	4	A	1		0.142	0.095	0.237
Folate, total	mcg	11	1.000	4	A	1		11	7	18
Folic acid	mcg	5	0.479	4	A	1		5	3	8
Folate, food	mcg	6	0.629	4	AS	1		6	4	9
Folate, DFE	mcg_DFE	15		0	NC	4		14	9	23
Choline, total	mg	40.7		0	AS	1		39.1	26.0	65.1
Betaine	mg	15.6	0.836	5	A	1		15.0	10.0	24.9
Vitamin B-12	mcg	0.33	0.000	4	A	1		0.32	0.21	0.53
Vitamin B-12, added	mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE	mcg_RAE	5		0	BFZN	4		4	3	7
Retinol	mcg	5		0	BFZN	4		4	3	7
Carotene, beta	mcg	0		0	BFZN	4		0	0	0
Carotene, alpha	mcg	0		0	BFZN	4		0	0	0
Cryptoxanthin, beta	mcg	0		0	BFZN	4		0	0	0
Vitamin A, IU	IU	16		0	BFZN	4		15	10	25
Lycopene	mcg	0		0	BFZN	4		0	0	0
Lutein + zeaxanthin	mcg	2		0	BFZN	4		2	1	3
Vitamin E (alpha-tocopherol)	mg	1.12	0.184	4	A	1		1.08	0.72	1.79
Vitamin E, added	mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta	mg	0.05	0.020	4	A	1		0.05	0.04	0.09
Tocopherol, gamma	mg	3.56	1.187	4	A	1		3.42	2.28	5.70
Tocopherol, delta	mg	1.22	0.325	4	A	1		1.18	0.78	1.96
Vitamin D (D2 + D3)	mcg	0.2		0	AS	1		0.2	0.1	0.3
Vitamin D2 (ergocalciferol)	mcg									

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Fast foods, chicken, breaded and fried, boneless pieces, plain

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D3 (cholecalciferol)....mcg	0.2		0	BFFN	4		0.2	0.1	0.3
Vitamin D....IU	7		0	BFFN	4		7	5	12
Vitamin K (phylloquinone)....mcg	7.0	2.711	4	A	1		6.8	4.5	11.3
Dihydrophylloquinone....mcg	10.5	2.905	4	A	1		10.1	6.8	16.9
Menaquinone-4....mcg									
Lipids:									
Fatty acids, total saturated....g	4.022	0.151	4	NC	4		3.861	2.574	6.435
4:0....g	0.000		0	BFZN	4		0.000	0.000	0.000
6:0....g	0.000		0	BFZN	4		0.000	0.000	0.000
8:0....g	0.000	0.000	4	A	1		0.000	0.000	0.000
10:0....g	0.000	0.000	4	A	1		0.000	0.000	0.000
12:0....g	0.000	0.000	4	A	1		0.000	0.000	0.000
13:0....g									
14:0....g	0.045	0.003	4	A	1		0.043	0.029	0.072
15:0....g	0.000	0.000	4	A	1		0.000	0.000	0.000
16:0....g	2.747	0.120	4	A	1		2.638	1.758	4.396
17:0....g	0.010	0.004	4	A	1		0.010	0.006	0.016
18:0....g	1.132	0.040	4	A	1		1.087	0.725	1.812
20:0....g	0.040	0.000	4	A	1		0.038	0.026	0.064
22:0....g	0.042	0.003	4	A	1		0.041	0.027	0.068
24:0....g	0.005	0.005	4	A	1		0.005	0.003	0.008
Fatty acids, total monounsaturated....g	7.977	0.274	4	NC	4		7.658	5.106	12.764
14:1....g	0.000	0.000	4	A	1		0.000	0.000	0.000
15:1....g	0.000	0.000	4	A	1		0.000	0.000	0.000
16:1 undifferentiated....g	0.437	0.042	4	A	1		0.420	0.280	0.700
17:1....g	0.000	0.000	4	A	1		0.000	0.000	0.000
18:1 undifferentiated....g	7.458	0.238	4	A	1		7.159	4.773	11.932
20:1....g	0.082	0.003	4	A	1		0.079	0.053	0.132
22:1 undifferentiated....g	0.000	0.000	4	A	1		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	5.320	0.261	4	NC	4		5.107	3.405	8.512
18:2 undifferentiated....g	4.990	0.256	4	A	1		4.790	3.194	7.984
18:3 undifferentiated....g	0.245	0.019	4	A	1		0.235	0.157	0.392
18:4....g	0.025	0.015	4	A	1		0.024	0.016	0.040
20:2 n-6 c,c....g	0.007	0.005	4	A	1		0.007	0.005	0.012
20:3 undifferentiated....g	0.002	0.002	4	A	1		0.002	0.002	0.004
20:4 undifferentiated....g	0.050	0.000	4	A	1		0.048	0.032	0.080
20:5 n-3 (EPA)....g	0.000	0.000	4	A	1		0.000	0.000	0.000
22:5 n-3 (DPA)....g	0.000	0.000	4	A	1		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.000	0.000	4	A	1		0.000	0.000	0.000
Fatty acids, total trans....g									
Cholesterol....mg	55	1.819	4	A	1		53	35	88
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.155		0	A	1		0.149	0.099	0.248
Threonine....g	0.577		0	A	1		0.554	0.369	0.924
Isoleucine....g	0.662		0	A	1		0.636	0.424	1.060
Leucine....g	1.143		0	A	1		1.097	0.731	1.828
Lysine....g	1.130		0	A	1		1.085	0.723	1.808
Methionine....g	0.380		0	A	1		0.365	0.243	0.608
Cystine....g	0.190		0	A	1		0.182	0.122	0.304
Phenylalanine....g	0.575		0	A	1		0.552	0.368	0.920
Tyrosine....g	0.352		0	A	1		0.338	0.226	0.564
Valine....g	0.705		0	A	1		0.677	0.451	1.129
Arginine....g	0.860		0	A	1		0.826	0.551	1.377
Histidine....g	0.463		0	A	1		0.444	0.296	0.741
Alanine....g	0.862		0	A	1		0.828	0.552	1.380
Aspartic acid....g	1.115		0	A	1		1.070	0.714	1.784
Glutamic acid....g	2.561		0	A	1		2.459	1.639	4.098
Glycine....g	0.744		0	A	1		0.714	0.476	1.190
Proline....g	0.713		0	A	1		0.685	0.456	1.141
Serine....g	0.532		0	A	1		0.511	0.341	0.852

NDB No. 21229

Fast foods, chicken, breaded and fried, boneless pieces, plain

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	BFZN	4		0.0	0.0	0.0
Caffeine.....mg	0		0	BFZN	4		0	0	0
Theobromine.....mg	0		0	BFZN	4		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 96g: 6 pieces

Measure 2 = 64g: 4 pieces

Measure 3 = 160g: 10 pieces

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2010)

NDB No. 21035

Fast foods, chicken, breaded and fried, dark meat (drumstick or thigh)

Refuse: 23% Bone

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	48.99	0.445	50		1		72.51		
Energy ... kcal	291		0	NC	4		431		
Energy ... kJ	1218				4		1802		
Protein (N x 6.25) ... g	20.32	0.217	54		1		30.07		
Total lipid (fat) ... g	18.04	0.264	54		1		26.70		
Ash ... g	2.05	0.050	49		1		3.03		
Carbohydrate, by difference ... g	10.61		0	NC	4		15.70		
Fiber, total dietary ... g									
Sugars, total ... g									
Starch ... g									
Minerals:									
Calcium, Ca ... mg	24	4.081	6		1		36		
Iron, Fe ... mg	1.08	0.030	6		1		1.60		
Magnesium, Mg ... mg	25		2		1		37		
Phosphorus, P ... mg	162		1		1		240		
Potassium, K ... mg	301		2		1		445		
Sodium, Na ... mg	510	29.877	9		1		755		
Zinc, Zn ... mg	2.19		2		1		3.24		
Copper, Cu ... mg	0.080		2		1		0.118		
Manganese, Mn ... mg	0.086		2		1		0.127		
Selenium, Se ... mcg	23.7		0	BFZN	4		35.1		
Vitamins:									
Vitamin C, total ascorbic acid ... mg	0.0		1		1		0.0		
Thiamin ... mg	0.090	0.004	50		1		0.133		
Riboflavin ... mg	0.290	0.006	51		1		0.429		
Niacin ... mg	4.870	0.128	51		1		7.208		
Pantothenic acid ... mg	1.660	0.031	47		1		2.457		
Vitamin B-6 ... mg	0.220	0.007	47		1		0.326		
Folate, total ... mcg	17		0	FLA	4		25		
Folic acid ... mcg	11		0	NC	4		16		
Folate, food ... mcg	6	0.332	47		1		9		
Folate, DFE ... mcg_DFE	25		0	NC	4		37		
Choline, total ... mg									
Betaine ... mg									
Vitamin B-12 ... mcg	0.56	0.035	47		1		0.83		
Vitamin A, RAE ... mcg_RAE	45		0	NC	4		67		
Retinol ... mcg	45		0	NC	4		67		
Carotene, beta ... mcg									
Carotene, alpha ... mcg									
Cryptoxanthin, beta ... mcg									
Vitamin A, IU ... IU	150		1		1		222		
Lycopene ... mcg									
Lutein + zeaxanthin ... mcg									
Vitamin E (alpha-tocopherol) ... mg									
Tocopherol, beta ... mg									
Tocopherol, gamma ... mg									
Tocopherol, delta ... mg									
Vitamin D (D2 + D3) ... mcg									
Vitamin D2 (ergocalciferol) ... mcg									
Vitamin D3 (cholecalciferol) ... mcg									
Vitamin D ... IU									
Vitamin K (phylloquinone) ... mcg									
Dihydrophylloquinone ... mcg									
Menaquinone-4 ... mcg									
Lipids:									
Fatty acids, total saturated ... g	4.763		0		1		7.049		
4:0 ... g									

NDB No. 21035

Fast foods, chicken, breaded and fried, dark meat (drumstick or thigh)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g									
8:0 g									
10:0 g									
12:0 g	0.019		1		1		0.028		
13:0 g									
14:0 g	0.108		1		1		0.160		
15:0 g									
16:0 g	3.231		1		1		4.782		
17:0 g									
18:0 g	1.405		1		1		2.079		
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	7.385		0		1		10.930		
14:1 g									
15:1 g									
16:1 undifferentiated g	0.579		1		1		0.857		
17:1 g									
18:1 undifferentiated g	6.718		1		1		9.943		
20:1 g									
22:1 undifferentiated g	0.088		1		1		0.130		
24:1 c g									
Fatty acids, total polyunsaturated g	4.272		0		1		6.323		
18:2 undifferentiated g	3.890		1		1		5.757		
18:3 undifferentiated g	0.206		1		1		0.305		
18:4 g									
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.108		1		1		0.160		
20:5 n-3 (EPA) g	0.010		1		1		0.015		
22:5 n-3 (DPA) g	0.019		1		1		0.028		
22:6 n-3 (DHA) g	0.040		1		1		0.059		
Fatty acids, total trans g									
Cholesterol mg	112	10.942	5		1		166		
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.228		0		1		0.337		
Threonine g	0.819		0		1		1.212		
Isoleucine g	0.988		0		1		1.462		
Leucine g	1.466		0		1		2.170		
Lysine g	1.570		0		1		2.324		
Methionine g	0.527		0		1		0.780		
Cystine g	0.283		0		1		0.419		
Phenylalanine g	0.800		0		1		1.184		
Tyrosine g	0.650		0		1		0.962		
Valine g	0.975		0		1		1.443		
Arginine g	1.245		0		1		1.843		
Histidine g	0.582		0		1		0.861		
Alanine g	1.154		0		1		1.708		
Aspartic acid g	1.749		0		1		2.589		
Glutamic acid g	3.160		0		1		4.677		
Glycine g	1.287		0		1		1.905		
Proline g	1.063		0		1		1.573		
Serine g	0.738		0		1		1.092		
Hydroxyproline g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 148g: 2 pieces

NDB No. 21035

Fast foods, chicken, breaded and fried, dark meat (drumstick or thigh)

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2010)

NDB No. 21036

Fast foods, chicken, breaded and fried, light meat (breast or wing)

Refuse: 21% Bone

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	45.70	0.624	51		1		74.49		
Energy....kcal	303		0	NC	4		494		
Energy....kJ	1268				4		2066		
Protein (N x 6.25)....g	21.91	0.315	59		1		35.71		
Total lipid (fat)....g	18.11	0.371	57		1		29.52		
Ash....g	2.27	0.062	48		1		3.70		
Carbohydrate, by difference....g	12.01		0	NC	4		19.58		
Fiber, total dietary....g									
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	37	5.666	8		1		60		
Iron, Fe....mg	0.91	0.129	8		1		1.48		
Magnesium, Mg....mg	23		2		1		37		
Phosphorus, P....mg	188		1		1		306		
Potassium, K....mg	347		1		1		566		
Sodium, Na....mg	598	35.189	13		1		975		
Zinc, Zn....mg	0.95		2		1		1.55		
Copper, Cu....mg	0.062		1		1		0.101		
Manganese, Mn....mg	0.095		2		1		0.155		
Selenium, Se....mcg	21.7		0	BFZN	4		35.4		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		1		1		0.0		
Thiamin....mg	0.090	0.004	52		1		0.147		
Riboflavin....mg	0.180	0.006	52		1		0.293		
Niacin....mg	7.350	0.174	52		1		11.981		
Pantothenic acid....mg	1.590	0.026	46		1		2.592		
Vitamin B-6....mg	0.350	0.012	46		1		0.571		
Folate, total....mcg	18		0	FLA	4		29		
Folic acid....mcg	13		0	NC	4		21		
Folate, food....mcg	5	0.322	45		1		8		
Folate, DFE....mcg_DFE	27		0	NC	4		44		
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.41	0.021	46		1		0.67		
Vitamin A, RAE....mcg_RAE	35		0	NC	4		57		
Retinol....mcg	35		0	NC	4		57		
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	118		1		1		192		
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Dihydrophylloquinone....mcg									
Menaquinone-4....mcg									
Lipids:									
Fatty acids, total saturated....g	4.812		0		1		7.844		
4:0....g									

NDB No. 21036
Fast foods, chicken, breaded and fried, light meat (breast or wing)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g									
8:0 g									
10:0 g									
12:0 g	0.012		1		1		0.020		
13:0 g									
14:0 g	0.106		1		1		0.173		
15:0 g									
16:0 g	3.272		1		1		5.333		
17:0 g									
18:0 g	1.422		1		1		2.318		
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	7.502		0		1		12.228		
14:1 g									
15:1 g									
16:1 undifferentiated g	0.533		1		1		0.869		
17:1 g									
18:1 undifferentiated g	6.863		1		1		11.187		
20:1 g									
22:1 undifferentiated g	0.106		1		1		0.173		
24:1 c g									
Fatty acids, total polyunsaturated g	4.163		0		1		6.786		
18:2 undifferentiated g	3.840		1		1		6.259		
18:3 undifferentiated g	0.214		1		1		0.349		
18:4 g									
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.083		1		1		0.135		
20:5 n-3 (EPA) g	0.001		1		1		0.002		
22:5 n-3 (DPA) g	0.001		1		1		0.002		
22:6 n-3 (DHA) g	0.023		1		1		0.037		
Fatty acids, total trans g									
Cholesterol mg	91	5.502	9		1		148		
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.245		0		1		0.399		
Threonine g	0.883		0		1		1.439		
Isoleucine g	1.066		0		1		1.738		
Leucine g	1.581		0		1		2.577		
Lysine g	1.693		0		1		2.760		
Methionine g	0.568		0		1		0.926		
Cystine g	0.305		0		1		0.497		
Phenylalanine g	0.862		0		1		1.405		
Tyrosine g	0.701		0		1		1.143		
Valine g	1.052		0		1		1.715		
Arginine g	1.343		0		1		2.189		
Histidine g	0.628		0		1		1.024		
Alanine g	1.245		0		1		2.029		
Aspartic acid g	1.886		0		1		3.074		
Glutamic acid g	3.407		0		1		5.553		
Glycine g	1.388		0		1		2.262		
Proline g	1.146		0		1		1.868		
Serine g	0.796		0		1		1.297		
Hydroxyproline g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 163g: 2 pieces

NDB No. 21036

Fast foods, chicken, breaded and fried, light meat (breast or wing)

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2010)

NDB No. 21042
Fast foods, chili con carne

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	76.70	1.742	6		1		194.05		
Energy....kcal	101		0	NC	4		256		
Energy....kJ	423				4		1069		
Protein (N x 6.23)....g	9.73	0.998	6		1		24.62		
Total lipid (fat)....g	3.27	0.402	5		1		8.27		
Ash....g	1.64	0.026	3		1		4.15		
Carbohydrate, by difference....g	8.67		0	NC	4		21.94		
Fiber, total dietary....g									
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	27	1.409	6		1		68		
Iron, Fe....mg	2.05	0.349	6		1		5.19		
Magnesium, Mg....mg	18	1.423	5		1		46		
Phosphorus, P....mg	78	9.963	5		1		197		
Potassium, K....mg	273	10.833	5		1		691		
Sodium, Na....mg	398	24.269	6		1		1007		
Zinc, Zn....mg	1.41	0.090	6		1		3.57		
Copper, Cu....mg	0.235	0.103	3		1		0.595		
Manganese, Mn....mg	0.157	0.022	3		1		0.397		
Selenium, Se....mcg	17.4		0	RK	4		44.0		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.6	0.282	4		1		1.5		
Thiamin....mg	0.050	0.019	4		1		0.127		
Riboflavin....mg	0.450	0.155	4		1		1.139		
Niacin....mg	0.980	0.234	4		1		2.479		
Pantothenic acid....mg	1.420		1		4		3.593		
Vitamin B-6....mg	0.130		2		1		0.329		
Folate, total....mcg	18		0	RK	4		46		
Folic acid....mcg	6		0	NC	4		15		
Folate, food....mcg	12		2		1		30		
Folate, DFE....mcg_DFE	22		0	NC	4		56		
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.45		2		1		1.14		
Vitamin A, RAE....mcg_RAE	33		0	NC	4		83		
Retinol....mcg	0		0	Z	7		0		
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	657	95.037	3		1		1662		
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg	2.0		0	A	1		5.1		
Dihydrophylloquinone....mcg									
Menaquinone-4....mcg									
Lipids:									
Fatty acids, total saturated....g	1.356		0		1		3.431		
4:0....g									

NDB No. 21042
Fast foods, chili con carne

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g									
8:0 g									
10:0 g	0.012		1		1		0.030		
12:0 g	0.008		1		1		0.020		
13:0 g									
14:0 g	0.082		1		1		0.207		
15:0 g									
16:0 g	0.969		1		1		2.452		
17:0 g									
18:0 g	0.285		1		1		0.721		
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	1.347		0		1		3.408		
14:1 g									
15:1 g									
16:1 undifferentiated g	0.047		1		1		0.119		
17:1 g									
18:1 undifferentiated g	1.300		1		1		3.289		
20:1 g									
22:1 undifferentiated g									
24:1 c g									
Fatty acids, total polyunsaturated g	0.209		0		1		0.529		
18:2 undifferentiated g	0.120		1		1		0.304		
18:3 undifferentiated g	0.089		1		1		0.225		
18:4 g									
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g									
20:5 n-3 (EPA) g									
22:5 n-3 (DPA) g									
22:6 n-3 (DHA) g									
Fatty acids, total trans g									
Cholesterol mg	53		2		1		134		
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.116		0		1		0.293		
Threonine g	0.392		0		1		0.992		
Isoleucine g	0.403		0		1		1.020		
Leucine g	0.735		0		1		1.860		
Lysine g	0.727		0		1		1.839		
Methionine g	0.190		0		1		0.481		
Cystine g	0.100		0		1		0.253		
Phenylalanine g	0.400		0		1		1.012		
Tyrosine g	0.283		0		1		0.716		
Valine g	0.459		0		1		1.161		
Arginine g	0.610		0		1		1.543		
Histidine g	0.284		0		1		0.719		
Alanine g	0.540		0		1		1.366		
Aspartic acid g	1.007		0		1		2.548		
Glutamic acid g	1.708		0		1		4.321		
Glycine g	0.582		0		1		1.472		
Proline g	0.443		0		1		1.121		
Serine g	0.406		0		1		1.027		
Hydroxyproline g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 253g: 1 cup (8 fl oz)

NDB No. 21042
Fast foods, chili con carne

Calories Factors: Protein 3.77 **Fat** 8.96 **Carbohydrate** 3.99

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2010)

NDB No. 21070
Fast foods, chimichanga, with beef

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	50.68		2		1		88.18		
Energy	kcal	244		0		1		425		
Energy	kJ	1021				1		1776		
Protein (N x 6.08)	g	11.27		2		1		19.61		
Total lipid (fat)	g	11.31		2		1		19.68		
Ash	g	2.14		2		1		3.72		
Carbohydrate, by difference	g	24.60		0	NC	4		42.80		
Fiber, total dietary	g									
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	36		2		1		63		
Iron, Fe	mg	2.61		2		1		4.54		
Magnesium, Mg	mg	36		2		1		63		
Phosphorus, P	mg	71		2		1		124		
Potassium, K	mg	337		2		1		586		
Sodium, Na	mg	523		2		1		910		
Zinc, Zn	mg	2.85		2		1		4.96		
Copper, Cu	mg	0.243		1		1		0.423		
Manganese, Mn	mg	0.320		2		1		0.557		
Selenium, Se	mcg	13.6		0	RK	4		23.7		
Vitamins:										
Vitamin C, total ascorbic acid	mg	2.7		2		1		4.7		
Thiamin	mg	0.280		2		1		0.487		
Riboflavin	mg	0.370		2		1		0.644		
Niacin	mg	3.320		2		1		5.777		
Pantothenic acid	mg	1.180		2		1		2.053		
Vitamin B-6	mg	0.160		2		1		0.278		
Folate, total	mcg	48		0	RK	4		84		
Folic acid	mcg	30		0	NC	4		52		
Folate, food	mcg	18		0		4		31		
Folate, DFE	mcg_DFE	69		0	NC	4		120		
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	0.87		2		1		1.51		
Vitamin A, RAE	mcg_RAE	4		0	NC	4		7		
Retinol	mcg	0		0	NC	4		0		
Carotene, beta	mcg									
Carotene, alpha	mcg									
Cryptoxanthin, beta	mcg									
Vitamin A, IU	IU	84		1		1		146		
Lycopene	mcg									
Lutein + zeaxanthin	mcg									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg									
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Dihydrophylloquinone	mcg									
Menaquinone-4	mcg									
Lipids:										
Fatty acids, total saturated	g	4.888		0		1		8.505		
4:0	g									

NDB No. 21070
Fast foods, chimichanga, with beef

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g									
8:0 g									
10:0 g	0.027		1		1		0.047		
12:0 g	0.027		1		1		0.047		
13:0 g									
14:0 g	0.591		1		1		1.028		
15:0 g									
16:0 g	2.693		1		1		4.686		
17:0 g									
18:0 g	1.551		1		1		2.699		
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	4.635		0		1		8.065		
14:1 g									
15:1 g									
16:1 undifferentiated g									
17:1 g									
18:1 undifferentiated g	4.635		1		1		8.065		
20:1 g									
22:1 undifferentiated g									
24:1 c g									
Fatty acids, total polyunsaturated g	0.653		0		1		1.136		
18:2 undifferentiated g	0.604		1		1		1.051		
18:3 undifferentiated g	0.049		1		1		0.085		
18:4 g									
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g									
20:5 n-3 (EPA) g									
22:5 n-3 (DPA) g									
22:6 n-3 (DHA) g									
Fatty acids, total trans g									
Cholesterol mg	5		1		1		9		
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.137		0		1		0.238		
Threonine g	0.436		0		1		0.759		
Isoleucine g	0.465		0		1		0.809		
Leucine g	0.870		0		1		1.514		
Lysine g	0.773		0		1		1.345		
Methionine g	0.247		0		1		0.430		
Cystine g	0.141		0		1		0.245		
Phenylalanine g	0.464		0		1		0.807		
Tyrosine g	0.349		0		1		0.607		
Valine g	0.527		0		1		0.917		
Arginine g	0.688		0		1		1.197		
Histidine g	0.332		0		1		0.578		
Alanine g	0.642		0		1		1.117		
Aspartic acid g	0.899		0		1		1.564		
Glutamic acid g	2.273		0		1		3.955		
Glycine g	0.727		0		1		1.265		
Proline g	0.747		0		1		1.300		
Serine g	0.467		0		1		0.813		
Hydroxyproline g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 174g: 1 chimichanga

NDB No. 21070
Fast foods, chimichanga, with beef

Calories Factors: Protein 3.94 **Fat** 8.8 **Carbohydrate** 4.08

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2010)

NDB No. 21071
Fast foods, chimichanga, with beef and cheese

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	52.70		2		1		96.44		
Energy	kcal	242		0		1		443		
Energy	kJ	1013				1		1853		
Protein (N x 6.13)	g	10.96		2		1		20.06		
Total lipid (fat)	g	12.81		2		1		23.44		
Ash	g	2.04		2		1		3.73		
Carbohydrate, by difference	g	21.49		0	NC	4		39.33		
Fiber, total dietary	g									
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	130		2		1		238		
Iron, Fe	mg	2.10		2		1		3.84		
Magnesium, Mg	mg	33		2		1		60		
Phosphorus, P	mg	102		2		1		187		
Potassium, K	mg	111		2		1		203		
Sodium, Na	mg	523		2		1		957		
Zinc, Zn	mg	1.84		2		1		3.37		
Copper, Cu	mg	0.192		2		1		0.351		
Manganese, Mn	mg	0.267		2		1		0.489		
Selenium, Se	mcg	12.6		0	RK	4		23.1		
Vitamins:										
Vitamin C, total ascorbic acid	mg	1.5		2		1		2.7		
Thiamin	mg	0.210		2		1		0.384		
Riboflavin	mg	0.470		2		1		0.860		
Niacin	mg	2.550		2		1		4.667		
Pantothenic acid	mg	0.980		2		1		1.793		
Vitamin B-6	mg	0.120		2		1		0.220		
Folate, total	mcg	50		0	RK	4		92		
Folic acid	mcg	32		0	NC	4		59		
Folate, food	mcg	18		0		4		33		
Folate, DFE	mcg_DFE	72		0	NC	4		132		
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	0.71		2		1		1.30		
Vitamin A, RAE	mcg_RAE	72		0	NC	4		132		
Retinol	mcg	69		0	NC	4		126		
Carotene, beta	mcg									
Carotene, alpha	mcg									
Cryptoxanthin, beta	mcg									
Vitamin A, IU	IU	295		1		1		540		
Lycopene	mcg									
Lutein + zeaxanthin	mcg									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg									
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Dihydrophylloquinone	mcg									
Menaquinone-4	mcg									
Lipids:										
Fatty acids, total saturated	g	6.108		0		1		11.178		
4:0	g									

NDB No. 21071
Fast foods, chimichanga, with beef and cheese

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
6:0	g									
8:0	g									
10:0	g									
12:0	g									
13:0	g									
14:0	g	0.459		1		1		0.840		
15:0	g									
16:0	g	3.157		1		1		5.777		
17:0	g									
18:0	g	2.492		1		1		4.560		
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	5.155		0		1		9.434		
14:1	g									
15:1	g									
16:1 undifferentiated	g									
17:1	g									
18:1 undifferentiated	g	5.155		1		1		9.434		
20:1	g									
22:1 undifferentiated	g									
24:1 c	g									
Fatty acids, total polyunsaturated	g	0.398		0		1		0.728		
18:2 undifferentiated	g	0.398		1		1		0.728		
18:3 undifferentiated	g									
18:4	g									
20:2 n-6 c,c	g									
20:3 undifferentiated	g									
20:4 undifferentiated	g									
20:5 n-3 (EPA)	g									
22:5 n-3 (DPA)	g									
22:6 n-3 (DHA)	g									
Fatty acids, total trans	g									
Cholesterol	mg	28		1		1		51		
Phytosterols	mg									
Amino Acids:										
Tryptophan	g	0.132		0		1		0.242		
Threonine	g	0.397		0		1		0.727		
Isoleucine	g	0.481		0		1		0.880		
Leucine	g	0.858		0		1		1.570		
Lysine	g	0.722		0		1		1.321		
Methionine	g	0.239		0		1		0.437		
Cystine	g	0.127		0		1		0.232		
Phenylalanine	g	0.474		0		1		0.867		
Tyrosine	g	0.366		0		1		0.670		
Valine	g	0.538		0		1		0.985		
Arginine	g	0.588		0		1		1.076		
Histidine	g	0.320		0		1		0.586		
Alanine	g	0.527		0		1		0.964		
Aspartic acid	g	0.790		0		1		1.446		
Glutamic acid	g	2.375		0		1		4.346		
Glycine	g	0.565		0		1		1.034		
Proline	g	0.851		0		1		1.557		
Serine	g	0.486		0		1		0.889		
Hydroxyproline	g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 183g: 1 chimichanga

NDB No. 21071
Fast foods, chimichanga, with beef and cheese

Calories Factors: Protein 4.1 **Fat** 8.78 **Carbohydrate** 3.94

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2010)

NDB No. 21072
Fast foods, chimichanga, with beef and red chili peppers

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	54.24		2		1		103.06		
Energy	kcal	223		0		1		424		
Energy	kJ	933				1		1773		
Protein (N x 5.97)	g	9.53		2		1		18.11		
Total lipid (fat)	g	10.07		2		1		19.13		
Ash	g	2.07		2		1		3.93		
Carbohydrate, by difference	g	24.09		0	NC	4		45.77		
Fiber, total dietary	g									
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	37		2		1		70		
Iron, Fe	mg	2.20		2		1		4.18		
Magnesium, Mg	mg	34		2		1		65		
Phosphorus, P	mg	59		2		1		112		
Potassium, K	mg	323		2		1		614		
Sodium, Na	mg	615		2		1		1169		
Zinc, Zn	mg	1.59		2		1		3.02		
Copper, Cu	mg	0.145		2		1		0.276		
Manganese, Mn	mg	0.324		2		1		0.616		
Selenium, Se	mcg	12.8		0	RK	4		24.3		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.2		2		1		0.4		
Thiamin	mg	0.150		2		1		0.285		
Riboflavin	mg	0.350		2		1		0.665		
Niacin	mg	2.810		2		1		5.339		
Pantothenic acid	mg	1.150		2		1		2.185		
Vitamin B-6	mg	0.120		2		1		0.228		
Folate, total	mcg	48		0	RK	4		91		
Folic acid	mcg	30		0	NC	4		57		
Folate, food	mcg	18		0		4		34		
Folate, DFE	mcg_DFE	69		0	NC	4		131		
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	0.57		2		1		1.08		
Vitamin A, RAE	mcg_RAE	7		0	NC	4		13		
Retinol	mcg	0		0	Z	7		0		
Carotene, beta	mcg									
Carotene, alpha	mcg									
Cryptoxanthin, beta	mcg									
Vitamin A, IU	IU	138		1		1		262		
Lycopene	mcg									
Lutein + zeaxanthin	mcg									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg									
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Dihydrophylloquinone	mcg									
Menaquinone-4	mcg									
Lipids:										
Fatty acids, total saturated	g	4.354		0		1		8.273		
4:0	g									

NDB No. 21072
Fast foods, chimichanga, with beef and red chili peppers

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
6:0....g									
8:0....g									
10:0....g	0.024		1		1		0.046		
12:0....g	0.024		1		1		0.046		
13:0....g									
14:0....g	0.526		1		1		0.999		
15:0....g									
16:0....g	2.399		1		1		4.558		
17:0....g									
18:0....g	1.381		1		1		2.624		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	4.128		0		1		7.843		
14:1....g									
15:1....g									
16:1 undifferentiated....g									
17:1....g									
18:1 undifferentiated....g	4.128		1		1		7.843		
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.582		0		1		1.106		
18:2 undifferentiated....g	0.538		1		1		1.022		
18:3 undifferentiated....g	0.044		1		1		0.084		
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g									
Cholesterol....mg	5		1		4		10		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.118		0		1		0.224		
Threonine....g	0.364		0		1		0.692		
Isoleucine....g	0.388		0		1		0.737		
Leucine....g	0.728		0		1		1.383		
Lysine....g	0.637		0		1		1.210		
Methionine....g	0.203		0		1		0.386		
Cystine....g	0.121		0		1		0.230		
Phenylalanine....g	0.396		0		1		0.752		
Tyrosine....g	0.292		0		1		0.555		
Valine....g	0.440		0		1		0.836		
Arginine....g	0.576		0		1		1.094		
Histidine....g	0.279		0		1		0.530		
Alanine....g	0.531		0		1		1.009		
Aspartic acid....g	0.796		0		1		1.512		
Glutamic acid....g	2.062		0		1		3.918		
Glycine....g	0.594		0		1		1.129		
Proline....g	0.632		0		1		1.201		
Serine....g	0.402		0		1		0.764		
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 190g: 1 chimichanga

NDB No. 21072
Fast foods, chimichanga, with beef and red chili peppers

Calories Factors: Protein 3.98 **Fat** 9.02 **Carbohydrate** 3.92

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2010)

NDB No. 21073

Fast foods, chimichanga, with beef, cheese, and red chili peppers

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	59.19		2		1		106.54		
Energy....kcal	202		0		1		364		
Energy....kJ	845				1		1521		
Protein (N x 6.14)....g	8.15		2		1		14.67		
Total lipid (fat)....g	9.75		2		1		17.55		
Ash....g	1.65		2		1		2.97		
Carbohydrate, by difference....g	21.26		0	NC	4		38.27		
Fiber, total dietary....g									
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	121		2		1		218		
Iron, Fe....mg	1.75		2		1		3.15		
Magnesium, Mg....mg	23		2		1		41		
Phosphorus, P....mg	81		2		1		146		
Potassium, K....mg	183		2		1		329		
Sodium, Na....mg	497		2		1		895		
Zinc, Zn....mg	2.57		2		1		4.63		
Copper, Cu....mg	0.313		1		1		0.563		
Manganese, Mn....mg	0.217		2		1		0.391		
Selenium, Se....mcg	13.7		0	RK	4		24.7		
Vitamins:									
Vitamin C, total ascorbic acid....mg	1.0		2		1		1.8		
Thiamin....mg	0.130		2		1		0.234		
Riboflavin....mg	0.530		2		1		0.954		
Niacin....mg	1.920		2		1		3.456		
Pantothenic acid....mg	0.820		2		1		1.476		
Vitamin B-6....mg	0.090		2		1		0.162		
Folate, total....mcg	50		0	RK	4		90		
Folic acid....mcg	32		0	NC	4		58		
Folate, food....mcg	18		0		4		32		
Folate, DFE....mcg_DFE	72		0	NC	4		130		
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.71		2		1		1.28		
Vitamin A, RAE....mcg_RAE	28		0	NC	4		50		
Retinol....mcg	10		0	NC	4		18		
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	390		1		1		702		
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Dihydrophylloquinone....mcg									
Menaquinone-4....mcg									
Lipids:									
Fatty acids, total saturated....g	4.649		0		1		8.368		
4:0....g									

NDB No. 21073
Fast foods, chimichanga, with beef, cheese, and red chili peppers

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
6:0	g									
8:0	g									
10:0	g									
12:0	g									
13:0	g									
14:0	g	0.349		1		1		0.628		
15:0	g									
16:0	g	2.402		1		1		4.324		
17:0	g									
18:0	g	1.897		1		1		3.415		
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	3.923		0		1		7.061		
14:1	g									
15:1	g									
16:1 undifferentiated	g									
17:1	g									
18:1 undifferentiated	g	3.923		1		1		7.061		
20:1	g									
22:1 undifferentiated	g									
24:1 c	g									
Fatty acids, total polyunsaturated	g	0.303		0		1		0.545		
18:2 undifferentiated	g	0.303		1		1		0.545		
18:3 undifferentiated	g									
18:4	g									
20:2 n-6 c,c	g									
20:3 undifferentiated	g									
20:4 undifferentiated	g									
20:5 n-3 (EPA)	g									
22:5 n-3 (DPA)	g									
22:6 n-3 (DHA)	g									
Fatty acids, total trans	g									
Cholesterol	mg	28		1		4		50		
Phytosterols	mg									
Amino Acids:										
Tryptophan	g	0.097		0		1		0.175		
Threonine	g	0.288		0		1		0.518		
Isoleucine	g	0.332		0		1		0.598		
Leucine	g	0.605		0		1		1.089		
Lysine	g	0.500		0		1		0.900		
Methionine	g	0.166		0		1		0.299		
Cystine	g	0.100		0		1		0.180		
Phenylalanine	g	0.342		0		1		0.616		
Tyrosine	g	0.254		0		1		0.457		
Valine	g	0.374		0		1		0.673		
Arginine	g	0.438		0		1		0.788		
Histidine	g	0.228		0		1		0.410		
Alanine	g	0.392		0		1		0.706		
Aspartic acid	g	0.619		0		1		1.114		
Glutamic acid	g	1.840		0		1		3.312		
Glycine	g	0.422		0		1		0.760		
Proline	g	0.593		0		1		1.067		
Serine	g	0.350		0		1		0.630		
Hydroxyproline	g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 180g: 1 chimichanga

NDB No. 21073
Fast foods, chimichanga, with beef, cheese, and red chili peppers

Calories Factors: Protein 4.09 **Fat** 8.79 **Carbohydrate** 3.92

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2010)

NDB No. 21043
Fast foods, clams, breaded and fried

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	29.20	1.927	15		1		33.58		
Energy....kcal	392		0	NC	4		451		
Energy....kJ	1640				4		1886		
Protein (N x 6.2)....g	11.15	0.494	16		1		12.82		
Total lipid (fat)....g	22.96	0.732	13		1		26.40		
Ash....g	2.95		2		1		3.39		
Carbohydrate, by difference....g	33.75		0	NC	4		38.81		
Fiber, total dietary....g									
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	18	1.614	13		1		21		
Iron, Fe....mg	2.65	0.599	13		1		3.05		
Magnesium, Mg....mg	27	1.928	13		1		31		
Phosphorus, P....mg	207	12.213	13		1		238		
Potassium, K....mg	231	22.502	12		1		266		
Sodium, Na....mg	725	85.204	13		1		834		
Zinc, Zn....mg	1.42	0.164	13		1		1.63		
Copper, Cu....mg	0.083	0.016	13		1		0.095		
Manganese, Mn....mg	0.268	0.038	13		1		0.308		
Selenium, Se....mcg	8.3		0	RK	4		9.5		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		1		4		0.0		
Thiamin....mg	0.180		1		4		0.207		
Riboflavin....mg	0.230		1		4		0.265		
Niacin....mg	2.490		1		4		2.864		
Pantothenic acid....mg	0.260		1		1		0.299		
Vitamin B-6....mg	0.030		1		1		0.035		
Folate, total....mcg	37		0	RK	4		43		
Folic acid....mcg	29		0	NC	4		33		
Folate, food....mcg	8		1		1		9		
Folate, DFE....mcg_DFE	57		0	NC	4		66		
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.96		1		1		1.10		
Vitamin A, RAE....mcg_RAE	32		0	NC	4		37		
Retinol....mcg	32		0	NC	4		37		
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	106		1		4		122		
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Dihydrophylloquinone....mcg									
Menaquinone-4....mcg									
Lipids:									
Fatty acids, total saturated....g	5.742		1		1		6.603		
Fatty acids, total monounsaturated....g	9.948		1		1		11.440		

NDB No. 21043
Fast foods, clams, breaded and fried

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total polyunsaturated.....g	5.890		1		1		6.774		
Fatty acids, total trans.....g									
Cholesterol.....mg	76		1		4		87		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.131		0		1		0.151		
Threonine.....g	0.397		0		1		0.457		
Isoleucine.....g	0.466		0		1		0.536		
Leucine.....g	0.775		0		1		0.891		
Lysine.....g	0.539		0		1		0.620		
Methionine.....g	0.227		0		1		0.261		
Cystine.....g	0.187		0		1		0.215		
Phenylalanine.....g	0.485		0		1		0.558		
Tyrosine.....g	0.331		0		1		0.381		
Valine.....g	0.518		0		1		0.596		
Arginine.....g	0.608		0		1		0.699		
Histidine.....g	0.227		0		1		0.261		
Alanine.....g	0.512		0		1		0.589		
Aspartic acid.....g	0.793		0		1		0.912		
Glutamic acid.....g	2.402		0		1		2.762		
Glycine.....g	0.505		0		1		0.581		
Proline.....g	0.795		0		1		0.914		
Serine.....g	0.554		0		1		0.637		
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 115g: .75 cup

Calories Factors: Protein 4.25 **Fat** 8.96 **Carbohydrate** 4.11

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2010)

NDB No. 21127
Fast foods, coleslaw

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	73.42	0.576	8	A	1		140.23	85.17	
Energy....kcal	153		0	NC	4		291	177	
Energy....kJ	638		0	NC	4		1219	740	
Protein....g	0.95	0.039	8	A	1		1.81	1.10	
Total lipid (fat)....g	9.91	1.271	8	A	1		18.93	11.49	
Ash....g	0.84	0.029	8	A	1		1.61	0.98	
Carbohydrate, by difference....g	14.89		0	NC	4		28.43	17.27	
Fiber, total dietary....g	1.9	0.125	8	A	1		3.6	2.2	
Sugars, total....g	12.19	1.351	8	A	1		23.28	14.14	
Sucrose....g	8.96	1.223	8	A	1		17.12	10.40	
Glucose (dextrose)....g	1.69	0.031	8	A	1		3.22	1.96	
Fructose....g	1.44	0.004	8	A	1		2.76	1.67	
Lactose....g	0.00	0.000	8	A	1		0.00	0.00	
Maltose....g	0.00	0.000	8	A	1		0.00	0.00	
Galactose....g	0.09	0.094	8	A	1		0.18	0.11	
Starch....g									
Minerals:									
Calcium, Ca....mg	30	1.575	8	A	1		57	35	
Iron, Fe....mg	0.22	0.011	8	A	1		0.41	0.25	
Magnesium, Mg....mg	8	0.806	8	A	1		16	10	
Phosphorus, P....mg	20	0.362	8	A	1		38	23	
Potassium, K....mg	129	11.000	8	A	1		247	150	
Sodium, Na....mg	203	14.500	8	A	1		388	235	
Zinc, Zn....mg	0.14	0.014	8	A	1		0.26	0.16	
Copper, Cu....mg	0.015	0.001	8	A	1		0.029	0.018	
Manganese, Mn....mg	0.102	0.019	8	A	1		0.195	0.119	
Selenium, Se....mcg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	14.6	0.025	8	A	1		28.0	17.0	
Thiamin....mg	0.026	0.011	8	A	1		0.050	0.030	
Riboflavin....mg	0.020	0.005	8	A	1		0.038	0.023	
Niacin....mg	0.206	0.000	8	A	1		0.393	0.239	
Pantothenic acid....mg	0.246	0.004	8	A	1		0.470	0.286	
Vitamin B-6....mg	0.112	0.010	8	A	1		0.213	0.130	
Folate, total....mcg									
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.01		2	A	1		0.03	0.02	
Vitamin A, RAE....mcg_RAE	28		0	AS	1		54	33	
Retinol....mcg	28	27.272	4	A	1		54	33	
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	95		0	AS	1		181	110	
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg	0.54	0.035	4	A	1		1.04	0.63	
Tocopherol, beta....mg	0.04	0.003	4	A	1		0.07	0.04	
Tocopherol, gamma....mg	4.79	0.148	4	A	1		9.15	5.56	
Tocopherol, delta....mg	1.64	0.082	4	A	1		3.14	1.91	
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg	70.9		1	A	1		135.4	82.2	

NDB No. 21127
Fast foods, coleslaw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Dihydrophylloquinone....mcg	0.0		1	A	1		0.0	0.0	
Menaquinone-4....mcg	0.0		1	A	1		0.0	0.0	
Lipids:									
Fatty acids, total saturated....g	1.599		0	NC	4		3.054	1.855	
4:0....g	0.002	0.002	8	A	1		0.004	0.003	
6:0....g	0.005	0.006	8	A	1		0.010	0.006	
8:0....g	0.004	0.005	8	A	1		0.008	0.005	
10:0....g	0.007	0.007	8	A	1		0.013	0.008	
12:0....g	0.001	0.001	8	A	1		0.002	0.001	
13:0....g									
14:0....g	0.005	0.000	8	A	1		0.009	0.006	
15:0....g	0.002	0.002	8	A	1		0.004	0.003	
16:0....g	1.037	0.249	8	A	1		1.980	1.203	
17:0....g	0.016	0.010	8	A	1		0.031	0.019	
18:0....g	0.438	0.119	8	A	1		0.837	0.508	
20:0....g	0.032	0.012	8	A	1		0.061	0.037	
22:0....g	0.034	0.011	8	A	1		0.064	0.039	
24:0....g	0.016	0.009	8	A	1		0.030	0.018	
Fatty acids, total monounsaturated....g	2.671		0	NC	4		5.102	3.098	
14:1....g	0.000	0.000	8	A	1		0.000	0.000	
15:1....g	0.000	0.000	8	A	1		0.000	0.000	
16:1 undifferentiated....g	0.018	0.011	8	AS	1		0.034	0.021	
16:1 c....g	0.018	0.011	8	A	1		0.034	0.021	
16:1 t....g	0.000	0.000	8	A	1		0.001	0.000	
17:1....g	0.008	0.005	8	A	1		0.015	0.009	
18:1 undifferentiated....g	2.232	0.511	8	AS	1		4.264	2.589	
18:1 c....g	2.227	0.512	8	A	1		4.254	2.584	
18:1-11c (18:1c n-7)....g									
18:1 t....g	0.005	0.002	8	A	1		0.010	0.006	
18:1-11t (18:1t n-7)....g									
20:1....g	0.400	0.407	8	A	1		0.765	0.465	
22:1 undifferentiated....g	0.008	0.002	8	AS	1		0.016	0.010	
22:1 c....g	0.006	0.000	8	A	1		0.011	0.007	
22:1 t....g	0.003	0.003	8	A	1		0.005	0.003	
24:1 c....g	0.004	0.002	8	A	1		0.008	0.005	
Fatty acids, total polyunsaturated....g	5.348		0	NC	4		10.214	6.203	
18:2 undifferentiated....g	5.021	1.152	8	AS	1		9.590	5.824	
18:2 n-6 c,c....g	4.979	1.131	8	A	1		9.510	5.776	
18:2 CLAs....g	0.013	0.013	8	A	1		0.024	0.015	
18:2 c,t....g									
18:2 t,c....g									
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.029	0.008	8	A	1		0.056	0.034	
18:3 undifferentiated....g	0.302	0.258	8	AS	1		0.578	0.351	
18:3 n-3 c,c,c (ALA)....g	0.279	0.263	8	A	1		0.532	0.323	
18:3 n-6 c,c,c....g	0.024	0.006	8	A	1		0.045	0.027	
18:3i....g									
18:4....g	0.003	0.004	8	A	1		0.006	0.004	
20:2 n-6 c,c....g	0.002	0.001	8	A	1		0.004	0.003	
20:3 undifferentiated....g	0.007	0.007	8	AS	1		0.013	0.008	
20:3 n-3....g	0.001	0.001	8	A	1		0.002	0.001	
20:3 n-6....g	0.006	0.006	8	A	1		0.011	0.006	
20:4 undifferentiated....g	0.004	0.004	8	A	1		0.007	0.004	
20:4 n-3....g									
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.006	0.006	8	A	1		0.011	0.007	
21:5....g									
22:4....g	0.001	0.001	8	A	1		0.002	0.001	
22:5 n-3 (DPA)....g	0.000	0.001	8	A	1		0.001	0.001	
22:6 n-3 (DHA)....g	0.001	0.001	8	A	1		0.001	0.001	
Fatty acids, total trans....g	0.037		0	NC	4		0.071	0.043	
Fatty acids, total trans-monoenoic....g	0.008		0	NC	4		0.015	0.009	

NDB No. 21127
Fast foods, coleslaw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total trans-polyenoic.....g	0.029		0	NC	4		0.056	0.034	
Cholesterol.....mg	4	2.425	8	A	1		8	5	
Phytosterols.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 191g: 1 cup

Measure 2 = 116g: 1 package

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2010)

NDB No. 21029
Fast foods, cookies, animal crackers

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	3.75	0.277	14		1		2.51		
Energy	kcal	446		0	NC	4		299		
Energy	kJ	1866				4		1250		
Protein (N x 5.7)	g	6.18	0.258	13		1		4.14		
Total lipid (fat)	g	13.43	0.602	14		1		9.00		
Ash	g	1.31	0.051	12		1		0.88		
Carbohydrate, by difference	g	75.33		0	NC	4		50.47		
Fiber, total dietary	g									
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	17		2		1		11		
Iron, Fe	mg	2.20		2		1		1.47		
Magnesium, Mg	mg	16		2		1		11		
Phosphorus, P	mg	96		2		1		64		
Potassium, K	mg	84		2		1		56		
Sodium, Na	mg	408	24.412	12		1		273		
Zinc, Zn	mg	0.45		2		1		0.30		
Copper, Cu	mg	0.076		2		1		0.051		
Manganese, Mn	mg	0.487		2		1		0.326		
Selenium, Se	mcg	7.0	2.000	4	A	1		4.7		
Vitamins:										
Vitamin C, total ascorbic acid	mg	1.2	0.643	3		1		0.8		
Thiamin	mg	0.370	0.037	3		1		0.248		
Riboflavin	mg	0.360	0.009	3		1		0.241		
Niacin	mg	3.670	1.250	3		1		2.459		
Pantothenic acid	mg	0.320	0.115	3		1		0.214		
Vitamin B-6	mg	0.030	0.005	3		1		0.020		
Folate, total	mcg	121		0	BFZN	4		81		
Folic acid	mcg	88		0	NC	4		59		
Folate, food	mcg	33		2		1		22		
Folate, DFE	mcg_DFE	183		0	NC	4		122		
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	0.07		2		1		0.05		
Vitamin A, RAE	mcg_RAE	10		0	NC	4		6		
Retinol	mcg	9		0	NC	4		6		
Carotene, beta	mcg									
Carotene, alpha	mcg									
Cryptoxanthin, beta	mcg									
Vitamin A, IU	IU	40		1		1		27		
Lycopene	mcg									
Lutein + zeaxanthin	mcg									
Vitamin E (alpha-tocopherol)	mg	0.47		0		1		0.31		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg									
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Dihydrophylloquinone	mcg									
Menaquinone-4	mcg									
Lipids:										
Fatty acids, total saturated	g	5.272		0		1		3.532		
4:0	g									

NDB No. 21029
Fast foods, cookies, animal crackers

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
6:0	g									
8:0	g	0.022		1		1		0.015		
10:0	g	0.010		1		1		0.007		
12:0	g	0.019		1		1		0.013		
13:0	g									
14:0	g	0.215		1		1		0.144		
15:0	g									
16:0	g	3.109		1		1		2.083		
17:0	g									
18:0	g	1.741		1		1		1.166		
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	5.649		0		1		3.785		
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.409		1		1		0.274		
17:1	g									
18:1 undifferentiated	g	5.200		1		1		3.484		
20:1	g									
22:1 undifferentiated	g									
24:1 c	g									
Fatty acids, total polyunsaturated	g	1.558		0		1		1.044		
18:2 undifferentiated	g	1.367		1		1		0.916		
18:3 undifferentiated	g	0.168		1		1		0.113		
18:4	g									
20:2 n-6 c,c	g									
20:3 undifferentiated	g									
20:4 undifferentiated	g	0.024		1		1		0.016		
20:5 n-3 (EPA)	g									
22:5 n-3 (DPA)	g									
22:6 n-3 (DHA)	g									
Fatty acids, total trans	g									
Cholesterol	mg	16	1.725	3		1		11		
Phytosterols	mg									
Amino Acids:										
Tryptophan	g	0.081		0		1		0.054		
Threonine	g	0.202		0		1		0.135		
Isoleucine	g	0.261		0		1		0.175		
Leucine	g	0.474		0		1		0.318		
Lysine	g	0.229		0		1		0.153		
Methionine	g	0.127		0		1		0.085		
Cystine	g	0.120		0		1		0.080		
Phenylalanine	g	0.315		0		1		0.211		
Tyrosine	g	0.216		0		1		0.145		
Valine	g	0.299		0		1		0.200		
Arginine	g	0.259		0		1		0.174		
Histidine	g	0.148		0		1		0.099		
Alanine	g	0.216		0		1		0.145		
Aspartic acid	g	0.333		0		1		0.223		
Glutamic acid	g	1.866		0		1		1.250		
Glycine	g	0.207		0		1		0.139		
Proline	g	0.670		0		1		0.449		
Serine	g	0.329		0		1		0.220		
Hydroxyproline	g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 67g: 1 box

NDB No. 21029
Fast foods, cookies, animal crackers

Calories Factors: Protein 4 **Fat** 8.4 **Carbohydrate** 4.1

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2010)

NDB No. 21030
Fast foods, cookies, chocolate chip

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	5.36	0.677	7		1		2.95		
Energy....kcal	423		0	NC	4		233		
Energy....kJ	1770				4		973		
Protein (N x 5.84)....g	5.25	0.281	6		1		2.89		
Total lipid (fat)....g	22.08	1.181	9		1		12.14		
Ash....g	1.44	0.082	6		1		0.79		
Carbohydrate, by difference....g	65.86		0	NC	4		36.22		
Fiber, total dietary....g									
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	36	3.142	15		1		20		
Iron, Fe....mg	2.68	0.224	16		1		1.47		
Magnesium, Mg....mg	30	1.486	14		1		17		
Phosphorus, P....mg	95	5.765	13		1		52		
Potassium, K....mg	149	10.880	15		1		82		
Sodium, Na....mg	342	17.254	16		1		188		
Zinc, Zn....mg	0.61	0.042	10		1		0.34		
Copper, Cu....mg	0.335	0.050	14		1		0.184		
Manganese, Mn....mg	0.431	0.023	14		1		0.237		
Selenium, Se....mcg	6.0	0.690	27	A	1		3.3		
Vitamins:									
Vitamin C, total ascorbic acid....mg	1.0	0.577	8		1		0.6		
Thiamin....mg	0.160	0.025	8		1		0.088		
Riboflavin....mg	0.350	0.074	8		1		0.193		
Niacin....mg	2.530	0.386	8		1		1.392		
Pantothenic acid....mg	0.260	0.047	3		1		0.143		
Vitamin B-6....mg	0.050		2		1		0.028		
Folate, total....mcg	60		0	BFZN	4		33		
Folic acid....mcg	31		0	NC	4		17		
Folate, food....mcg	29		2		1		16		
Folate, DFE....mcg_DFE	82		0	NC	4		45		
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.19		2		1		0.10		
Vitamin A, RAE....mcg_RAE	20		0	NC	4		11		
Retinol....mcg	18		0	NC	4		10		
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	94	33.001	4		1		52		
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg	0.67		0		1		0.37		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Dihydrophylloquinone....mcg									
Menaquinone-4....mcg									
Lipids:									
Fatty acids, total saturated....g	9.709		0		1		5.340		
4:0....g									

NDB No. 21030
Fast foods, cookies, chocolate chip

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g									
8:0 g									
10:0 g									
12:0 g	0.006		1		1		0.003		
13:0 g									
14:0 g	0.174		1		1		0.096		
15:0 g									
16:0 g	5.140		1		1		2.827		
17:0 g									
18:0 g	4.333		1		1		2.383		
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	9.185		0		1		5.052		
14:1 g									
15:1 g									
16:1 undifferentiated g	0.460		1		1		0.253		
17:1 g									
18:1 undifferentiated g	8.725		1		1		4.799		
20:1 g									
22:1 undifferentiated g									
24:1 c g									
Fatty acids, total polyunsaturated g	1.865		0		1		1.026		
18:2 undifferentiated g	1.697		1		1		0.933		
18:3 undifferentiated g	0.168		1		1		0.092		
18:4 g									
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g									
20:5 n-3 (EPA) g									
22:5 n-3 (DPA) g									
22:6 n-3 (DHA) g									
Fatty acids, total trans g									
Cholesterol mg	21		2		1		12		
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.063		0		1		0.035		
Threonine g	0.146		0		1		0.080		
Isoleucine g	0.175		0		1		0.096		
Leucine g	0.332		0		1		0.183		
Lysine g	0.137		0		1		0.075		
Methionine g	0.081		0		1		0.045		
Cystine g	0.096		0		1		0.053		
Phenylalanine g	0.246		0		1		0.135		
Tyrosine g	0.156		0		1		0.086		
Valine g	0.218		0		1		0.120		
Arginine g	0.215		0		1		0.118		
Histidine g	0.107		0		1		0.059		
Alanine g	0.171		0		1		0.094		
Aspartic acid g	0.261		0		1		0.144		
Glutamic acid g	1.491		0		1		0.820		
Glycine g	0.185		0		1		0.102		
Proline g	0.505		0		1		0.278		
Serine g	0.240		0		1		0.132		
Hydroxyproline g									
Others:									
Alcohol, ethyl g									
Caffeine mg	11		0	BFZN	4		6		
Theobromine mg	83		0	BFZN	4		46		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 21030
Fast foods, cookies, chocolate chip

Common Measures:

Measure 1 = 55g: 1 box

Calories Factors: Protein 3.8 **Fat** 8.1 **Carbohydrate** 3.4

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2010)

NDB No. 21128
Fast foods, corn on the cob with butter

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	72.05		0		4		105.19		
Energy	kcal	106		0		4		155		
Energy	kJ	444				4		648		
Protein (N x 6.25)	g	3.06		0		4		4.47		
Total lipid (fat)	g	2.35		0		4		3.43		
Ash	g	0.65		0		4		0.95		
Carbohydrate, by difference	g	21.88		0		4		31.94		
Fiber, total dietary	g									
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	3		0		4		4		
Iron, Fe	mg	0.60		0		4		0.88		
Magnesium, Mg	mg	28		0		4		41		
Phosphorus, P	mg	74		0		4		108		
Potassium, K	mg	246		0		4		359		
Sodium, Na	mg	20		0		4		29		
Zinc, Zn	mg	0.62		0		4		0.91		
Copper, Cu	mg	0.000		0		4		0.000		
Manganese, Mn	mg	0.000		0		4		0.000		
Selenium, Se	mcg	0.7		0	RK	4		1.0		
Vitamins:										
Vitamin C, total ascorbic acid	mg	4.7		0		4		6.9		
Thiamin	mg	0.170		0		4		0.248		
Riboflavin	mg	0.070		0		4		0.102		
Niacin	mg	1.490		0		4		2.175		
Pantothenic acid	mg	0.250		0		4		0.365		
Vitamin B-6	mg	0.220		0		4		0.321		
Folate, total	mcg	30		0		4		44		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	30		0		4		44		
Folate, DFE	mcg_DFE	30		0	NC	4		44		
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	0.00		0		4		0.00		
Vitamin A, RAE	mcg_RAE	23		0	NC	4		33		
Retinol	mcg	11		0	NC	4		16		
Carotene, beta	mcg									
Carotene, alpha	mcg									
Cryptoxanthin, beta	mcg									
Vitamin A, IU	IU	268		0		4		391		
Lycopene	mcg									
Lutein + zeaxanthin	mcg									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg									
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Dihydrophylloquinone	mcg									
Menaquinone-4	mcg									
Lipids:										
Fatty acids, total saturated	g	1.125		0		4		1.643		
4:0	g	0.050		0		1		0.073		

NDB No. 21128
Fast foods, corn on the cob with butter

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.031		0		1		0.045		
8:0 g	0.018		0		1		0.026		
10:0 g	0.041		0		1		0.060		
12:0 g	0.047		0		1		0.069		
13:0 g									
14:0 g	0.169		0		1		0.247		
15:0 g									
16:0 g	0.555		0		1		0.810		
17:0 g									
18:0 g	0.214		0		1		0.312		
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	0.688		0		4		1.004		
14:1 g									
15:1 g									
16:1 undifferentiated g	0.038		0		1		0.055		
17:1 g									
18:1 undifferentiated g	0.650		0		1		0.949		
20:1 g									
22:1 undifferentiated g									
24:1 c g									
Fatty acids, total polyunsaturated g	0.419		0		4		0.612		
18:2 undifferentiated g	0.384		0		1		0.561		
18:3 undifferentiated g	0.035		0		1		0.051		
18:4 g									
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		0		1		0.000		
20:5 n-3 (EPA) g									
22:5 n-3 (DPA) g									
22:6 n-3 (DHA) g									
Fatty acids, total trans g									
Cholesterol mg	4		0		4		6		
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.022		0		1		0.032		
Threonine g	0.123		0		1		0.180		
Isoleucine g	0.123		0		1		0.180		
Leucine g	0.331		0		1		0.483		
Lysine g	0.131		0		1		0.191		
Methionine g	0.064		0		1		0.093		
Cystine g	0.025		0		1		0.037		
Phenylalanine g	0.143		0		1		0.209		
Tyrosine g	0.117		0		1		0.171		
Valine g	0.177		0		1		0.258		
Arginine g	0.124		0		1		0.181		
Histidine g	0.085		0		1		0.124		
Alanine g	0.280		0		1		0.409		
Aspartic acid g	0.232		0		1		0.339		
Glutamic acid g	0.606		0		1		0.885		
Glycine g	0.121		0		1		0.177		
Proline g	0.278		0		1		0.406		
Serine g	0.146		0		1		0.213		
Hydroxyproline g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 146g: 1 ear

NDB No. 21128
Fast foods, corn on the cob with butter

Calories Factors: Protein 2.47 **Fat** 8.73 **Carbohydrate** 3.57

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2010)

NDB No. 21462

Fast foods, crispy chicken, bacon, and tomato club sandwich, with cheese, lettuce, and mayonnaise

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	48.02		0	RKI	6		130.12		
Energy....kcal	257		0	RKI	6		698		
Energy....kJ	1077		0	RKI	6		2919		
Protein....g	15.38		0	RKI	6		41.68		
Total lipid (fat)....g	11.76		0	RKI	6		31.87		
Ash....g	2.23		0	RKI	6		6.06		
Carbohydrate, by difference....g	22.61		0	RKI	6		61.27		
Fiber, total dietary....g	1.2		0	RKI	6		3.3		
Sugars, total....g	4.99		0	RKI	6		13.51		
Starch....g									
Minerals:									
Calcium, Ca....mg	92		0	RKA	1		249		
Iron, Fe....mg	1.32		0	RKA	1		3.57		
Magnesium, Mg....mg	31		0	RKI	6		85		
Phosphorus, P....mg	224		0	RKI	6		606		
Potassium, K....mg	256		0	RKA	1		694		
Sodium, Na....mg	605		0	RKA	1		1639		
Zinc, Zn....mg	1.17		0	RKI	6		3.16		
Copper, Cu....mg	0.097		0	RKI	6		0.263		
Manganese, Mn....mg									
Selenium, Se....mcg	14.6		0	RKI	6		39.7		
Vitamins:									
Vitamin C, total ascorbic acid....mg	3.8		0	RKA	1		10.4		
Thiamin....mg	0.176		0	RKA	1		0.476		
Riboflavin....mg	0.169		0	RKA	1		0.459		
Niacin....mg	4.748		0	RKA	1		12.867		
Pantothenic acid....mg	0.911		0	RKA	1		2.469		
Vitamin B-6....mg	0.279		0	RKI	6		0.756		
Folate, total....mcg	30		0	NR	4		81		
Folic acid....mcg	6		0	RKI	6		17		
Folate, food....mcg	23		0	RKI	6		63		
Folate, DFE....mcg_DFE	34		0	NC	4		92		
Choline, total....mg	16.6		0	RKI	6		44.9		
Betaine....mg									
Vitamin B-12....mcg	0.46		0	RKI	6		1.24		
Vitamin B-12, added....mcg	0.00		0	RKI	6		0.00		
Vitamin A, RAE....mcg_RAE	32		0	RKI	6		86		
Retinol....mcg	17		0	RKI	6		47		
Carotene, beta....mcg	166		0	RKI	6		451		
Carotene, alpha....mcg	9		0	RKI	6		25		
Cryptoxanthin, beta....mcg	0		0	RKI	6		0		
Vitamin A, IU....IU	343		0	NC	4		929		
Lycopene....mcg	237		0	RKI	6		642		
Lutein + zeaxanthin....mcg	72		0	RKI	6		194		
Vitamin E (alpha-tocopherol)....mg	0.50		0	RKI	6		1.35		
Vitamin E, added....mg	0.00		0	RKI	6		0.00		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	0.2		0	NR	4		0.5		
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU	7		0	BFFN	4		20		
Vitamin K (phylloquinone)....mcg	8.4		0	RKI	6		22.8		
Dihydrophylloquinone....mcg									
Menaquinone-4....mcg									
Lipids:									

NDB No. 21462

Fast foods, crispy chicken, bacon, and tomato club sandwich, with cheese, lettuce, and mayonnaise

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	3.372		0	NC	4		9.138		
4:0....g	0.085		0	RKI	6		0.231		
6:0....g	0.038		0	RKI	6		0.102		
8:0....g	0.022		0	RKI	6		0.061		
10:0....g	0.049		0	RKI	6		0.132		
12:0....g	0.040		0	RKI	6		0.109		
13:0....g									
14:0....g	0.280		0	RKI	6		0.760		
15:0....g									
16:0....g	1.915		0	RKI	6		5.188		
17:0....g									
18:0....g	0.943		0	RKI	6		2.555		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	4.500		0	NC	4		12.194		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.210		0	RKI	6		0.568		
17:1....g									
18:1 undifferentiated....g	4.216		0	RKI	6		11.425		
20:1....g	0.063		0	RKI	6		0.171		
22:1 undifferentiated....g	0.011		0	RKI	6		0.030		
24:1 c....g									
Fatty acids, total polyunsaturated....g	3.207		0	NC	4		8.692		
18:2 undifferentiated....g	2.884		0	RKI	6		7.816		
18:3 undifferentiated....g	0.287		0	RKI	6		0.778		
18:4....g	0.000		0	RKI	6		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.036		0	RKI	6		0.098		
20:5 n-3 (EPA)....g	0.000		0	RKI	6		0.000		
22:5 n-3 (DPA)....g	0.000		0	RKI	6		0.000		
22:6 n-3 (DHA)....g	0.000		0	RKI	6		0.000		
Fatty acids, total trans....g									
Cholesterol....mg	38		0	RKI	6		104		
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	RKI	6		0.0		
Caffeine....mg	0		0	RKI	6		0		
Theobromine....mg	0		0	RKI	6		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 271g: 1 sandwich

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2010)

NDB No. 21011
Fast foods, croissant, with egg and cheese

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	45.47		1		4		57.75		
Energy	kcal	290		0	NC	4		368		
Energy	kJ	1213		0		4		1541		
Protein (N x 6.12)	g	10.07		2		1		12.79		
Total lipid (fat)	g	19.45		2		1		24.70		
Ash	g	2.56		1		4		3.25		
Carbohydrate, by difference	g	19.14		2		9		24.31		
Fiber, total dietary	g									
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	192		1		4		244		
Iron, Fe	mg	1.73		1		4		2.20		
Magnesium, Mg	mg	17		1		4		22		
Phosphorus, P	mg	274		1		4		348		
Potassium, K	mg	137		1		1		174		
Sodium, Na	mg	434		2		1		551		
Zinc, Zn	mg	1.38		1		4		1.75		
Copper, Cu	mg	0.072		1		4		0.091		
Manganese, Mn	mg	0.178		1		4		0.226		
Selenium, Se	mcg	19.3		0	RK	4		24.5		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.1		1		4		0.1		
Thiamin	mg	0.150		1		4		0.191		
Riboflavin	mg	0.300		1		4		0.381		
Niacin	mg	1.190		1		4		1.511		
Pantothenic acid	mg	0.830		1		4		1.054		
Vitamin B-6	mg	0.080		1		4		0.102		
Folate, total	mcg	37		0	RK	4		47		
Folic acid	mcg	8		0	NC	4		10		
Folate, food	mcg	29		0		4		37		
Folate, DFE	mcg_DFE	43		0	NC	4		54		
Choline, total	mg	92.2		0	AS	1		117.1		
Betaine	mg	10.0		1	A	1		12.7		
Vitamin B-12	mcg	0.61		1		4		0.77		
Vitamin A, RAE	mcg_RAE									
Retinol	mcg									
Carotene, beta	mcg									
Carotene, alpha	mcg									
Cryptoxanthin, beta	mcg									
Vitamin A, IU	IU	788		1		4		1001		
Lycopene	mcg									
Lutein + zeaxanthin	mcg									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg									
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Dihydrophylloquinone	mcg									
Menaquinone-4	mcg									
Lipids:										
Fatty acids, total saturated	g	11.075		1		1		14.065		
Fatty acids, total monounsaturated	g	5.938		1		1		7.541		

NDB No. 21011
Fast foods, croissant, with egg and cheese

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total polyunsaturated.....g	1.076		1		1		1.367		
Fatty acids, total trans.....g									
Cholesterol.....mg	170		2		1		216		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.145		0		1		0.184		
Threonine.....g	0.375		0		1		0.476		
Isoleucine.....g	0.499		0		1		0.634		
Leucine.....g	0.846		0		1		1.074		
Lysine.....g	0.734		0		1		0.932		
Methionine.....g	0.262		0		1		0.333		
Cystine.....g	0.148		0		1		0.188		
Phenylalanine.....g	0.522		0		1		0.663		
Tyrosine.....g	0.454		0		1		0.577		
Valine.....g	0.601		0		1		0.763		
Arginine.....g	0.481		0		1		0.611		
Histidine.....g	0.311		0		1		0.395		
Alanine.....g	0.375		0		1		0.476		
Aspartic acid.....g	0.704		0		1		0.894		
Glutamic acid.....g	2.065		0		1		2.623		
Glycine.....g	0.260		0		1		0.330		
Proline.....g	0.841		0		1		1.068		
Serine.....g	0.573		0		1		0.728		
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 127g: 1 croissant

Calories Factors: Protein 4.22 **Fat** 8.82 **Carbohydrate** 3.99

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2010)

NDB No. 21012
Fast foods, croissant, with egg, cheese, and bacon

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	43.92		1		4		56.66		
Energy	kcal	320		0	NC	4		413		
Energy	kJ	1339				4		1727		
Protein (N x 6.13)	g	12.58	0.686	3		1		16.23		
Total lipid (fat)	g	21.98	0.715	3		1		28.35		
Ash	g	2.74		1		4		3.53		
Carbohydrate, by difference	g	18.33		3		9		23.65		
Fiber, total dietary	g									
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	117		1		1		151		
Iron, Fe	mg	1.70		1		1		2.19		
Magnesium, Mg	mg	18		1		4		23		
Phosphorus, P	mg	214		1		1		276		
Potassium, K	mg	156		1		1		201		
Sodium, Na	mg	689	44.899	3		1		889		
Zinc, Zn	mg	1.47		1		4		1.90		
Copper, Cu	mg	0.077		1		4		0.099		
Manganese, Mn	mg	0.172		1		4		0.222		
Selenium, Se	mcg	19.0		0	RK	4		24.5		
Vitamins:										
Vitamin C, total ascorbic acid	mg	1.7		1		4		2.2		
Thiamin	mg	0.270		1		1		0.348		
Riboflavin	mg	0.260		1		1		0.335		
Niacin	mg	1.700		1		1		2.193		
Pantothenic acid	mg	0.830		1		4		1.071		
Vitamin B-6	mg	0.090		1		4		0.116		
Folate, total	mcg	35		0	RK	4		45		
Folic acid	mcg	8		0	NC	4		10		
Folate, food	mcg	27		0		4		35		
Folate, DFE	mcg_DFE	41		0	NC	4		52		
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	0.67		1		4		0.86		
Vitamin A, RAE	mcg_RAE	110		0	NC	4		142		
Retinol	mcg	110		0	NC	4		142		
Carotene, beta	mcg									
Carotene, alpha	mcg									
Cryptoxanthin, beta	mcg									
Vitamin A, IU	IU	366		1		1		472		
Lycopene	mcg									
Lutein + zeaxanthin	mcg									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg									
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Dihydrophylloquinone	mcg									
Menaquinone-4	mcg									
Lipids:										
Fatty acids, total saturated	g	11.963		1		1		15.432		
Fatty acids, total monounsaturated	g	7.113		1		1		9.176		

NDB No. 21012
Fast foods, croissant, with egg, cheese, and bacon

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total polyunsaturated.....g	1.363		1		1		1.758		
Fatty acids, total trans.....g									
Cholesterol.....mg	167	27.940	3		1		215		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.174		0		1		0.224		
Threonine.....g	0.470		0		1		0.606		
Isoleucine.....g	0.610		0		1		0.787		
Leucine.....g	1.036		0		1		1.336		
Lysine.....g	0.919		0		1		1.186		
Methionine.....g	0.322		0		1		0.415		
Cystine.....g	0.179		0		1		0.231		
Phenylalanine.....g	0.632		0		1		0.815		
Tyrosine.....g	0.544		0		1		0.702		
Valine.....g	0.735		0		1		0.948		
Arginine.....g	0.620		0		1		0.800		
Histidine.....g	0.386		0		1		0.498		
Alanine.....g	0.497		0		1		0.641		
Aspartic acid.....g	0.899		0		1		1.160		
Glutamic acid.....g	2.485		0		1		3.206		
Glycine.....g	0.390		0		1		0.503		
Proline.....g	1.010		0		1		1.303		
Serine.....g	0.688		0		1		0.888		
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 129g: 1 croissant

Calories Factors: Protein 4.22 **Fat** 8.83 **Carbohydrate** 3.99

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2010)

NDB No. 21013
Fast foods, croissant, with egg, cheese, and ham

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	51.14		1		4		77.73		
Energy....kcal	312		0	NC	4		474		
Energy....kJ	1305				4		1984		
Protein (N x 6.16)....g	12.45	0.674	3		1		18.92		
Total lipid (fat)....g	22.09	4.076	3		1		33.58		
Ash....g	2.48		1		4		3.77		
Carbohydrate, by difference....g	15.92		3		9		24.20		
Fiber, total dietary....g									
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	95		1		1		144		
Iron, Fe....mg	1.40		1		1		2.13		
Magnesium, Mg....mg	17		1		4		26		
Phosphorus, P....mg	221		1		1		336		
Potassium, K....mg	179		1		1		272		
Sodium, Na....mg	711	10.909	3		1		1081		
Zinc, Zn....mg	1.43		1		4		2.17		
Copper, Cu....mg	0.083		1		4		0.126		
Manganese, Mn....mg	0.145		1		4		0.220		
Selenium, Se....mcg	17.9		0	RK	4		27.2		
Vitamins:									
Vitamin C, total ascorbic acid....mg	7.5		1		1		11.4		
Thiamin....mg	0.340		1		1		0.517		
Riboflavin....mg	0.200		1		1		0.304		
Niacin....mg	2.100		1		1		3.192		
Pantothenic acid....mg	0.820		1		4		1.246		
Vitamin B-6....mg	0.150		1		4		0.228		
Folate, total....mcg	30		0	RK	4		46		
Folic acid....mcg	6		0	NC	4		9		
Folate, food....mcg	24		0		4		36		
Folate, DFE....mcg_DFE	34		0	NC	4		52		
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.66		1		4		1.00		
Vitamin A, RAE....mcg_RAE	86		0	NC	4		130		
Retinol....mcg	85		0	NC	4		129		
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	297		1		1		451		
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Dihydrophylloquinone....mcg									
Menaquinone-4....mcg									
Lipids:									
Fatty acids, total saturated....g	11.497		1		1		17.475		
Fatty acids, total monounsaturated....g	7.495		1		1		11.392		

NDB No. 21013
Fast foods, croissant, with egg, cheese, and ham

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total polyunsaturated.....g	1.552		1		1		2.359		
Fatty acids, total trans.....g									
Cholesterol.....mg	140	21.684	3		1		213		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.168		0		1		0.255		
Threonine.....g	0.505		0		1		0.768		
Isoleucine.....g	0.594		0		1		0.903		
Leucine.....g	1.013		0		1		1.540		
Lysine.....g	0.904		0		1		1.374		
Methionine.....g	0.325		0		1		0.494		
Cystine.....g	0.202		0		1		0.307		
Phenylalanine.....g	0.606		0		1		0.921		
Tyrosine.....g	0.481		0		1		0.731		
Valine.....g	0.665		0		1		1.011		
Arginine.....g	0.685		0		1		1.041		
Histidine.....g	0.386		0		1		0.587		
Alanine.....g	0.590		0		1		0.897		
Aspartic acid.....g	1.003		0		1		1.525		
Glutamic acid.....g	2.349		0		1		3.570		
Glycine.....g	0.461		0		1		0.701		
Proline.....g	0.811		0		1		1.233		
Serine.....g	0.651		0		1		0.990		
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 152g: 1 croissant

Calories Factors: Protein 4.23 **Fat** 8.88 **Carbohydrate** 3.99

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2010)

NDB No. 21014
Fast foods, croissant, with egg, cheese, and sausage

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	45.87		1		4		73.39		
Energy	kcal	327		0	NC	4		523		
Energy	kJ	1368		0		4		2189		
Protein (N x 6.15)	g	12.69	0.546	3		1		20.30		
Total lipid (fat)	g	23.85	2.947	3		1		38.16		
Ash	g	2.27		1		4		3.63		
Carbohydrate, by difference	g	15.45		3		9		24.72		
Fiber, total dietary	g									
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	90		1		1		144		
Iron, Fe	mg	1.90		1		1		3.04		
Magnesium, Mg	mg	15		1		4		24		
Phosphorus, P	mg	181		1		1		290		
Potassium, K	mg	177		1		1		283		
Sodium, Na	mg	697	49.400	3		1		1115		
Zinc, Zn	mg	1.34		1		4		2.14		
Copper, Cu	mg	0.068		1		4		0.109		
Manganese, Mn	mg	0.158		1		4		0.253		
Selenium, Se	mcg	12.9		0	RK	4		20.6		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.1		1		4		0.2		
Thiamin	mg	0.620		1		1		0.992		
Riboflavin	mg	0.200		1		1		0.320		
Niacin	mg	2.500		1		1		4.000		
Pantothenic acid	mg	0.820		1		4		1.312		
Vitamin B-6	mg	0.070		1		4		0.112		
Folate, total	mcg	27		0	RK	4		43		
Folic acid	mcg	3		0	NC	4		5		
Folate, food	mcg	24		0		4		38		
Folate, DFE	mcg_DFE	29		0	NC	4		47		
Choline, total	mg	84.0		0	AS	1		134.4		
Betaine	mg	8.4		1	A	1		13.5		
Vitamin B-12	mcg	0.56		1		4		0.90		
Vitamin A, RAE	mcg_RAE									
Retinol	mcg									
Carotene, beta	mcg									
Carotene, alpha	mcg									
Cryptoxanthin, beta	mcg									
Vitamin A, IU	IU	264		1		1		422		
Lycopene	mcg									
Lutein + zeaxanthin	mcg									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg									
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Dihydrophylloquinone	mcg									
Menaquinone-4	mcg									
Lipids:										
Fatty acids, total saturated	g	11.391		1		1		18.226		
Fatty acids, total monounsaturated	g	8.908		1		1		14.253		

NDB No. 21014
Fast foods, croissant, with egg, cheese, and sausage

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total polyunsaturated.....g	1.881		1		1		3.010		
Fatty acids, total trans.....g									
Cholesterol.....mg	135	23.754	3		1		216		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.163		0		1		0.261		
Threonine.....g	0.493		0		1		0.789		
Isoleucine.....g	0.592		0		1		0.947		
Leucine.....g	1.001		0		1		1.602		
Lysine.....g	0.881		0		1		1.410		
Methionine.....g	0.320		0		1		0.512		
Cystine.....g	0.188		0		1		0.301		
Phenylalanine.....g	0.592		0		1		0.947		
Tyrosine.....g	0.487		0		1		0.779		
Valine.....g	0.691		0		1		1.106		
Arginine.....g	0.673		0		1		1.077		
Histidine.....g	0.363		0		1		0.581		
Alanine.....g	0.584		0		1		0.934		
Aspartic acid.....g	0.965		0		1		1.544		
Glutamic acid.....g	2.360		0		1		3.776		
Glycine.....g	0.499		0		1		0.798		
Proline.....g	0.877		0		1		1.403		
Serine.....g	0.670		0		1		1.072		
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 160g: 1 croissant

Calories Factors: Protein 4.22 **Fat** 8.89 **Carbohydrate** 3.99

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2010)

NDB No. 21015
Fast foods, danish pastry, cheese

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	33.80		1		1		30.76		
Energy	kcal	388		0	NC	4		353		
Energy	kJ	1623				4		1477		
Protein (N x 6)	g	6.41	0.235	3		1		5.83		
Total lipid (fat)	g	27.06	8.603	3		1		24.62		
Ash	g	1.20		1		1		1.09		
Carbohydrate, by difference	g	31.53		0	NC	4		28.69		
Fiber, total dietary	g									
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	77	13.822	6		1		70		
Iron, Fe	mg	2.03	0.219	6		1		1.85		
Magnesium, Mg	mg	17	1.481	5		1		15		
Phosphorus, P	mg	88	12.062	5		1		80		
Potassium, K	mg	128	14.050	5		1		116		
Sodium, Na	mg	351	17.769	7		1		319		
Zinc, Zn	mg	0.69	0.088	5		1		0.63		
Copper, Cu	mg	0.095	0.011	5		1		0.086		
Manganese, Mn	mg	0.385	0.018	4		1		0.350		
Selenium, Se	mcg	18.9		0	BFZN	4		17.2		
Vitamins:										
Vitamin C, total ascorbic acid	mg	2.9		1		4		2.6		
Thiamin	mg	0.290		2		1		0.264		
Riboflavin	mg	0.230		2		1		0.209		
Niacin	mg	2.800		2		1		2.548		
Pantothenic acid	mg	0.630		1		4		0.573		
Vitamin B-6	mg	0.060		1		4		0.055		
Folate, total	mcg	60		0	BFZN	4		55		
Folic acid	mcg	44		0	NC	4		40		
Folate, food	mcg	16		0		4		15		
Folate, DFE	mcg_DFE	91		0	NC	4		83		
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	0.25		1		4		0.23		
Vitamin A, RAE	mcg_RAE	49		0	NC	4		44		
Retinol	mcg	48		0	NC	4		44		
Carotene, beta	mcg									
Carotene, alpha	mcg									
Cryptoxanthin, beta	mcg									
Vitamin A, IU	IU	170		1		1		155		
Lycopene	mcg									
Lutein + zeaxanthin	mcg									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg									
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Dihydrophylloquinone	mcg									
Menaquinone-4	mcg									
Lipids:										
Fatty acids, total saturated	g	5.630		0		1		5.123		
4:0	g									

NDB No. 21015
Fast foods, danish pastry, cheese

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g									
8:0 g									
10:0 g									
12:0 g	0.025		1		1		0.023		
13:0 g									
14:0 g	0.152		1		1		0.138		
15:0 g									
16:0 g	3.779		1		1		3.439		
17:0 g									
18:0 g	1.674		1		1		1.523		
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	17.144		0		1		15.601		
14:1 g									
15:1 g									
16:1 undifferentiated g	0.025		1		1		0.023		
17:1 g									
18:1 undifferentiated g	17.118		1		1		15.577		
20:1 g									
22:1 undifferentiated g									
24:1 c g									
Fatty acids, total polyunsaturated g	2.663		0		1		2.423		
18:2 undifferentiated g	2.663		1		1		2.423		
18:3 undifferentiated g									
18:4 g									
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g									
20:5 n-3 (EPA) g									
22:5 n-3 (DPA) g									
22:6 n-3 (DHA) g									
Fatty acids, total trans g									
Cholesterol mg	22	10.807	3		1		20		
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.080		0		1		0.073		
Threonine g	0.227		0		1		0.207		
Isoleucine g	0.291		0		1		0.265		
Leucine g	0.501		0		1		0.456		
Lysine g	0.304		0		1		0.277		
Methionine g	0.141		0		1		0.128		
Cystine g	0.106		0		1		0.096		
Phenylalanine g	0.316		0		1		0.288		
Tyrosine g	0.239		0		1		0.217		
Valine g	0.327		0		1		0.298		
Arginine g	0.309		0		1		0.281		
Histidine g	0.158		0		1		0.144		
Alanine g	0.261		0		1		0.238		
Aspartic acid g	0.402		0		1		0.366		
Glutamic acid g	1.550		0		1		1.411		
Glycine g	0.200		0		1		0.182		
Proline g	0.582		0		1		0.530		
Serine g	0.337		0		1		0.307		
Hydroxyproline g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 91g: 1 pastry

NDB No. 21015
Fast foods, danish pastry, cheese

Calories Factors: Protein 4.1 **Fat** 8.8 **Carbohydrate** 4

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2010)

NDB No. 21016
Fast foods, danish pastry, cinnamon

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	20.90		1		1		18.39		
Energy	kcal	397		0	NC	4		349		
Energy	kJ	1661				4		1462		
Protein (N x 5.88)	g	5.46		1		1		4.80		
Total lipid (fat)	g	19.00		1		1		16.72		
Ash	g	1.40		1		1		1.23		
Carbohydrate, by difference	g	53.24		0	NC	4		46.85		
Fiber, total dietary	g									
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	42		2		1		37		
Iron, Fe	mg	2.04		2		1		1.80		
Magnesium, Mg	mg	16		2		1		14		
Phosphorus, P	mg	84		2		1		74		
Potassium, K	mg	109		1		1		96		
Sodium, Na	mg	371		2		1		326		
Zinc, Zn	mg	0.55		2		1		0.48		
Copper, Cu	mg	0.085		2		1		0.075		
Manganese, Mn	mg	0.420		2		1		0.370		
Selenium, Se	mcg	17.0	0.760	33	A	1		15.0		
Vitamins:										
Vitamin C, total ascorbic acid	mg	2.9		1		1		2.6		
Thiamin	mg	0.290		1		1		0.255		
Riboflavin	mg	0.220		1		1		0.194		
Niacin	mg	2.500		1		1		2.200		
Pantothenic acid	mg	0.630		1		4		0.554		
Vitamin B-6	mg	0.060		1		4		0.053		
Folate, total	mcg	62		0	BFZN	4		55		
Folic acid	mcg	46		0	NC	4		40		
Folate, food	mcg	16		0		4		14		
Folate, DFE	mcg_DFE	94		0	NC	4		83		
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	0.25		1		4		0.22		
Vitamin A, RAE	mcg_RAE	6		0	NC	4		5		
Retinol	mcg	5		0	NC	4		4		
Carotene, beta	mcg									
Carotene, alpha	mcg									
Cryptoxanthin, beta	mcg									
Vitamin A, IU	IU	20		1		4		18		
Lycopene	mcg									
Lutein + zeaxanthin	mcg									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg									
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Dihydrophylloquinone	mcg									
Menaquinone-4	mcg									
Lipids:										
Fatty acids, total saturated	g	3.953		0		1		3.479		
4:0	g									

NDB No. 21016
Fast foods, danish pastry, cinnamon

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g									
8:0 g									
10:0 g									
12:0 g	0.018		1		1		0.016		
13:0 g									
14:0 g	0.107		1		1		0.094		
15:0 g									
16:0 g	2.653		1		1		2.335		
17:0 g									
18:0 g	1.175		1		1		1.034		
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	12.037		0		1		10.593		
14:1 g									
15:1 g									
16:1 undifferentiated g	0.018		1		1		0.016		
17:1 g									
18:1 undifferentiated g	12.019		1		1		10.577		
20:1 g									
22:1 undifferentiated g									
24:1 c g									
Fatty acids, total polyunsaturated g	1.870		0		1		1.646		
18:2 undifferentiated g	1.870		1		1		1.646		
18:3 undifferentiated g									
18:4 g									
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g									
20:5 n-3 (EPA) g									
22:5 n-3 (DPA) g									
22:6 n-3 (DHA) g									
Fatty acids, total trans g									
Cholesterol mg	31		1		1		27		
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.072		0		1		0.063		
Threonine g	0.190		0		1		0.167		
Isoleucine g	0.243		0		1		0.214		
Leucine g	0.415		0		1		0.365		
Lysine g	0.224		0		1		0.197		
Methionine g	0.120		0		1		0.106		
Cystine g	0.110		0		1		0.097		
Phenylalanine g	0.277		0		1		0.244		
Tyrosine g	0.190		0		1		0.167		
Valine g	0.278		0		1		0.245		
Arginine g	0.250		0		1		0.220		
Histidine g	0.127		0		1		0.112		
Alanine g	0.214		0		1		0.188		
Aspartic acid g	0.332		0		1		0.292		
Glutamic acid g	1.437		0		1		1.265		
Glycine g	0.184		0		1		0.162		
Proline g	0.502		0		1		0.442		
Serine g	0.306		0		1		0.269		
Hydroxyproline g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 88g: 1 pastry

NDB No. 21016
Fast foods, danish pastry, cinnamon

Calories Factors: Protein 4 **Fat** 8.8 **Carbohydrate** 3.9

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2010)

NDB No. 21017
Fast foods, danish pastry, fruit

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	29.00	1.578	4		1		27.26		
Energy....kcal	356		0	NC	4		335		
Energy....kJ	1490				4		1400		
Protein (N x 5.9)....g	5.06	0.281	6		1		4.76		
Total lipid (fat)....g	16.95	0.791	7		1		15.93		
Ash....g	1.04	0.030	4		1		0.98		
Carbohydrate, by difference....g	47.94		0	NC	4		45.06		
Fiber, total dietary....g									
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	23	4.313	6		1		22		
Iron, Fe....mg	1.49	0.085	7		1		1.40		
Magnesium, Mg....mg	15	1.337	7		1		14		
Phosphorus, P....mg	73	12.380	6		1		69		
Potassium, K....mg	117	22.810	5		1		110		
Sodium, Na....mg	354	18.801	10		1		333		
Zinc, Zn....mg	0.51	0.041	7		1		0.48		
Copper, Cu....mg	0.059	0.017	7		1		0.055		
Manganese, Mn....mg	0.205	0.068	6		1		0.193		
Selenium, Se....mcg	14.8		0	BFZN	4		13.9		
Vitamins:									
Vitamin C, total ascorbic acid....mg	1.7	1.396	10		1		1.6		
Thiamin....mg	0.310	0.012	10		1		0.291		
Riboflavin....mg	0.220	0.008	10		1		0.207		
Niacin....mg	1.910	0.033	10		1		1.795		
Pantothenic acid....mg	0.630	0.023	8		1		0.592		
Vitamin B-6....mg	0.060		1		1		0.056		
Folate, total....mcg	33		0	BFZN	4		31		
Folic acid....mcg	17		0	NC	4		16		
Folate, food....mcg	16	1.032	8		1		15		
Folate, DFE....mcg_DFE	45		0	NC	4		42		
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.25		1		4		0.24		
Vitamin A, RAE....mcg_RAE	27		0	NC	4		25		
Retinol....mcg	27		0	NC	4		25		
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	91		1		4		86		
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Dihydrophylloquinone....mcg									
Menaquinone-4....mcg									
Lipids:									
Fatty acids, total saturated....g	3.527		0		1		3.315		
4:0....g									

NDB No. 21017
Fast foods, danish pastry, fruit

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g									
8:0 g									
10:0 g									
12:0 g	0.016		1		1		0.015		
13:0 g									
14:0 g	0.095		1		1		0.089		
15:0 g									
16:0 g	2.367		1		1		2.225		
17:0 g									
18:0 g	1.049		1		1		0.986		
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	10.740		0		1		10.096		
14:1 g									
15:1 g									
16:1 undifferentiated g	0.016		1		1		0.015		
17:1 g									
18:1 undifferentiated g	10.724		1		1		10.081		
20:1 g									
22:1 undifferentiated g									
24:1 c g									
Fatty acids, total polyunsaturated g	1.668		0		1		1.568		
18:2 undifferentiated g	1.668		1		1		1.568		
18:3 undifferentiated g									
18:4 g									
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g									
20:5 n-3 (EPA) g									
22:5 n-3 (DPA) g									
22:6 n-3 (DHA) g									
Fatty acids, total trans g									
Cholesterol mg	20	1.683	4		1		19		
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.067		0		1		0.063		
Threonine g	0.176		0		1		0.165		
Isoleucine g	0.225		0		1		0.212		
Leucine g	0.384		0		1		0.361		
Lysine g	0.207		0		1		0.195		
Methionine g	0.111		0		1		0.104		
Cystine g	0.101		0		1		0.095		
Phenylalanine g	0.257		0		1		0.242		
Tyrosine g	0.176		0		1		0.165		
Valine g	0.257		0		1		0.242		
Arginine g	0.231		0		1		0.217		
Histidine g	0.118		0		1		0.111		
Alanine g	0.198		0		1		0.186		
Aspartic acid g	0.309		0		1		0.290		
Glutamic acid g	1.327		0		1		1.247		
Glycine g	0.170		0		1		0.160		
Proline g	0.463		0		1		0.435		
Serine g	0.283		0		1		0.266		
Hydroxyproline g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 94g: 1 pastry

NDB No. 21017
Fast foods, danish pastry, fruit

Calories Factors: Protein 4 **Fat** 8.8 **Carbohydrate** 3.9

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2010)

NDB No. 21104
Fast foods, egg and cheese sandwich

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	56.30		2		1		82.20		
Energy	kcal	233		0		1		340		
Energy	kJ	975				1		1423		
Protein (N x 6.16)	g	10.69		2		1		15.61		
Total lipid (fat)	g	13.30		2		1		19.42		
Ash	g	1.95		2		1		2.85		
Carbohydrate, by difference	g	17.76		0	NC	4		25.93		
Fiber, total dietary	g									
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	154		2		1		225		
Iron, Fe	mg	2.04		2		1		2.98		
Magnesium, Mg	mg	15		2		1		22		
Phosphorus, P	mg	207		2		1		302		
Potassium, K	mg	129		2		1		188		
Sodium, Na	mg	551		2		1		804		
Zinc, Zn	mg	1.13		2		1		1.65		
Copper, Cu	mg	0.075		2		1		0.110		
Manganese, Mn	mg	0.150		2		1		0.219		
Selenium, Se	mcg	23.1		0	RK	4		33.7		
Vitamins:										
Vitamin C, total ascorbic acid	mg	1.0		2		1		1.5		
Thiamin	mg	0.180		2		1		0.263		
Riboflavin	mg	0.390		2		1		0.569		
Niacin	mg	1.420		2		1		2.073		
Pantothenic acid	mg	0.600		2		1		0.876		
Vitamin B-6	mg	0.090		2		1		0.131		
Folate, total	mcg	67		0	RK	4		98		
Folic acid	mcg	42		0	NC	4		61		
Folate, food	mcg	25		2		1		37		
Folate, DFE	mcg_DFE	96		0	NC	4		141		
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	0.78		2		1		1.14		
Vitamin A, RAE	mcg_RAE	138		0	NC	4		201		
Retinol	mcg	138		0	NC	4		201		
Carotene, beta	mcg									
Carotene, alpha	mcg									
Cryptoxanthin, beta	mcg									
Vitamin A, IU	IU	458		2		1		669		
Lycopene	mcg									
Lutein + zeaxanthin	mcg									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg									
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Dihydrophylloquinone	mcg									
Menaquinone-4	mcg									
Lipids:										
Fatty acids, total saturated	g	4.538		1		1		6.625		
Fatty acids, total monounsaturated	g	5.662		1		1		8.267		

NDB No. 21104
Fast foods, egg and cheese sandwich

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total polyunsaturated.....g	1.769		1		1		2.583		
Fatty acids, total trans.....g									
Cholesterol.....mg	199		2		1		291		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.149		0		1		0.218		
Threonine.....g	0.403		0		1		0.588		
Isoleucine.....g	0.535		0		1		0.781		
Leucine.....g	0.852		0		1		1.244		
Lysine.....g	0.635		0		1		0.927		
Methionine.....g	0.262		0		1		0.383		
Cystine.....g	0.182		0		1		0.266		
Phenylalanine.....g	0.550		0		1		0.803		
Tyrosine.....g	0.401		0		1		0.585		
Valine.....g	0.642		0		1		0.937		
Arginine.....g	0.531		0		1		0.775		
Histidine.....g	0.281		0		1		0.410		
Alanine.....g	0.448		0		1		0.654		
Aspartic acid.....g	0.776		0		1		1.133		
Glutamic acid.....g	2.180		0		1		3.183		
Glycine.....g	0.328		0		1		0.479		
Proline.....g	0.806		0		1		1.177		
Serine.....g	0.635		0		1		0.927		
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 146g: 1 sandwich

Calories Factors: Protein 4.19 **Fat** 8.86 **Carbohydrate** 3.95

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2010)

NDB No. 21018
Fast foods, egg, scrambled

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	66.70	1.294	5		1		62.70		
Energy....kcal	212		0	NC	4		199		
Energy....kJ	887		0		4		834		
Protein (N x 6.26)....g	13.84	0.515	5		1		13.01		
Total lipid (fat)....g	16.18	1.163	6		1		15.21		
Ash....g	1.20	0.058	3		1		1.13		
Carbohydrate, by difference....g	2.08		0	NC	4		1.96		
Fiber, total dietary....g	0.0		0		4		0.0		
Sugars, total....g	1.64		0	FLA	4		1.54		
Starch....g									
Minerals:									
Calcium, Ca....mg	57	4.222	6		1		54		
Iron, Fe....mg	2.59	0.123	6		1		2.43		
Magnesium, Mg....mg	14	0.327	4		1		13		
Phosphorus, P....mg	242	10.990	4		1		227		
Potassium, K....mg	147	12.173	6		1		138		
Sodium, Na....mg	224	27.433	6		1		211		
Zinc, Zn....mg	1.66	0.082	4		1		1.56		
Copper, Cu....mg	0.067	0.009	4		1		0.063		
Manganese, Mn....mg	0.043	0.003	4		1		0.040		
Selenium, Se....mcg	22.5	1.100	33	A	1		21.2		
Vitamins:									
Vitamin C, total ascorbic acid....mg	3.3	2.755	3		1		3.1		
Thiamin....mg	0.080	0.006	5		1		0.075		
Riboflavin....mg	0.520	0.077	5		1		0.489		
Niacin....mg	0.210	0.081	5		1		0.197		
Pantothenic acid....mg	0.940	0.286	3		1		0.884		
Vitamin B-6....mg	0.190	0.011	3		1		0.179		
Folate, total....mcg	29		0	FLA	4		27		
Folic acid....mcg	0		0	FLA	4		0		
Folate, food....mcg	29		0	FLA	4		27		
Folate, DFE....mcg_DFE	29		0	NC	4		27		
Choline, total....mg	180.6		0	FLA	4		169.8		
Betaine....mg									
Vitamin B-12....mcg	1.01	0.045	3		1		0.95		
Vitamin B-12, added....mcg	0.00		0	FLA	4		0.00		
Vitamin A, RAE....mcg_RAE	176		0	NC	4		166		
Retinol....mcg	171		0	FLA	4		161		
Carotene, beta....mcg	62		0	FLA	4		58		
Carotene, alpha....mcg	0		0	FLA	4		0		
Cryptoxanthin, beta....mcg	6		0	FLA	4		6		
Vitamin A, IU....IU	679		0	NC	4		638		
Lycopene....mcg	0		0	FLA	4		0		
Lutein + zeaxanthin....mcg	233		0	FLA	4		219		
Vitamin E (alpha-tocopherol)....mg	0.96		0		1		0.90		
Vitamin E, added....mg	0.00		0	FLA	4		0.00		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	1.1		0	FLA	4		1.1		
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU	46		0	FLA	4		43		
Vitamin K (phylloquinone)....mcg	9.0		0	FLA	4		8.4		
Dihydrophylloquinone....mcg									
Menaquinone-4....mcg									
Lipids:									

NDB No. 21018
Fast foods, egg, scrambled

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	6.153		0		1		5.784		
4:0....g	0.000		0		1		0.000		
6:0....g	0.158		1		1		0.149		
8:0....g	0.048		1		1		0.045		
10:0....g	0.104		1		1		0.098		
12:0....g	0.134		1		1		0.126		
13:0....g									
14:0....g	0.085		1		1		0.080		
15:0....g									
16:0....g	3.909		1		1		3.674		
17:0....g									
18:0....g	1.522		1		1		1.431		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	5.889		0		1		5.536		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.515		1		1		0.484		
17:1....g									
18:1 undifferentiated....g	5.374		1		1		5.052		
20:1....g	0.000		0		1		0.000		
22:1 undifferentiated....g	0.000		0		1		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.969		0		1		1.851		
18:2 undifferentiated....g	1.649		1		1		1.550		
18:3 undifferentiated....g	0.118		1		1		0.111		
18:4....g	0.000		0		1		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.202		1		1		0.190		
20:5 n-3 (EPA)....g	0.000		0		1		0.000		
22:5 n-3 (DPA)....g	0.000		0		1		0.000		
22:6 n-3 (DHA)....g	0.000		0		1		0.000		
Fatty acids, total trans....g									
Cholesterol....mg	426	26.645	7		1		400		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.212		0		1		0.199		
Threonine....g	0.657		0		1		0.618		
Isoleucine....g	0.836		0		1		0.786		
Leucine....g	1.185		0		1		1.114		
Lysine....g	0.913		0		1		0.858		
Methionine....g	0.427		0		1		0.401		
Cystine....g	0.307		0		1		0.289		
Phenylalanine....g	0.750		0		1		0.705		
Tyrosine....g	0.562		0		1		0.528		
Valine....g	0.960		0		1		0.902		
Arginine....g	0.836		0		1		0.786		
Histidine....g	0.325		0		1		0.306		
Alanine....g	0.763		0		1		0.717		
Aspartic acid....g	1.311		0		1		1.232		
Glutamic acid....g	1.773		0		1		1.667		
Glycine....g	0.438		0		1		0.412		
Proline....g	0.577		0		1		0.542		
Serine....g	1.002		0		1		0.942		
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0		
Caffeine....mg	0		0	FLA	4		0		
Theobromine....mg	0		0	FLA	4		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based.

NDB No. 21018
Fast foods, egg, scrambled

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 94g: 2 eggs

Calories Factors: Protein 4.35 **Fat** 8.92 **Carbohydrate** 3.8

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2010)

NDB No. 21074
Fast foods, enchilada, with cheese

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	63.23	1.981	7		1		103.06		
Energy....kcal	196		0		1		319		
Energy....kJ	820				1		1337		
Protein (N x 6.34)....g	5.91	0.357	7		1		9.63		
Total lipid (fat)....g	11.56	1.329	7		1		18.84		
Ash....g	1.78	0.046	7		1		2.90		
Carbohydrate, by difference....g	17.51		0	NC	4		28.54		
Fiber, total dietary....g									
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	199	8.593	7		1		324		
Iron, Fe....mg	0.81	0.092	7		1		1.32		
Magnesium, Mg....mg	31	0.764	7		1		51		
Phosphorus, P....mg	82	4.756	7		1		134		
Potassium, K....mg	147	4.459	7		1		240		
Sodium, Na....mg	481	23.190	7		1		784		
Zinc, Zn....mg	1.54	0.309	7		1		2.51		
Copper, Cu....mg	0.159	0.079	5		1		0.259		
Manganese, Mn....mg	0.147	0.009	7		1		0.240		
Selenium, Se....mcg	6.2		0	RK	4		10.1		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.6	0.202	7		1		1.0		
Thiamin....mg	0.050	0.021	7		1		0.082		
Riboflavin....mg	0.260	0.016	7		1		0.424		
Niacin....mg	1.170	0.068	7		1		1.907		
Pantothenic acid....mg	0.930	0.072	7		1		1.516		
Vitamin B-6....mg	0.240	0.103	7		1		0.391		
Folate, total....mcg	40		0	RK	4		65		
Folic acid....mcg	19		0	NC	4		31		
Folate, food....mcg	21		0		4		34		
Folate, DFE....mcg_DFE	53		0	NC	4		87		
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.46	0.052	7		1		0.75		
Vitamin A, RAE....mcg_RAE	61		0	NC	4		99		
Retinol....mcg	30		0	NC	4		49		
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	712	568.762	3		1		1161		
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Dihydrophylloquinone....mcg									
Menaquinone-4....mcg									
Lipids:									
Fatty acids, total saturated....g	6.496		0		1		10.588		
4:0....g									

NDB No. 21074
Fast foods, enchilada, with cheese

Nutrients and Units		Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
		Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0	g									
8:0	g	0.925		2		1		1.508		
10:0	g	0.264		2		1		0.430		
12:0	g	0.311		2		1		0.507		
13:0	g									
14:0	g	0.996		2		1		1.623		
15:0	g									
16:0	g	2.547		2		1		4.152		
17:0	g									
18:0	g	1.454		2		1		2.370		
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	3.872		0		1		6.311		
14:1	g									
15:1	g									
16:1 undifferentiated	g									
17:1	g									
18:1 undifferentiated	g	3.872		2		1		6.311		
20:1	g									
22:1 undifferentiated	g									
24:1 c	g									
Fatty acids, total polyunsaturated	g	0.501		0		1		0.817		
18:2 undifferentiated	g	0.449		2		1		0.732		
18:3 undifferentiated	g	0.051		2		1		0.083		
18:4	g									
20:2 n-6 c,c	g									
20:3 undifferentiated	g									
20:4 undifferentiated	g									
20:5 n-3 (EPA)	g									
22:5 n-3 (DPA)	g									
22:6 n-3 (DHA)	g									
Fatty acids, total trans	g									
Cholesterol	mg	27		2		1		44		
Phytosterols	mg									
Amino Acids:										
Tryptophan	g	0.061		0		1		0.099		
Threonine	g	0.199		0		1		0.324		
Isoleucine	g	0.283		0		1		0.461		
Leucine	g	0.539		0		1		0.879		
Lysine	g	0.350		0		1		0.571		
Methionine	g	0.126		0		1		0.205		
Cystine	g	0.051		0		1		0.083		
Phenylalanine	g	0.270		0		1		0.440		
Tyrosine	g	0.239		0		1		0.390		
Valine	g	0.323		0		1		0.526		
Arginine	g	0.233		0		1		0.380		
Histidine	g	0.176		0		1		0.287		
Alanine	g	0.234		0		1		0.381		
Aspartic acid	g	0.404		0		1		0.659		
Glutamic acid	g	1.335		0		1		2.176		
Glycine	g	0.138		0		1		0.225		
Proline	g	0.534		0		1		0.870		
Serine	g	0.290		0		1		0.473		
Hydroxyproline	g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 163g: 1 enchilada

NDB No. 21074
Fast foods, enchilada, with cheese

Calories Factors: Protein 4.01 **Fat** 8.77 **Carbohydrate** 4.07

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2010)

NDB No. 21075
Fast foods, enchilada, with cheese and beef

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	66.89	1.493	8		1		128.43		
Energy....kcal	168		0		1		323		
Energy....kJ	703				1		1350		
Protein (N x 5.98)....g	6.21	0.401	8		1		11.92		
Total lipid (fat)....g	9.19	0.825	8		1		17.64		
Ash....g	1.85	0.087	8		1		3.55		
Carbohydrate, by difference....g	15.87		0	NC	4		30.47		
Fiber, total dietary....g									
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	119	7.431	7		1		228		
Iron, Fe....mg	1.60	0.460	8		1		3.07		
Magnesium, Mg....mg	43	9.685	8		1		83		
Phosphorus, P....mg	87	28.705	8		1		167		
Potassium, K....mg	299	93.283	8		1		574		
Sodium, Na....mg	687	179.305	8		1		1319		
Zinc, Zn....mg	1.40	0.157	8		1		2.69		
Copper, Cu....mg	0.270	0.107	8		1		0.518		
Manganese, Mn....mg	0.304	0.103	8		1		0.584		
Selenium, Se....mcg	5.1		0	RK	4		9.8		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.7	0.484	7		1		1.3		
Thiamin....mg	0.050	0.013	8		1		0.096		
Riboflavin....mg	0.210	0.020	8		1		0.403		
Niacin....mg	1.310	0.043	7		1		2.515		
Pantothenic acid....mg	0.750	0.109	8		1		1.440		
Vitamin B-6....mg	0.140	0.012	8		1		0.269		
Folate, total....mcg	35		0	RK	4		67		
Folic acid....mcg	0		0	Z	7		0		
Folate, food....mcg	35		0	RK	4		67		
Folate, DFE....mcg_DFE	35		0	NC	4		67		
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.53	0.063	8		1		1.02		
Vitamin A, RAE....mcg_RAE	51		0	NC	4		97		
Retinol....mcg	25		0	NC	4		48		
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	591	427.793	4		1		1135		
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Dihydrophylloquinone....mcg									
Menaquinone-4....mcg									
Lipids:									
Fatty acids, total saturated....g	4.712		0		1		9.047		
4:0....g									

NDB No. 21075
Fast foods, enchilada, with cheese and beef

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g									
8:0 g									
10:0 g	0.030		2		1		0.058		
12:0 g	0.103		2		1		0.198		
13:0 g									
14:0 g	0.605		2		1		1.162		
15:0 g									
16:0 g	2.373		2		1		4.556		
17:0 g									
18:0 g	1.601		2		1		3.074		
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	3.201		0		1		6.146		
14:1 g									
15:1 g									
16:1 undifferentiated g									
17:1 g									
18:1 undifferentiated g	3.201		2		1		6.146		
20:1 g									
22:1 undifferentiated g									
24:1 c g									
Fatty acids, total polyunsaturated g	0.723		0		1		1.388		
18:2 undifferentiated g	0.681		2		1		1.308		
18:3 undifferentiated g	0.042		2		1		0.081		
18:4 g									
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g									
20:5 n-3 (EPA) g									
22:5 n-3 (DPA) g									
22:6 n-3 (DHA) g									
Fatty acids, total trans g									
Cholesterol mg	21	9.737	3		1		40		
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.069		0		1		0.132		
Threonine g	0.239		0		1		0.459		
Isoleucine g	0.275		0		1		0.528		
Leucine g	0.563		0		1		1.081		
Lysine g	0.409		0		1		0.785		
Methionine g	0.136		0		1		0.261		
Cystine g	0.069		0		1		0.132		
Phenylalanine g	0.269		0		1		0.516		
Tyrosine g	0.226		0		1		0.434		
Valine g	0.319		0		1		0.612		
Arginine g	0.349		0		1		0.670		
Histidine g	0.194		0		1		0.372		
Alanine g	0.355		0		1		0.682		
Aspartic acid g	0.527		0		1		1.012		
Glutamic acid g	1.308		0		1		2.511		
Glycine g	0.304		0		1		0.584		
Proline g	0.448		0		1		0.860		
Serine g	0.279		0		1		0.536		
Hydroxyproline g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 192g: 1 enchilada

NDB No. 21075
Fast foods, enchilada, with cheese and beef

Calories Factors: Protein 3.73 **Fat** 8.79 **Carbohydrate** 4.07

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2010)

NDB No. 21076
Fast foods, enchirito, with cheese, beef, and beans

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	62.67	0.562	15		1		120.95		
Energy....kcal	178		0		1		344		
Energy....kJ	745				1		1437		
Protein (N x 6.19)....g	9.27	0.309	15		1		17.89		
Total lipid (fat)....g	8.33	0.315	15		1		16.08		
Ash....g	2.22	0.057	15		1		4.28		
Carbohydrate, by difference....g	17.51		0	NC	4		33.79		
Fiber, total dietary....g									
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	113	10.143	15		1		218		
Iron, Fe....mg	1.24	0.105	15		1		2.39		
Magnesium, Mg....mg	37	5.047	15		1		71		
Phosphorus, P....mg	116	3.569	15		1		224		
Potassium, K....mg	290	9.041	15		1		560		
Sodium, Na....mg	648	48.812	15		1		1251		
Zinc, Zn....mg	1.43	0.076	14		1		2.76		
Copper, Cu....mg	0.140	0.029	14		1		0.270		
Manganese, Mn....mg	0.199	0.002	15		1		0.384		
Selenium, Se....mcg	4.2		0	RK	4		8.1		
Vitamins:									
Vitamin C, total ascorbic acid....mg	2.4	0.693	5		1		4.6		
Thiamin....mg	0.090	0.034	5		1		0.174		
Riboflavin....mg	0.360	0.023	5		1		0.695		
Niacin....mg	1.550	0.042	4		1		2.992		
Pantothenic acid....mg	0.950	0.172	5		1		1.834		
Vitamin B-6....mg	0.110	0.005	5		1		0.212		
Folate, total....mcg	49		0	RA	4		95		
Folic acid....mcg	18		0	RA	4		35		
Folate, food....mcg	31		0	NC	4		60		
Folate, DFE....mcg_DFE	62		0	NC	4		119		
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.84	0.081	5		1		1.62		
Vitamin A, RAE....mcg_RAE	46		0	NC	4		89		
Retinol....mcg	24		0	NC	4		46		
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	526		2		1		1015		
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Dihydrophylloquinone....mcg									
Menaquinone-4....mcg									
Lipids:									
Fatty acids, total saturated....g	4.118		0		1		7.948		
4:0....g									

NDB No. 21076
Fast foods, enchirito, with cheese, beef, and beans

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g									
8:0 g									
10:0 g	0.057		1		1		0.110		
12:0 g	0.238		1		1		0.459		
13:0 g									
14:0 g									
15:0 g									
16:0 g	2.606		1		1		5.030		
17:0 g									
18:0 g	1.217		1		1		2.349		
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	3.377		0		1		6.518		
14:1 g									
15:1 g									
16:1 undifferentiated g									
17:1 g									
18:1 undifferentiated g	3.377		1		1		6.518		
20:1 g									
22:1 undifferentiated g									
24:1 c g									
Fatty acids, total polyunsaturated g	0.170		0		1		0.328		
18:2 undifferentiated g									
18:3 undifferentiated g	0.170		1		1		0.328		
18:4 g									
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g									
20:5 n-3 (EPA) g									
22:5 n-3 (DPA) g									
22:6 n-3 (DHA) g									
Fatty acids, total trans g									
Cholesterol mg	26		2		1		50		
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.102		0		1		0.197		
Threonine g	0.349		0		1		0.674		
Isoleucine g	0.407		0		1		0.786		
Leucine g	0.803		0		1		1.550		
Lysine g	0.613		0		1		1.183		
Methionine g	0.195		0		1		0.376		
Cystine g	0.094		0		1		0.181		
Phenylalanine g	0.401		0		1		0.774		
Tyrosine g	0.325		0		1		0.627		
Valine g	0.469		0		1		0.905		
Arginine g	0.506		0		1		0.977		
Histidine g	0.280		0		1		0.540		
Alanine g	0.488		0		1		0.942		
Aspartic acid g	0.788		0		1		1.521		
Glutamic acid g	1.849		0		1		3.569		
Glycine g	0.425		0		1		0.820		
Proline g	0.634		0		1		1.224		
Serine g	0.418		0		1		0.807		
Hydroxyproline g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 193g: 1 enchirito

NDB No. 21076
Fast foods, enchirito, with cheese, beef, and beans

Calories Factors: Protein 3.98 **Fat** 8.81 **Carbohydrate** 3.88

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2010)

NDB No. 21019
Fast foods, english muffin, with butter

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	32.63	1.440	3		1		20.56		
Energy	kcal	300		0	NC	4		189		
Energy	kJ	1255				4		791		
Protein (N x 5.72)	g	7.73		2		1		4.87		
Total lipid (fat)	g	9.14	0.476	3		1		5.76		
Ash	g	2.30		2		1		1.45		
Carbohydrate, by difference	g	48.19		0	NC	4		30.36		
Fiber, total dietary	g									
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	163		2		1		103		
Iron, Fe	mg	2.52		2		1		1.59		
Magnesium, Mg	mg	21		2		1		13		
Phosphorus, P	mg	135		2		1		85		
Potassium, K	mg	110		2		1		69		
Sodium, Na	mg	613		2		1		386		
Zinc, Zn	mg	0.67		2		1		0.42		
Copper, Cu	mg	0.102		2		1		0.064		
Manganese, Mn	mg	0.332		2		1		0.209		
Selenium, Se	mcg	18.6		0	RK	4		11.7		
Vitamins:										
Vitamin C, total ascorbic acid	mg	1.2		2		1		0.8		
Thiamin	mg	0.400		2		1		0.252		
Riboflavin	mg	0.500		2		1		0.315		
Niacin	mg	4.150		1		1		2.615		
Pantothenic acid	mg	0.220		1		1		0.139		
Vitamin B-6	mg	0.060		2		1		0.038		
Folate, total	mcg	90		0	RK	4		57		
Folic acid	mcg	63		0	NC	4		40		
Folate, food	mcg	27		1		1		17		
Folate, DFE	mcg_DFE	134		0	NC	4		84		
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	0.03		2		1		0.02		
Vitamin A, RAE	mcg_RAE	50		0	NC	4		32		
Retinol	mcg	47		0	NC	4		30		
Carotene, beta	mcg									
Carotene, alpha	mcg									
Cryptoxanthin, beta	mcg									
Vitamin A, IU	IU	216		2		1		136		
Lycopene	mcg									
Lutein + zeaxanthin	mcg									
Vitamin E (alpha-tocopherol)	mg	0.20		0		1		0.13		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg									
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Dihydrophylloquinone	mcg									
Menaquinone-4	mcg									
Lipids:										
Fatty acids, total saturated	g	3.857		0		1		2.430		
4:0	g									

NDB No. 21019
Fast foods, english muffin, with butter

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.168		4		1		0.106		
8:0 g	0.067		4		1		0.042		
10:0 g	0.182		4		1		0.115		
12:0 g	0.675		5		1		0.425		
13:0 g									
14:0 g	0.711		4		1		0.448		
15:0 g									
16:0 g	1.387		6		1		0.874		
17:0 g									
18:0 g	0.478		6		1		0.301		
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	2.432		0		1		1.532		
14:1 g									
15:1 g									
16:1 undifferentiated g	0.222		4		1		0.140		
17:1 g									
18:1 undifferentiated g	2.083		6		1		1.312		
20:1 g									
22:1 undifferentiated g									
24:1 c g									
Fatty acids, total polyunsaturated g	2.140		0		1		1.348		
18:2 undifferentiated g	1.800		6		1		1.134		
18:3 undifferentiated g	0.305		5		1		0.192		
18:4 g									
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.035		4		1		0.022		
20:5 n-3 (EPA) g									
22:5 n-3 (DPA) g									
22:6 n-3 (DHA) g									
Fatty acids, total trans g									
Cholesterol mg	20	0.732	4		1		13		
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.095		0		1		0.060		
Threonine g	0.243		0		1		0.153		
Isoleucine g	0.297		0		1		0.187		
Leucine g	0.546		0		1		0.344		
Lysine g	0.256		0		1		0.161		
Methionine g	0.139		0		1		0.088		
Cystine g	0.151		0		1		0.095		
Phenylalanine g	0.384		0		1		0.242		
Tyrosine g	0.249		0		1		0.157		
Valine g	0.341		0		1		0.215		
Arginine g	0.331		0		1		0.209		
Histidine g	0.178		0		1		0.112		
Alanine g	0.291		0		1		0.183		
Aspartic acid g	0.406		0		1		0.256		
Glutamic acid g	2.340		0		1		1.474		
Glycine g	0.291		0		1		0.183		
Proline g	0.798		0		1		0.503		
Serine g	0.383		0		1		0.241		
Hydroxyproline g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 63g: 1 muffin

NDB No. 21019
Fast foods, english muffin, with butter

Calories Factors: Protein 3.8 **Fat** 8.76 **Carbohydrate** 3.95

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2010)

NDB No. 21020
Fast foods, english muffin, with cheese and sausage

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	37.93	0.563	4	A	1		40.96		
Energy....kcal	338		0	NC	4		365		
Energy....kJ	1415		0	NC	4		1528		
Protein (N x 6.13)....g	13.28	0.023	4	A	1		14.34		
Total lipid (fat)....g	20.67	0.335	4	A	1		22.33		
Ash....g	2.83	0.025	4	A	1		3.06		
Carbohydrate, by difference....g	25.28		0	NC	4		27.31		
Fiber, total dietary....g	0.5	0.353	3	A	1		0.5		
Sugars, total....g	1.98	0.050	4	A	1		2.14		
Sucrose....g	0.07	0.000	4	A	1		0.08		
Glucose (dextrose)....g	0.43	0.030	4	A	1		0.47		
Fructose....g	0.27	0.047	4	A	1		0.29		
Lactose....g	0.43	0.053	4	A	1		0.46		
Maltose....g	0.77	0.050	4	A	1		0.83		
Galactose....g	0.00	0.000	4	A	1		0.00		
Starch....g	20.12	0.538	4	A	1		21.73		
Minerals:									
Calcium, Ca....mg	210	11.694	4	A	1		226		
Iron, Fe....mg	3.14	0.847	4	A	1		3.39		
Magnesium, Mg....mg	21	0.790	4	A	1		23		
Phosphorus, P....mg	168	8.261	4	A	1		181		
Potassium, K....mg	179	9.247	4	A	1		193		
Sodium, Na....mg	668	10.973	4	A	1		721		
Zinc, Zn....mg	1.19	0.031	4	A	1		1.28		
Copper, Cu....mg	0.252	0.031	4	A	1		0.272		
Manganese, Mn....mg	0.284	0.031	4	A	1		0.307		
Selenium, Se....mcg	25.3	1.450	4	A	1		27.3		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0	0.000	4	A	1		0.0		
Thiamin....mg	0.481	0.052	4	A	1		0.520		
Riboflavin....mg	0.197	0.029	4	A	1		0.212		
Niacin....mg	4.217	0.256	4	A	1		4.555		
Pantothenic acid....mg	0.696	0.046	4	A	1		0.752		
Vitamin B-6....mg	0.086	0.003	4	A	1		0.093		
Folate, total....mcg	51	3.497	4	A	1		55		
Folic acid....mcg	34	1.683	4	A	1		37		
Folate, food....mcg	17		0	AS	1		18		
Folate, DFE....mcg_DFE	75		0	NC	4		81		
Choline, total....mg	29.8		0	AS	1		32.2		
Betaine....mg	19.1		1	A	1		20.6		
Vitamin B-12....mcg	0.79	0.027	4	A	1		0.86		
Vitamin B-12, added....mcg	0.00		0	FLA	4		0.00		
Vitamin A, RAE....mcg_RAE	56		0	NC	4		61		
Retinol....mcg	55	11.413	3	A	1		59		
Carotene, beta....mcg	22		0	FLA	4		24		
Carotene, alpha....mcg	0		0	FLA	4		0		
Cryptoxanthin, beta....mcg	0		0	FLA	4		0		
Vitamin A, IU....IU	219		0	NC	4		236		
Lycopene....mcg	0		0	FLA	4		0		
Lutein + zeaxanthin....mcg	22		0	FLA	4		24		
Vitamin E (alpha-tocopherol)....mg	0.58	0.102	4	A	1		0.63		
Vitamin E, added....mg	0.00		0	FLA	4		0.00		
Tocopherol, beta....mg	0.02	0.001	4	A	1		0.02		
Tocopherol, gamma....mg	0.43	0.070	4	A	1		0.47		
Tocopherol, delta....mg	0.10	0.037	4	A	1		0.11		
Vitamin D (D2 + D3)....mcg	0.4		0	FLA	4		0.5		
Vitamin D2 (ergocalciferol)....mcg									

NDB No. 21020
Fast foods, english muffin, with cheese and sausage

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D3 (cholecalciferol).....mcg									
Vitamin D.....IU	17		0	FLA	4		18		
Vitamin K (phylloquinone).....mcg	2.2	0.190	4	A	1		2.3		
Dihydrophylloquinone.....mcg	0.0	0.000	4	A	1		0.0		
Menaquinone-4.....mcg									
Lipids:									
Fatty acids, total saturated.....g	8.152		0	NC	4		8.804		
4:0.....g	0.000		0		1		0.000		
6:0.....g	0.000		0		1		0.000		
8:0.....g	0.085	0.006	4	A	1		0.092		
10:0.....g	0.107	0.005	4	A	1		0.116		
12:0.....g	0.120	0.004	4	A	1		0.129		
13:0.....g									
14:0.....g	0.587	0.020	4	A	1		0.634		
15:0.....g	0.047	0.003	4	A	1		0.051		
16:0.....g	4.687	0.043	4	A	1		5.062		
17:0.....g	0.075	0.003	4	A	1		0.081		
18:0.....g	2.350	0.045	4	A	1		2.538		
20:0.....g	0.080	0.000	4	A	1		0.086		
22:0.....g	0.000	0.000	4	A	1		0.000		
24:0.....g	0.012	0.005	4	A	1		0.013		
Fatty acids, total monounsaturated.....g	7.905		0	NC	4		8.537		
14:1.....g	0.060	0.004	4	A	1		0.065		
15:1.....g	0.000	0.000	4	A	1		0.000		
16:1 undifferentiated.....g	0.452	0.003	4	A	1		0.489		
17:1.....g	0.000	0.000	4	A	1		0.000		
18:1 undifferentiated.....g	7.272	0.038	4	A	1		7.854		
20:1.....g	0.120	0.004	4	A	1		0.129		
22:1 undifferentiated.....g	0.000	0.000	4	A	1		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	3.115		0	NC	4		3.364		
18:2 undifferentiated.....g	2.465	0.081	4	A	1		2.662		
18:3 undifferentiated.....g	0.157	0.005	4	A	1		0.170		
18:4.....g	0.052	0.002	4	A	1		0.057		
20:2 n-6 c,c.....g	0.305	0.019	4	A	1		0.329		
20:3 undifferentiated.....g	0.047	0.003	4	A	1		0.051		
20:4 undifferentiated.....g	0.052	0.002	4	A	1		0.057		
20:5 n-3 (EPA).....g	0.000	0.000	4	A	1		0.000		
22:5 n-3 (DPA).....g	0.035	0.012	4	A	1		0.038		
22:6 n-3 (DHA).....g	0.000	0.000	4	A	1		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	43	1.123	4	A	1		47		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.145		0	A	1		0.157		
Threonine.....g	0.477		0	A	1		0.516		
Isoleucine.....g	0.497		0	A	1		0.537		
Leucine.....g	0.930		0	A	1		1.004		
Lysine.....g	0.688		0	A	1		0.743		
Methionine.....g	0.235		0	A	1		0.254		
Cystine.....g	0.185		0	A	1		0.200		
Phenylalanine.....g	0.545		0	A	1		0.589		
Tyrosine.....g	0.363		0	A	1		0.392		
Valine.....g	0.592		0	A	1		0.640		
Arginine.....g	0.585		0	A	1		0.632		
Histidine.....g	0.338		0	A	1		0.365		
Alanine.....g	0.547		0	A	1		0.591		
Aspartic acid.....g	0.943		0	A	1		1.018		
Glutamic acid.....g	2.900		0	A	1		3.132		
Glycine.....g	0.600		0	A	1		0.648		
Proline.....g	1.033		0	A	1		1.115		
Serine.....g	0.590		0	A	1		0.637		
Hydroxyproline.....g									

NDB No. 21020
Fast foods, english muffin, with cheese and sausage

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0		
Caffeine.....mg	0		0	FLA	4		0		
Theobromine.....mg	0		0	FLA	4		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 108g: 1 item

Calories Factors: Protein 4.12 **Fat** 8.89 **Carbohydrate** 3.94

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2010)

NDB No. 21021

Fast foods, english muffin, with egg, cheese, and canadian bacon

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	53.49	0.553	4	A	1		74.35		
Energy....kcal	221		0	NC	4		308		
Energy....kJ	927		0	NC	4		1288		
Protein....g	13.53	0.099	4	A	1		18.81		
Total lipid (fat)....g	9.05	0.150	4	A	1		12.58		
Ash....g	2.46	0.060	4	A	1		3.42		
Carbohydrate, by difference....g	21.47		0	NC	4		29.84		
Fiber, total dietary....g	0.4	0.215	4	A	1		0.5		
Sugars, total....g	1.84	0.120	3	A	1		2.55		
Sucrose....g	0.10	0.018	4	A	1		0.14		
Glucose (dextrose)....g	0.51	0.079	3	A	1		0.71		
Fructose....g	0.26	0.051	3	A	1		0.36		
Lactose....g	0.38	0.028	3	A	1		0.53		
Maltose....g	0.60	0.058	3	A	1		0.83		
Galactose....g	0.00	0.000	3	A	1		0.00		
Starch....g	14.96	0.321	4	A	1		20.80		
Minerals:									
Calcium, Ca....mg	193	7.375	4	A	1		268		
Iron, Fe....mg	2.12	0.225	4	A	1		2.94		
Magnesium, Mg....mg	17	0.339	4	A	1		24		
Phosphorus, P....mg	196	6.602	4	A	1		272		
Potassium, K....mg	152	4.661	4	A	1		211		
Sodium, Na....mg	556	18.268	4	A	1		772		
Zinc, Zn....mg	1.04	0.074	4	A	1		1.45		
Copper, Cu....mg	0.120	0.021	4	A	1		0.166		
Manganese, Mn....mg	0.188	0.013	4	A	1		0.261		
Selenium, Se....mcg	30.3	2.602	4	A	1		42.2		
Vitamins:									
Vitamin C, total ascorbic acid....mg	1.1	0.321	4	A	1		1.5		
Thiamin....mg	0.378	0.009	4	A	1		0.525		
Riboflavin....mg	0.293	0.070	4	A	1		0.407		
Niacin....mg	3.187	0.197	4	A	1		4.431		
Pantothenic acid....mg	0.806	0.029	4	A	1		1.121		
Vitamin B-6....mg	0.071	0.004	4	A	1		0.098		
Folate, total....mcg	71	2.972	4	A	1		99		
Folic acid....mcg	51	3.162	4	A	1		71		
Folate, food....mcg	20		0	AS	1		28		
Folate, DFE....mcg_DFE	107		0	NC	4		148		
Choline, total....mg	93.3		0	RKI	6		129.7		
Betaine....mg									
Vitamin B-12....mcg	0.81	0.052	4	A	1		1.12		
Vitamin B-12, added....mcg	0.00		0	RKI	6		0.00		
Vitamin A, RAE....mcg_RAE	98		0	NC	4		137		
Retinol....mcg	97	8.364	4	A	1		135		
Carotene, beta....mcg	12		0	RKI	6		17		
Carotene, alpha....mcg	0		0	RKI	6		0		
Cryptoxanthin, beta....mcg	3		0	RKI	6		5		
Vitamin A, IU....IU	347		0	NC	4		482		
Lycopene....mcg	0		0	RKI	6		0		
Lutein + zeaxanthin....mcg	140		0	RKI	6		194		
Vitamin E (alpha-tocopherol)....mg	0.91	0.258	4	A	1		1.26		
Vitamin E, added....mg	0.00		0	RKI	6		0.00		
Tocopherol, beta....mg	0.02	0.000	4	A	1		0.03		
Tocopherol, gamma....mg	0.55	0.049	4	A	1		0.76		
Tocopherol, delta....mg	0.13	0.020	4	A	1		0.18		
Vitamin D (D2 + D3)....mcg	0.6		0	RKI	6		0.9		
Vitamin D2 (ergocalciferol)....mcg									

NDB No. 21021

Fast foods, english muffin, with egg, cheese, and canadian bacon

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D3 (cholecalciferol).....mcg									
Vitamin D.....IU	26		0	RKI	6		36		
Vitamin K (phylloquinone).....mcg	0.8	0.290	4	A	1		1.1		
Dihydrophylloquinone.....mcg	0.1	0.066	4	A	1		0.2		
Menaquinone-4.....mcg									
Lipids:									
Fatty acids, total saturated.....g	3.830		0	NC	4		5.324		
4:0.....g	0.107		0	RKI	6		0.148		
6:0.....g	0.036		0	RKI	6		0.051		
8:0.....g	0.070	0.000	4	A	1		0.097		
10:0.....g	0.080	0.000	4	A	1		0.111		
12:0.....g	0.095	0.003	4	A	1		0.132		
13:0.....g									
14:0.....g	0.357	0.005	4	A	1		0.497		
15:0.....g	0.040	0.000	4	A	1		0.055		
16:0.....g	2.087	0.030	4	A	1		2.902		
17:0.....g	0.030	0.000	4	A	1		0.042		
18:0.....g	0.927	0.047	4	A	1		1.289		
20:0.....g	0.000	0.000	4	A	1		0.000		
22:0.....g	0.000	0.000	4	A	1		0.000		
24:0.....g	0.000	0.000	4	A	1		0.000		
Fatty acids, total monounsaturated.....g	2.830		0	NC	4		3.933		
14:1.....g	0.055	0.003	4	A	1		0.076		
15:1.....g	0.000	0.000	4	A	1		0.000		
16:1 undifferentiated.....g	0.182	0.005	4	A	1		0.254		
17:1.....g	0.000	0.000	4	A	1		0.000		
18:1 undifferentiated.....g	2.572	0.066	4	A	1		3.576		
20:1.....g	0.020	0.000	4	A	1		0.028		
22:1 undifferentiated.....g	0.000	0.000	4	A	1		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.299		0	NC	4		1.806		
18:2 undifferentiated.....g	0.985	0.040	4	A	1		1.369		
18:3 undifferentiated.....g	0.072	0.009	4	A	1		0.101		
18:4.....g	0.032	0.003	4	A	1		0.045		
20:2 n-6 c,c.....g	0.047	0.003	4	A	1		0.066		
20:3 undifferentiated.....g	0.012	0.003	4	A	1		0.017		
20:4 undifferentiated.....g	0.065	0.003	4	A	1		0.090		
20:5 n-3 (EPA).....g	0.000	0.000	4	A	1		0.000		
22:5 n-3 (DPA).....g	0.022	0.005	4	A	1		0.031		
22:6 n-3 (DHA).....g	0.055	0.006	4	A	1		0.076		
Fatty acids, total trans.....g									
Cholesterol.....mg	168	2.858	4	A	1		234		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.175		0	A	1		0.243		
Threonine.....g	0.522		0	A	1		0.726		
Isoleucine.....g	0.552		0	A	1		0.768		
Leucine.....g	0.997		0	A	1		1.386		
Lysine.....g	0.717		0	A	1		0.997		
Methionine.....g	0.305		0	A	1		0.424		
Cystine.....g	0.217		0	A	1		0.302		
Phenylalanine.....g	0.607		0	A	1		0.844		
Tyrosine.....g	0.402		0	A	1		0.559		
Valine.....g	0.670		0	A	1		0.931		
Arginine.....g	0.605		0	A	1		0.841		
Histidine.....g	0.327		0	A	1		0.455		
Alanine.....g	0.545		0	A	1		0.757		
Aspartic acid.....g	1.055		0	A	1		1.466		
Glutamic acid.....g	2.615		0	A	1		3.634		
Glycine.....g	0.417		0	A	1		0.580		
Proline.....g	0.862		0	A	1		1.199		
Serine.....g	0.740		0	A	1		1.028		
Hydroxyproline.....g									

NDB No. 21021

Fast foods, english muffin, with egg, cheese, and canadian bacon

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Others:									
Alcohol, ethyl.....g	0.0		0	RKI	6		0.0		
Caffeine.....mg	0		0	RKI	6		0		
Theobromine.....mg	0		0	RKI	6		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 139g: 1 sandwich

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2010)

NDB No. 21022
Fast foods, english muffin, with egg, cheese, and sausage

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	48.82	0.423	4	A	1		80.55		
Energy....kcal	286		0	NC	4		472		
Energy....kJ	1196		0	NC	4		1973		
Protein (N x 6.17)....g	13.38	0.278	4	A	1		22.08		
Total lipid (fat)....g	18.10	0.235	4	A	1		29.86		
Ash....g	2.26	0.026	4	A	1		3.74		
Carbohydrate, by difference....g	17.44		0	NC	4		28.77		
Fiber, total dietary....g	0.2	0.000	4	A	1		0.2		
Sugars, total....g	1.49	0.047	4	A	1		2.46		
Sucrose....g	0.07	0.000	4	A	1		0.12		
Glucose (dextrose)....g	0.38	0.025	4	A	1		0.63		
Fructose....g	0.19	0.033	4	A	1		0.32		
Lactose....g	0.31	0.032	4	A	1		0.50		
Maltose....g	0.53	0.029	4	A	1		0.88		
Galactose....g	0.00	0.000	4	A	1		0.00		
Starch....g	13.49	0.431	4	A	1		22.26		
Minerals:									
Calcium, Ca....mg	168	8.888	3	A	1		277		
Iron, Fe....mg	2.63	0.421	4	A	1		4.34		
Magnesium, Mg....mg	17	0.427	4	A	1		29		
Phosphorus, P....mg	180	6.169	4	A	1		297		
Potassium, K....mg	147	5.822	4	A	1		243		
Sodium, Na....mg	470	2.630	4	A	1		775		
Zinc, Zn....mg	1.00	0.078	4	A	1		1.64		
Copper, Cu....mg	0.211	0.037	4	A	1		0.349		
Manganese, Mn....mg	0.192	0.019	4	A	1		0.317		
Selenium, Se....mcg	29.2	2.524	4	A	1		48.2		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0	0.000	4	A	1		0.0		
Thiamin....mg	0.390	0.063	4	A	1		0.644		
Riboflavin....mg	0.270	0.021	4	A	1		0.445		
Niacin....mg	3.192	0.141	4	A	1		5.268		
Pantothenic acid....mg	1.080	0.006	4	A	1		1.782		
Vitamin B-6....mg	0.073	0.003	4	A	1		0.121		
Folate, total....mcg	57	3.674	4	A	1		94		
Folic acid....mcg	41	3.250	4	A	1		67		
Folate, food....mcg	16		0	AS	1		27		
Folate, DFE....mcg_DFE	86		0	NC	4		141		
Choline, total....mg	103.3		0	AS	1		170.4		
Betaine....mg	10.0		1	A	1		16.5		
Vitamin B-12....mcg	0.95	0.027	4	A	1		1.57		
Vitamin B-12, added....mcg	0.00		0	BFFN	4		0.00		
Vitamin A, RAE....mcg_RAE	70		0	NC	4		115		
Retinol....mcg	68	6.238	4	A	1		111		
Carotene, beta....mcg	24		0	BFFN	4		39		
Carotene, alpha....mcg	0		0	BFFN	4		0		
Cryptoxanthin, beta....mcg	7		0	BFFN	4		11		
Vitamin A, IU....IU	270		0	NC	4		446		
Lycopene....mcg	0		0	BFFN	4		0		
Lutein + zeaxanthin....mcg	280		0	BFFN	4		461		
Vitamin E (alpha-tocopherol)....mg	0.94	0.241	4	A	1		1.55		
Vitamin E, added....mg	0.00		0	BFFN	4		0.00		
Tocopherol, beta....mg	0.02	0.001	4	A	1		0.03		
Tocopherol, gamma....mg	0.52	0.039	4	A	1		0.87		
Tocopherol, delta....mg	0.14	0.032	4	A	1		0.24		
Vitamin D (D2 + D3)....mcg	0.6		0	BFFN	4		0.9		
Vitamin D2 (ergocalciferol)....mcg									

NDB No. 21022
Fast foods, english muffin, with egg, cheese, and sausage

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D3 (cholecalciferol).....mcg									
Vitamin D.....IU	22		0	BFFN	4		36		
Vitamin K (phylloquinone).....mcg	1.5	0.092	4	A	1		2.4		
Dihydrophylloquinone.....mcg	0.2	0.094	4	A	1		0.3		
Menaquinone-4.....mcg									
Lipids:									
Fatty acids, total saturated.....g	6.928		0	NC	4		11.432		
4:0.....g	0.214		0	BFFN	4		0.353		
6:0.....g	0.073		0	BFFN	4		0.120		
8:0.....g	0.060	0.004	4	A	1		0.099		
10:0.....g	0.077	0.002	4	A	1		0.128		
12:0.....g	0.087	0.003	4	A	1		0.144		
13:0.....g									
14:0.....g	0.420	0.011	4	A	1		0.693		
15:0.....g	0.037	0.003	4	A	1		0.062		
16:0.....g	3.985	0.068	4	A	1		6.575		
17:0.....g	0.060	0.000	4	A	1		0.099		
18:0.....g	1.895	0.017	4	A	1		3.127		
20:0.....g	0.020	0.000	4	A	1		0.033		
22:0.....g	0.000	0.000	4	A	1		0.000		
24:0.....g	0.000	0.000	4	A	1		0.000		
Fatty acids, total monounsaturated.....g	6.765		0	NC	4		11.162		
14:1.....g	0.042	0.003	4	A	1		0.070		
15:1.....g	0.000	0.000	4	A	1		0.000		
16:1 undifferentiated.....g	0.402	0.011	4	A	1		0.664		
17:1.....g	0.000	0.000	4	A	1		0.000		
18:1 undifferentiated.....g	6.220	0.170	4	A	1		10.263		
20:1.....g	0.100	0.004	4	A	1		0.165		
22:1 undifferentiated.....g	0.000	0.000	4	A	1		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.772		0	NC	4		4.574		
18:2 undifferentiated.....g	2.132	0.093	4	A	1		3.518		
18:3 undifferentiated.....g	0.120	0.004	4	A	1		0.198		
18:4.....g	0.045	0.005	4	A	1		0.074		
20:2 n-6 c,c.....g	0.245	0.012	4	A	1		0.404		
20:3 undifferentiated.....g	0.022	0.003	4	A	1		0.037		
20:4 undifferentiated.....g	0.080	0.004	4	A	1		0.132		
20:5 n-3 (EPA).....g	0.000	0.000	4	A	1		0.000		
22:5 n-3 (DPA).....g	0.052	0.006	4	A	1		0.087		
22:6 n-3 (DHA).....g	0.070	0.004	4	A	1		0.115		
Fatty acids, total trans.....g									
Cholesterol.....mg	163	6.690	4	A	1		268		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.163		0	A	1		0.268		
Threonine.....g	0.523		0	A	1		0.862		
Isoleucine.....g	0.540		0	A	1		0.892		
Leucine.....g	0.978		0	A	1		1.614		
Lysine.....g	0.750		0	A	1		1.238		
Methionine.....g	0.287		0	A	1		0.474		
Cystine.....g	0.198		0	A	1		0.326		
Phenylalanine.....g	0.588		0	A	1		0.970		
Tyrosine.....g	0.405		0	A	1		0.669		
Valine.....g	0.653		0	A	1		1.077		
Arginine.....g	0.653		0	A	1		1.077		
Histidine.....g	0.330		0	A	1		0.545		
Alanine.....g	0.598		0	A	1		0.986		
Aspartic acid.....g	1.063		0	A	1		1.754		
Glutamic acid.....g	2.497		0	A	1		4.119		
Glycine.....g	0.540		0	A	1		0.891		
Proline.....g	0.898		0	A	1		1.482		
Serine.....g	0.703		0	A	1		1.160		
Hydroxyproline.....g									

NDB No. 21022

Fast foods, english muffin, with egg, cheese, and sausage

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Others:									
Alcohol, ethyl.....g	0.0		0	BFFN	4		0.0		
Caffeine.....mg	0		0	BFFN	4		0		
Theobromine.....mg	0		0	BFFN	4		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 165g: 1 item

Calories Factors: Protein 4.19 **Fat** 8.9 **Carbohydrate** 3.94

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2010)

NDB No. 21105
Fast foods, fish sandwich, with tartar sauce

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	47.35	0.694	27		1		74.81		
Energy....kcal	273		0		1		431		
Energy....kJ	1142		0		1		1805		
Protein (N x 6.07)....g	10.72	0.174	27		1		16.94		
Total lipid (fat)....g	14.41	0.416	29		1		22.77		
Ash....g	1.56	0.124	12		1		2.46		
Carbohydrate, by difference....g	25.96		0	NC	4		41.02		
Fiber, total dietary....g									
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	53	7.339	26		1		84		
Iron, Fe....mg	1.65	0.111	26		1		2.61		
Magnesium, Mg....mg	21	0.710	25		1		33		
Phosphorus, P....mg	134	6.609	24		1		212		
Potassium, K....mg	215	5.009	25		1		340		
Sodium, Na....mg	389	20.254	28		1		615		
Zinc, Zn....mg	0.63	0.037	24		1		1.00		
Copper, Cu....mg	0.121	0.027	20		1		0.191		
Manganese, Mn....mg	0.231	0.013	17		1		0.365		
Selenium, Se....mcg	50.6		0	RK	4		79.9		
Vitamins:									
Vitamin C, total ascorbic acid....mg	1.8		2		1		2.8		
Thiamin....mg	0.210	0.021	12		1		0.332		
Riboflavin....mg	0.140	0.015	12		1		0.221		
Niacin....mg	2.150	0.175	12		1		3.397		
Pantothenic acid....mg	0.370	0.182	3		1		0.585		
Vitamin B-6....mg	0.070	0.008	7		1		0.111		
Folate, total....mcg	54		0	RK	4		85		
Folic acid....mcg	26		0	NC	4		41		
Folate, food....mcg	28	6.422	6		1		44		
Folate, DFE....mcg_DFE	72		0	NC	4		114		
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.68	0.065	6		1		1.07		
Vitamin A, RAE....mcg_RAE									
Retinol....mcg									
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	69	13.303	6		1		109		
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg	0.55		0		1		0.87		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Dihydrophylloquinone....mcg									
Menaquinone-4....mcg									
Lipids:									
Fatty acids, total saturated....g	3.313		0		1		5.235		
4:0....g									

NDB No. 21105
Fast foods, fish sandwich, with tartar sauce

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g									
8:0 g									
10:0 g	0.069		2		1		0.109		
12:0 g	0.042		2		1		0.066		
13:0 g									
14:0 g	0.175		2		1		0.277		
15:0 g									
16:0 g	1.910		2		1		3.018		
17:0 g									
18:0 g	1.117		2		1		1.765		
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	4.869		0		1		7.693		
14:1 g									
15:1 g									
16:1 undifferentiated g	0.567		2		1		0.896		
17:1 g									
18:1 undifferentiated g	4.302		2		1		6.797		
20:1 g									
22:1 undifferentiated g									
24:1 c g									
Fatty acids, total polyunsaturated g	5.220		0		1		8.248		
18:2 undifferentiated g	4.821		2		1		7.617		
18:3 undifferentiated g	0.399		2		1		0.630		
18:4 g									
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g									
20:5 n-3 (EPA) g									
22:5 n-3 (DPA) g									
22:6 n-3 (DHA) g									
Fatty acids, total trans g									
Cholesterol mg	35	4.291	8		1		55		
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.124		0		1		0.196		
Threonine g	0.426		0		1		0.673		
Isoleucine g	0.480		0		1		0.758		
Leucine g	0.837		0		1		1.322		
Lysine g	0.770		0		1		1.217		
Methionine g	0.274		0		1		0.433		
Cystine g	0.140		0		1		0.221		
Phenylalanine g	0.458		0		1		0.724		
Tyrosine g	0.332		0		1		0.525		
Valine g	0.553		0		1		0.874		
Arginine g	0.583		0		1		0.921		
Histidine g	0.290		0		1		0.458		
Alanine g	0.569		0		1		0.899		
Aspartic acid g	0.936		0		1		1.479		
Glutamic acid g	2.143		0		1		3.386		
Glycine g	0.486		0		1		0.768		
Proline g	0.620		0		1		0.980		
Serine g	0.479		0		1		0.757		
Hydroxyproline g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 158g: 1 sandwich

NDB No. 21105
Fast foods, fish sandwich, with tartar sauce

Calories Factors: Protein 4.11 **Fat** 8.79 **Carbohydrate** 3.93

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2010)

NDB No. 21106
Fast foods, fish sandwich, with tartar sauce and cheese

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	45.18	0.825	29		1		82.68		
Energy....kcal	286		0		1		523		
Energy....kJ	1197		0		1		2190		
Protein (N x 6.11)....g	11.26	0.290	23		1		20.61		
Total lipid (fat)....g	15.63	0.627	24		1		28.60		
Ash....g	1.91	0.048	7		1		3.50		
Carbohydrate, by difference....g	26.03		0	NC	4		47.63		
Fiber, total dietary....g									
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	101	7.291	15		1		185		
Iron, Fe....mg	1.91	0.373	16		1		3.50		
Magnesium, Mg....mg	20	1.075	14		1		37		
Phosphorus, P....mg	170	12.054	14		1		311		
Potassium, K....mg	193	12.901	16		1		353		
Sodium, Na....mg	513	33.259	19		1		939		
Zinc, Zn....mg	0.64	0.048	12		1		1.17		
Copper, Cu....mg	0.065	0.009	12		1		0.119		
Manganese, Mn....mg	0.198	0.021	9		1		0.362		
Selenium, Se....mcg	48.4		0	RK	4		88.6		
Vitamins:									
Vitamin C, total ascorbic acid....mg	1.5	0.405	6		1		2.7		
Thiamin....mg	0.250	0.044	12		1		0.458		
Riboflavin....mg	0.230	0.048	13		1		0.421		
Niacin....mg	2.310	0.236	12		1		4.227		
Pantothenic acid....mg	0.240	0.047	5		1		0.439		
Vitamin B-6....mg	0.060	0.010	5		1		0.110		
Folate, total....mcg	50		0	RK	4		92		
Folic acid....mcg	33		0	NC	4		60		
Folate, food....mcg	17	2.883	14		1		31		
Folate, DFE....mcg_DFE	73		0	NC	4		134		
Choline, total....mg	32.6		0	AS	1		59.7		
Betaine....mg	98.2		2	A	1		179.7		
Vitamin B-12....mcg	0.59	0.056	5		1		1.08		
Vitamin A, RAE....mcg_RAE									
Retinol....mcg									
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	236	88.146	5		1		432		
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg	1.00		0		1		1.83		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Dihydrophylloquinone....mcg									
Menaquinone-4....mcg									
Lipids:									
Fatty acids, total saturated....g	4.448		0		1		8.140		
4:0....g									

NDB No. 21106
Fast foods, fish sandwich, with tartar sauce and cheese

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g									
8:0....g	0.067		5		1		0.123		
10:0....g	0.045		5		1		0.082		
12:0....g	0.038		5		1		0.070		
13:0....g									
14:0....g	0.352		5		1		0.644		
15:0....g									
16:0....g	2.430		5		1		4.447		
17:0....g									
18:0....g	1.398		5		1		2.558		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	4.874		0		1		8.919		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.320		5		1		0.586		
17:1....g									
18:1 undifferentiated....g	4.405		5		1		8.061		
20:1....g	0.039		5		1		0.071		
22:1 undifferentiated....g	0.059		5		1		0.108		
24:1 c....g									
Fatty acids, total polyunsaturated....g	5.154		0		1		9.432		
18:2 undifferentiated....g	4.602		5		1		8.422		
18:3 undifferentiated....g	0.524		5		1		0.959		
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.028		5		1		0.051		
20:5 n-3 (EPA)....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g									
Cholesterol....mg	37	3.179	11		1		68		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.134		0		1		0.245		
Threonine....g	0.435		0		1		0.796		
Isoleucine....g	0.505		0		1		0.924		
Leucine....g	0.893		0		1		1.634		
Lysine....g	0.849		0		1		1.554		
Methionine....g	0.287		0		1		0.525		
Cystine....g	0.134		0		1		0.245		
Phenylalanine....g	0.492		0		1		0.900		
Tyrosine....g	0.383		0		1		0.701		
Valine....g	0.591		0		1		1.082		
Arginine....g	0.591		0		1		1.082		
Histidine....g	0.324		0		1		0.593		
Alanine....g	0.553		0		1		1.012		
Aspartic acid....g	0.940		0		1		1.720		
Glutamic acid....g	2.257		0		1		4.130		
Glycine....g	0.464		0		1		0.849		
Proline....g	0.717		0		1		1.312		
Serine....g	0.507		0		1		0.928		
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 183g: 1 sandwich

NDB No. 21106
Fast foods, fish sandwich, with tartar sauce and cheese

Calories Factors: Protein 4.12 **Fat** 8.81 **Carbohydrate** 3.93

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2010)

NDB No. 21024
Fast foods, french toast sticks

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	33.57	0.770	4	A	1		21.82	36.59	
Energy....kcal	340		0	NC	4		221	370	
Energy....kJ	1422		0	NC	4		924	1550	
Protein (N x 5.73)....g	6.00	0.185	4	A	1		3.90	6.54	
Total lipid (fat)....g	17.74	1.082	4	A	1		11.53	19.34	
Ash....g	1.47	0.123	4	A	1		0.96	1.60	
Carbohydrate, by difference....g	41.21		0	NC	4		26.79	44.92	
Fiber, total dietary....g	1.4	0.103	4	A	1		0.9	1.5	
Sugars, total....g	9.89	0.434	4	A	1		6.43	10.79	
Sucrose....g	7.14	0.392	4	A	1		4.64	7.78	
Glucose (dextrose)....g	1.03	0.033	4	A	1		0.67	1.12	
Fructose....g	0.75	0.027	4	A	1		0.49	0.82	
Lactose....g	0.15	0.009	4	A	1		0.10	0.17	
Maltose....g	0.82	0.100	4	A	1		0.53	0.89	
Galactose....g	0.00	0.000	4	A	1		0.00	0.00	
Starch....g	26.60	0.816	4	A	1		17.29	28.99	
Minerals:									
Calcium, Ca....mg	53	3.762	4	A	1		34	57	
Iron, Fe....mg	1.92	0.101	4	A	1		1.25	2.10	
Magnesium, Mg....mg	19	1.007	4	A	1		12	21	
Phosphorus, P....mg	87	6.786	4	A	1		56	94	
Potassium, K....mg	111	3.136	4	A	1		72	121	
Sodium, Na....mg	428	25.660	4	A	1		278	466	
Zinc, Zn....mg	0.51	0.031	4	A	1		0.33	0.56	
Copper, Cu....mg	0.085	0.004	4	A	1		0.055	0.092	
Manganese, Mn....mg	0.390	0.023	4	A	1		0.254	0.425	
Selenium, Se....mcg	12.2	0.735	4	A	1		7.9	13.2	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0	0.000	4	A	1		0.0	0.0	
Thiamin....mg	0.284	0.009	4	A	1		0.185	0.310	
Riboflavin....mg	0.175	0.010	4	A	1		0.114	0.191	
Niacin....mg	2.575	0.112	4	A	1		1.674	2.807	
Pantothenic acid....mg	0.336	0.012	4	A	1		0.219	0.366	
Vitamin B-6....mg	0.053	0.005	4	A	1		0.034	0.057	
Folate, total....mcg	183		0	FLA	4		119	200	
Folic acid....mcg	41		0	FLA	4		27	45	
Folate, food....mcg	142		0	FLA	4		92	155	
Folate, DFE....mcg_DFE	212		0	NC	4		138	231	
Choline, total....mg	13.9		0	AS	1		9.0	15.2	
Betaine....mg	20.0		1	A	1		13.0	21.8	
Vitamin B-12....mcg	0.00	0.000	4	A	1		0.00	0.00	
Vitamin B-12, added....mcg	0.00		0	FLA	4		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	FLA	4		0	0	
Retinol....mcg	0		0	FLA	4		0	0	
Carotene, beta....mcg	3		0	FLA	4		2	3	
Carotene, alpha....mcg	0		0	FLA	4		0	0	
Cryptoxanthin, beta....mcg	0		0	FLA	4		0	0	
Vitamin A, IU....IU	5		0	NC	4		3	5	
Lycopene....mcg	0		0	FLA	4		0	0	
Lutein + zeaxanthin....mcg	4		0	FLA	4		3	4	
Vitamin E (alpha-tocopherol)....mg	0.88	0.055	4	A	1		0.57	0.96	
Vitamin E, added....mg	0.00		0	FLA	4		0.00	0.00	
Tocopherol, beta....mg	0.07	0.005	4	A	1		0.04	0.07	
Tocopherol, gamma....mg	5.29	0.635	4	A	1		3.44	5.77	
Tocopherol, delta....mg	3.50	0.260	4	A	1		2.27	3.81	
Vitamin D (D2 + D3)....mcg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol)....mcg									

NDB No. 21024
Fast foods, french toast sticks

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)....mcg	14.5	0.338	4	A	1		9.5	15.9	
Dihydrophylloquinone....mcg	27.7	1.851	4	A	1		18.0	30.2	
Menaquinone-4....mcg									
Lipids:									
Fatty acids, total saturated....g	3.989		0	NC	4		2.593	4.348	
4:0....g	0.000		0	FLA	4		0.000	0.000	
6:0....g	0.000		0	FLA	4		0.000	0.000	
8:0....g	0.000	0.000	4	A	1		0.000	0.000	
10:0....g	0.000	0.000	4	A	1		0.000	0.000	
12:0....g	0.000	0.000	4	A	1		0.000	0.000	
13:0....g									
14:0....g	0.007	0.007	4	A	1		0.004	0.007	
15:0....g	0.000	0.000	4	A	1		0.000	0.000	
16:0....g	1.961	0.122	4	A	1		1.275	2.138	
17:0....g	0.012	0.007	4	A	1		0.008	0.013	
18:0....g	1.892	0.129	4	A	1		1.230	2.063	
20:0....g	0.058	0.004	4	A	1		0.038	0.063	
22:0....g	0.059	0.005	4	A	1		0.038	0.064	
24:0....g									
Fatty acids, total monounsaturated....g	9.502		0	NC	4		6.177	10.358	
14:1....g	0.000	0.000	4	A	1		0.000	0.000	
15:1....g	0.000	0.000	4	A	1		0.000	0.000	
16:1 undifferentiated....g	0.031	0.002	4	A	1		0.020	0.034	
17:1....g	0.000	0.000	4	A	1		0.000	0.000	
18:1 undifferentiated....g	9.406	0.806	4	A	1		6.114	10.253	
20:1....g	0.065	0.008	4	A	1		0.042	0.071	
22:1 undifferentiated....g	0.000		0	FLA	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	2.566		0	NC	4		1.668	2.797	
18:2 undifferentiated....g	2.421	0.154	4	A	1		1.574	2.639	
18:3 undifferentiated....g	0.145		0	AS	1		0.094	0.158	
18:3 n-3 c,c,c (ALA)....g	0.145	0.029	4	A	1		0.094	0.158	
18:3 n-6 c,c,c....g	0.000	0.000	4	A	1		0.000	0.000	
18:3i....g									
18:4....g	0.000		0	FLA	4		0.000	0.000	
20:2 n-6 c,c....g	0.000	0.000	4	A	1		0.000	0.000	
20:3 undifferentiated....g	0.000	0.000	4	A	1		0.000	0.000	
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.000	0.000	4	A	1		0.000	0.000	
20:4 n-3....g									
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000		0	FLA	4		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	FLA	4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0	FLA	4		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	0	0.000	4	A	1		0	0	
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	FLA	4		0.0	0.0	
Caffeine....mg	0		0	FLA	4		0	0	
Theobromine....mg	0		0	FLA	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

NDB No. 21024

Fast foods, french toast sticks

Measure 1 = 65g: 3 pieces

Measure 2 = 109g: 5 pieces

Calories Factors: Protein 3.61 **Fat** 8.83 **Carbohydrate** 3.92

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2010)

NDB No. 21023
Fast foods, french toast with butter

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	50.72	2.130	5		1		68.47		
Energy....kcal	264		0	NC	4		356		
Energy....kJ	1105		0		4		1491		
Protein (N x 6.02)....g	7.66	0.092	4		1		10.34		
Total lipid (fat)....g	13.90		1		1		18.77		
Ash....g	1.02		2		1		1.38		
Carbohydrate, by difference....g	26.70		0	NC	4		36.05		
Fiber, total dietary....g									
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	54		2		1		73		
Iron, Fe....mg	1.40		2		1		1.89		
Magnesium, Mg....mg	12		2		1		16		
Phosphorus, P....mg	108		2		1		146		
Potassium, K....mg	131		1		1		177		
Sodium, Na....mg	380		2		1		513		
Zinc, Zn....mg	0.44		2		1		0.59		
Copper, Cu....mg	0.048		2		1		0.065		
Manganese, Mn....mg	0.155		2		1		0.209		
Selenium, Se....mcg	15.5		0	BFZN	4		20.9		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.1		1		4		0.1		
Thiamin....mg	0.430		1		1		0.581		
Riboflavin....mg	0.370		1		1		0.500		
Niacin....mg	2.900		1		1		3.915		
Pantothenic acid....mg	0.400	0.060	3		1		0.540		
Vitamin B-6....mg	0.040	0.013	3		1		0.054		
Folate, total....mcg	54		0	BFZN	4		73		
Folic acid....mcg	32		0	NC	4		43		
Folate, food....mcg	22	9.018	3		1		30		
Folate, DFE....mcg_DFE	76		0	NC	4		103		
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.27		1		1		0.36		
Vitamin A, RAE....mcg_RAE	101		0	NC	4		136		
Retinol....mcg	100		0	NC	4		135		
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	350		1		1		473		
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Dihydrophylloquinone....mcg									
Menaquinone-4....mcg									
Lipids:									
Fatty acids, total saturated....g	5.740		1		4		7.749		
Fatty acids, total monounsaturated....g	5.240		1		4		7.074		

NDB No. 21023
Fast foods, french toast with butter

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total polyunsaturated.....g	1.810		1		4		2.444		
Fatty acids, total trans.....g									
Cholesterol.....mg	86		1		1		116		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.106		0		1		0.143		
Threonine.....g	0.300		0		1		0.405		
Isoleucine.....g	0.394		0		1		0.532		
Leucine.....g	0.605		0		1		0.817		
Lysine.....g	0.375		0		1		0.506		
Methionine.....g	0.182		0		1		0.246		
Cystine.....g	0.148		0		1		0.200		
Phenylalanine.....g	0.397		0		1		0.536		
Tyrosine.....g	0.256		0		1		0.346		
Valine.....g	0.463		0		1		0.625		
Arginine.....g	0.384		0		1		0.518		
Histidine.....g	0.174		0		1		0.235		
Alanine.....g	0.346		0		1		0.467		
Aspartic acid.....g	0.571		0		1		0.771		
Glutamic acid.....g	1.659		0		1		2.240		
Glycine.....g	0.265		0		1		0.358		
Proline.....g	0.572		0		1		0.772		
Serine.....g	0.472		0		1		0.637		
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 135g: 2 slices

Calories Factors: Protein 4.18 **Fat** 8.85 **Carbohydrate** 4.07

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2010)

NDB No. 21077
Fast foods, frijoles with cheese

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	69.11	0.711	22		1		115.41		
Energy....kcal	135		0		1		225		
Energy....kJ	565				1		943		
Protein (N x 6.31)....g	6.81	0.181	22		1		11.37		
Total lipid (fat)....g	4.66	0.335	22		1		7.78		
Ash....g	2.23	0.054	22		1		3.72		
Carbohydrate, by difference....g	17.19		0	NC	4		28.71		
Fiber, total dietary....g									
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	113	5.202	22		1		189		
Iron, Fe....mg	1.34	0.091	22		1		2.24		
Magnesium, Mg....mg	51	2.560	22		1		85		
Phosphorus, P....mg	105	10.060	22		1		175		
Potassium, K....mg	362	17.372	22		1		605		
Sodium, Na....mg	528	32.908	22		1		882		
Zinc, Zn....mg	1.04	0.048	21		1		1.74		
Copper, Cu....mg	0.204	0.006	21		1		0.341		
Manganese, Mn....mg	0.301	0.009	22		1		0.503		
Selenium, Se....mcg	1.7		0	RK	4		2.8		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.9	0.363	12		1		1.5		
Thiamin....mg	0.080	0.016	11		1		0.134		
Riboflavin....mg	0.200	0.020	12		1		0.334		
Niacin....mg	0.890	0.105	12		1		1.486		
Pantothenic acid....mg	0.660	0.054	12		1		1.102		
Vitamin B-6....mg	0.120	0.012	12		1		0.200		
Folate, total....mcg	67		1		4		112		
Folic acid....mcg	0		0	Z	7		0		
Folate, food....mcg	67		1		4		112		
Folate, DFE....mcg_DFE	67		0	NC	4		112		
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.41	0.043	12		1		0.68		
Vitamin A, RAE....mcg_RAE	21		0	NC	4		35		
Retinol....mcg	9		0	NC	4		15		
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	273	94.743	5		1		456		
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Dihydrophylloquinone....mcg									
Menaquinone-4....mcg									
Lipids:									
Fatty acids, total saturated....g	2.440		0		1		4.075		
4:0....g									

NDB No. 21077
Fast foods, frijoles with cheese

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g									
8:0 g									
10:0 g	0.027		3		1		0.045		
12:0 g	0.065		3		1		0.109		
13:0 g									
14:0 g	0.241		3		1		0.402		
15:0 g									
16:0 g	1.387		3		1		2.316		
17:0 g									
18:0 g	0.721		3		1		1.204		
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	1.567		0		1		2.617		
14:1 g									
15:1 g									
16:1 undifferentiated g									
17:1 g									
18:1 undifferentiated g	1.567		3		1		2.617		
20:1 g									
22:1 undifferentiated g									
24:1 c g									
Fatty acids, total polyunsaturated g	0.417		0		1		0.696		
18:2 undifferentiated g	0.344		3		1		0.574		
18:3 undifferentiated g	0.073		3		1		0.122		
18:4 g									
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g									
20:5 n-3 (EPA) g									
22:5 n-3 (DPA) g									
22:6 n-3 (DHA) g									
Fatty acids, total trans g									
Cholesterol mg	22	6.341	3		1		37		
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.078		0		1		0.130		
Threonine g	0.258		0		1		0.431		
Isoleucine g	0.307		0		1		0.513		
Leucine g	0.523		0		1		0.873		
Lysine g	0.455		0		1		0.760		
Methionine g	0.111		0		1		0.185		
Cystine g	0.061		0		1		0.102		
Phenylalanine g	0.337		0		1		0.563		
Tyrosine g	0.210		0		1		0.351		
Valine g	0.351		0		1		0.586		
Arginine g	0.359		0		1		0.600		
Histidine g	0.189		0		1		0.316		
Alanine g	0.250		0		1		0.418		
Aspartic acid g	0.711		0		1		1.187		
Glutamic acid g	1.283		0		1		2.143		
Glycine g	0.214		0		1		0.357		
Proline g	0.379		0		1		0.633		
Serine g	0.349		0		1		0.583		
Hydroxyproline g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 167g: 1 cup

NDB No. 21077
Fast foods, frijoles with cheese

Calories Factors: Protein 3.8 **Fat** 8.76 **Carbohydrate** 3.99

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2010)

NDB No. 21307
Fast foods, griddle cake sandwich, egg, cheese, and bacon

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	45.85		0	RKA	1		77.03		
Energy....kcal	272		0	RKI	6		456		
Energy....kJ	1137		0	RKI	6		1910		
Protein....g	12.03		0	RKA	1		20.22		
Total lipid (fat)....g	13.19		0	RKA	1		22.17		
Ash....g	2.73		0	RKA	1		4.58		
Carbohydrate, by difference....g	26.19		0	RKI	6		44.00		
Fiber, total dietary....g	0.8		0	RKA	1		1.3		
Sugars, total....g	9.56		0	RKA	1		16.07		
Sucrose....g	5.22		0	RKA	1		8.76		
Glucose (dextrose)....g	3.13		0	RKA	1		5.26		
Fructose....g	0.11		0	RKA	1		0.18		
Lactose....g	0.73		0	RKA	1		1.22		
Maltose....g	0.38		0	RKA	1		0.64		
Galactose....g	0.00		0	RKI	6		0.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	109		0	RKA	1		183		
Iron, Fe....mg	1.65		0	RKA	1		2.77		
Magnesium, Mg....mg	21		0	FLA	4		36		
Phosphorus, P....mg	184		0	FLA	4		309		
Potassium, K....mg	158		0	FLA	4		266		
Sodium, Na....mg	752		0	RKA	1		1263		
Zinc, Zn....mg	1.37		0	FLA	4		2.30		
Copper, Cu....mg	0.092		0	FLA	4		0.155		
Manganese, Mn....mg									
Selenium, Se....mcg	24.9		0	FLA	4		41.8		
Vitamins:									
Vitamin C, total ascorbic acid....mg	1.8		0	RKA	1		3.1		
Thiamin....mg	0.126		0	RKA	1		0.212		
Riboflavin....mg	0.300		0	RKA	1		0.505		
Niacin....mg	1.319		0	RKA	1		2.215		
Pantothenic acid....mg	0.522		0	RKA	1		0.877		
Vitamin B-6....mg	0.083		0	RKA	1		0.139		
Folate, total....mcg	61		0	NR	4		102		
Folic acid....mcg	30		0	FLA	4		50		
Folate, food....mcg	31		0	FLA	4		52		
Folate, DFE....mcg_DFE	82		0	NC	4		137		
Choline, total....mg	76.3		0	FLA	4		128.2		
Betaine....mg									
Vitamin B-12....mcg	0.40		0	FLA	4		0.67		
Vitamin B-12, added....mcg	0.00		0	FLA	4		0.00		
Vitamin A, RAE....mcg_RAE	63		0	FLA	4		105		
Retinol....mcg	61		0	FLA	4		103		
Carotene, beta....mcg	16		0	FLA	4		27		
Carotene, alpha....mcg	0		0	FLA	4		0		
Cryptoxanthin, beta....mcg	2		0	FLA	4		3		
Vitamin A, IU....IU	232		0	NC	4		390		
Lycopene....mcg	0		0	FLA	4		0		
Lutein + zeaxanthin....mcg	94		0	FLA	4		158		
Vitamin E (alpha-tocopherol)....mg	0.53		0	FLA	4		0.89		
Vitamin E, added....mg	0.00		0	FLA	4		0.00		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	0.3		0	NR	4		0.6		
Vitamin D2 (ergocalciferol)....mcg									

NDB No. 21307

Fast foods, griddle cake sandwich, egg, cheese, and bacon

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU	13		0	FLA	4		22		
Vitamin K (phylloquinone)....mcg	2.0		0	FLA	4		3.4		
Dihydrophylloquinone....mcg									
Menaquinone-4....mcg									
Lipids:									
Fatty acids, total saturated....g	4.201		0	RKI	6		7.057		
4:0....g	0.088		0	FLA	4		0.148		
6:0....g	0.034		0	FLA	4		0.057		
8:0....g	0.053		0	FLA	4		0.089		
10:0....g	0.070		0	FLA	4		0.118		
12:0....g	0.194		0	FLA	4		0.326		
13:0....g									
14:0....g	0.381		0	FLA	4		0.640		
15:0....g									
16:0....g	2.230		0	FLA	4		3.747		
17:0....g									
18:0....g	1.071		0	FLA	4		1.799		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	4.686		0	RKI	6		7.872		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.315		0	FLA	4		0.528		
17:1....g									
18:1 undifferentiated....g	4.280		0	FLA	4		7.191		
20:1....g	0.040		0	FLA	4		0.067		
22:1 undifferentiated....g	0.001		0	FLA	4		0.001		
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.775		0	RKI	6		2.982		
18:2 undifferentiated....g	1.130		0	FLA	4		1.898		
18:3 undifferentiated....g	0.128		0	FLA	4		0.216		
18:4....g	0.000		0	FLA	4		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.061		0	FLA	4		0.102		
20:5 n-3 (EPA)....g	0.001		0	FLA	4		0.002		
22:5 n-3 (DPA)....g	0.000		0	FLA	4		0.000		
22:6 n-3 (DHA)....g	0.012		0	FLA	4		0.019		
Fatty acids, total trans....g	0.903		0	RKI	6		1.517		
Cholesterol....mg	147		0	RKA	1		246		
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	FLA	4		0.0		
Caffeine....mg	0		0	FLA	4		0		
Theobromine....mg	0		0	FLA	4		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 168g: 1 item 5.923 oz

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2010)

NDB No. 21305
Fast foods, griddle cake sandwich, egg, cheese, and sausage

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	47.03		0	RKA	1		93.58		
Energy	kcal	291		0	RKI	6		579		
Energy	kJ	1217		0	RKI	6		2421		
Protein	g	10.77		0	RKA	1		21.43		
Total lipid (fat)	g	17.73		0	RKA	1		35.27		
Ash	g	2.44		0	RKA	1		4.85		
Carbohydrate, by difference	g	22.04		0	RKI	6		43.86		
Fiber, total dietary	g	0.6		0	RKA	1		1.3		
Sugars, total	g	7.90		0	RKA	1		15.72		
Sucrose	g	4.16		0	RKA	1		8.28		
Glucose (dextrose)	g	2.71		0	RKA	1		5.39		
Fructose	g	0.09		0	RKA	1		0.18		
Lactose	g	0.61		0	RKA	1		1.22		
Maltose	g	0.32		0	RKA	1		0.64		
Galactose	g	0.00		0	RKI	6		0.00		
Starch	g									
Minerals:										
Calcium, Ca	mg	96		0	RKA	1		191		
Iron, Fe	mg	1.51		0	RKA	1		3.00		
Magnesium, Mg	mg	14		0	RKA	1		29		
Phosphorus, P	mg	307		0	RKA	1		612		
Potassium, K	mg	146		0	RKA	1		291		
Sodium, Na	mg	652		0	RKA	1		1298		
Zinc, Zn	mg	1.03		0	RKA	1		2.06		
Copper, Cu	mg	0.079		0	RKA	1		0.156		
Manganese, Mn	mg	0.143		0	RKA	1		0.285		
Selenium, Se	mcg	17.1		0	FLA	4		33.9		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	RKA	1		0.0		
Thiamin	mg	0.170		0	RKA	1		0.338		
Riboflavin	mg	0.290		0	RKA	1		0.577		
Niacin	mg	2.111		0	RKA	1		4.202		
Pantothenic acid	mg	0.590		0	RKA	1		1.173		
Vitamin B-6	mg	0.128		0	FLA	4		0.255		
Folate, total	mcg	52		0	FLA	4		103		
Folic acid	mcg	25		0	FLA	4		50		
Folate, food	mcg	27		0	FLA	4		54		
Folate, DFE	mcg_DFE	70		0	NC	4		138		
Choline, total	mg	70.4		0	FLA	4		140.1		
Betaine	mg									
Vitamin B-12	mcg	0.53		0	RKA	1		1.06		
Vitamin B-12, added	mcg	0.00		0	FLA	4		0.00		
Vitamin A, RAE	mcg_RAE	59		0	FLA	4		117		
Retinol	mcg	57		0	FLA	4		114		
Carotene, beta	mcg	15		0	FLA	4		29		
Carotene, alpha	mcg	0		0	FLA	4		0		
Cryptoxanthin, beta	mcg	2		0	FLA	4		3		
Vitamin A, IU	IU	217		0	NC	4		432		
Lycopene	mcg	0		0	FLA	4		0		
Lutein + zeaxanthin	mcg	81		0	FLA	4		160		
Vitamin E (alpha-tocopherol)	mg	0.55		0	FLA	4		1.10		
Vitamin E, added	mg	0.00		0	FLA	4		0.00		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg	0.5		0	FLA	4		1.0		
Vitamin D2 (ergocalciferol)	mcg									

NDB No. 21305

Fast foods, griddle cake sandwich, egg, cheese, and sausage

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU	19		0	FLA	4		39		
Vitamin K (phylloquinone)....mcg	1.8		0	FLA	4		3.7		
Dihydrophylloquinone....mcg									
Menaquinone-4....mcg									
Lipids:									
Fatty acids, total saturated....g	5.649		0	RKI	6		11.242		
4:0....g	0.101		0	FLA	4		0.202		
6:0....g	0.038		0	FLA	4		0.077		
8:0....g	0.058		0	FLA	4		0.116		
10:0....g	0.078		0	FLA	4		0.156		
12:0....g	0.201		0	FLA	4		0.400		
13:0....g									
14:0....g	0.463		0	FLA	4		0.922		
15:0....g									
16:0....g	3.103		0	FLA	4		6.175		
17:0....g									
18:0....g	1.498		0	FLA	4		2.982		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	6.718		0	RKI	6		13.369		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.444		0	FLA	4		0.884		
17:1....g									
18:1 undifferentiated....g	6.119		0	FLA	4		12.177		
20:1....g	0.105		0	FLA	4		0.208		
22:1 undifferentiated....g	0.001		0	FLA	4		0.001		
24:1 c....g									
Fatty acids, total polyunsaturated....g	2.260		0	RKI	6		4.497		
18:2 undifferentiated....g	1.980		0	FLA	4		3.941		
18:3 undifferentiated....g	0.101		0	FLA	4		0.201		
18:4....g	0.000		0	FLA	4		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.072		0	FLA	4		0.143		
20:5 n-3 (EPA)....g	0.001		0	FLA	4		0.002		
22:5 n-3 (DPA)....g	0.000		0	FLA	4		0.000		
22:6 n-3 (DHA)....g	0.010		0	FLA	4		0.021		
Fatty acids, total trans....g	0.822		0	RKI	6		1.636		
Cholesterol....mg	132		0	RKA	1		262		
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	FLA	4		0.0		
Caffeine....mg	0		0	FLA	4		0		
Theobromine....mg	0		0	FLA	4		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 199g: 1 item 7.017 oz

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2010)

NDB No. 21306
Fast foods, griddle cake sandwich, sausage

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	40.11		0	RKA	1		54.15		
Energy	kcal	318		0	RKI	6		430		
Energy	kJ	1332		0	RKI	6		1799		
Protein	g	8.41		0	RKA	1		11.35		
Total lipid (fat)	g	17.76		0	RKA	1		23.97		
Ash	g	2.47		0	RKA	1		3.34		
Carbohydrate, by difference	g	31.25		0	RKI	6		42.19		
Fiber, total dietary	g	1.0		0	RKA	1		1.3		
Sugars, total	g	11.23		0	RKA	1		15.16		
Sucrose	g	6.16		0	RKA	1		8.32		
Glucose (dextrose)	g	3.91		0	RKA	1		5.28		
Fructose	g	0.14		0	RKA	1		0.18		
Lactose	g	0.54		0	RKA	1		0.73		
Maltose	g	0.48		0	RKA	1		0.64		
Galactose	g	0.00		0	RKI	6		0.00		
Starch	g									
Minerals:										
Calcium, Ca	mg	63		0	RKA	1		85		
Iron, Fe	mg	1.42		0	RKA	1		1.92		
Magnesium, Mg	mg	14		0	RKA	1		19		
Phosphorus, P	mg	316		0	RKA	1		426		
Potassium, K	mg	145		0	RKA	1		196		
Sodium, Na	mg	737		0	RKA	1		995		
Zinc, Zn	mg	0.76		0	RKA	1		1.02		
Copper, Cu	mg	0.079		0	RKA	1		0.106		
Manganese, Mn	mg	0.198		0	RKA	1		0.267		
Selenium, Se	mcg	15.2		0	FLA	4		20.6		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	RKA	1		0.0		
Thiamin	mg	0.209		0	RKA	1		0.282		
Riboflavin	mg	0.156		0	RKA	1		0.210		
Niacin	mg	3.082		0	RKA	1		4.161		
Pantothenic acid	mg	0.384		0	RKA	1		0.518		
Vitamin B-6	mg	0.108		0	RKA	1		0.145		
Folate, total	mcg	74		0	FLA	4		100		
Folic acid	mcg	37		0	FLA	4		50		
Folate, food	mcg	37		0	RKA	1		49		
Folate, DFE	mcg_DFE	100		0	NC	4		134		
Choline, total	mg	30.7		0	FLA	4		41.4		
Betaine	mg									
Vitamin B-12	mcg	0.27		0	RKA	1		0.36		
Vitamin B-12, added	mcg	0.00		0	FLA	4		0.00		
Vitamin A, RAE	mcg_RAE	0		0	RKA	1		0		
Retinol	mcg	0		0	RKA	1		0		
Carotene, beta	mcg	0		0	FLA	4		0		
Carotene, alpha	mcg	0		0	FLA	4		0		
Cryptoxanthin, beta	mcg	0		0	FLA	4		0		
Vitamin A, IU	IU	0		0	RKA	1		0		
Lycopene	mcg	0		0	FLA	4		0		
Lutein + zeaxanthin	mcg	28		0	FLA	4		38		
Vitamin E (alpha-tocopherol)	mg	0.00		0	RKA	1		0.00		
Vitamin E, added	mg	0.00		0	FLA	4		0.00		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg	0.2		0	FLA	4		0.3		
Vitamin D2 (ergocalciferol)	mcg									

NDB No. 21306
Fast foods, griddle cake sandwich, sausage

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU	9		0	FLA	4		12		
Vitamin K (phylloquinone)....mcg	1.0		0	FLA	4		1.3		
Dihydrophylloquinone....mcg									
Menaquinone-4....mcg									
Lipids:									
Fatty acids, total saturated....g	5.363		0	NC	4		7.239		
4:0....g	0.000		0	FLA	4		0.000		
6:0....g	0.000		0	FLA	4		0.000		
8:0....g	0.002		0	FLA	4		0.003		
10:0....g	0.000		0	FLA	4		0.000		
12:0....g	0.089		0	FLA	4		0.120		
13:0....g									
14:0....g	0.206		0	FLA	4		0.278		
15:0....g									
16:0....g	3.259		0	FLA	4		4.400		
17:0....g									
18:0....g	1.806		0	FLA	4		2.438		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	7.531		0	NC	4		10.167		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.445		0	FLA	4		0.601		
17:1....g									
18:1 undifferentiated....g	6.904		0	FLA	4		9.320		
20:1....g	0.183		0	FLA	4		0.247		
22:1 undifferentiated....g	0.000		0	FLA	4		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	2.414		0	NC	4		3.259		
18:2 undifferentiated....g	2.300		0	FLA	4		3.104		
18:3 undifferentiated....g	0.056		0	FLA	4		0.075		
18:4....g	0.000		0	FLA	4		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.059		0	FLA	4		0.079		
20:5 n-3 (EPA)....g	0.000		0	FLA	4		0.000		
22:5 n-3 (DPA)....g	0.000		0	FLA	4		0.000		
22:6 n-3 (DHA)....g	0.000		0	FLA	4		0.000		
Fatty acids, total trans....g	0.956		0	RKI	6		1.291		
Cholesterol....mg	24		0	RKA	1		32		
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	FLA	4		0.0		
Caffeine....mg	0		0	FLA	4		0		
Theobromine....mg	0		0	FLA	4		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 135g: 1 item 4.744 oz

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2010)

NDB No. 21461

Fast foods, grilled chicken, bacon and tomato club sandwich, with cheese, lettuce, and mayonnaise

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	52.52		0	RKI	6		140.74		
Energy....kcal	220		0	RKI	6		591		
Energy....kJ	922		0	RKI	6		2471		
Protein....g	17.19		0	RKI	6		46.07		
Total lipid (fat)....g	8.05		0	RKI	6		21.57		
Ash....g	2.38		0	RKA	1		6.37		
Carbohydrate, by difference....g	19.87		0	RKI	6		53.25		
Fiber, total dietary....g	1.2		0	RKI	6		3.3		
Sugars, total....g	4.68		0	RKI	6		12.54		
Starch....g									
Minerals:									
Calcium, Ca....mg	95		0	RKA	1		256		
Iron, Fe....mg	1.37		0	RKA	1		3.67		
Magnesium, Mg....mg	32		0	RKI	6		86		
Phosphorus, P....mg	215		0	RKI	6		577		
Potassium, K....mg	226		0	RKI	6		606		
Sodium, Na....mg	630		0	RKA	1		1688		
Zinc, Zn....mg	1.34		0	RKI	6		3.60		
Copper, Cu....mg	0.089		0	RKI	6		0.238		
Manganese, Mn....mg									
Selenium, Se....mcg	24.8		0	RKI	6		66.6		
Vitamins:									
Vitamin C, total ascorbic acid....mg	4.4		0	RKA	1		11.9		
Thiamin....mg	0.172		0	RKA	1		0.462		
Riboflavin....mg	0.186		0	RKA	1		0.498		
Niacin....mg	5.575		0	RKA	1		14.941		
Pantothenic acid....mg	0.826		0	RKA	1		2.213		
Vitamin B-6....mg	0.296		0	RKI	6		0.792		
Folate, total....mcg	31		0	RKI	6		84		
Folic acid....mcg	6		0	RKI	6		17		
Folate, food....mcg	25		0	RKI	6		67		
Folate, DFE....mcg_DFE	36		0	NC	4		96		
Choline, total....mg	47.8		0	RKI	6		128.0		
Betaine....mg									
Vitamin B-12....mcg	0.47		0	RKI	6		1.25		
Vitamin B-12, added....mcg	0.00		0	RKI	6		0.00		
Vitamin A, RAE....mcg_RAE	35		0	NC	4		95		
Retinol....mcg	21		0	RKI	6		56		
Carotene, beta....mcg	169		0	RKI	6		454		
Carotene, alpha....mcg	9		0	RKI	6		25		
Cryptoxanthin, beta....mcg	0		0	RKI	6		0		
Vitamin A, IU....IU	359		0	NC	4		963		
Lycopene....mcg	240		0	RKI	6		643		
Lutein + zeaxanthin....mcg	73		0	RKI	6		194		
Vitamin E (alpha-tocopherol)....mg	0.61		0	RKI	6		1.65		
Vitamin E, added....mg	0.00		0	RKI	6		0.00		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	0.1		0	NR	4		0.3		
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU	5		0	RKI	6		14		
Vitamin K (phylloquinone)....mcg	8.7		0	RKI	6		23.4		
Dihydrophylloquinone....mcg									
Menaquinone-4....mcg									
Lipids:									

NDB No. 21461

Fast foods, grilled chicken, bacon and tomato club sandwich, with cheese, lettuce, and mayonnaise

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	3.109		0	NC	4		8.333		
4:0....g	0.086		0	RKI	6		0.231		
6:0....g	0.038		0	RKI	6		0.102		
8:0....g	0.023		0	RKI	6		0.061		
10:0....g	0.049		0	RKI	6		0.132		
12:0....g	0.044		0	RKI	6		0.119		
13:0....g									
14:0....g	0.288		0	RKI	6		0.773		
15:0....g									
16:0....g	1.764		0	RKI	6		4.728		
17:0....g									
18:0....g	0.816		0	RKI	6		2.187		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	2.949		0	NC	4		7.905		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.210		0	RKI	6		0.563		
17:1....g									
18:1 undifferentiated....g	2.702		0	RKI	6		7.242		
20:1....g	0.037		0	RKI	6		0.099		
22:1 undifferentiated....g	0.000		0	RKI	6		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.880		0	NC	4		5.040		
18:2 undifferentiated....g	1.623		0	RKI	6		4.350		
18:3 undifferentiated....g	0.211		0	RKI	6		0.565		
18:4....g	0.000		0	RKI	6		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.032		0	RKI	6		0.086		
20:5 n-3 (EPA)....g	0.004		0	RKI	6		0.010		
22:5 n-3 (DPA)....g	0.004		0	RKI	6		0.010		
22:6 n-3 (DHA)....g	0.007		0	RKI	6		0.019		
Fatty acids, total trans....g	0.071		0	RKI	6		0.190		
Cholesterol....mg	46		0	RKI	6		122		
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	RKI	6		0.0		
Caffeine....mg	0		0	RKI	6		0		
Theobromine....mg	0		0	RKI	6		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 268g: 1 sandwich

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2010)

NDB No. 21116
Fast foods, ham and cheese sandwich

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	50.80	2.667	4		1		74.17		
Energy....kcal	241		0		1		352		
Energy....kJ	1008				1		1472		
Protein (N x 6.13)....g	14.17	1.044	7		1		20.69		
Total lipid (fat)....g	10.60	0.713	6		1		15.48		
Ash....g	1.59		2		1		2.32		
Carbohydrate, by difference....g	22.84		0	NC	4		33.35		
Fiber, total dietary....g									
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	89	18.245	4		1		130		
Iron, Fe....mg	2.22	0.309	4		1		3.24		
Magnesium, Mg....mg	11		2		1		16		
Phosphorus, P....mg	104		2		1		152		
Potassium, K....mg	199		2		1		291		
Sodium, Na....mg	528	97.337	4		1		771		
Zinc, Zn....mg	0.94		2		1		1.37		
Copper, Cu....mg	0.125		2		1		0.183		
Manganese, Mn....mg	0.095		2		1		0.139		
Selenium, Se....mcg	15.8		0	RK	4		23.1		
Vitamins:									
Vitamin C, total ascorbic acid....mg	1.9	1.097	4		1		2.8		
Thiamin....mg	0.210	0.111	3		1		0.307		
Riboflavin....mg	0.330	0.093	3		1		0.482		
Niacin....mg	1.840	0.330	4		1		2.686		
Pantothenic acid....mg	0.710		2		1		1.037		
Vitamin B-6....mg	0.140		2		1		0.204		
Folate, total....mcg	52		0	RK	4		76		
Folic acid....mcg	3		0	NC	4		4		
Folate, food....mcg	49		2		1		72		
Folate, DFE....mcg_DFE	54		0	NC	4		79		
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.37		2		1		0.54		
Vitamin A, RAE....mcg_RAE	66		0	NC	4		96		
Retinol....mcg	66		0	NC	4		96		
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	219		2		1		320		
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg	0.20		0		1		0.29		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Dihydrophylloquinone....mcg									
Menaquinone-4....mcg									
Lipids:									
Fatty acids, total saturated....g	4.409		0		1		6.437		
4:0....g									

NDB No. 21116
Fast foods, ham and cheese sandwich

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g									
8:0 g	0.077		2		1		0.112		
10:0 g	0.095		2		1		0.139		
12:0 g	0.085		2		1		0.124		
13:0 g									
14:0 g	0.443		2		1		0.647		
15:0 g									
16:0 g	2.662		2		1		3.887		
17:0 g									
18:0 g	1.048		2		1		1.530		
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	4.615		0		1		6.738		
14:1 g									
15:1 g									
16:1 undifferentiated g	0.516		2		1		0.753		
17:1 g									
18:1 undifferentiated g	4.099		2		1		5.985		
20:1 g									
22:1 undifferentiated g									
24:1 c g									
Fatty acids, total polyunsaturated g	0.942		0		1		1.375		
18:2 undifferentiated g	0.890		2		1		1.299		
18:3 undifferentiated g	0.052		2		1		0.076		
18:4 g									
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g									
20:5 n-3 (EPA) g									
22:5 n-3 (DPA) g									
22:6 n-3 (DHA) g									
Fatty acids, total trans g									
Cholesterol mg	40	3.930	4		1		58		
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.185		0		1		0.270		
Threonine g	0.506		0		1		0.739		
Isoleucine g	0.624		0		1		0.911		
Leucine g	1.142		0		1		1.667		
Lysine g	1.077		0		1		1.572		
Methionine g	0.333		0		1		0.486		
Cystine g	0.171		0		1		0.250		
Phenylalanine g	0.680		0		1		0.993		
Tyrosine g	0.562		0		1		0.821		
Valine g	0.735		0		1		1.073		
Arginine g	0.696		0		1		1.016		
Histidine g	0.483		0		1		0.705		
Alanine g	0.552		0		1		0.806		
Aspartic acid g	0.994		0		1		1.451		
Glutamic acid g	3.104		0		1		4.532		
Glycine g	0.481		0		1		0.702		
Proline g	1.184		0		1		1.729		
Serine g	0.659		0		1		0.962		
Hydroxyproline g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 146g: 1 sandwich

NDB No. 21116
Fast foods, ham and cheese sandwich

Calories Factors: Protein 4.13 **Fat** 8.75 **Carbohydrate** 3.95

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2010)

NDB No. 21117
Fast foods, ham, egg, and cheese sandwich

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	51.15		2		1		73.14		
Energy....kcal	243		0		1		347		
Energy....kJ	1017				1		1454		
Protein (N x 6.17)....g	13.46	0.735	3		1		19.25		
Total lipid (fat)....g	11.40	1.026	3		1		16.30		
Ash....g	2.35		2		1		3.36		
Carbohydrate, by difference....g	21.64		0	NC	4		30.95		
Fiber, total dietary....g									
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	148		2		1		212		
Iron, Fe....mg	2.17		2		1		3.10		
Magnesium, Mg....mg	18		2		1		26		
Phosphorus, P....mg	242		2		1		346		
Potassium, K....mg	147		2		1		210		
Sodium, Na....mg	703	85.935	3		1		1005		
Zinc, Zn....mg	1.39		2		1		1.99		
Copper, Cu....mg	0.085		2		1		0.122		
Manganese, Mn....mg	0.170		2		1		0.243		
Selenium, Se....mcg	22.7		0	RK	4		32.5		
Vitamins:									
Vitamin C, total ascorbic acid....mg	1.9		2		1		2.7		
Thiamin....mg	0.300		2		1		0.429		
Riboflavin....mg	0.390		2		1		0.558		
Niacin....mg	2.940		2		1		4.204		
Pantothenic acid....mg	0.660		2		1		0.944		
Vitamin B-6....mg	0.110		2		1		0.157		
Folate, total....mcg	53		0	RK	4		76		
Folic acid....mcg	23		0	NC	4		33		
Folate, food....mcg	30		2		1		43		
Folate, DFE....mcg_DFE	69		0	NC	4		99		
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.86		2		1		1.23		
Vitamin A, RAE....mcg_RAE	116		0	NC	4		165		
Retinol....mcg	115		0	NC	4		164		
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	393		2		1		562		
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Dihydrophylloquinone....mcg									
Menaquinone-4....mcg									
Lipids:									
Fatty acids, total saturated....g	5.175		1		1		7.400		
Fatty acids, total monounsaturated....g	4.017		1		1		5.744		

NDB No. 21117
Fast foods, ham, egg, and cheese sandwich

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total polyunsaturated.....g	1.182		1		1		1.690		
Fatty acids, total trans.....g									
Cholesterol.....mg	172	16.476	3		1		246		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.185		0		1		0.265		
Threonine.....g	0.526		0		1		0.752		
Isoleucine.....g	0.654		0		1		0.935		
Leucine.....g	1.099		0		1		1.572		
Lysine.....g	0.982		0		1		1.404		
Methionine.....g	0.345		0		1		0.493		
Cystine.....g	0.203		0		1		0.290		
Phenylalanine.....g	0.670		0		1		0.958		
Tyrosine.....g	0.534		0		1		0.764		
Valine.....g	0.763		0		1		1.091		
Arginine.....g	0.709		0		1		1.014		
Histidine.....g	0.419		0		1		0.599		
Alanine.....g	0.591		0		1		0.845		
Aspartic acid.....g	1.040		0		1		1.487		
Glutamic acid.....g	2.585		0		1		3.697		
Glycine.....g	0.452		0		1		0.646		
Proline.....g	0.953		0		1		1.363		
Serine.....g	0.726		0		1		1.038		
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 143g: 1 sandwich

Calories Factors: Protein 4.21 **Fat** 8.89 **Carbohydrate** 3.95

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2010)

NDB No. 21202
Fast foods, hamburger, large, single patty, with condiments

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	48.81		1	A	1		83.47		
Energy	kcal	256		0	NC	4		437		
Energy	kJ	1070		0	NC	4		1829		
Protein	g	15.68		1	A	1		26.81		
Total lipid (fat)	g	11.60		1	A	1		19.84		
Ash	g	1.77		1	A	1		3.03		
Carbohydrate, by difference	g	22.14		0	NC	4		37.86		
Fiber, total dietary	g	1.1		1	A	1		1.9		
Sugars, total	g	3.67		0	NR	4		6.28		
Sucrose	g	0.15		1	A	1		0.25		
Glucose (dextrose)	g	1.14		1	A	1		1.95		
Fructose	g	1.86		1	A	1		3.18		
Lactose	g	0.15		1	A	1		0.25		
Maltose	g	0.37		1	A	1		0.63		
Galactose	g									
Starch	g	14.90		1	A	1		25.48		
Minerals:										
Calcium, Ca	mg	87		1	A	1		148		
Iron, Fe	mg	1.73		1	A	1		2.96		
Magnesium, Mg	mg	24		1	A	1		41		
Phosphorus, P	mg	121		1	A	1		207		
Potassium, K	mg	225		1	A	1		385		
Sodium, Na	mg	374		1	A	1		640		
Zinc, Zn	mg	3.04		1	A	1		5.20		
Copper, Cu	mg	0.101		1	A	1		0.173		
Manganese, Mn	mg	0.193		1	A	1		0.330		
Selenium, Se	mcg	24.8		1	A	1		42.4		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.3		1	A	1		0.6		
Thiamin	mg	0.160		1	A	1		0.273		
Riboflavin	mg	0.201		1	A	1		0.344		
Niacin	mg	4.650		1	A	1		7.952		
Pantothenic acid	mg	0.394		1	A	1		0.674		
Vitamin B-6	mg	0.148		1	A	1		0.253		
Folate, total	mcg	22		1	A	1		38		
Folic acid	mcg	13		1	A	1		22		
Folate, food	mcg	9		1	AS	1		15		
Folate, DFE	mcg_DFE	31		0	NC	4		53		
Choline, total	mg	33.3		0	AS	1		57.0		
Betaine	mg	21.8		3	A	1		37.3		
Vitamin B-12	mcg	1.66		1	A	1		2.84		
Vitamin B-12, added	mcg	0.00		0	FLA	4		0.00		
Vitamin A, RAE	mcg_RAE	2		0	FLA	4		4		
Retinol	mcg	0		0	FLA	4		0		
Carotene, beta	mcg	26		0	FLA	4		44		
Carotene, alpha	mcg	1		0	FLA	4		1		
Cryptoxanthin, beta	mcg	2		0	FLA	4		3		
Vitamin A, IU	IU	45		0	NC	4		77		
Lycopene	mcg	668		0	FLA	4		1143		
Lutein + zeaxanthin	mcg	21		0	FLA	4		36		
Vitamin E (alpha-tocopherol)	mg	0.06		1	A	1		0.10		
Vitamin E, added	mg	0.00		0	FLA	4		0.00		
Tocopherol, beta	mg	1.12		1	A	1		1.92		
Tocopherol, gamma	mg	0.13		1	A	1		0.22		
Tocopherol, delta	mg	0.02		1	A	1		0.03		
Vitamin D (D2 + D3)	mcg	0.1		0	FLA	4		0.2		
Vitamin D2 (ergocalciferol)	mcg									

NDB No. 21202
Fast foods, hamburger, large, single patty, with condiments

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU	4		0	FLA	4		6		
Vitamin K (phylloquinone)....mcg	5.0		1	A	1		8.6		
Dihydrophylloquinone....mcg	0.0		1	A	1		0.0		
Menaquinone-4....mcg									
Lipids:									
Fatty acids, total saturated....g	4.785		0	NC	4		8.183		
4:0....g	0.000		0	FLA	4		0.000		
6:0....g	0.000		0	FLA	4		0.000		
8:0....g	0.000		1	A	1		0.000		
10:0....g	0.000		1	A	1		0.000		
12:0....g	0.000		1	A	1		0.000		
13:0....g									
14:0....g	0.352		1	A	1		0.602		
15:0....g	0.048		1	A	1		0.081		
16:0....g	2.740		1	A	1		4.685		
17:0....g	0.114		1	A	1		0.195		
18:0....g	1.513		1	A	1		2.587		
20:0....g	0.019		1	A	1		0.032		
22:0....g	0.000		1	A	1		0.000		
24:0....g	0.000		1	A	1		0.000		
Fatty acids, total monounsaturated....g	5.404		0	NC	4		9.240		
14:1....g	0.095		1	A	1		0.163		
15:1....g	0.000		1	A	1		0.000		
16:1 undifferentiated....g	0.438		1	A	1		0.748		
17:1....g	0.000		1	A	1		0.000		
18:1 undifferentiated....g	4.833		1	A	1		8.264		
20:1....g	0.038		1	A	1		0.065		
22:1 undifferentiated....g	0.000		1	A	1		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.179		0	NC	4		2.017		
18:2 undifferentiated....g	0.999		1	A	1		1.708		
18:3 undifferentiated....g	0.105		1	A	1		0.179		
18:4....g	0.057		1	A	1		0.097		
20:2 n-6 c,c....g	0.000		1	A	1		0.000		
20:3 undifferentiated....g	0.000		1	A	1		0.000		
20:4 undifferentiated....g	0.019		1	A	1		0.032		
20:5 n-3 (EPA)....g	0.000		1	A	1		0.000		
22:5 n-3 (DPA)....g	0.000		1	A	1		0.000		
22:6 n-3 (DHA)....g	0.000		1	A	1		0.000		
Fatty acids, total trans....g									
Cholesterol....mg	40		1	A	1		69		
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	FLA	4		0.0		
Caffeine....mg	0		0	FLA	4		0		
Theobromine....mg	0		0	FLA	4		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 171g: 1 item

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2010)

NDB No. 21115
Fast foods, hamburger, large, triple patty, with condiments

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	52.37		2		1		135.64		
Energy	kcal	267		0		1		692		
Energy	kJ	1117				1		2893		
Protein (N x 6.2)	g	19.30	1.138	3		1		49.99		
Total lipid (fat)	g	16.01	0.884	3		1		41.47		
Ash	g	1.28		2		1		3.32		
Carbohydrate, by difference	g	11.04		0	NC	4		28.59		
Fiber, total dietary	g									
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	25		2		1		65		
Iron, Fe	mg	3.21		2		1		8.31		
Magnesium, Mg	mg	21		1		1		54		
Phosphorus, P	mg	152		2		1		394		
Potassium, K	mg	303		2		1		785		
Sodium, Na	mg	275	31.971	3		1		712		
Zinc, Zn	mg	4.15		2		1		10.75		
Copper, Cu	mg	0.076		1		1		0.197		
Manganese, Mn	mg	0.090		1		1		0.233		
Selenium, Se	mcg	21.5		0	RK	4		55.7		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.5		1		1		1.3		
Thiamin	mg	0.120		2		1		0.311		
Riboflavin	mg	0.210		2		1		0.544		
Niacin	mg	4.230		2		1		10.956		
Pantothenic acid	mg	0.260		1		1		0.673		
Vitamin B-6	mg	0.240		1		1		0.622		
Folate, total	mcg	29		0	RK	4		75		
Folic acid	mcg	17		0	NC	4		44		
Folate, food	mcg	12		1		1		31		
Folate, DFE	mcg_DFE	41		0	NC	4		106		
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	1.90		1		1		4.92		
Vitamin A, RAE	mcg_RAE	3		0	NC	4		8		
Retinol	mcg	0		0	Z	7		0		
Carotene, beta	mcg									
Carotene, alpha	mcg									
Cryptoxanthin, beta	mcg									
Vitamin A, IU	IU	61		1		1		158		
Lycopene	mcg									
Lutein + zeaxanthin	mcg									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg									
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Dihydrophylloquinone	mcg									
Menaquinone-4	mcg									
Lipids:										
Fatty acids, total saturated	g	6.147		1		1		15.921		
Fatty acids, total monounsaturated	g	7.040		1		1		18.234		

NDB No. 21115
Fast foods, hamburger, large, triple patty, with condiments

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total polyunsaturated.....g	1.059		1		1		2.743		
Fatty acids, total trans.....g									
Cholesterol.....mg	55	5.100	3		1		142		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.237		0		1		0.614		
Threonine.....g	0.778		0		1		2.015		
Isoleucine.....g	0.822		0		1		2.129		
Leucine.....g	1.522		0		1		3.942		
Lysine.....g	1.482		0		1		3.838		
Methionine.....g	0.433		0		1		1.121		
Cystine.....g	0.202		0		1		0.523		
Phenylalanine.....g	0.756		0		1		1.958		
Tyrosine.....g	0.585		0		1		1.515		
Valine.....g	0.937		0		1		2.427		
Arginine.....g	1.242		0		1		3.217		
Histidine.....g	0.588		0		1		1.523		
Alanine.....g	1.192		0		1		3.087		
Aspartic acid.....g	1.672		0		1		4.330		
Glutamic acid.....g	3.384		0		1		8.765		
Glycine.....g	1.351		0		1		3.499		
Proline.....g	1.108		0		1		2.870		
Serine.....g	0.775		0		1		2.007		
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 259g: 1 sandwich

Calories Factors: Protein 4.2 **Fat** 8.92 **Carbohydrate** 3.95

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2010)

NDB No. 21114

Fast foods, hamburger; double, large patty; with condiments and vegetables

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	53.74	0.980	10		1		121.45		
Energy....kcal	239		0		1		540		
Energy....kJ	1000		0		1		2260		
Protein (N x 6.2)....g	15.17	0.768	10		1		34.28		
Total lipid (fat)....g	11.75	1.554	10		1		26.56		
Ash....g	1.52	0.080	10		1		3.44		
Carbohydrate, by difference....g	17.82		0	NC	4		40.27		
Fiber, total dietary....g									
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	45	5.859	10		1		102		
Iron, Fe....mg	2.59	0.220	10		1		5.85		
Magnesium, Mg....mg	22	1.104	9		1		50		
Phosphorus, P....mg	139	6.750	10		1		314		
Potassium, K....mg	252	9.099	10		1		570		
Sodium, Na....mg	350	17.140	10		1		791		
Zinc, Zn....mg	2.51	0.221	10		1		5.67		
Copper, Cu....mg	0.097	0.006	9		1		0.219		
Manganese, Mn....mg	0.110		1		1		0.249		
Selenium, Se....mcg	11.3		0	RK	4		25.5		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.5		1		1		1.1		
Thiamin....mg	0.160	0.015	10		1		0.362		
Riboflavin....mg	0.170	0.009	10		1		0.384		
Niacin....mg	3.350	0.247	10		1		7.571		
Pantothenic acid....mg	0.240		1		1		0.542		
Vitamin B-6....mg	0.240		1		1		0.542		
Folate, total....mcg	34		0	RK	4		77		
Folic acid....mcg	22		0	NC	4		50		
Folate, food....mcg	12		1		1		27		
Folate, DFE....mcg_DFE	49		0	NC	4		112		
Choline, total....mg	40.5		0	AS	1		91.6		
Betaine....mg	46.4		2	A	1		104.9		
Vitamin B-12....mcg	1.80		1		1		4.07		
Vitamin A, RAE....mcg_RAE									
Retinol....mcg									
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	45		1		1		102		
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Dihydrophylloquinone....mcg									
Menaquinone-4....mcg									
Lipids:									
Fatty acids, total saturated....g	4.654		1		1		10.518		
Fatty acids, total monounsaturated....g	4.570		1		1		10.328		

NDB No. 21114

Fast foods, hamburger; double, large patty; with condiments and vegetables

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total polyunsaturated.....g	1.237		1		1		2.796		
Fatty acids, total trans.....g									
Cholesterol.....mg	54		2		1		122		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.183		0		1		0.414		
Threonine.....g	0.599		0		1		1.354		
Isoleucine.....g	0.638		0		1		1.442		
Leucine.....g	1.172		0		1		2.649		
Lysine.....g	1.108		0		1		2.504		
Methionine.....g	0.330		0		1		0.746		
Cystine.....g	0.164		0		1		0.371		
Phenylalanine.....g	0.599		0		1		1.354		
Tyrosine.....g	0.448		0		1		1.012		
Valine.....g	0.729		0		1		1.648		
Arginine.....g	0.944		0		1		2.133		
Histidine.....g	0.450		0		1		1.017		
Alanine.....g	0.903		0		1		2.041		
Aspartic acid.....g	1.289		0		1		2.913		
Glutamic acid.....g	2.803		0		1		6.335		
Glycine.....g	1.020		0		1		2.305		
Proline.....g	0.898		0		1		2.029		
Serine.....g	0.612		0		1		1.383		
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 226g: 1 sandwich

Calories Factors: Protein 4.2 **Fat** 8.92 **Carbohydrate** 3.95

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2010)

NDB No. 21389

Fast foods, hamburger; double, large patty; with condiments, vegetables and mayonnaise

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	55.29		1	A	1		206.78		
Energy....kcal	252		0	NC	4		941		
Energy....kJ	1053		0	NC	4		3938		
Protein (N x 6.25)....g	13.94		1	A	1		52.13		
Total lipid (fat)....g	15.66		1	A	1		58.57		
Ash....g	1.37		1	A	1		5.12		
Carbohydrate, by difference....g	13.74		0	NC	4		51.39		
Fiber, total dietary....g	1.4		1	A	1		5.1		
Sugars, total....g	3.52		1	A	1		13.18		
Sucrose....g	1.45		1	A	1		5.42		
Glucose (dextrose)....g	0.00		1	A	1		0.00		
Fructose....g	1.43		1	A	1		5.35		
Lactose....g	0.00		1	A	1		0.00		
Maltose....g	0.57		1	A	1		2.13		
Galactose....g	0.07		1	A	1		0.28		
Starch....g	10.30		1	A	1		38.52		
Minerals:									
Calcium, Ca....mg	35		1	A	1		129		
Iron, Fe....mg	2.80		1	A	1		10.47		
Magnesium, Mg....mg	18		1	A	1		67		
Phosphorus, P....mg	111		1	A	1		415		
Potassium, K....mg	192		1	A	1		718		
Sodium, Na....mg	289		1	A	1		1081		
Zinc, Zn....mg	3.00		1	A	1		11.22		
Copper, Cu....mg	0.120		1	A	1		0.448		
Manganese, Mn....mg	0.200		1	A	1		0.748		
Selenium, Se....mcg	20.1		1	A	1		75.2		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.2		1	A	1		0.6		
Thiamin....mg	0.193		1	A	1		0.722		
Riboflavin....mg	0.190		1	A	1		0.710		
Niacin....mg	3.230		1	A	1		12.080		
Pantothenic acid....mg	0.190		1	A	1		0.710		
Vitamin B-6....mg	0.114		1	A	1		0.426		
Folate, total....mcg	45		1	A	1		168		
Folic acid....mcg	22		1	A	1		82		
Folate, food....mcg	23		0	AS	1		86		
Folate, DFE....mcg_DFE	60		0	NC	4		226		
Choline, total....mg	42.3		0	FLA	4		158.2		
Betaine....mg									
Vitamin B-12....mcg	1.37		0	FLA	4		5.14		
Vitamin B-12, added....mcg	0.00		0	FLA	4		0.00		
Vitamin A, RAE....mcg_RAE	6		0	FLA	4		21		
Retinol....mcg	0		0	FLA	4		0		
Carotene, beta....mcg	62		0	FLA	4		233		
Carotene, alpha....mcg	6		0	FLA	4		22		
Cryptoxanthin, beta....mcg	2		0	FLA	4		8		
Vitamin A, IU....IU	111		0	NC	4		414		
Lycopene....mcg	806		0	FLA	4		3014		
Lutein + zeaxanthin....mcg	31		0	FLA	4		117		
Vitamin E (alpha-tocopherol)....mg	0.67		0	FLA	4		2.52		
Vitamin E, added....mg	0.00		0	FLA	4		0.00		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	0.1		0	FLA	4		0.4		
Vitamin D2 (ergocalciferol)....mcg									

NDB No. 21389

Fast foods, hamburger; double, large patty; with condiments, vegetables and mayonnaise

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D3 (cholecalciferol).....mcg									
Vitamin D.....IU	4		0	FLA	4		15		
Vitamin K (phylloquinone).....mcg	14.1		1	A	1		52.7		
Dihydrophylloquinone.....mcg	0.0		1	A	1		0.0		
Menaquinone-4.....mcg									
Lipids:									
Fatty acids, total saturated.....g	5.773		0	NC	4		21.593		
4:0.....g	0.005		1	A	1		0.019		
6:0.....g	0.005		1	A	1		0.019		
8:0.....g	0.013		1	A	1		0.048		
10:0.....g	0.013		1	A	1		0.049		
12:0.....g	0.061		1	A	1		0.230		
13:0.....g									
14:0.....g	0.372		1	A	1		1.390		
15:0.....g	0.055		1	A	1		0.205		
16:0.....g	3.249		1	A	1		12.149		
17:0.....g	0.146		1	A	1		0.546		
18:0.....g	1.795		1	A	1		6.714		
20:0.....g	0.028		1	A	1		0.106		
22:0.....g	0.020		1	A	1		0.073		
24:0.....g	0.012		1	A	1		0.045		
Fatty acids, total monounsaturated.....g	6.117		0	NC	4		22.879		
14:1.....g	0.096		1	A	1		0.358		
15:1.....g									
16:1 undifferentiated.....g	0.461		0	AS	1		1.726		
16:1 c.....g	0.430		1	A	1		1.609		
16:1 t.....g	0.031		1	A	1		0.116		
17:1.....g	0.095		1	A	1		0.356		
18:1 undifferentiated.....g	5.442		0	AS	1		20.355		
18:1 c.....g	5.128		1	A	1		19.178		
18:1-11c (18:1c n-7).....g									
18:1 t.....g	0.315		1	A	1		1.177		
18:1-11t (18:1t n-7).....g									
20:1.....g	0.023		1	A	1		0.084		
22:1 undifferentiated.....g	0.000		1	A	1		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	3.016		0	NC	4		11.281		
18:2 undifferentiated.....g	2.662		0	AS	1		9.956		
18:2 n-6 c,c.....g	2.606		1	A	1		9.745		
18:2 CLAs.....g									
18:2 c,t.....g									
18:2 t,c.....g									
18:2 t,t.....g									
18:2 i.....g	0.057		1	A	1		0.212		
18:2 t not further defined.....g									
18:3 undifferentiated.....g	0.315		0	AS	1		1.176		
18:3 n-3 c,c,c (ALA).....g	0.315		1	A	1		1.176		
18:3 n-6 c,c,c.....g									
18:3i.....g									
18:4.....g	0.000		1	A	1		0.000		
20:2 n-6 c,c.....g	0.006		1	A	1		0.021		
20:3 undifferentiated.....g	0.009		1	A	1		0.033		
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.025		1	A	1		0.095		
20:4 n-3.....g									
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.000		1	A	1		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		1	A	1		0.000		
22:6 n-3 (DHA).....g	0.000		1	A	1		0.000		
Fatty acids, total trans.....g	0.402		0	NC	4		1.505		

NDB No. 21389

Fast foods, hamburger; double, large patty; with condiments, vegetables and mayonnaise

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total trans-monoenoic.....g	0.346		0	NC	4		1.293		
Fatty acids, total trans-polyenoic.....g	0.057		0	NC	4		0.212		
Cholesterol.....mg	46		1	A	1		172		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	FLA	4		0.0		
Caffeine.....mg	0		0	FLA	4		0		
Theobromine.....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 374g: 1 item

Calories Factors: Protein 4 **Fat** 9 **Carbohydrate**4

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2010)

NDB No. 21111
Fast foods, hamburger; double, regular patty; with condiments

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	50.51	0.866	8		1		108.60		
Energy....kcal	268		0		1		576		
Energy....kJ	1121		0		1		2411		
Protein (N x 6.2)....g	14.80	0.578	8		1		31.82		
Total lipid (fat)....g	15.10	0.381	8		1		32.47		
Ash....g	1.57	0.054	8		1		3.38		
Carbohydrate, by difference....g	18.02		0	NC	4		38.74		
Fiber, total dietary....g									
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	43	8.076	8		1		92		
Iron, Fe....mg	2.58	0.165	8		1		5.55		
Magnesium, Mg....mg	21	0.711	8		1		45		
Phosphorus, P....mg	132	5.744	8		1		284		
Potassium, K....mg	245	7.994	8		1		527		
Sodium, Na....mg	345	12.797	8		1		742		
Zinc, Zn....mg	2.70	0.133	8		1		5.81		
Copper, Cu....mg	0.090	0.005	8		1		0.194		
Manganese, Mn....mg	0.151		1		4		0.325		
Selenium, Se....mcg	20.9		0	RK	4		44.9		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.5		1		4		1.1		
Thiamin....mg	0.160	0.009	8		1		0.344		
Riboflavin....mg	0.190	0.010	8		1		0.409		
Niacin....mg	3.130	0.150	8		1		6.730		
Pantothenic acid....mg	0.360		1		4		0.774		
Vitamin B-6....mg	0.170		1		4		0.366		
Folate, total....mcg	39		0	RK	4		84		
Folic acid....mcg	18		0	NC	4		39		
Folate, food....mcg	21		0		4		45		
Folate, DFE....mcg_DFE	52		0	NC	4		111		
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	1.55		1		4		3.33		
Vitamin A, RAE....mcg_RAE									
Retinol....mcg	0		0	Z	7		0		
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	25		1		4		54		
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Dihydrophylloquinone....mcg									
Menaquinone-4....mcg									
Lipids:									
Fatty acids, total saturated....g	5.582		1		1		12.001		
Fatty acids, total monounsaturated....g	6.571		1		1		14.128		

NDB No. 21111
Fast foods, hamburger; double, regular patty; with condiments

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total polyunsaturated.....g	1.286		1		1		2.765		
Fatty acids, total trans.....g									
Cholesterol.....mg	48		1		4		103		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.179		0		1		0.385		
Threonine.....g	0.580		0		1		1.247		
Isoleucine.....g	0.623		0		1		1.339		
Leucine.....g	1.143		0		1		2.457		
Lysine.....g	1.062		0		1		2.283		
Methionine.....g	0.320		0		1		0.688		
Cystine.....g	0.162		0		1		0.348		
Phenylalanine.....g	0.589		0		1		1.266		
Tyrosine.....g	0.437		0		1		0.940		
Valine.....g	0.714		0		1		1.535		
Arginine.....g	0.914		0		1		1.965		
Histidine.....g	0.437		0		1		0.940		
Alanine.....g	0.873		0		1		1.877		
Aspartic acid.....g	1.231		0		1		2.647		
Glutamic acid.....g	2.759		0		1		5.932		
Glycine.....g	0.988		0		1		2.124		
Proline.....g	0.904		0		1		1.944		
Serine.....g	0.601		0		1		1.292		
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 215g: 1 item

Calories Factors: Protein 4.2 **Fat** 8.92 **Carbohydrate** 3.95

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2010)

NDB No. 21110
Fast foods, hamburger; double, regular, patty; plain

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	42.67		0	RA	4		51.20		
Energy	kcal	295		0	NC	4		354		
Energy	kJ	1234		0	NC	4		1481		
Protein (N x 6.2)	g	17.08		0	RA	4		20.49		
Total lipid (fat)	g	14.36		0	RA	4		17.23		
Ash	g	1.80		0	RA	4		2.16		
Carbohydrate, by difference	g	24.10		0	NC	4		28.92		
Fiber, total dietary	g	0.9		0	RA	4		1.0		
Sugars, total	g	4.15		0	RA	4		4.98		
Sucrose	g	0.22		0	RA	4		0.27		
Glucose (dextrose)	g	1.16		0	RA	4		1.40		
Fructose	g	2.03		0	RA	4		2.43		
Lactose	g	0.13		0	RA	4		0.16		
Maltose	g	0.60		0	RA	4		0.72		
Galactose	g	0.00		0	RA	4		0.00		
Starch	g									
Minerals:										
Calcium, Ca	mg	102		0	RA	4		122		
Iron, Fe	mg	2.88		0	RA	4		3.45		
Magnesium, Mg	mg	20		0	RA	4		24		
Phosphorus, P	mg	136		0	RA	4		163		
Potassium, K	mg	226		0	RA	4		271		
Sodium, Na	mg	414		0	RA	4		497		
Zinc, Zn	mg	2.87		0	RA	4		3.44		
Copper, Cu	mg	0.091		0	RA	4		0.109		
Manganese, Mn	mg	0.217		0	RA	4		0.261		
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	RA	4		0.0		
Thiamin	mg	0.217		0	RA	4		0.261		
Riboflavin	mg	0.250		0	RA	4		0.300		
Niacin	mg	5.365		0	RA	4		6.438		
Pantothenic acid	mg	0.310		0	RA	4		0.372		
Vitamin B-6	mg	0.203		0	RA	4		0.244		
Folate, total	mcg	56		0	RA	4		67		
Folate, DFE	mcg_DFE									
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	1.44		0	RA	4		1.73		
Vitamin A, RAE	mcg_RAE	0		0	AS	1		0		
Vitamin A, IU	IU	0		0	AS	1		0		
Lycopene	mcg									
Lutein + zeaxanthin	mcg									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Dihydrophylloquinone	mcg									
Menaquinone-4	mcg									
Lipids:										
Fatty acids, total saturated	g	5.096		0	RA	4		6.115		
Fatty acids, total monounsaturated	g	5.495		0	RA	4		6.594		
Fatty acids, total polyunsaturated	g	0.380		0	RA	4		0.456		
Fatty acids, total trans	g	0.814		0	RA	4		0.977		

NDB No. 21110
Fast foods, hamburger; double, regular, patty; plain

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Cholesterol....mg	47		0	RA	4		57		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.206		0		1		0.247		
Threonine....g	0.666		0		1		0.799		
Isoleucine....g	0.716		0		1		0.859		
Leucine....g	1.319		0		1		1.583		
Lysine....g	1.226		0		1		1.471		
Methionine....g	0.370		0		1		0.444		
Cystine....g	0.186		0		1		0.223		
Phenylalanine....g	0.677		0		1		0.812		
Tyrosine....g	0.502		0		1		0.602		
Valine....g	0.823		0		1		0.988		
Arginine....g	1.053		0		1		1.264		
Histidine....g	0.505		0		1		0.606		
Alanine....g	1.006		0		1		1.207		
Aspartic acid....g	1.415		0		1		1.698		
Glutamic acid....g	3.156		0		1		3.787		
Glycine....g	1.141		0		1		1.369		
Proline....g	1.039		0		1		1.247		
Serine....g	0.694		0		1		0.833		
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 120g: 1 item

Calories Factors: Protein 4.2 **Fat** 8.92 **Carbohydrate** 3.95

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2010)

NDB No. 21112
Fast foods, hamburger; single, large patty; plain

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	42.10	1.069	3		1		57.68		
Energy....kcal	311		0		1		426		
Energy....kJ	1301		0		1		1783		
Protein (N x 6.2)....g	16.51		1		1		22.62		
Total lipid (fat)....g	16.73	1.026	4		1		22.92		
Ash....g	1.50		1		1		2.06		
Carbohydrate, by difference....g	23.16		0	NC	4		31.73		
Fiber, total dietary....g									
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	54		0		4		74		
Iron, Fe....mg	2.61		0		4		3.58		
Magnesium, Mg....mg	20		0		4		27		
Phosphorus, P....mg	128		0		4		175		
Potassium, K....mg	195		0		4		267		
Sodium, Na....mg	346		1		1		474		
Zinc, Zn....mg	3.00		0		4		4.11		
Copper, Cu....mg	0.095		0		4		0.130		
Manganese, Mn....mg	0.178		0		4		0.244		
Selenium, Se....mcg	19.8	1.150	18	A	1		27.1		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		4		0.0		
Thiamin....mg	0.210		0		4		0.288		
Riboflavin....mg	0.210		0		4		0.288		
Niacin....mg	4.560		0		4		6.247		
Pantothenic acid....mg	0.390		0		4		0.534		
Vitamin B-6....mg	0.170		0		4		0.233		
Folate, total....mcg	44		0	RK	4		60		
Folic acid....mcg	21		0	NC	4		29		
Folate, food....mcg	23		0		4		32		
Folate, DFE....mcg_DFE	59		0	NC	4		80		
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	1.50		0		4		2.06		
Vitamin A, RAE....mcg_RAE	0		0	NC	4		0		
Retinol....mcg	0		0	Z	7		0		
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	0		0		4		0		
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Dihydrophylloquinone....mcg									
Menaquinone-4....mcg									
Lipids:									
Fatty acids, total saturated....g	6.120		0		1		8.384		
Fatty acids, total monounsaturated....g	7.210		0		1		9.878		

NDB No. 21112
Fast foods, hamburger; single, large patty; plain

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total polyunsaturated.....g	1.560		0		1		2.137		
Fatty acids, total trans.....g									
Cholesterol.....mg	52	2.694	5		1		71		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.200		0		1		0.274		
Threonine.....g	0.639		0		1		0.875		
Isoleucine.....g	0.692		0		1		0.948		
Leucine.....g	1.270		0		1		1.740		
Lysine.....g	1.153		0		1		1.580		
Methionine.....g	0.354		0		1		0.485		
Cystine.....g	0.186		0		1		0.255		
Phenylalanine.....g	0.663		0		1		0.908		
Tyrosine.....g	0.482		0		1		0.660		
Valine.....g	0.799		0		1		1.095		
Arginine.....g	1.004		0		1		1.375		
Histidine.....g	0.482		0		1		0.660		
Alanine.....g	0.956		0		1		1.310		
Aspartic acid.....g	1.347		0		1		1.845		
Glutamic acid.....g	3.150		0		1		4.316		
Glycine.....g	1.081		0		1		1.481		
Proline.....g	1.041		0		1		1.426		
Serine.....g	0.679		0		1		0.930		
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 137g: 1 sandwich

Calories Factors: Protein 4.2 **Fat** 8.95 **Carbohydrate** 3.95

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2010)

NDB No. 21391
Fast foods, hamburger; single, large patty; with condiments

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	48.81		1	A	1		83.47		
Energy	kcal	256		0	NC	4		437		
Energy	kJ	1070		0	NC	4		1829		
Protein (N x 6.25)	g	15.68		1	A	1		26.81		
Total lipid (fat)	g	11.60		1	A	1		19.84		
Ash	g	1.77		1	A	1		3.03		
Carbohydrate, by difference	g	22.14		0	NC	4		37.86		
Fiber, total dietary	g	1.1		1	A	1		1.9		
Sugars, total	g									
Sucrose	g	0.15		1	A	1		0.25		
Glucose (dextrose)	g	1.14		1	A	1		1.95		
Fructose	g	1.86		1	A	1		3.18		
Lactose	g	0.15		1	A	1		0.25		
Maltose	g	0.37		1	A	1		0.63		
Galactose	g									
Starch	g	14.90		1	A	1		25.48		
Minerals:										
Calcium, Ca	mg	87		1	A	1		148		
Iron, Fe	mg	1.73		1	A	1		2.96		
Magnesium, Mg	mg	24		1	A	1		41		
Phosphorus, P	mg	121		1	A	1		207		
Potassium, K	mg	225		1	A	1		385		
Sodium, Na	mg	374		1	A	1		640		
Zinc, Zn	mg	3.04		1	A	1		5.20		
Copper, Cu	mg	0.101		1	A	1		0.173		
Manganese, Mn	mg	0.193		1	A	1		0.330		
Selenium, Se	mcg	24.8		1	A	1		42.4		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.3		1	A	1		0.6		
Thiamin	mg	0.160		1	A	1		0.273		
Riboflavin	mg	0.201		1	A	1		0.344		
Niacin	mg	4.650		1	A	1		7.952		
Pantothenic acid	mg	0.394		1	A	1		0.674		
Vitamin B-6	mg	0.148		1	A	1		0.253		
Folate, total	mcg	22		1	A	1		38		
Folic acid	mcg	13		1	A	1		22		
Folate, food	mcg	9		1	AS	1		15		
Folate, DFE	mcg_DFE	31		0	NC	4		53		
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	1.66		1	A	1		2.84		
Vitamin A, RAE	mcg_RAE									
Retinol	mcg									
Carotene, beta	mcg									
Carotene, alpha	mcg									
Cryptoxanthin, beta	mcg									
Vitamin A, IU	IU									
Lycopene	mcg									
Lutein + zeaxanthin	mcg									
Vitamin E (alpha-tocopherol)	mg	0.06		1	A	1		0.10		
Tocopherol, beta	mg	1.12		1	A	1		1.92		
Tocopherol, gamma	mg	0.13		1	A	1		0.22		
Tocopherol, delta	mg	0.02		1	A	1		0.03		
Vitamin D (D2 + D3)	mcg									
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	5.0		1	A	1		8.6		

NDB No. 21391
Fast foods, hamburger; single, large patty; with condiments

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Dihydrophylloquinone....mcg	0.0		1	A	1		0.0		
Menaquinone-4....mcg									
Lipids:									
Fatty acids, total saturated....g	5.030		0	NC	4		8.601		
4:0....g									
6:0....g									
8:0....g	0.000		1	A	1		0.000		
10:0....g	0.000		1	A	1		0.000		
12:0....g	0.000		1	A	1		0.000		
13:0....g									
14:0....g	0.370		1	A	1		0.633		
15:0....g	0.050		1	A	1		0.086		
16:0....g	2.880		1	A	1		4.925		
17:0....g	0.120		1	A	1		0.205		
18:0....g	1.590		1	A	1		2.719		
20:0....g	0.020		1	A	1		0.034		
22:0....g	0.000		1	A	1		0.000		
24:0....g	0.000		1	A	1		0.000		
Fatty acids, total monounsaturated....g	5.220		0	NC	4		8.926		
14:1....g	0.100		1	A	1		0.171		
15:1....g	0.000		1	A	1		0.000		
16:1 undifferentiated....g									
17:1....g	0.000		1	A	1		0.000		
18:1 undifferentiated....g	5.080		1	A	1		8.687		
20:1....g	0.040		1	A	1		0.068		
22:1 undifferentiated....g	0.000		1	A	1		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.240		0	NC	4		2.120		
18:2 undifferentiated....g	1.050		1	A	1		1.795		
18:3 undifferentiated....g	0.110		1	A	1		0.188		
18:4....g	0.060		1	A	1		0.102		
20:2 n-6 c,c....g	0.000		1	A	1		0.000		
20:3 undifferentiated....g	0.000		1	A	1		0.000		
20:4 undifferentiated....g	0.020		1	A	1		0.034		
20:5 n-3 (EPA)....g	0.000		1	A	1		0.000		
22:5 n-3 (DPA)....g	0.000		1	A	1		0.000		
22:6 n-3 (DHA)....g	0.000		1	A	1		0.000		
Fatty acids, total trans....g									
Cholesterol....mg	40		1	A	1		69		
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 171g: 1 item

Calories Factors: Protein 4 **Fat** 9 **Carbohydrate** 4

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2010)

NDB No. 21113

Fast foods, hamburger; single, large patty; with condiments and vegetables

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	55.70	0.771	33		1		121.43		
Energy ... kcal	235		0		1		512		
Energy ... kJ	983		0		1		2143		
Protein (N x 6.2) ... g	11.85	0.601	26		1		25.83		
Total lipid (fat) ... g	12.55	0.390	26		1		27.36		
Ash ... g	1.56	0.039	22		1		3.40		
Carbohydrate, by difference ... g	18.35		0	NC	4		40.00		
Fiber, total dietary ... g									
Sugars, total ... g									
Starch ... g									
Minerals:									
Calcium, Ca ... mg	44	2.355	28		1		96		
Iron, Fe ... mg	2.26	0.105	29		1		4.93		
Magnesium, Mg ... mg	20	0.753	27		1		44		
Phosphorus, P ... mg	107	3.401	27		1		233		
Potassium, K ... mg	220	4.541	27		1		480		
Sodium, Na ... mg	378	13.038	30		1		824		
Zinc, Zn ... mg	2.24	0.136	28		1		4.88		
Copper, Cu ... mg	0.091	0.003	21		1		0.198		
Manganese, Mn ... mg	0.160	0.008	16		1		0.349		
Selenium, Se ... mcg	15.4	0.692	28	A	1		33.6		
Vitamins:									
Vitamin C, total ascorbic acid ... mg	1.2	0.366	10		1		2.6		
Thiamin ... mg	0.190	0.012	19		1		0.414		
Riboflavin ... mg	0.170	0.009	18		1		0.371		
Niacin ... mg	3.340	0.228	19		1		7.281		
Pantothenic acid ... mg	0.330	0.040	6		1		0.719		
Vitamin B-6 ... mg	0.150	0.008	12		1		0.327		
Folate, total ... mcg	38		0	RK	4		83		
Folic acid ... mcg	21		0	NC	4		46		
Folate, food ... mcg	17	1.013	19		1		37		
Folate, DFE ... mcg_DFE	53		0	NC	4		115		
Choline, total ... mg									
Betaine ... mg									
Vitamin B-12 ... mcg	1.09	0.076	12		1		2.38		
Vitamin A, RAE ... mcg_RAE									
Retinol ... mcg	4		0	NC	4		9		
Carotene, beta ... mcg									
Carotene, alpha ... mcg									
Cryptoxanthin, beta ... mcg									
Vitamin A, IU ... IU	143	17.771	12		1		312		
Lycopene ... mcg									
Lutein + zeaxanthin ... mcg									
Vitamin E (alpha-tocopherol) ... mg									
Tocopherol, beta ... mg									
Tocopherol, gamma ... mg									
Tocopherol, delta ... mg									
Vitamin D (D2 + D3) ... mcg									
Vitamin D2 (ergocalciferol) ... mcg									
Vitamin D3 (cholecalciferol) ... mcg									
Vitamin D ... IU									
Vitamin K (phylloquinone) ... mcg									
Dihydrophylloquinone ... mcg									
Menaquinone-4 ... mcg									
Lipids:									
Fatty acids, total saturated ... g	4.780		0		1		10.420		
4:0 ... g									

NDB No. 21113

Fast foods, hamburger; single, large patty; with condiments and vegetables

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g									
8:0 g									
10:0 g	0.020		5		1		0.044		
12:0 g	0.010		5		1		0.022		
13:0 g									
14:0 g	0.300		5		1		0.654		
15:0 g									
16:0 g	2.760		5		1		6.017		
17:0 g									
18:0 g	1.440		5		1		3.139		
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	5.240		0		1		11.423		
14:1 g									
15:1 g									
16:1 undifferentiated g	0.430		5		1		0.937		
17:1 g									
18:1 undifferentiated g	4.650		5		1		10.137		
20:1 g	0.040		5		1		0.087		
22:1 undifferentiated g									
24:1 c g									
Fatty acids, total polyunsaturated g	1.010		0		1		2.202		
18:2 undifferentiated g	0.880		5		1		1.918		
18:3 undifferentiated g	0.110		5		1		0.240		
18:4 g									
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.020		5		1		0.044		
20:5 n-3 (EPA) g									
22:5 n-3 (DPA) g									
22:6 n-3 (DHA) g									
Fatty acids, total trans g									
Cholesterol mg	40	2.788	8		1		87		
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.141		0		1		0.307		
Threonine g	0.455		0		1		0.992		
Isoleucine g	0.491		0		1		1.070		
Leucine g	0.896		0		1		1.953		
Lysine g	0.814		0		1		1.775		
Methionine g	0.248		0		1		0.541		
Cystine g	0.134		0		1		0.292		
Phenylalanine g	0.472		0		1		1.029		
Tyrosine g	0.340		0		1		0.741		
Valine g	0.566		0		1		1.234		
Arginine g	0.709		0		1		1.546		
Histidine g	0.340		0		1		0.741		
Alanine g	0.676		0		1		1.474		
Aspartic acid g	0.982		0		1		2.141		
Glutamic acid g	2.317		0		1		5.051		
Glycine g	0.760		0		1		1.657		
Proline g	0.732		0		1		1.596		
Serine g	0.481		0		1		1.049		
Hydroxyproline g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 218g: 1 sandwich

NDB No. 21113

Fast foods, hamburger; single, large patty; with condiments and vegetables

Calories Factors: Protein 4.2 **Fat** 8.95 **Carbohydrate** 3.95

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2010)

NDB No. 21390

Fast foods, hamburger; single, large patty; with condiments, vegetables and mayonnaise

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	57.52	0.577	8	JO	11		142.06		
Energy....kcal	226		0	NC	4		558		
Energy....kJ	946		0	NC	4		2336		
Protein....g	11.34	0.646	8	JO	11		28.01		
Total lipid (fat)....g	12.37	0.919	8	JO	11		30.56		
Ash....g	1.45	0.050	8	JO	11		3.57		
Carbohydrate, by difference....g	17.33		0	NC	4		42.80		
Fiber, total dietary....g	1.5	0.167	7	JO	11		3.7		
Sugars, total....g	4.00	0.216	4	JO	11		9.89		
Sucrose....g	0.65	0.532	8	JO	11		1.59		
Glucose (dextrose)....g	0.83	0.419	8	JO	11		2.05		
Fructose....g	1.59	0.134	8	JO	11		3.92		
Lactose....g	0.02	0.017	8	JO	11		0.04		
Maltose....g	0.45	0.130	8	JO	11		1.12		
Galactose....g	0.06	0.056	4	JO	11		0.14		
Starch....g	12.53	1.004	7	A	1		30.95		
Minerals:									
Calcium, Ca....mg	46	9.594	7	JO	11		115		
Iron, Fe....mg	2.99	0.730	7	JO	11		7.39		
Magnesium, Mg....mg	18	0.173	7	JO	11		45		
Phosphorus, P....mg	97	3.888	7	JO	11		239		
Potassium, K....mg	188	9.448	7	JO	11		465		
Sodium, Na....mg	342	26.727	7	JO	11		844		
Zinc, Zn....mg	2.46	0.222	7	JO	11		6.07		
Copper, Cu....mg	0.081	0.037	7	JO	11		0.200		
Manganese, Mn....mg	0.183	0.002	7	JO	11		0.453		
Selenium, Se....mcg	18.2	0.013	8	A	1		45.0		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.9	0.521	8	JA	6		2.1		
Thiamin....mg	0.211	0.038	8	JO	11		0.522		
Riboflavin....mg	0.213	0.025	8	JO	11		0.527		
Niacin....mg	3.141	0.137	8	JO	11		7.758		
Pantothenic acid....mg	0.254	0.082	8	A	1		0.628		
Vitamin B-6....mg	0.103	0.011	8	A	1		0.253		
Folate, total....mcg	64	0.412	4	JA	6		158		
Folic acid....mcg	33	3.189	4	A	1		82		
Folate, food....mcg	31		0	JA	6		76		
Folate, DFE....mcg_DFE	87		0	NC	4		214		
Choline, total....mg	32.9		0	FLA	4		81.3		
Betaine....mg									
Vitamin B-12....mcg	1.21	0.239	4	JO	11		3.00		
Vitamin B-12, added....mcg	0.00		0	FLA	4		0.00		
Vitamin A, RAE....mcg_RAE	9		0	NC	4		23		
Retinol....mcg	0		0	FLA	4		0		
Carotene, beta....mcg	103		0	FLA	4		254		
Carotene, alpha....mcg	15		0	FLA	4		38		
Cryptoxanthin, beta....mcg	2		0	FLA	4		5		
Vitamin A, IU....IU	186		0	NC	4		460		
Lycopene....mcg	1068		0	FLA	4		2639		
Lutein + zeaxanthin....mcg	45		0	FLA	4		110		
Vitamin E (alpha-tocopherol)....mg	0.15		1	A	1		0.37		
Vitamin E, added....mg	0.00		0	FLA	4		0.00		
Tocopherol, beta....mg	1.95		1	A	1		4.82		
Tocopherol, gamma....mg	0.45		1	A	1		1.11		
Tocopherol, delta....mg	0.39		1	A	1		0.96		
Vitamin D (D2 + D3)....mcg	0.1		0	FLA	4		0.2		
Vitamin D2 (ergocalciferol)....mcg									

NDB No. 21390

Fast foods, hamburger; single, large patty; with condiments, vegetables and mayonnaise

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D3 (cholecalciferol).....mcg									
Vitamin D.....IU	3		0	FLA	4		7		
Vitamin K (phylloquinone).....mcg	14.3	5.262	8	A	1		35.3		
Dihydrophylloquinone.....mcg	0.2	0.175	8	A	1		0.4		
Menaquinone-4.....mcg									
Lipids:									
Fatty acids, total saturated.....g	3.972		0	NC	4		9.811		
4:0.....g	0.002	0.001	4	A	1		0.005		
6:0.....g	0.002	0.001	4	A	1		0.005		
8:0.....g	0.003	0.003	8	A	1		0.007		
10:0.....g	0.003	0.003	8	A	1		0.007		
12:0.....g	0.019	0.019	8	A	1		0.046		
13:0.....g	0.000		2	A	1		0.000		
14:0.....g	0.247	0.002	8	A	1		0.610		
15:0.....g	0.040	0.000	8	A	1		0.098		
16:0.....g	2.272	0.162	8	A	1		5.612		
17:0.....g	0.104	0.001	8	A	1		0.256		
18:0.....g	1.254	0.089	8	A	1		3.096		
20:0.....g	0.014	0.001	8	A	1		0.034		
22:0.....g	0.005	0.005	8	A	1		0.012		
24:0.....g	0.008	0.001	8	A	1		0.021		
Fatty acids, total monounsaturated.....g	4.670		0	NC	4		11.536		
14:1.....g	0.074	0.001	8	A	1		0.182		
15:1.....g	0.000	0.000	6	A	1		0.000		
16:1 undifferentiated.....g	0.328		0	AS	1		0.811		
16:1 c.....g	0.303		2	A	1		0.750		
16:1 t.....g	0.025		2	A	1		0.061		
17:1.....g	0.035	0.035	8	A	1		0.085		
18:1 undifferentiated.....g	4.203		0	AS	1		10.381		
18:1 c.....g	3.791	0.087	4	A	1		9.364		
18:1-11c (18:1c n-7).....g									
18:1 t.....g	0.411	0.024	4	A	1		1.016		
18:1-11t (18:1t n-7).....g									
20:1.....g	0.026	0.014	8	A	1		0.065		
22:1 undifferentiated.....g	0.005	0.005	8	A	1		0.012		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	3.144		0	NC	4		7.765		
18:2 undifferentiated.....g	2.828		0	AS	1		6.986		
18:2 n-6 c,c.....g	2.757		2	A	1		6.810		
18:2 CLAs.....g									
18:2 c,t.....g									
18:2 t,c.....g									
18:2 t,t.....g									
18:2 i.....g	0.071		2	A	1		0.176		
18:2 t not further defined.....g									
18:3 undifferentiated.....g	0.275		0	AS	1		0.679		
18:3 n-3 c,c,c (ALA).....g	0.275	0.085	4	A	1		0.679		
18:3 n-6 c,c,c.....g	0.000		2	A	1		0.000		
18:3i.....g									
18:4.....g	0.025	0.025	6	A	1		0.062		
20:2 n-6 c,c.....g	0.001	0.001	8	A	1		0.003		
20:3 undifferentiated.....g	0.002	0.002	8	A	1		0.004		
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.013	0.007	8	A	1		0.032		
20:4 n-3.....g									
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.000	0.000	8	A	1		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000	0.000	6	A	1		0.000		
22:6 n-3 (DHA).....g	0.000	0.000	8	A	1		0.000		
Fatty acids, total trans.....g									

NDB No. 21390

Fast foods, hamburger; single, large patty; with condiments, vegetables and mayonnaise

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Cholesterol....mg	33	1.570	8	JO	11		81		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.100		0	A	1		0.247		
Threonine....g	0.415		0	A	1		1.026		
Isoleucine....g	0.400		0	A	1		0.988		
Leucine....g	0.797		0	A	1		1.969		
Lysine....g									
Methionine....g	0.224		0	A	1		0.554		
Cystine....g	0.120		0	A	1		0.295		
Phenylalanine....g	0.464		0	A	1		1.146		
Tyrosine....g	0.262		0	A	1		0.647		
Valine....g	0.468		0	A	1		1.157		
Arginine....g	0.621		0	A	1		1.533		
Histidine....g	0.277		0	A	1		0.684		
Alanine....g	0.601		0	A	1		1.485		
Aspartic acid....g	0.872		0	A	1		2.153		
Glutamic acid....g	2.250		0	A	1		5.557		
Glycine....g	0.784		0	A	1		1.936		
Proline....g	0.887		0	A	1		2.191		
Serine....g	0.478		0	A	1		1.181		
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	FLA	4		0.0		
Caffeine....mg	0		0	FLA	4		0		
Theobromine....mg	0		0	FLA	4		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 247g: 1 item

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2010)

NDB No. 21393

Fast foods, hamburger; single, regular patty; double decker bun with condiments and special sauce

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	50.30		1	A	1		103.11		
Energy	kcal	259		0	NC	4		531		
Energy	kJ	1084		0	NC	4		2223		
Protein (N x 6.25)	g	12.17		1	A	1		24.95		
Total lipid (fat)	g	13.30		1	A	1		27.27		
Ash	g	1.54		1	A	1		3.16		
Carbohydrate, by difference	g	22.69		0	NC	4		46.51		
Fiber, total dietary	g	1.4		1	A	1		2.9		
Sugars, total	g									
Sucrose	g	0.15		1	A	1		0.31		
Glucose (dextrose)	g	1.26		1	A	1		2.58		
Fructose	g	1.43		1	A	1		2.93		
Lactose	g	0.15		1	A	1		0.31		
Maltose	g	0.39		1	A	1		0.80		
Galactose	g									
Starch	g	16.10		1	A	1		33.01		
Minerals:										
Calcium, Ca	mg	103		1	A	1		211		
Iron, Fe	mg	2.07		1	A	1		4.24		
Magnesium, Mg	mg	24		1	A	1		49		
Phosphorus, P	mg	112		1	A	1		230		
Potassium, K	mg	194		1	A	1		398		
Sodium, Na	mg	386		1	A	1		791		
Zinc, Zn	mg	2.38		1	A	1		4.88		
Copper, Cu	mg	0.101		1	A	1		0.207		
Manganese, Mn	mg	0.235		1	A	1		0.482		
Selenium, Se	mcg	25.3		1	A	1		51.9		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.3		1	A	1		0.7		
Thiamin	mg	0.231		1	A	1		0.474		
Riboflavin	mg	0.227		1	A	1		0.465		
Niacin	mg	3.940		1	A	1		8.077		
Pantothenic acid	mg	0.463		1	A	1		0.949		
Vitamin B-6	mg	0.076		1	A	1		0.155		
Folate, total	mcg	22		1	A	1		45		
Folic acid	mcg	17		1	A	1		35		
Folate, food	mcg	5		1	AS	1		10		
Folate, DFE	mcg_DFE	34		0	NC	4		69		
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	1.23		1	A	1		2.52		
Vitamin A, RAE	mcg_RAE									
Retinol	mcg									
Carotene, beta	mcg									
Carotene, alpha	mcg									
Cryptoxanthin, beta	mcg									
Vitamin A, IU	IU									
Lycopene	mcg									
Lutein + zeaxanthin	mcg									
Vitamin E (alpha-tocopherol)	mg	0.09		1	A	1		0.18		
Tocopherol, beta	mg	0.00		1	A	1		0.00		
Tocopherol, gamma	mg	1.60		1	A	1		3.28		
Tocopherol, delta	mg	0.83		1	A	1		1.70		
Vitamin D (D2 + D3)	mcg									
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	23.4		1	A	1		48.0		

NDB No. 21393

Fast foods, hamburger; single, regular patty; double decker bun with condiments and special sauce

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Dihydrophylloquinone....mcg	0.0		1	A	1		0.0		
Menaquinone-4....mcg									
Lipids:									
Fatty acids, total saturated....g	4.240		0	NC	4		8.691		
4:0....g									
6:0....g									
8:0....g	0.000		1	A	1		0.000		
10:0....g	0.000		1	A	1		0.000		
12:0....g	0.000		1	A	1		0.000		
13:0....g									
14:0....g	0.240		1	A	1		0.492		
15:0....g	0.040		1	A	1		0.082		
16:0....g	2.490		1	A	1		5.105		
17:0....g	0.090		1	A	1		0.185		
18:0....g	1.320		1	A	1		2.706		
20:0....g	0.030		1	A	1		0.061		
22:0....g	0.030		1	A	1		0.061		
24:0....g	0.000		1	A	1		0.000		
Fatty acids, total monounsaturated....g	4.780		0	NC	4		9.799		
14:1....g	0.060		1	A	1		0.123		
15:1....g	0.000		1	A	1		0.000		
16:1 undifferentiated....g									
17:1....g	0.000		1	A	1		0.000		
18:1 undifferentiated....g	4.650		1	A	1		9.533		
20:1....g	0.050		1	A	1		0.103		
22:1 undifferentiated....g	0.020		1	A	1		0.041		
24:1 c....g									
Fatty acids, total polyunsaturated....g	4.100		0	NC	4		8.404		
18:2 undifferentiated....g	3.560		1	A	1		7.298		
18:3 undifferentiated....g	0.480		1	A	1		0.984		
18:4....g	0.040		1	A	1		0.082		
20:2 n-6 c,c....g	0.000		1	A	1		0.000		
20:3 undifferentiated....g	0.000		1	A	1		0.000		
20:4 undifferentiated....g	0.020		1	A	1		0.041		
20:5 n-3 (EPA)....g	0.000		1	A	1		0.000		
22:5 n-3 (DPA)....g	0.000		1	A	1		0.000		
22:6 n-3 (DHA)....g	0.000		1	A	1		0.000		
Fatty acids, total trans....g									
Cholesterol....mg	32		1	A	1		66		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.110		0	A	1		0.225		
Threonine....g	0.390		0	A	1		0.799		
Isoleucine....g	0.430		0	A	1		0.882		
Leucine....g	0.770		0	A	1		1.578		
Lysine....g	0.640		0	A	1		1.312		
Methionine....g	0.210		0	A	1		0.430		
Cystine....g	0.150		0	A	1		0.308		
Phenylalanine....g	0.440		0	A	1		0.902		
Tyrosine....g	0.220		0	A	1		0.451		
Valine....g	0.500		0	A	1		1.025		
Arginine....g	0.590		0	A	1		1.209		
Histidine....g	0.280		0	A	1		0.574		
Alanine....g	0.640		0	A	1		1.312		
Aspartic acid....g	0.740		0	A	1		1.517		
Glutamic acid....g	2.400		0	A	1		4.920		
Glycine....g	0.750		0	A	1		1.538		
Proline....g	0.810		0	A	1		1.661		
Serine....g	0.420		0	A	1		0.861		
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based.

NDB No. 21393

Fast foods, hamburger; single, regular patty; double decker bun with condiments and special sauce

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 205g: 1 item

Calories Factors: Protein 4 **Fat** 9 **Carbohydrate**4

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2010)

NDB No. 21107
Fast foods, hamburger; single, regular patty; plain

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	38.49		0	RA	4		33.10		
Energy	kcal	295		0	RA	4		254		
Energy	kJ	1234		0	RA	4		1061		
Protein (N x 6.03)	g	14.74		0	RA	4		12.67		
Total lipid (fat)	g	11.24		0	RA	4		9.66		
Ash	g	1.86		0	RA	4		1.60		
Carbohydrate, by difference	g	33.71		0	RA	4		28.99		
Fiber, total dietary	g	1.2		0	RA	4		1.0		
Sugars, total	g	5.79		0	RA	4		4.98		
Sucrose	g	0.31		0	RA	4		0.27		
Glucose (dextrose)	g	1.63		0	RA	4		1.40		
Fructose	g	2.83		0	RA	4		2.44		
Lactose	g	0.18		0	RA	4		0.16		
Maltose	g	0.84		0	RA	4		0.73		
Galactose	g	0.00		0	RA	4		0.00		
Starch	g									
Minerals:										
Calcium, Ca	mg	138		0	RA	4		119		
Iron, Fe	mg	3.05		0	RA	4		2.63		
Magnesium, Mg	mg	21		0	RA	4		18		
Phosphorus, P	mg	122		0	RA	4		105		
Potassium, K	mg	193		0	RA	4		166		
Sodium, Na	mg	440		0	RA	4		378		
Zinc, Zn	mg	2.20		0	RA	4		1.89		
Copper, Cu	mg	0.095		0	RA	4		0.082		
Manganese, Mn	mg	0.288		0	RA	4		0.248		
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	RA	4		0.0		
Thiamin	mg	0.293		0	RA	4		0.252		
Riboflavin	mg	0.280		0	RA	4		0.241		
Niacin	mg	5.342		0	RA	4		4.594		
Pantothenic acid	mg	0.217		0	RA	4		0.186		
Vitamin B-6	mg	0.142		0	RA	4		0.122		
Folate, total	mcg	74		0	RA	4		63		
Folate, DFE	mcg_DFE									
Choline, total	mg	34.4		0	AS	1		29.6		
Betaine	mg	41.3	6.195	6	A	1		35.5		
Vitamin B-12	mcg	1.00		0	RA	4		0.86		
Vitamin A, RAE	mcg_RAE	0		0	AS	1		0		
Vitamin A, IU	IU	0		0	AS	1		0		
Lycopene	mcg									
Lutein + zeaxanthin	mcg									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Dihydrophylloquinone	mcg									
Menaquinone-4	mcg									
Lipids:										
Fatty acids, total saturated	g	3.561		0	RA	4		3.062		
Fatty acids, total monounsaturated	g	3.839		0	RA	4		3.302		
Fatty acids, total polyunsaturated	g	0.265		0	RA	4		0.228		
Fatty acids, total trans	g	0.569		0	RA	4		0.489		

NDB No. 21107
Fast foods, hamburger; single, regular patty; plain

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Cholesterol....mg	33		0	RA	4		28		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.168		0		1		0.144		
Threonine....g	0.513		0		1		0.441		
Isoleucine....g	0.579		0		1		0.498		
Leucine....g	1.049		0		1		0.902		
Lysine....g	0.854		0		1		0.734		
Methionine....g	0.282		0		1		0.243		
Cystine....g	0.173		0		1		0.149		
Phenylalanine....g	0.583		0		1		0.501		
Tyrosine....g	0.391		0		1		0.336		
Valine....g	0.674		0		1		0.580		
Arginine....g	0.790		0		1		0.679		
Histidine....g	0.384		0		1		0.330		
Alanine....g	0.745		0		1		0.641		
Aspartic acid....g	1.056		0		1		0.908		
Glutamic acid....g	2.976		0		1		2.559		
Glycine....g	0.840		0		1		0.722		
Proline....g	0.997		0		1		0.857		
Serine....g	0.540		0		1		0.464		
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 86g: 1 item

Calories Factors: Protein 4.07 **Fat** 8.81 **Carbohydrate** 3.95

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2010)

NDB No. 21108
Fast foods, hamburger; single, regular patty; with condiments

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	46.14	0.216	12	A	1		52.60		
Energy	kcal	258		0	NC	4		294		
Energy	kJ	1080		0	NC	4		1231		
Protein	g	13.07	0.165	12	A	1		14.90		
Total lipid (fat)	g	10.07	0.185	12	A	1		11.49		
Ash	g	1.92	0.027	12	A	1		2.19		
Carbohydrate, by difference	g	28.79		0	NC	4		32.82		
Fiber, total dietary	g	1.8	0.106	12	A	1		2.0		
Sugars, total	g	5.22	0.525	4	A	1		5.95		
Sucrose	g	0.68	0.018	12	A	1		0.78		
Glucose (dextrose)	g	1.45	0.136	12	A	1		1.66		
Fructose	g	2.29	0.128	12	A	1		2.61		
Lactose	g	0.06	0.012	12	A	1		0.07		
Maltose	g	0.62	0.072	12	A	1		0.70		
Galactose	g	0.11	0.039	4	A	1		0.13		
Starch	g	20.73	0.248	12	A	1		23.64		
Minerals:										
Calcium, Ca	mg	74	3.709	12	A	1		84		
Iron, Fe	mg	2.53	0.145	12	A	1		2.88		
Magnesium, Mg	mg	23	0.505	12	A	1		26		
Phosphorus, P	mg	111	1.249	12	A	1		126		
Potassium, K	mg	183	2.033	12	A	1		209		
Sodium, Na	mg	491	11.191	12	A	1		559		
Zinc, Zn	mg	2.06	0.066	12	A	1		2.35		
Copper, Cu	mg	0.106	0.005	12	A	1		0.120		
Manganese, Mn	mg	0.271	0.009	12	A	1		0.309		
Selenium, Se	mcg	24.7	1.696	12	A	1		28.2		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.3	0.038	12	A	1		0.4		
Thiamin	mg	0.349	0.018	12	A	1		0.398		
Riboflavin	mg	0.186	0.025	11	A	1		0.212		
Niacin	mg	4.061	0.085	12	A	1		4.629		
Pantothenic acid	mg	0.370	0.039	12	A	1		0.421		
Vitamin B-6	mg	0.108	0.010	12	A	1		0.123		
Folate, total	mcg	36	2.540	8	A	1		41		
Folic acid	mcg	29	2.070	8	A	1		33		
Folate, food	mcg	7		0	AS	1		8		
Folate, DFE	mcg_DFE	56		0	NC	4		63		
Choline, total	mg	34.8		0	FLA	4		39.7		
Betaine	mg									
Vitamin B-12	mcg	1.20	0.041	7	A	1		1.37		
Vitamin B-12, added	mcg	0.00		0	FLA	4		0.00		
Vitamin A, RAE	mcg_RAE	3		0	FLA	4		3		
Retinol	mcg	0		0	FLA	4		0		
Carotene, beta	mcg	34		0	FLA	4		39		
Carotene, alpha	mcg	0		0	FLA	4		0		
Cryptoxanthin, beta	mcg	0		0	FLA	4		0		
Vitamin A, IU	IU	57		0	NC	4		65		
Lycopene	mcg	1003		0	FLA	4		1143		
Lutein + zeaxanthin	mcg	27		0	FLA	4		30		
Vitamin E (alpha-tocopherol)	mg	0.07	0.007	7	A	1		0.08		
Vitamin E, added	mg	0.00		0	FLA	4		0.00		
Tocopherol, beta	mg	0.62	0.608	7	A	1		0.71		
Tocopherol, gamma	mg	1.65	0.734	7	A	1		1.88		
Tocopherol, delta	mg	0.08	0.021	7	A	1		0.09		
Vitamin D (D2 + D3)	mcg	0.1		0	FLA	4		0.1		
Vitamin D2 (ergocalciferol)	mcg									

NDB No. 21108
Fast foods, hamburger; single, regular patty; with condiments

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D3 (cholecalciferol).....mcg									
Vitamin D.....IU	2		0	FLA	4		2		
Vitamin K (phylloquinone).....mcg	4.9	0.446	12	A	1		5.6		
Dihydrophylloquinone.....mcg	0.2	0.138	12	A	1		0.2		
Menaquinone-4.....mcg									
Lipids:									
Fatty acids, total saturated.....g	4.000		0	NC	4		4.560		
4:0.....g	0.002	0.000	6	A	1		0.003		
6:0.....g	0.002	0.000	6	A	1		0.003		
8:0.....g	0.001	0.001	12	A	1		0.002		
10:0.....g	0.002	0.001	12	A	1		0.002		
12:0.....g	0.010	0.006	12	A	1		0.012		
13:0.....g	0.000	0.000	4	A	1		0.000		
14:0.....g	0.275	0.007	12	A	1		0.313		
15:0.....g	0.044	0.001	12	A	1		0.050		
16:0.....g	2.258	0.035	12	A	1		2.575		
17:0.....g	0.105	0.003	12	A	1		0.120		
18:0.....g	1.291	0.026	12	A	1		1.471		
20:0.....g	0.007	0.000	12	A	1		0.008		
22:0.....g	0.001	0.001	12	A	1		0.001		
24:0.....g	0.001	0.001	12	A	1		0.001		
Fatty acids, total monounsaturated.....g	4.637		0	NC	4		5.286		
14:1.....g	0.073	0.004	12	A	1		0.084		
15:1.....g	0.000	0.000	10	A	1		0.000		
16:1 undifferentiated.....g	0.334		0	AS	1		0.380		
16:1 c.....g	0.307	0.014	4	A	1		0.350		
16:1 t.....g	0.027		2	A	1		0.030		
17:1.....g	0.044	0.006	12	A	1		0.051		
18:1 undifferentiated.....g	4.155		0	AS	1		4.736		
18:1 c.....g	3.725	0.062	6	A	1		4.247		
18:1-11c (18:1c n-7).....g									
18:1 t.....g	0.429	0.020	6	A	1		0.490		
18:1-11t (18:1t n-7).....g									
20:1.....g	0.022	0.003	12	A	1		0.025		
22:1 undifferentiated.....g	0.009	0.003	12	A	1		0.010		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.138		0	NC	4		1.298		
18:2 undifferentiated.....g	0.980		0	AS	1		1.118		
18:2 n-6 c,c.....g	0.943	0.033	4	A	1		1.075		
18:2 CLAs.....g									
18:2 c,t.....g									
18:2 t,c.....g									
18:2 t,t.....g									
18:2 i.....g	0.038		2	A	1		0.043		
18:2 t not further defined.....g									
18:3 undifferentiated.....g	0.111		0	AS	1		0.127		
18:3 n-3 c,c,c (ALA).....g	0.111	0.005	8	A	1		0.127		
18:3 n-6 c,c,c.....g	0.000	0.000	4	A	1		0.000		
18:3i.....g									
18:4.....g	0.031	0.006	8	A	1		0.036		
20:2 n-6 c,c.....g	0.003	0.003	12	A	1		0.004		
20:3 undifferentiated.....g	0.000		0	AS	1		0.000		
20:3 n-3.....g									
20:3 n-6.....g	0.000	0.000	4	A	1		0.000		
20:4 undifferentiated.....g	0.012		0	AS	1		0.014		
20:4 n-3.....g									
20:4 n-6.....g	0.012	0.001	4	A	1		0.014		
20:5 n-3 (EPA).....g	0.000	0.000	12	A	1		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000	0.000	8	A	1		0.000		
22:6 n-3 (DHA).....g	0.000	0.000	12	A	1		0.000		
Fatty acids, total trans.....g									

NDB No. 21108
Fast foods, hamburger; single, regular patty; with condiments

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Cholesterol.....mg	29	0.488	12	A	1		33		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	FLA	4		0.0		
Caffeine.....mg	0		0	FLA	4		0		
Theobromine.....mg	0		0	FLA	4		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 114g: 1 item

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2010)

NDB No. 21109

Fast foods, hamburger; single, regular patty; with condiments and vegetables

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	49.41	1.288	10		1		54.35		
Energy....kcal	254		0		1		279		
Energy....kJ	1063		0		1		1169		
Protein (N x 6.03)....g	11.74	0.456	11		1		12.91		
Total lipid (fat)....g	12.25	0.577	11		1		13.48		
Ash....g	1.78	0.064	10		1		1.96		
Carbohydrate, by difference....g	24.81		0	NC	4		27.29		
Fiber, total dietary....g									
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	57	8.146	10		1		63		
Iron, Fe....mg	2.39	0.127	10		1		2.63		
Magnesium, Mg....mg	20	0.811	10		1		22		
Phosphorus, P....mg	113	5.418	10		1		124		
Potassium, K....mg	206	9.018	10		1		227		
Sodium, Na....mg	458	21.438	11		1		504		
Zinc, Zn....mg	1.87	0.113	10		1		2.06		
Copper, Cu....mg	0.093	0.005	10		1		0.102		
Manganese, Mn....mg	0.230		2		1		0.253		
Selenium, Se....mcg	18.7		0	RK	4		20.6		
Vitamins:									
Vitamin C, total ascorbic acid....mg	1.5		2		1		1.7		
Thiamin....mg	0.210	0.012	10		1		0.231		
Riboflavin....mg	0.180	0.036	10		1		0.198		
Niacin....mg	3.350	0.343	10		1		3.685		
Pantothenic acid....mg	0.270		2		1		0.297		
Vitamin B-6....mg	0.110		2		1		0.121		
Folate, total....mcg	47		0	RK	4		52		
Folic acid....mcg	30		0	NC	4		33		
Folate, food....mcg	17		2		1		19		
Folate, DFE....mcg_DFE	68		0	NC	4		75		
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.80		2		1		0.88		
Vitamin A, RAE....mcg_RAE									
Retinol....mcg	0		0	Z	7		0		
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	75		2		1		83		
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Dihydrophylloquinone....mcg									
Menaquinone-4....mcg									
Lipids:									
Fatty acids, total saturated....g	3.755		1		1		4.131		
Fatty acids, total monounsaturated....g	4.809		1		1		5.290		

NDB No. 21109

Fast foods, hamburger; single, regular patty; with condiments and vegetables

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total polyunsaturated.....g	2.343		1		1		2.577		
Fatty acids, total trans.....g									
Cholesterol.....mg	24	1.528	3		1		26		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.142		0		1		0.156		
Threonine.....g	0.438		0		1		0.482		
Isoleucine.....g	0.495		0		1		0.545		
Leucine.....g	0.892		0		1		0.981		
Lysine.....g	0.726		0		1		0.799		
Methionine.....g	0.240		0		1		0.264		
Cystine.....g	0.148		0		1		0.163		
Phenylalanine.....g	0.499		0		1		0.549		
Tyrosine.....g	0.333		0		1		0.366		
Valine.....g	0.576		0		1		0.634		
Arginine.....g	0.672		0		1		0.739		
Histidine.....g	0.325		0		1		0.358		
Alanine.....g	0.633		0		1		0.696		
Aspartic acid.....g	0.917		0		1		1.009		
Glutamic acid.....g	2.579		0		1		2.837		
Glycine.....g	0.711		0		1		0.782		
Proline.....g	0.841		0		1		0.925		
Serine.....g	0.510		0		1		0.561		
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 110g: 1 item

Calories Factors: Protein 4.07 **Fat** 8.81 **Carbohydrate** 3.95

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2010)

NDB No. 21118
Fast foods, hotdog, plain

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	53.96	2.617	6		1		52.88		
Energy	kcal	247		0		1		242		
Energy	kJ	1033				1		1013		
Protein (N x 5.97)	g	10.60	0.537	12		1		10.39		
Total lipid (fat)	g	14.84	1.301	8		1		14.54		
Ash	g	2.20		2		1		2.16		
Carbohydrate, by difference	g	18.40		0	NC	4		18.03		
Fiber, total dietary	g									
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	24	4.226	9		1		24		
Iron, Fe	mg	2.36	0.272	10		1		2.31		
Magnesium, Mg	mg	13	0.569	9		1		13		
Phosphorus, P	mg	99	2.352	5		1		97		
Potassium, K	mg	146	16.773	7		1		143		
Sodium, Na	mg	684	42.471	14		1		670		
Zinc, Zn	mg	2.02	0.336	9		1		1.98		
Copper, Cu	mg	0.078	0.017	8		1		0.076		
Manganese, Mn	mg	0.093	0.026	9		1		0.091		
Selenium, Se	mcg	26.5		0	RK	4		26.0		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.1	0.133	3		1		0.1		
Thiamin	mg	0.240		1		1		0.235		
Riboflavin	mg	0.280	0.050	3		1		0.274		
Niacin	mg	3.720	0.282	3		1		3.646		
Pantothenic acid	mg	0.520	0.111	3		1		0.510		
Vitamin B-6	mg	0.050	0.003	3		1		0.049		
Folate, total	mcg	49		0	RK	4		48		
Folic acid	mcg	19		0	NC	4		19		
Folate, food	mcg	30	3.930	3		1		29		
Folate, DFE	mcg_DFE	62		0	NC	4		61		
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	0.52	0.228	3		1		0.51		
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0		
Retinol	mcg	0		0	Z	7		0		
Carotene, beta	mcg									
Carotene, alpha	mcg									
Cryptoxanthin, beta	mcg									
Vitamin A, IU	IU	0		1		4		0		
Lycopene	mcg									
Lutein + zeaxanthin	mcg									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg									
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Dihydrophylloquinone	mcg									
Menaquinone-4	mcg									
Lipids:										
Fatty acids, total saturated	g	5.213		0		1		5.109		
4:0	g									

NDB No. 21118
Fast foods, hotdog, plain

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g									
8:0....g									
10:0....g									
12:0....g									
13:0....g									
14:0....g	0.487		1		1		0.477		
15:0....g									
16:0....g	3.028		1		1		2.967		
17:0....g									
18:0....g	1.497		1		1		1.467		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	6.993		0		1		6.853		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.660		1		1		0.647		
17:1....g									
18:1 undifferentiated....g	6.333		1		1		6.206		
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.741		0		1		1.706		
18:2 undifferentiated....g	1.310		1		1		1.284		
18:3 undifferentiated....g	0.432		1		1		0.423		
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g									
Cholesterol....mg	45	2.739	5		1		44		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.098		0		1		0.096		
Threonine....g	0.360		0		1		0.353		
Isoleucine....g	0.453		0		1		0.444		
Leucine....g	0.769		0		1		0.754		
Lysine....g	0.641		0		1		0.628		
Methionine....g	0.199		0		1		0.195		
Cystine....g	0.147		0		1		0.144		
Phenylalanine....g	0.417		0		1		0.409		
Tyrosine....g	0.282		0		1		0.276		
Valine....g	0.483		0		1		0.473		
Arginine....g	0.666		0		1		0.653		
Histidine....g	0.295		0		1		0.289		
Alanine....g	0.598		0		1		0.586		
Aspartic acid....g	0.872		0		1		0.855		
Glutamic acid....g	2.385		0		1		2.337		
Glycine....g	0.646		0		1		0.633		
Proline....g	0.765		0		1		0.750		
Serine....g	0.481		0		1		0.471		
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 98g: 1 sandwich

NDB No. 21118
Fast foods, hotdog, plain

Calories Factors: Protein 4.02 **Fat** 8.89 **Carbohydrate** 3.95

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2010)

NDB No. 21119
Fast foods, hotdog, with chili

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	47.80	2.600	3		1		54.49		
Energy....kcal	260		0		1		296		
Energy....kJ	1088				1		1240		
Protein (N x 6.1)....g	11.85	1.449	5		1		13.51		
Total lipid (fat)....g	11.79	1.762	3		1		13.44		
Ash....g	1.10		1		1		1.25		
Carbohydrate, by difference....g	27.45		0	NC	4		31.29		
Fiber, total dietary....g									
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	17		2		1		19		
Iron, Fe....mg	2.88		2		1		3.28		
Magnesium, Mg....mg	9		2		1		10		
Phosphorus, P....mg	168		2		1		192		
Potassium, K....mg	146		1		4		166		
Sodium, Na....mg	421	170.382	3		1		480		
Zinc, Zn....mg	0.68		2		1		0.78		
Copper, Cu....mg	0.090		2		1		0.103		
Manganese, Mn....mg	0.100		2		1		0.114		
Selenium, Se....mcg	11.4		0	RK	4		13.0		
Vitamins:									
Vitamin C, total ascorbic acid....mg	2.4		1		1		2.7		
Thiamin....mg	0.190		1		4		0.217		
Riboflavin....mg	0.350		2		1		0.399		
Niacin....mg	3.280		2		1		3.739		
Pantothenic acid....mg	0.480		2		1		0.547		
Vitamin B-6....mg	0.040		2		1		0.046		
Folate, total....mcg	64		0	RK	4		73		
Folic acid....mcg	20		0	NC	4		23		
Folate, food....mcg	44		2		1		50		
Folate, DFE....mcg_DFE	78		0	NC	4		89		
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.26		2		1		0.30		
Vitamin A, RAE....mcg_RAE	3		0	NC	4		3		
Retinol....mcg	0		0	Z	7		0		
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	51		1		4		58		
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Dihydrophylloquinone....mcg									
Menaquinone-4....mcg									
Lipids:									
Fatty acids, total saturated....g	4.258		0		1		4.854		
4:0....g									

NDB No. 21119
Fast foods, hotdog, with chili

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g									
8:0 g									
10:0 g	0.091		2		1		0.104		
12:0 g	0.025		2		1		0.029		
13:0 g									
14:0 g	0.235		2		1		0.268		
15:0 g									
16:0 g	2.486		2		1		2.834		
17:0 g									
18:0 g	1.322		2		1		1.507		
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	5.785		0		1		6.595		
14:1 g									
15:1 g									
16:1 undifferentiated g	0.409		2		1		0.466		
17:1 g									
18:1 undifferentiated g	5.376		2		1		6.129		
20:1 g									
22:1 undifferentiated g									
24:1 c g									
Fatty acids, total polyunsaturated g	1.042		0		1		1.188		
18:2 undifferentiated g	0.918		2		1		1.047		
18:3 undifferentiated g	0.124		2		1		0.141		
18:4 g									
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g									
20:5 n-3 (EPA) g									
22:5 n-3 (DPA) g									
22:6 n-3 (DHA) g									
Fatty acids, total trans g									
Cholesterol mg	45		1		1		51		
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.113		0		1		0.129		
Threonine g	0.408		0		1		0.465		
Isoleucine g	0.497		0		1		0.567		
Leucine g	0.853		0		1		0.972		
Lysine g	0.729		0		1		0.831		
Methionine g	0.222		0		1		0.253		
Cystine g	0.157		0		1		0.179		
Phenylalanine g	0.463		0		1		0.528		
Tyrosine g	0.315		0		1		0.359		
Valine g	0.534		0		1		0.609		
Arginine g	0.733		0		1		0.836		
Histidine g	0.326		0		1		0.372		
Alanine g	0.657		0		1		0.749		
Aspartic acid g	0.995		0		1		1.134		
Glutamic acid g	2.542		0		1		2.898		
Glycine g	0.709		0		1		0.808		
Proline g	0.797		0		1		0.909		
Serine g	0.525		0		1		0.599		
Hydroxyproline g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 114g: 1 sandwich

NDB No. 21119
Fast foods, hotdog, with chili

Calories Factors: Protein 3.9 **Fat** 8.92 **Carbohydrate** 3.97

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2010)

NDB No. 21120
Fast foods, hotdog, with corn flour coating (corndog)

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	46.70		1		1		81.73		
Energy	kcal	263		0		1		460		
Energy	kJ	1100				1		1926		
Protein (N x 6.06)	g	9.60		1		1		16.80		
Total lipid (fat)	g	10.80		1		1		18.90		
Ash	g	1.02		1		1		1.79		
Carbohydrate, by difference	g	31.88		0	NC	4		55.79		
Fiber, total dietary	g									
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	58		1		1		102		
Iron, Fe	mg	3.53		1		1		6.18		
Magnesium, Mg	mg	10		1		1		18		
Phosphorus, P	mg	95		1		1		166		
Potassium, K	mg	150		1		4		263		
Sodium, Na	mg	556		1		1		973		
Zinc, Zn	mg	0.75		1		1		1.31		
Copper, Cu	mg	0.140		1		1		0.245		
Manganese, Mn	mg	0.110		1		1		0.193		
Selenium, Se	mcg	12.7		0	RK	4		22.2		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		1		1		0.0		
Thiamin	mg	0.160		1		1		0.280		
Riboflavin	mg	0.400		1		1		0.700		
Niacin	mg	2.380		1		1		4.165		
Pantothenic acid	mg	0.770		1		1		1.348		
Vitamin B-6	mg	0.050		1		1		0.088		
Folate, total	mcg	59		0	RK	4		103		
Folic acid	mcg	25		0	NC	4		44		
Folate, food	mcg	34		1		1		60		
Folate, DFE	mcg_DFE	77		0	NC	4		134		
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	0.25		1		1		0.44		
Vitamin A, RAE	mcg_RAE	34		0	NC	4		59		
Retinol	mcg	33		0	NC	4		58		
Carotene, beta	mcg									
Carotene, alpha	mcg									
Cryptoxanthin, beta	mcg									
Vitamin A, IU	IU	118		1		4		207		
Lycopene	mcg									
Lutein + zeaxanthin	mcg									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg									
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Dihydrophylloquinone	mcg									
Menaquinone-4	mcg									
Lipids:										
Fatty acids, total saturated	g	2.949		0		1		5.161		
4:0	g									

NDB No. 21120
Fast foods, hotdog, with corn flour coating (corndog)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 ... g									
8:0 ... g									
10:0 ... g									
12:0 ... g									
13:0 ... g									
14:0 ... g	0.474		1		1		0.830		
15:0 ... g									
16:0 ... g	1.913		1		1		3.348		
17:0 ... g									
18:0 ... g	0.562		1		1		0.984		
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	5.205		0		1		9.109		
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.506		1		1		0.886		
17:1 ... g									
18:1 undifferentiated ... g	4.699		1		1		8.223		
20:1 ... g									
22:1 undifferentiated ... g									
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	1.998		0		1		3.497		
18:2 undifferentiated ... g	1.581		1		1		2.767		
18:3 undifferentiated ... g	0.417		1		1		0.730		
18:4 ... g									
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g									
20:5 n-3 (EPA) ... g									
22:5 n-3 (DPA) ... g									
22:6 n-3 (DHA) ... g									
Fatty acids, total trans ... g									
Cholesterol ... mg	45		1		4		79		
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.086		0		1		0.151		
Threonine ... g	0.363		0		1		0.635		
Isoleucine ... g	0.429		0		1		0.751		
Leucine ... g	0.808		0		1		1.414		
Lysine ... g	0.657		0		1		1.150		
Methionine ... g	0.208		0		1		0.364		
Cystine ... g	0.135		0		1		0.236		
Phenylalanine ... g	0.377		0		1		0.660		
Tyrosine ... g	0.317		0		1		0.555		
Valine ... g	0.458		0		1		0.802		
Arginine ... g	0.637		0		1		1.115		
Histidine ... g	0.290		0		1		0.508		
Alanine ... g	0.618		0		1		1.082		
Aspartic acid ... g	0.865		0		1		1.514		
Glutamic acid ... g	1.787		0		1		3.127		
Glycine ... g	0.578		0		1		1.012		
Proline ... g	0.610		0		1		1.068		
Serine ... g	0.448		0		1		0.784		
Hydroxyproline ... g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 175g: 1 sandwich

NDB No. 21120
Fast foods, hotdog, with corn flour coating (corndog)

Calories Factors: Protein 4.03 **Fat** 8.92 **Carbohydrate** 4.01

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2010)

NDB No. 21129
Fast foods, hush puppies

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	32.29	2.763	4		1		25.19		
Energy....kcal	329		0		1		257		
Energy....kJ	1377				1		1074		
Protein (N x 6.25)....g	6.25	0.426	5		1		4.88		
Total lipid (fat)....g	14.86	2.457	5		1		11.59		
Ash....g	1.86		2		1		1.45		
Carbohydrate, by difference....g	44.74		0	NC	4		34.90		
Fiber, total dietary....g									
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	88	5.423	4		1		69		
Iron, Fe....mg	1.83	0.453	4		1		1.43		
Magnesium, Mg....mg	21	2.589	4		1		16		
Phosphorus, P....mg	244	49.836	4		1		190		
Potassium, K....mg	241	12.981	3		1		188		
Sodium, Na....mg	1237	261.887	4		1		965		
Zinc, Zn....mg	0.55	0.077	4		1		0.43		
Copper, Cu....mg	0.262	0.118	4		1		0.204		
Manganese, Mn....mg	0.342	0.059	4		1		0.267		
Selenium, Se....mcg	10.3		0	BFZN	4		8.0		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		1		1		0.0		
Thiamin....mg	0.000		1		1		0.000		
Riboflavin....mg	0.030		1		1		0.023		
Niacin....mg	2.600		1		1		2.028		
Pantothenic acid....mg	0.280		1		1		0.218		
Vitamin B-6....mg	0.130		1		1		0.101		
Folate, total....mcg	74		0	BFZN	4		58		
Folic acid....mcg	47		0	NC	4		37		
Folate, food....mcg	27		1		1		21		
Folate, DFE....mcg_DFE	107		0	NC	4		83		
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.22		1		1		0.17		
Vitamin A, RAE....mcg_RAE	11		0	NC	4		9		
Retinol....mcg	6		0	NC	4		5		
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	120		1		4		94		
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Dihydrophylloquinone....mcg									
Menaquinone-4....mcg									
Lipids:									
Fatty acids, total saturated....g	3.444		0		1		2.686		
4:0....g									

NDB No. 21129
Fast foods, hush puppies

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g									
8:0 g									
10:0 g	0.042		1		1		0.033		
12:0 g	0.024		1		1		0.019		
13:0 g									
14:0 g	0.070		1		1		0.055		
15:0 g									
16:0 g	1.761		1		1		1.374		
17:0 g									
18:0 g	1.508		1		1		1.176		
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	10.024		0		1		7.819		
14:1 g									
15:1 g									
16:1 undifferentiated g	0.238		1		1		0.186		
17:1 g									
18:1 undifferentiated g	9.787		1		1		7.634		
20:1 g									
22:1 undifferentiated g									
24:1 c g									
Fatty acids, total polyunsaturated g	0.498		0		1		0.388		
18:2 undifferentiated g	0.461		1		1		0.360		
18:3 undifferentiated g	0.037		1		1		0.029		
18:4 g									
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g									
20:5 n-3 (EPA) g									
22:5 n-3 (DPA) g									
22:6 n-3 (DHA) g									
Fatty acids, total trans g									
Cholesterol mg	173		1		1		135		
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.067		0		1		0.052		
Threonine g	0.258		0		1		0.201		
Isoleucine g	0.291		0		1		0.227		
Leucine g	0.667		0		1		0.520		
Lysine g	0.290		0		1		0.226		
Methionine g	0.153		0		1		0.119		
Cystine g	0.115		0		1		0.090		
Phenylalanine g	0.314		0		1		0.245		
Tyrosine g	0.258		0		1		0.201		
Valine g	0.363		0		1		0.283		
Arginine g	0.329		0		1		0.257		
Histidine g	0.173		0		1		0.135		
Alanine g	0.395		0		1		0.308		
Aspartic acid g	0.488		0		1		0.381		
Glutamic acid g	1.063		0		1		0.829		
Glycine g	0.223		0		1		0.174		
Proline g	0.454		0		1		0.354		
Serine g	0.350		0		1		0.273		
Hydroxyproline g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 78g: 5 pieces

NDB No. 21129
Fast foods, hush puppies

Calories Factors: Protein 2.73 **Fat** 8.84 **Carbohydrate** 4.03

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2010)

NDB No. 21388
Fast foods, miniature cinnamon rolls

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	19.62	0.416	4	A	1		4.91		
Energy....kcal	403		0	NC	4		101		
Energy....kJ	1687		0	NC	4		422		
Protein....g	7.02	0.082	4	A	1		1.76		
Total lipid (fat)....g	17.95	0.337	4	A	1		4.49		
Ash....g	2.02	0.060	4	A	1		0.51		
Carbohydrate, by difference....g	53.38		0	NC	4		13.34		
Fiber, total dietary....g	2.2	0.132	4	A	1		0.5		
Sugars, total....g	17.98	0.419	4	A	1		4.49		
Sucrose....g	5.50	0.637	4	A	1		1.37		
Glucose (dextrose)....g	6.94	0.370	4	A	1		1.74		
Fructose....g	3.76	0.372	4	A	1		0.94		
Lactose....g	0.93	0.011	4	A	1		0.23		
Maltose....g	0.84	0.040	4	A	1		0.21		
Galactose....g	0.00	0.000	4	A	1		0.00		
Starch....g	29.05	0.617	4	A	1		7.26		
Minerals:									
Calcium, Ca....mg	54	0.665	4	A	1		13		
Iron, Fe....mg	2.55	0.063	4	A	1		0.64		
Magnesium, Mg....mg	13	0.091	4	A	1		3		
Phosphorus, P....mg	180	2.121	4	A	1		45		
Potassium, K....mg	131	1.936	4	A	1		33		
Sodium, Na....mg	554	9.525	4	A	1		138		
Zinc, Zn....mg	0.54	0.009	4	A	1		0.14		
Copper, Cu....mg	0.070	0.001	4	A	1		0.018		
Manganese, Mn....mg	0.561	0.017	4	A	1		0.140		
Selenium, Se....mcg	11.7	0.149	4	A	1		2.9		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0	0.000	3	A	1		0.0		
Thiamin....mg	0.254	0.025	4	A	1		0.063		
Riboflavin....mg	0.303	0.005	4	A	1		0.076		
Niacin....mg	3.160	0.115	4	A	1		0.790		
Pantothenic acid....mg	0.507	0.029	4	A	1		0.127		
Vitamin B-6....mg	0.044	0.001	4	A	1		0.011		
Folate, total....mcg									
Folate, DFE....mcg_DFE									
Choline, total....mg	27.3		0	AS	1		6.8		
Betaine....mg	12.3		1	A	1		3.1		
Vitamin B-12....mcg	0.11	0.011	4	A	1		0.03		
Vitamin A, RAE....mcg_RAE									
Vitamin A, IU....IU									
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg	1.11	0.056	4	A	1		0.28		
Tocopherol, beta....mg	0.08	0.006	4	A	1		0.02		
Tocopherol, gamma....mg	7.61	0.462	4	A	1		1.90		
Tocopherol, delta....mg	3.01	0.171	4	A	1		0.75		
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg	13.9	0.462	4	A	1		3.5		
Dihydrophylloquinone....mcg	22.8	1.191	4	A	1		5.7		
Menaquinone-4....mcg									
Lipids:									
Fatty acids, total saturated....g	4.701		0	NC	4		1.175		
4:0....g									

NDB No. 21388
Fast foods, miniature cinnamon rolls

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g									
8:0 g	0.000	0.000	4	A	1		0.000		
10:0 g	0.000	0.000	4	A	1		0.000		
12:0 g	0.000	0.000	4	A	1		0.000		
13:0 g									
14:0 g	0.031	0.001	4	A	1		0.008		
15:0 g	0.000	0.000	4	A	1		0.000		
16:0 g	2.317	0.035	4	A	1		0.579		
17:0 g	0.021	0.001	4	A	1		0.005		
18:0 g	2.224	0.034	4	A	1		0.556		
20:0 g	0.055	0.002	4	A	1		0.014		
22:0 g	0.054	0.002	4	A	1		0.013		
24:0 g									
Fatty acids, total monounsaturated g	9.221		0	NC	4		2.305		
14:1 g	0.000	0.000	4	A	1		0.000		
15:1 g	0.000	0.000	4	A	1		0.000		
16:1 undifferentiated g	0.040	0.000	4	A	1		0.010		
17:1 g	0.000	0.000	4	A	1		0.000		
18:1 undifferentiated g	9.127	0.075	4	A	1		2.282		
20:1 g	0.053	0.002	4	A	1		0.013		
22:1 undifferentiated g									
24:1 c g									
Fatty acids, total polyunsaturated g	2.415		0	NC	4		0.604		
18:2 undifferentiated g	2.287	0.225	4	A	1		0.572		
18:3 undifferentiated g	0.128		0	AS	1		0.032		
18:3 n-3 c,c,c (ALA) g	0.128	0.018	4	A	1		0.032		
18:3 n-6 c,c,c g	0.000	0.000	4	A	1		0.000		
18:3i g									
18:4 g									
20:2 n-6 c,c g	0.000	0.000	4	A	1		0.000		
20:3 undifferentiated g	0.000	0.000	4	A	1		0.000		
20:3 n-3 g									
20:3 n-6 g									
20:4 undifferentiated g	0.000	0.000	4	A	1		0.000		
20:4 n-3 g									
20:4 n-6 g									
20:5 n-3 (EPA) g									
21:5 g									
22:4 g									
22:5 n-3 (DPA) g									
22:6 n-3 (DHA) g									
Fatty acids, total trans g									
Cholesterol mg	21	0.873	4	A	1		5		
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.054		0	A	1		0.013		
Threonine g	0.218		0	A	1		0.055		
Isoleucine g	0.276		0	A	1		0.069		
Leucine g	0.510		0	A	1		0.128		
Lysine g	0.181		0	A	1		0.045		
Methionine g	0.110		0	A	1		0.028		
Cystine g	0.158		0	A	1		0.039		
Phenylalanine g	0.334		0	A	1		0.084		
Tyrosine g	0.213		0	A	1		0.053		
Valine g	0.334		0	A	1		0.083		
Arginine g	0.259		0	A	1		0.065		
Histidine g	0.162		0	A	1		0.041		
Alanine g	0.250		0	A	1		0.062		
Aspartic acid g	0.365		0	A	1		0.091		
Glutamic acid g	2.247		0	A	1		0.562		
Glycine g	0.251		0	A	1		0.063		
Proline g	0.708		0	A	1		0.177		
Serine g	0.368		0	A	1		0.092		

NDB No. 21388
Fast foods, miniature cinnamon rolls

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 25g: 1 each

Calories Factors: Protein 4 **Fat** 9 **Carbohydrate** 4

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2010)

NDB No. 21078
Fast foods, nachos, with cheese

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	40.45	2.053	8		1		45.71		
Energy	kcal	306		0		1		346		
Energy	kJ	1280		0		1		1447		
Protein (N x 6.3)	g	8.05	0.395	8		1		9.10		
Total lipid (fat)	g	16.77	0.858	7		1		18.95		
Ash	g	2.58	0.137	8		1		2.92		
Carbohydrate, by difference	g	32.15		0	NC	4		36.33		
Fiber, total dietary	g									
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	241	15.002	8		1		272		
Iron, Fe	mg	1.13	0.127	8		1		1.28		
Magnesium, Mg	mg	49	1.426	8		1		55		
Phosphorus, P	mg	244	27.838	8		1		276		
Potassium, K	mg	152	11.047	8		1		172		
Sodium, Na	mg	722	37.131	8		1		816		
Zinc, Zn	mg	1.58	0.151	8		1		1.79		
Copper, Cu	mg	0.124	0.032	8		1		0.140		
Manganese, Mn	mg	0.198	0.008	8		1		0.224		
Selenium, Se	mcg	13.9		0	RK	4		15.7		
Vitamins:										
Vitamin C, total ascorbic acid	mg	1.1	0.361	8		1		1.2		
Thiamin	mg	0.170	0.065	8		1		0.192		
Riboflavin	mg	0.330	0.040	8		1		0.373		
Niacin	mg	1.360	0.063	8		1		1.537		
Pantothenic acid	mg	1.160	0.108	8		1		1.311		
Vitamin B-6	mg	0.180	0.023	8		1		0.203		
Folate, total	mcg	9		1		4		10		
Folic acid	mcg									
Folate, food	mcg									
Folate, DFE	mcg_DFE									
Choline, total	mg	26.4		0	AS	1		29.8		
Betaine	mg	0.7		1	A	1		0.8		
Vitamin B-12	mcg	0.73	0.092	8		1		0.82		
Vitamin A, RAE	mcg_RAE									
Retinol	mcg									
Carotene, beta	mcg									
Carotene, alpha	mcg									
Cryptoxanthin, beta	mcg									
Vitamin A, IU	IU	495	76.699	3		1		559		
Lycopene	mcg									
Lutein + zeaxanthin	mcg									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg									
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Dihydrophylloquinone	mcg									
Menaquinone-4	mcg									
Lipids:										
Fatty acids, total saturated	g	6.885		0		1		7.780		
4:0	g									

NDB No. 21078
Fast foods, nachos, with cheese

Nutrients and Units		Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
		Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0	g									
8:0	g									
10:0	g	0.165		3		1		0.186		
12:0	g	0.214		3		1		0.242		
13:0	g									
14:0	g	0.893		3		1		1.009		
15:0	g									
16:0	g	3.648		3		1		4.122		
17:0	g									
18:0	g	1.964		3		1		2.219		
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	7.074		0		1		7.994		
14:1	g									
15:1	g									
16:1 undifferentiated	g									
17:1	g									
18:1 undifferentiated	g	7.074		3		1		7.994		
20:1	g									
22:1 undifferentiated	g									
24:1 c	g									
Fatty acids, total polyunsaturated	g	1.976		0		1		2.233		
18:2 undifferentiated	g	1.803		3		1		2.037		
18:3 undifferentiated	g	0.173		3		1		0.195		
18:4	g									
20:2 n-6 c,c	g									
20:3 undifferentiated	g									
20:4 undifferentiated	g									
20:5 n-3 (EPA)	g									
22:5 n-3 (DPA)	g									
22:6 n-3 (DHA)	g									
Fatty acids, total trans	g									
Cholesterol	mg	16		2		1		18		
Phytosterols	mg									
Amino Acids:										
Tryptophan	g	0.068		0		1		0.077		
Threonine	g	0.291		0		1		0.329		
Isoleucine	g	0.333		0		1		0.376		
Leucine	g	0.902		0		1		1.019		
Lysine	g	0.332		0		1		0.375		
Methionine	g	0.174		0		1		0.197		
Cystine	g	0.114		0		1		0.129		
Phenylalanine	g	0.391		0		1		0.442		
Tyrosine	g	0.333		0		1		0.376		
Valine	g	0.429		0		1		0.485		
Arginine	g	0.372		0		1		0.420		
Histidine	g	0.247		0		1		0.279		
Alanine	g	0.493		0		1		0.557		
Aspartic acid	g	0.540		0		1		0.610		
Glutamic acid	g	1.588		0		1		1.794		
Glycine	g	0.278		0		1		0.314		
Proline	g	0.733		0		1		0.828		
Serine	g	0.395		0		1		0.446		
Hydroxyproline	g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 113g: 1 portion (6-8 nachos)

NDB No. 21078
Fast foods, nachos, with cheese

Calories Factors: Protein 3.73 **Fat** 8.48 **Carbohydrate** 4.15

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2010)

NDB No. 21079
Fast foods, nachos, with cheese and jalapeno peppers

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	42.70	1.518	4		1		87.11		
Energy....kcal	298		0		1		608		
Energy....kJ	1247				1		2544		
Protein (N x 6.32)....g	8.24	0.301	5		1		16.81		
Total lipid (fat)....g	16.74	1.202	5		1		34.15		
Ash....g	2.87	0.257	4		1		5.85		
Carbohydrate, by difference....g	29.45		0	NC	4		60.08		
Fiber, total dietary....g									
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	304	52.593	4		1		620		
Iron, Fe....mg	1.20	0.201	4		1		2.45		
Magnesium, Mg....mg	53	5.039	4		1		108		
Phosphorus, P....mg	193	14.626	4		1		394		
Potassium, K....mg	144	19.686	4		1		294		
Sodium, Na....mg	851	43.474	5		1		1736		
Zinc, Zn....mg	1.42	0.085	4		1		2.90		
Copper, Cu....mg	0.085	0.007	4		1		0.173		
Manganese, Mn....mg	0.215	0.023	4		1		0.439		
Selenium, Se....mcg	6.9		0	RK	4		14.1		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.5	0.258	4		1		1.0		
Thiamin....mg	0.060	0.003	4		1		0.122		
Riboflavin....mg	0.240	0.046	4		1		0.490		
Niacin....mg	1.390	0.082	4		1		2.836		
Pantothenic acid....mg	1.200	0.165	4		1		2.448		
Vitamin B-6....mg	0.180	0.021	4		1		0.367		
Folate, total....mcg	9		1		4		18		
Folic acid....mcg	0		0	Z	7		0		
Folate, food....mcg	9		1		4		18		
Folate, DFE....mcg_DFE	9		0	NC	4		18		
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.50	0.030	4		1		1.02		
Vitamin A, RAE....mcg_RAE	281		0	NC	4		572		
Retinol....mcg	217		0	NC	4		443		
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	1991	692.961	3		1		4062		
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Dihydrophylloquinone....mcg									
Menaquinone-4....mcg									
Lipids:									
Fatty acids, total saturated....g	6.872		0		1		14.019		
4:0....g									

NDB No. 21079
Fast foods, nachos, with cheese and jalapeno peppers

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g									
8:0 g									
10:0 g	0.165		3		1		0.337		
12:0 g	0.213		3		1		0.435		
13:0 g									
14:0 g	0.891		3		1		1.818		
15:0 g									
16:0 g	3.641		3		1		7.428		
17:0 g									
18:0 g	1.961		3		1		4.000		
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	7.061		0		1		14.404		
14:1 g									
15:1 g									
16:1 undifferentiated g									
17:1 g									
18:1 undifferentiated g	7.061		3		1		14.404		
20:1 g									
22:1 undifferentiated g									
24:1 c g									
Fatty acids, total polyunsaturated g	1.973		0		1		4.025		
18:2 undifferentiated g	1.800		3		1		3.672		
18:3 undifferentiated g	0.173		3		1		0.353		
18:4 g									
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g									
20:5 n-3 (EPA) g									
22:5 n-3 (DPA) g									
22:6 n-3 (DHA) g									
Fatty acids, total trans g									
Cholesterol mg	41		2		1		84		
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.074		0		1		0.151		
Threonine g	0.291		0		1		0.594		
Isoleucine g	0.365		0		1		0.745		
Leucine g	0.880		0		1		1.795		
Lysine g	0.398		0		1		0.812		
Methionine g	0.181		0		1		0.369		
Cystine g	0.102		0		1		0.208		
Phenylalanine g	0.398		0		1		0.812		
Tyrosine g	0.344		0		1		0.702		
Valine g	0.450		0		1		0.918		
Arginine g	0.357		0		1		0.728		
Histidine g	0.256		0		1		0.522		
Alanine g	0.443		0		1		0.904		
Aspartic acid g	0.541		0		1		1.104		
Glutamic acid g	1.690		0		1		3.448		
Glycine g	0.249		0		1		0.508		
Proline g	0.767		0		1		1.565		
Serine g	0.409		0		1		0.834		
Hydroxyproline g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 204g: 1 portion (6-8 nachos)

NDB No. 21079
Fast foods, nachos, with cheese and jalapeno peppers

Calories Factors: Protein 3.9 **Fat** 8.57 **Carbohydrate** 4.14

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2010)

NDB No. 21080
Fast foods, nachos, with cheese, beans, ground beef, and peppers

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	55.96	0.988	4		1		142.70		
Energy ... kcal	223		0		1		569		
Energy ... kJ	933		0		1		2379		
Protein (N x 6.37) ... g	7.76	0.287	5		1		19.79		
Total lipid (fat) ... g	12.04	0.343	5		1		30.70		
Ash ... g	2.35	0.090	4		1		5.99		
Carbohydrate, by difference ... g	21.89		0	NC	4		55.82		
Fiber, total dietary ... g									
Sugars, total ... g									
Starch ... g									
Minerals:									
Calcium, Ca ... mg	151	9.197	4		1		385		
Iron, Fe ... mg	1.09	0.082	4		1		2.78		
Magnesium, Mg ... mg	38	1.104	4		1		97		
Phosphorus, P ... mg	152	13.725	4		1		388		
Potassium, K ... mg	177	20.074	4		1		451		
Sodium, Na ... mg	706	25.481	5		1		1800		
Zinc, Zn ... mg	1.43	0.063	4		1		3.65		
Copper, Cu ... mg	0.292	0.131	4		1		0.745		
Manganese, Mn ... mg	0.166	0.006	4		1		0.423		
Selenium, Se ... mcg	5.4		0	RK	4		13.8		
Vitamins:									
Vitamin C, total ascorbic acid ... mg	1.9	0.748	4		1		4.8		
Thiamin ... mg	0.090	0.049	4		1		0.230		
Riboflavin ... mg	0.270	0.025	4		1		0.689		
Niacin ... mg	1.310	0.052	4		1		3.341		
Pantothenic acid ... mg	0.990	0.053	4		1		2.525		
Vitamin B-6 ... mg	0.160	0.011	4		1		0.408		
Folate, total ... mcg	15		1		4		38		
Folic acid ... mcg	0		0	Z	7		0		
Folate, food ... mcg	15		1		4		38		
Folate, DFE ... mcg_DFE	15		0	NC	4		38		
Choline, total ... mg	28.1		0	AS	1		71.6		
Betaine ... mg	2.0		1	A	1		5.1		
Vitamin B-12 ... mcg	0.40	0.010	4		1		1.02		
Vitamin A, RAE ... mcg_RAE									
Retinol ... mcg									
Carotene, beta ... mcg									
Carotene, alpha ... mcg									
Cryptoxanthin, beta ... mcg									
Vitamin A, IU ... IU	1334		2		1		3402		
Lycopene ... mcg									
Lutein + zeaxanthin ... mcg									
Vitamin E (alpha-tocopherol) ... mg									
Tocopherol, beta ... mg									
Tocopherol, gamma ... mg									
Tocopherol, delta ... mg									
Vitamin D (D2 + D3) ... mcg									
Vitamin D2 (ergocalciferol) ... mcg									
Vitamin D3 (cholecalciferol) ... mcg									
Vitamin D ... IU									
Vitamin K (phylloquinone) ... mcg									
Dihydrophylloquinone ... mcg									
Menaquinone-4 ... mcg									
Lipids:									
Fatty acids, total saturated ... g	4.897		0		1		12.487		
4:0 ... g									

NDB No. 21080
Fast foods, nachos, with cheese, beans, ground beef, and peppers

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g									
8:0....g									
10:0....g	0.190		1		1		0.485		
12:0....g	0.264		1		1		0.673		
13:0....g									
14:0....g	0.820		1		1		2.091		
15:0....g									
16:0....g	2.612		1		1		6.661		
17:0....g									
18:0....g	1.011		1		1		2.578		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	4.306		0		1		10.980		
14:1....g									
15:1....g									
16:1 undifferentiated....g									
17:1....g									
18:1 undifferentiated....g	4.306		1		1		10.980		
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	2.231		0		1		5.689		
18:2 undifferentiated....g	2.138		1		1		5.452		
18:3 undifferentiated....g	0.093		1		1		0.237		
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g									
Cholesterol....mg	8		2		1		20		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.077		0		1		0.196		
Threonine....g	0.279		0		1		0.711		
Isoleucine....g	0.347		0		1		0.885		
Leucine....g	0.750		0		1		1.913		
Lysine....g	0.438		0		1		1.117		
Methionine....g	0.166		0		1		0.423		
Cystine....g	0.086		0		1		0.219		
Phenylalanine....g	0.360		0		1		0.918		
Tyrosine....g	0.301		0		1		0.768		
Valine....g	0.414		0		1		1.056		
Arginine....g	0.358		0		1		0.913		
Histidine....g	0.235		0		1		0.599		
Alanine....g	0.390		0		1		0.995		
Aspartic acid....g	0.575		0		1		1.466		
Glutamic acid....g	1.523		0		1		3.884		
Glycine....g	0.268		0		1		0.683		
Proline....g	0.640		0		1		1.632		
Serine....g	0.374		0		1		0.954		
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 255g: 1 portion (6-8 nachos)

NDB No. 21080

Fast foods, nachos, with cheese, beans, ground beef, and peppers

Calories Factors: Protein 3.83 **Fat** 8.53 **Carbohydrate** 4.13

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2010)

NDB No. 21081
Fast foods, nachos, with cinnamon and sugar

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	1.01	0.244	4		1		1.10		
Energy....kcal	543		0		1		592		
Energy....kJ	2272				1		2476		
Protein (N x 6.25)....g	6.60	0.150	4		1		7.19		
Total lipid (fat)....g	33.01	1.036	4		1		35.98		
Ash....g	1.22	0.139	4		1		1.33		
Carbohydrate, by difference....g	58.16		0	NC	4		63.39		
Fiber, total dietary....g									
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	78	2.012	3		1		85		
Iron, Fe....mg	2.65	0.308	4		1		2.89		
Magnesium, Mg....mg	18	1.764	4		1		20		
Phosphorus, P....mg	30	0.074	4		1		33		
Potassium, K....mg	72	0.622	3		1		78		
Sodium, Na....mg	403	44.924	3		1		439		
Zinc, Zn....mg	0.54	0.010	4		1		0.59		
Copper, Cu....mg	0.143	0.023	4		1		0.156		
Manganese, Mn....mg	0.452	0.011	4		1		0.493		
Selenium, Se....mcg	6.1		0	RK	4		6.6		
Vitamins:									
Vitamin C, total ascorbic acid....mg	7.3	2.480	4		1		8.0		
Thiamin....mg	0.170	0.062	4		1		0.185		
Riboflavin....mg	0.410	0.075	4		1		0.447		
Niacin....mg	3.600	0.359	4		1		3.924		
Pantothenic acid....mg	1.740	0.099	4		1		1.897		
Vitamin B-6....mg	0.160	0.106	4		1		0.174		
Folate, total....mcg	7		1		4		8		
Folic acid....mcg	0		0	Z	7		0		
Folate, food....mcg	7		1		4		8		
Folate, DFE....mcg_DFE	7		0	NC	4		8		
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	1.58	0.090	4		1		1.72		
Vitamin A, RAE....mcg_RAE	5		0	NC	4		5		
Retinol....mcg	0		0	Z	7		0		
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	99		2		1		108		
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Dihydrophylloquinone....mcg									
Menaquinone-4....mcg									
Lipids:									
Fatty acids, total saturated....g	16.707		0		1		18.211		
4:0....g									

NDB No. 21081
Fast foods, nachos, with cinnamon and sugar

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g									
8:0....g									
10:0....g									
12:0....g									
13:0....g									
14:0....g									
15:0....g									
16:0....g	11.056		1		1		12.051		
17:0....g									
18:0....g	5.651		1		1		6.160		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	10.864		0		1		11.842		
14:1....g									
15:1....g									
16:1 undifferentiated....g									
17:1....g									
18:1 undifferentiated....g	10.864		1		1		11.842		
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	3.786		0		1		4.127		
18:2 undifferentiated....g	3.786		1		1		4.127		
18:3 undifferentiated....g									
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g									
Cholesterol....mg	36		1		1		39		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.047		0		1		0.051		
Threonine....g	0.248		0		1		0.270		
Isoleucine....g	0.236		0		1		0.257		
Leucine....g	0.809		0		1		0.882		
Lysine....g	0.186		0		1		0.203		
Methionine....g	0.138		0		1		0.150		
Cystine....g	0.119		0		1		0.130		
Phenylalanine....g	0.324		0		1		0.353		
Tyrosine....g	0.269		0		1		0.293		
Valine....g	0.335		0		1		0.365		
Arginine....g	0.329		0		1		0.359		
Histidine....g	0.202		0		1		0.220		
Alanine....g	0.494		0		1		0.538		
Aspartic acid....g	0.459		0		1		0.500		
Glutamic acid....g	1.238		0		1		1.349		
Glycine....g	0.271		0		1		0.295		
Proline....g	0.576		0		1		0.628		
Serine....g	0.313		0		1		0.341		
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 109g: 1 portion (6-8 nachos)

NDB No. 21081
Fast foods, nachos, with cinnamon and sugar

Calories Factors: Protein 3.45 **Fat** 8.49 **Carbohydrate** 4.13

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2010)

NDB No. 21130
Fast foods, onion rings, breaded and fried

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	37.09	2.519	9		1		30.78		
Energy....kcal	332		0		1		276		
Energy....kJ	1389				1		1153		
Protein (N x 6.07)....g	4.46	0.192	10		1		3.70		
Total lipid (fat)....g	18.69	1.410	11		1		15.51		
Ash....g	2.03	0.190	6		1		1.68		
Carbohydrate, by difference....g	37.74		0	NC	4		31.32		
Fiber, total dietary....g									
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	88	13.863	12		1		73		
Iron, Fe....mg	1.02	0.102	13		1		0.85		
Magnesium, Mg....mg	19	0.579	11		1		16		
Phosphorus, P....mg	104	16.375	10		1		86		
Potassium, K....mg	156	16.315	11		1		129		
Sodium, Na....mg	518	59.454	15		1		430		
Zinc, Zn....mg	0.42	0.016	11		1		0.35		
Copper, Cu....mg	0.083	0.004	11		1		0.069		
Manganese, Mn....mg	0.357	0.018	7		1		0.296		
Selenium, Se....mcg	3.5	44.000	12	A	1		2.9		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.7		2		1		0.6		
Thiamin....mg	0.100	0.032	7		1		0.083		
Riboflavin....mg	0.120	0.053	7		1		0.100		
Niacin....mg	1.110	0.551	7		1		0.921		
Pantothenic acid....mg	0.240		2		1		0.199		
Vitamin B-6....mg	0.070		2		1		0.058		
Folate, total....mcg	66		0	BFZN	4		55		
Folic acid....mcg	52		0	NC	4		43		
Folate, food....mcg	14		2		1		12		
Folate, DFE....mcg_DFE	102		0	NC	4		85		
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.15		2		1		0.12		
Vitamin A, RAE....mcg_RAE	1		0	NC	4		0		
Retinol....mcg	0		0	Z	7		0		
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	10		1		1		8		
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg	0.40		0		1		0.33		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Dihydrophylloquinone....mcg									
Menaquinone-4....mcg									
Lipids:									
Fatty acids, total saturated....g	8.377		0		1		6.953		
4:0....g									

NDB No. 21130
Fast foods, onion rings, breaded and fried

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g									
8:0 g	0.091		1		1		0.076		
10:0 g	0.034		1		1		0.028		
12:0 g	0.031		1		1		0.026		
13:0 g									
14:0 g	0.530		1		1		0.440		
15:0 g									
16:0 g	4.897		1		1		4.065		
17:0 g									
18:0 g	2.786		1		1		2.312		
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	8.013		0		1		6.651		
14:1 g									
15:1 g									
16:1 undifferentiated g	0.227		1		1		0.188		
17:1 g									
18:1 undifferentiated g	7.786		1		1		6.462		
20:1 g									
22:1 undifferentiated g									
24:1 c g									
Fatty acids, total polyunsaturated g	0.801		0		1		0.665		
18:2 undifferentiated g	0.672		1		1		0.558		
18:3 undifferentiated g	0.129		1		1		0.107		
18:4 g									
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g									
20:5 n-3 (EPA) g									
22:5 n-3 (DPA) g									
22:6 n-3 (DHA) g									
Fatty acids, total trans g									
Cholesterol mg	17	5.154	5		1		14		
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.059		0		1		0.049		
Threonine g	0.126		0		1		0.105		
Isoleucine g	0.178		0		1		0.148		
Leucine g	0.292		0		1		0.242		
Lysine g	0.126		0		1		0.105		
Methionine g	0.068		0		1		0.056		
Cystine g	0.090		0		1		0.075		
Phenylalanine g	0.203		0		1		0.168		
Tyrosine g	0.131		0		1		0.109		
Valine g	0.181		0		1		0.150		
Arginine g	0.271		0		1		0.225		
Histidine g	0.091		0		1		0.076		
Alanine g	0.144		0		1		0.120		
Aspartic acid g	0.205		0		1		0.170		
Glutamic acid g	1.375		0		1		1.141		
Glycine g	0.164		0		1		0.136		
Proline g	0.435		0		1		0.361		
Serine g	0.214		0		1		0.178		
Hydroxyproline g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 83g: 1 portion (8-9 onion rings)

NDB No. 21130
Fast foods, onion rings, breaded and fried

Calories Factors: Protein 3.7 **Fat** 8.8 **Carbohydrate** 4

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2010)

NDB No. 21048
Fast foods, oysters, battered or breaded, and fried

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	47.97	4.368	3		1		66.68		
Energy	kcal	265		0	NC	4		368		
Energy	kJ	1109				4		1541		
Protein (N x 6.17)	g	9.02	0.957	6		1		12.54		
Total lipid (fat)	g	12.90	0.491	3		1		17.93		
Ash	g	1.41		2		1		1.96		
Carbohydrate, by difference	g	28.69		0	NC	4		39.88		
Fiber, total dietary	g									
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	20	2.134	4		1		28		
Iron, Fe	mg	3.21	0.201	4		1		4.46		
Magnesium, Mg	mg	17	3.177	4		1		24		
Phosphorus, P	mg	141	6.566	4		1		196		
Potassium, K	mg	131		2		1		182		
Sodium, Na	mg	487	185.100	4		1		677		
Zinc, Zn	mg	11.25	4.014	4		1		15.64		
Copper, Cu	mg	0.573	0.162	3		1		0.796		
Manganese, Mn	mg	0.305	0.070	4		1		0.424		
Selenium, Se	mcg	66.3		0	RK	4		92.2		
Vitamins:										
Vitamin C, total ascorbic acid	mg	3.0		1		4		4.2		
Thiamin	mg	0.220		1		4		0.306		
Riboflavin	mg	0.250		1		4		0.348		
Niacin	mg	3.180		1		4		4.420		
Pantothenic acid	mg	0.760		1		1		1.056		
Vitamin B-6	mg	0.020		1		1		0.028		
Folate, total	mcg	22		0	RK	4		31		
Folic acid	mcg	13		0	NC	4		18		
Folate, food	mcg	9		1		1		13		
Folate, DFE	mcg_DFE	31		0	NC	4		43		
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	0.73		1		1		1.01		
Vitamin A, RAE	mcg_RAE	78		0	NC	4		108		
Retinol	mcg	78		0	NC	4		108		
Carotene, beta	mcg									
Carotene, alpha	mcg									
Cryptoxanthin, beta	mcg									
Vitamin A, IU	IU	261		1		4		363		
Lycopene	mcg									
Lutein + zeaxanthin	mcg									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg									
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Dihydrophylloquinone	mcg									
Menaquinone-4	mcg									
Lipids:										
Fatty acids, total saturated	g	3.294		1		1		4.579		
Fatty acids, total monounsaturated	g	4.979		1		1		6.921		

NDB No. 21048
Fast foods, oysters, battered or breaded, and fried

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total polyunsaturated.....g	3.337		1		1		4.638		
Fatty acids, total trans.....g									
Cholesterol.....mg	78		1		4		108		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.107		0		1		0.149		
Threonine.....g	0.338		0		1		0.470		
Isoleucine.....g	0.380		0		1		0.528		
Leucine.....g	0.633		0		1		0.880		
Lysine.....g	0.490		0		1		0.681		
Methionine.....g	0.192		0		1		0.267		
Cystine.....g	0.148		0		1		0.206		
Phenylalanine.....g	0.382		0		1		0.531		
Tyrosine.....g	0.279		0		1		0.388		
Valine.....g	0.412		0		1		0.573		
Arginine.....g	0.532		0		1		0.739		
Histidine.....g	0.184		0		1		0.256		
Alanine.....g	0.445		0		1		0.619		
Aspartic acid.....g	0.692		0		1		0.962		
Glutamic acid.....g	1.803		0		1		2.506		
Glycine.....g	0.442		0		1		0.614		
Proline.....g	0.588		0		1		0.817		
Serine.....g	0.443		0		1		0.616		
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 139g: 6 pieces

Calories Factors: Protein 4.18 **Fat** 8.94 **Carbohydrate** 3.9

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2010)

NDB No. 21025
Fast foods, pancakes with butter and syrup

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	49.72	1.539	6		1		115.35		
Energy....kcal	224		0	NC	4		520		
Energy....kJ	937				4		2174		
Protein (N x 6.05)....g	3.56	0.187	7		1		8.26		
Total lipid (fat)....g	6.03	0.897	5		1		13.99		
Ash....g	1.51	0.245	3		1		3.50		
Carbohydrate, by difference....g	39.18		0	NC	4		90.90		
Fiber, total dietary....g									
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	55	6.473	4		1		128		
Iron, Fe....mg	1.13	0.053	4		1		2.62		
Magnesium, Mg....mg	21	6.694	3		1		49		
Phosphorus, P....mg	205	14.621	3		1		476		
Potassium, K....mg	108		2		1		251		
Sodium, Na....mg	476	32.157	5		1		1104		
Zinc, Zn....mg	0.44	0.125	4		1		1.02		
Copper, Cu....mg	0.065	0.013	3		1		0.151		
Manganese, Mn....mg	0.139	0.011	3		1		0.322		
Selenium, Se....mcg	8.3		0	BFZN	4		19.3		
Vitamins:									
Vitamin C, total ascorbic acid....mg	1.5	0.733	3		1		3.5		
Thiamin....mg	0.170	0.039	5		1		0.394		
Riboflavin....mg	0.240	0.066	5		1		0.557		
Niacin....mg	1.460	0.234	4		1		3.387		
Pantothenic acid....mg	0.290	0.161	3		1		0.673		
Vitamin B-6....mg	0.050	0.013	5		1		0.116		
Folate, total....mcg	22		0	RK	4		51		
Folic acid....mcg	7		0	NC	4		16		
Folate, food....mcg	15	7.860	3		1		35		
Folate, DFE....mcg_DFE	27		0	NC	4		62		
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.10	0.047	4		1		0.23		
Vitamin A, RAE....mcg_RAE	35		0	NC	4		81		
Retinol....mcg	35		0	NC	4		81		
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	121	1.333	3		1		281		
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg	0.60		0		1		1.39		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Dihydrophylloquinone....mcg									
Menaquinone-4....mcg									
Lipids:									
Fatty acids, total saturated....g	2.522		0		1		5.851		
4:0....g									

NDB No. 21025
Fast foods, pancakes with butter and syrup

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g	0.068		2		1		0.158		
8:0....g	0.029		2		1		0.067		
10:0....g	0.075		2		1		0.174		
12:0....g	0.104		2		1		0.241		
13:0....g									
14:0....g	0.163		2		1		0.378		
15:0....g									
16:0....g	1.114		2		1		2.584		
17:0....g									
18:0....g	0.716		2		1		1.661		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	2.271		0		1		5.269		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.081		2		1		0.188		
17:1....g									
18:1 undifferentiated....g	2.138		2		1		4.960		
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.844		0		1		1.958		
18:2 undifferentiated....g	0.753		2		1		1.747		
18:3 undifferentiated....g	0.064		2		1		0.148		
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.027		2		1		0.063		
20:5 n-3 (EPA)....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g									
Cholesterol....mg	25	3.560	5		1		58		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.044		0		1		0.102		
Threonine....g	0.131		0		1		0.304		
Isoleucine....g	0.166		0		1		0.385		
Leucine....g	0.307		0		1		0.712		
Lysine....g	0.181		0		1		0.420		
Methionine....g	0.075		0		1		0.174		
Cystine....g	0.055		0		1		0.128		
Phenylalanine....g	0.173		0		1		0.401		
Tyrosine....g	0.137		0		1		0.318		
Valine....g	0.195		0		1		0.452		
Arginine....g	0.151		0		1		0.350		
Histidine....g	0.089		0		1		0.206		
Alanine....g	0.140		0		1		0.325		
Aspartic acid....g	0.233		0		1		0.541		
Glutamic acid....g	0.868		0		1		2.014		
Glycine....g	0.110		0		1		0.255		
Proline....g	0.340		0		1		0.789		
Serine....g	0.180		0		1		0.418		
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 232g: 2 cakes

NDB No. 21025
Fast foods, pancakes with butter and syrup

Calories Factors: Protein 4.04 **Fat** 8.8 **Carbohydrate** 3.99

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2010)

NDB No. 21131
Fast foods, potato, baked and topped with cheese sauce

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	65.75		1		4		194.62		
Energy	kcal	160		0		1		474		
Energy	kJ	669				1		1982		
Protein (N x 6.35)	g	4.94		1		1		14.62		
Total lipid (fat)	g	9.71		1		1		28.74		
Ash	g	1.72		1		4		5.09		
Carbohydrate, by difference	g	15.71		0	NC	4		46.50		
Fiber, total dietary	g									
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	105		1		4		311		
Iron, Fe	mg	1.02		1		4		3.02		
Magnesium, Mg	mg	22		1		4		65		
Phosphorus, P	mg	108		1		4		320		
Potassium, K	mg	394		1		1		1166		
Sodium, Na	mg	129		1		1		382		
Zinc, Zn	mg	0.64		1		4		1.89		
Copper, Cu	mg	0.213		1		4		0.630		
Manganese, Mn	mg	0.174		1		4		0.515		
Selenium, Se	mcg	2.6		0	RK	4		7.7		
Vitamins:										
Vitamin C, total ascorbic acid	mg	8.8		1		4		26.0		
Thiamin	mg	0.080		1		4		0.237		
Riboflavin	mg	0.070		1		4		0.207		
Niacin	mg	1.130		1		4		3.345		
Pantothenic acid	mg	0.440		1		4		1.302		
Vitamin B-6	mg	0.240		1		4		0.710		
Folate, total	mcg	9		1		4		27		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	9		1		4		27		
Folate, DFE	mcg_DFE	9		0	NC	4		27		
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	0.06		1		4		0.18		
Vitamin A, RAE	mcg_RAE	85		0	NC	4		252		
Retinol	mcg	85		0	NC	4		252		
Carotene, beta	mcg									
Carotene, alpha	mcg									
Cryptoxanthin, beta	mcg									
Vitamin A, IU	IU	282		1		4		835		
Lycopene	mcg									
Lutein + zeaxanthin	mcg									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg									
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Dihydrophylloquinone	mcg									
Menaquinone-4	mcg									
Lipids:										
Fatty acids, total saturated	g	3.567		1		1		10.558		
Fatty acids, total monounsaturated	g	3.615		1		1		10.700		

NDB No. 21131
Fast foods, potato, baked and topped with cheese sauce

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total polyunsaturated.....g	2.042		1		1		6.044		
Fatty acids, total trans.....g									
Cholesterol.....mg	6		1		1		18		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.064		0		1		0.189		
Threonine.....g	0.167		0		1		0.494		
Isoleucine.....g	0.256		0		1		0.758		
Leucine.....g	0.391		0		1		1.157		
Lysine.....g	0.353		0		1		1.045		
Methionine.....g	0.106		0		1		0.314		
Cystine.....g	0.035		0		1		0.104		
Phenylalanine.....g	0.233		0		1		0.690		
Tyrosine.....g	0.208		0		1		0.616		
Valine.....g	0.295		0		1		0.873		
Arginine.....g	0.189		0		1		0.559		
Histidine.....g	0.143		0		1		0.423		
Alanine.....g	0.136		0		1		0.403		
Aspartic acid.....g	0.579		0		1		1.714		
Glutamic acid.....g	1.020		0		1		3.019		
Glycine.....g	0.100		0		1		0.296		
Proline.....g	0.406		0		1		1.202		
Serine.....g	0.249		0		1		0.737		
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 296g: 1 piece

Calories Factors: Protein 3.97 **Fat** 8.82 **Carbohydrate** 3.51

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2010)

NDB No. 21132

Fast foods, potato, baked and topped with cheese sauce and bacon

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	65.02		1		4		194.41		
Energy....kcal	151		0		1		451		
Energy....kJ	632				1		1889		
Protein (N x 6.24)....g	6.16		2		1		18.42		
Total lipid (fat)....g	8.66		2		1		25.89		
Ash....g	1.72		1		4		5.14		
Carbohydrate, by difference....g	14.86		2		9		44.43		
Fiber, total dietary....g									
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	103		1		4		308		
Iron, Fe....mg	1.05		1		4		3.14		
Magnesium, Mg....mg	23		1		4		69		
Phosphorus, P....mg	116		1		4		347		
Potassium, K....mg	394		1		1		1178		
Sodium, Na....mg	325		2		1		972		
Zinc, Zn....mg	0.72		1		4		2.15		
Copper, Cu....mg	0.216		1		4		0.646		
Manganese, Mn....mg	0.169		1		4		0.505		
Selenium, Se....mcg	3.2		0	RK	4		9.6		
Vitamins:									
Vitamin C, total ascorbic acid....mg	9.6		1		4		28.7		
Thiamin....mg	0.090		1		4		0.269		
Riboflavin....mg	0.080		1		4		0.239		
Niacin....mg	1.330		1		4		3.977		
Pantothenic acid....mg	0.430		1		4		1.286		
Vitamin B-6....mg	0.250		1		4		0.748		
Folate, total....mcg	10		1		4		30		
Folic acid....mcg	0		0	Z	7		0		
Folate, food....mcg	10		1		4		30		
Folate, DFE....mcg_DFE	10		0	NC	4		30		
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.11		1		4		0.33		
Vitamin A, RAE....mcg_RAE	63		0	NC	4		188		
Retinol....mcg	63		0	NC	4		188		
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	210		1		4		628		
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Dihydrophylloquinone....mcg									
Menaquinone-4....mcg									
Lipids:									
Fatty acids, total saturated....g	3.389		1		1		10.133		
Fatty acids, total monounsaturated....g	3.249		1		1		9.715		

NDB No. 21132

Fast foods, potato, baked and topped with cheese sauce and bacon

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total polyunsaturated.....g	1.589		1		1		4.751		
Fatty acids, total trans.....g									
Cholesterol.....mg	10		2		1		30		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.078		0		1		0.233		
Threonine.....g	0.216		0		1		0.646		
Isoleucine.....g	0.314		0		1		0.939		
Leucine.....g	0.486		0		1		1.453		
Lysine.....g	0.450		0		1		1.346		
Methionine.....g	0.135		0		1		0.404		
Cystine.....g	0.047		0		1		0.141		
Phenylalanine.....g	0.286		0		1		0.855		
Tyrosine.....g	0.251		0		1		0.750		
Valine.....g	0.363		0		1		1.085		
Arginine.....g	0.260		0		1		0.777		
Histidine.....g	0.181		0		1		0.541		
Alanine.....g	0.198		0		1		0.592		
Aspartic acid.....g	0.701		0		1		2.096		
Glutamic acid.....g	1.227		0		1		3.669		
Glycine.....g	0.174		0		1		0.520		
Proline.....g	0.487		0		1		1.456		
Serine.....g	0.304		0		1		0.909		
Hydroxyproline.....g									

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Common Measures:

Measure 1 = 299g: 1 piece

Calories Factors: Protein 3.77 **Fat** 8.75 **Carbohydrate** 3.49

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2010)

NDB No. 21133

Fast foods, potato, baked and topped with cheese sauce and broccoli

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	70.04		1		4		237.44		
Energy	kcal	119		0		1		403		
Energy	kJ	498				1		1688		
Protein (N x 6.33)	g	4.03		2		1		13.66		
Total lipid (fat)	g	6.32		2		1		21.42		
Ash	g	1.61		1		4		5.46		
Carbohydrate, by difference	g	13.74		2		9		46.58		
Fiber, total dietary	g									
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	99		1		4		336		
Iron, Fe	mg	0.98		1		4		3.32		
Magnesium, Mg	mg	23		1		4		78		
Phosphorus, P	mg	102		1		4		346		
Potassium, K	mg	425		1		1		1441		
Sodium, Na	mg	143		2		1		485		
Zinc, Zn	mg	0.60		1		4		2.03		
Copper, Cu	mg	0.191		1		4		0.647		
Manganese, Mn	mg	0.237		1		4		0.803		
Selenium, Se	mcg	1.7		0	RK	4		5.8		
Vitamins:										
Vitamin C, total ascorbic acid	mg	14.3		1		4		48.5		
Thiamin	mg	0.080		1		4		0.271		
Riboflavin	mg	0.080		1		4		0.271		
Niacin	mg	1.060		1		4		3.593		
Pantothenic acid	mg	0.420		1		4		1.424		
Vitamin B-6	mg	0.230		1		4		0.780		
Folate, total	mcg	18		1		4		61		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	18		1		4		61		
Folate, DFE	mcg_DFE	18		0	NC	4		61		
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	0.10		1		4		0.34		
Vitamin A, RAE	mcg_RAE	79		0	NC	4		268		
Retinol	mcg	65		0	NC	4		220		
Carotene, beta	mcg									
Carotene, alpha	mcg									
Cryptoxanthin, beta	mcg									
Vitamin A, IU	IU	500		1		4		1695		
Lycopene	mcg									
Lutein + zeaxanthin	mcg									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg									
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Dihydrophylloquinone	mcg									
Menaquinone-4	mcg									
Lipids:										
Fatty acids, total saturated	g	2.511		1		1		8.512		
Fatty acids, total monounsaturated	g	2.265		1		1		7.678		

NDB No. 21133

Fast foods, potato, baked and topped with cheese sauce and broccoli

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total polyunsaturated.....g	1.232		1		1		4.176		
Fatty acids, total trans.....g									
Cholesterol.....mg	6		1		1		20		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.051		0		1		0.173		
Threonine.....g	0.136		0		1		0.461		
Isoleucine.....g	0.203		0		1		0.688		
Leucine.....g	0.305		0		1		1.034		
Lysine.....g	0.279		0		1		0.946		
Methionine.....g	0.083		0		1		0.281		
Cystine.....g	0.029		0		1		0.098		
Phenylalanine.....g	0.183		0		1		0.620		
Tyrosine.....g	0.161		0		1		0.546		
Valine.....g	0.235		0		1		0.797		
Arginine.....g	0.160		0		1		0.542		
Histidine.....g	0.112		0		1		0.380		
Alanine.....g	0.117		0		1		0.397		
Aspartic acid.....g	0.456		0		1		1.546		
Glutamic acid.....g	0.801		0		1		2.715		
Glycine.....g	0.087		0		1		0.295		
Proline.....g	0.314		0		1		1.064		
Serine.....g	0.197		0		1		0.668		
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 339g: 1 piece

Calories Factors: Protein 3.69 **Fat** 8.82 **Carbohydrate** 3.49

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2010)

NDB No. 21134

Fast foods, potato, baked and topped with cheese sauce and chili

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	70.08		1		4		276.82		
Energy	kcal	122		0		1		482		
Energy	kJ	510				1		2016		
Protein (N x 6.35)	g	5.88		2		1		23.23		
Total lipid (fat)	g	5.53		2		1		21.84		
Ash	g	1.79		1		4		7.07		
Carbohydrate, by difference	g	14.14		2		9		55.85		
Fiber, total dietary	g									
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	104		1		4		411		
Iron, Fe	mg	1.55		1		4		6.12		
Magnesium, Mg	mg	28		1		4		111		
Phosphorus, P	mg	126		1		4		498		
Potassium, K	mg	398		1		1		1572		
Sodium, Na	mg	177		2		1		699		
Zinc, Zn	mg	0.96		1		4		3.79		
Copper, Cu	mg	0.209		1		4		0.826		
Manganese, Mn	mg	0.171		1		4		0.675		
Selenium, Se	mcg	1.4		0	RK	4		5.5		
Vitamins:										
Vitamin C, total ascorbic acid	mg	8.0		1		4		31.6		
Thiamin	mg	0.070		1		4		0.277		
Riboflavin	mg	0.090		1		4		0.356		
Niacin	mg	1.060		1		4		4.187		
Pantothenic acid	mg	0.650		1		4		2.568		
Vitamin B-6	mg	0.240		1		4		0.948		
Folate, total	mcg	12		0	RK	4		47		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	12		0	RK	4		47		
Folate, DFE	mcg_DFE	12		0	NC	4		47		
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	0.06		1		4		0.24		
Vitamin A, RAE	mcg_RAE	47		0	NC	4		186		
Retinol	mcg	45		0	NC	4		178		
Carotene, beta	mcg									
Carotene, alpha	mcg									
Cryptoxanthin, beta	mcg									
Vitamin A, IU	IU	194		1		4		766		
Lycopene	mcg									
Lutein + zeaxanthin	mcg									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg									
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Dihydrophylloquinone	mcg									
Menaquinone-4	mcg									
Lipids:										
Fatty acids, total saturated	g	3.300		1		1		13.035		
Fatty acids, total monounsaturated	g	1.731		1		1		6.837		

NDB No. 21134

Fast foods, potato, baked and topped with cheese sauce and chili

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total polyunsaturated.....g	0.227		1		1		0.897		
Fatty acids, total trans.....g									
Cholesterol.....mg	8		2		1		32		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.074		0		1		0.292		
Threonine.....g	0.205		0		1		0.810		
Isoleucine.....g	0.292		0		1		1.153		
Leucine.....g	0.461		0		1		1.821		
Lysine.....g	0.423		0		1		1.671		
Methionine.....g	0.124		0		1		0.490		
Cystine.....g	0.045		0		1		0.178		
Phenylalanine.....g	0.269		0		1		1.063		
Tyrosine.....g	0.231		0		1		0.912		
Valine.....g	0.336		0		1		1.327		
Arginine.....g	0.252		0		1		0.995		
Histidine.....g	0.170		0		1		0.672		
Alanine.....g	0.193		0		1		0.762		
Aspartic acid.....g	0.663		0		1		2.619		
Glutamic acid.....g	1.177		0		1		4.649		
Glycine.....g	0.163		0		1		0.644		
Proline.....g	0.442		0		1		1.746		
Serine.....g	0.286		0		1		1.130		
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 395g: 1 piece

Calories Factors: Protein 3.97 **Fat** 8.81 **Carbohydrate** 3.51

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2010)

NDB No. 21135

Fast foods, potato, baked and topped with sour cream and chives

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	69.45		1		4		209.74		
Energy....kcal	130		0		1		393		
Energy....kJ	544				1		1643		
Protein (N x 6.29)....g	2.21		2		1		6.67		
Total lipid (fat)....g	7.39		2		1		22.32		
Ash....g	1.42		1		4		4.29		
Carbohydrate, by difference....g	16.56		2		9		50.01		
Fiber, total dietary....g									
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	35		1		4		106		
Iron, Fe....mg	1.03		1		4		3.11		
Magnesium, Mg....mg	23		1		4		69		
Phosphorus, P....mg	61		1		4		184		
Potassium, K....mg	458		1		1		1383		
Sodium, Na....mg	60		2		1		181		
Zinc, Zn....mg	0.30		1		4		0.91		
Copper, Cu....mg	0.227		1		4		0.686		
Manganese, Mn....mg	0.192		1		4		0.580		
Selenium, Se....mcg	1.1		0	RK	4		3.3		
Vitamins:									
Vitamin C, total ascorbic acid....mg	11.2		1		4		33.8		
Thiamin....mg	0.090		1		4		0.272		
Riboflavin....mg	0.060		1		4		0.181		
Niacin....mg	1.230		1		4		3.715		
Pantothenic acid....mg	0.490		1		4		1.480		
Vitamin B-6....mg	0.260		1		4		0.785		
Folate, total....mcg	11		1		4		33		
Folic acid....mcg	0		0	Z	7		0		
Folate, food....mcg	11		1		4		33		
Folate, DFE....mcg_DFE	11		0	NC	4		33		
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.07		1		4		0.21		
Vitamin A, RAE....mcg_RAE	88		0	NC	4		264		
Retinol....mcg	78		0	NC	4		236		
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	446		1		4		1347		
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Dihydrophylloquinone....mcg									
Menaquinone-4....mcg									
Lipids:									
Fatty acids, total saturated....g	3.315		1		1		10.011		
Fatty acids, total monounsaturated....g	2.607		1		1		7.873		

NDB No. 21135

Fast foods, potato, baked and topped with sour cream and chives

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total polyunsaturated.....g	1.098		1		1		3.316		
Fatty acids, total trans.....g									
Cholesterol.....mg	8		2		1		24		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.033		0		1		0.100		
Threonine.....g	0.085		0		1		0.257		
Isoleucine.....g	0.101		0		1		0.305		
Leucine.....g	0.155		0		1		0.468		
Lysine.....g	0.144		0		1		0.435		
Methionine.....g	0.040		0		1		0.121		
Cystine.....g	0.026		0		1		0.079		
Phenylalanine.....g	0.099		0		1		0.299		
Tyrosine.....g	0.087		0		1		0.263		
Valine.....g	0.129		0		1		0.390		
Arginine.....g	0.096		0		1		0.290		
Histidine.....g	0.051		0		1		0.154		
Alanine.....g	0.070		0		1		0.211		
Aspartic acid.....g	0.422		0		1		1.274		
Glutamic acid.....g	0.394		0		1		1.190		
Glycine.....g	0.061		0		1		0.184		
Proline.....g	0.118		0		1		0.356		
Serine.....g	0.102		0		1		0.308		
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 302g: 1 piece

Calories Factors: Protein 3.23 **Fat** 8.82 **Carbohydrate**3.5

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2010)

NDB No. 21138
Fast foods, potato, french fried in vegetable oil

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	39.76		1	A	1		67.19	53.28	33.80
Energy	kcal	314		0	NC	4		530	421	267
Energy	kJ	1313		0	NC	4		2219	1760	1116
Protein	g	3.76	0.080	12	A	1		6.36	5.04	3.20
Total lipid (fat)	g	16.12		1	A	1		27.24	21.60	13.70
Ash	g	1.92	0.057	12	A	1		3.24	2.57	1.63
Carbohydrate, by difference	g	38.44		0	NC	4		64.97	51.51	32.68
Fiber, total dietary	g	3.5	0.073	12	A	1		5.9	4.7	3.0
Sugars, total	g	0.69	0.046	4	A	1		1.17	0.93	0.59
Sucrose	g									
Glucose (dextrose)	g									
Fructose	g									
Lactose	g									
Maltose	g									
Galactose	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	13	0.812	12	A	1		23	18	11
Iron, Fe	mg	1.37	0.260	12	A	1		2.31	1.83	1.16
Magnesium, Mg	mg	34	0.953	12	A	1		57	45	29
Phosphorus, P	mg	138	4.013	12	A	1		232	184	117
Potassium, K	mg	550	16.704	12	A	1		930	737	468
Sodium, Na	mg	290		0	LC	8		490	389	247
Zinc, Zn	mg	0.73	0.068	12	A	1		1.23	0.97	0.62
Copper, Cu	mg	0.146	0.015	12	A	1		0.246	0.195	0.124
Manganese, Mn	mg	0.239	0.007	12	A	1		0.404	0.320	0.203
Selenium, Se	mcg	0.9	0.101	10	A	1		1.4	1.1	0.7
Vitamins:										
Vitamin C, total ascorbic acid	mg	2.7	0.631	12	A	1		4.5	3.6	2.3
Thiamin	mg	0.175	0.007	12	A	1		0.295	0.234	0.149
Riboflavin	mg	0.067	0.011	12	A	1		0.113	0.090	0.057
Niacin	mg	2.497	0.115	12	A	1		4.219	3.345	2.122
Pantothenic acid	mg	0.617	0.039	12	A	1		1.043	0.827	0.525
Vitamin B-6	mg	0.379	0.022	12	A	1		0.641	0.508	0.322
Folate, total	mcg	30	4.474	12	A	1		50	40	25
Folic acid	mcg	0		0	NR	4		0	0	0
Folate, food	mcg	30	4.474	12	A	1		50	40	25
Folate, DFE	mcg_DFE	30		0	NC	4		50	40	25
Choline, total	mg	20.8		0	AS	1		35.1	27.8	17.6
Betaine	mg	0.5		3	A	1		0.8	0.6	0.4
Vitamin B-12	mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin B-12, added	mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE	mcg_RAE	0		0	AS	1		0	0	0
Retinol	mcg	0		0	FLA	4		0	0	0
Carotene, beta	mcg	0		2	A	1		0	0	0
Carotene, alpha	mcg	0		2	A	1		0	0	0
Cryptoxanthin, beta	mcg	0		2	A	1		0	0	0
Vitamin A, IU	IU	0		0	AS	1		0	0	0
Lycopene	mcg	0		2	A	1		0	0	0
Lutein + zeaxanthin	mcg	27		2	A	1		45	36	23
Vitamin E (alpha-tocopherol)	mg	0.78	0.028	5	A	1		1.31	1.04	0.66
Vitamin E, added	mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta	mg	0.03	0.002	5	A	1		0.05	0.04	0.03
Tocopherol, gamma	mg	2.88	0.310	5	A	1		4.87	3.86	2.45
Tocopherol, delta	mg	1.67	0.128	5	A	1		2.82	2.23	1.42
Vitamin D (D2 + D3)	mcg	0.0		0	Z	7		0.0	0.0	0.0
Vitamin D2 (ergocalciferol)	mcg									

NDB No. 21138
Fast foods, potato, french fried in vegetable oil

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU	0		0	Z	7		0	0	0
Vitamin K (phylloquinone)....mcg	11.2	0.631	12	A	1		18.9	15.0	9.5
Dihydrophylloquinone....mcg	42.8	2.505	12	A	1		72.3	57.4	36.4
Menaquinone-4....mcg									
Lipids:									
Fatty acids, total saturated....g	2.084		0	NC	4		3.521	2.792	1.771
4:0....g	0.000	0.000	12	A	1		0.000	0.000	0.000
6:0....g	0.000	0.000	12	A	1		0.000	0.000	0.000
8:0....g	0.000	0.000	12	A	1		0.000	0.000	0.000
10:0....g	0.000	0.000	12	A	1		0.000	0.000	0.000
12:0....g	0.000	0.000	12	A	1		0.000	0.000	0.000
13:0....g									
14:0....g	0.009	0.001	12	A	1		0.016	0.013	0.008
15:0....g									
16:0....g	0.920	0.017	12	A	1		1.554	1.232	0.782
17:0....g	0.010	0.000	12	A	1		0.017	0.013	0.009
18:0....g	0.979	0.023	12	A	1		1.654	1.312	0.832
20:0....g	0.088	0.002	12	A	1		0.148	0.117	0.074
22:0....g	0.048	0.001	12	A	1		0.081	0.065	0.041
24:0....g	0.030	0.001	12	A	1		0.050	0.040	0.025
Fatty acids, total monounsaturated....g	7.805		0	NC	4		13.190	10.459	6.634
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.027	0.001	12	A	1		0.046	0.037	0.023
17:1....g									
18:1 undifferentiated....g	7.625	0.147	12	AS	1		12.886	10.217	6.481
18:1 c....g	7.563	0.147	12	A	1		12.781	10.134	6.428
18:1-11c (18:1c n-7)....g									
18:1 t....g	0.062	0.008	12	A	1		0.105	0.083	0.053
18:1-11t (18:1t n-7)....g									
20:1....g	0.153	0.003	12	A	1		0.258	0.204	0.130
22:1 undifferentiated....g	0.000	0.000	12	AS	1		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	4.664		0	NC	4		7.882	6.249	3.964
18:2 undifferentiated....g	4.299	0.059	12	AS	1		7.265	5.761	3.654
18:2 n-6 c,c....g	4.230	0.078	12	A	1		7.149	5.668	3.596
18:2 CLAs....g									
18:2 c,t....g									
18:2 t,c....g									
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g									
18:3 undifferentiated....g	0.355	0.006	12	AS	1		0.601	0.476	0.302
18:4....g	0.000	0.000	12	A	1		0.000	0.000	0.000
20:2 n-6 c,c....g	0.010	0.000	12	A	1		0.016	0.013	0.008
20:3 undifferentiated....g	0.000	0.000	12	A	1		0.000	0.000	0.000
20:4 undifferentiated....g	0.000	0.000	12	A	1		0.000	0.000	0.000
20:5 n-3 (EPA)....g	0.000	0.000	12	A	1		0.000	0.000	0.000
22:5 n-3 (DPA)....g	0.000	0.000	12	A	1		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.000	0.000	12	A	1		0.000	0.000	0.000
Fatty acids, total trans....g	0.131		0	NC	4		0.221	0.176	0.111
Cholesterol....mg	0		1	A	1		0	0	0
Phytosterols....mg	0		0	Z	7		0	0	0
Amino Acids:									
Tryptophan....g	0.038		0	A	1		0.065	0.051	0.032
Threonine....g	0.120		0	A	1		0.203	0.161	0.102
Isoleucine....g	0.120		0	A	1		0.202	0.160	0.102
Leucine....g	0.188		0	A	1		0.318	0.252	0.160
Lysine....g	0.225		0	A	1		0.380	0.301	0.191
Methionine....g	0.058		0	A	1		0.098	0.078	0.049
Cystine....g	0.033		0	A	1		0.055	0.044	0.028
Phenylalanine....g	0.206		0	A	1		0.349	0.276	0.175

NDB No. 21138
Fast foods, potato, french fried in vegetable oil

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Tyrosine....g	0.087		0	A	1		0.146	0.116	0.074
Valine....g	0.178		0	A	1		0.301	0.239	0.151
Arginine....g	0.179		0	A	1		0.303	0.240	0.152
Histidine....g	0.066		0	A	1		0.112	0.089	0.056
Alanine....g	0.119		0	A	1		0.200	0.159	0.101
Aspartic acid....g	0.765		0	A	1		1.292	1.025	0.650
Glutamic acid....g	0.586		0	A	1		0.990	0.785	0.498
Glycine....g	0.103		0	A	1		0.174	0.138	0.088
Proline....g	0.126		0	A	1		0.213	0.169	0.107
Serine....g	0.125		0	A	1		0.211	0.167	0.106
Hydroxyproline....g	0.000	0.000	4	A	1		0.000	0.000	0.000
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	0.0
Caffeine....mg	0		0	Z	7		0	0	0
Theobromine....mg	0		0	Z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 169g: 1 large

Measure 2 = 134g: 1 medium

Measure 3 = 85g: 1 small

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2010)

NDB No. 21139
Fast foods, potato, mashed

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	79.21	2.476	6		1		63.37		
Energy	kcal	83		0		1		66		
Energy	kJ	347				1		278		
Protein (N x 6.25)	g	2.31	0.058	3		1		1.85		
Total lipid (fat)	g	1.21	0.211	3		1		0.97		
Ash	g	1.15	0.171	4		1		0.92		
Carbohydrate, by difference	g	16.12		0	NC	4		12.90		
Fiber, total dietary	g									
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	21	1.757	5		1		17		
Iron, Fe	mg	0.47	0.067	5		1		0.38		
Magnesium, Mg	mg	18	2.842	4		1		14		
Phosphorus, P	mg	55		2		1		44		
Potassium, K	mg	294	46.256	4		1		235		
Sodium, Na	mg	227	54.694	7		1		182		
Zinc, Zn	mg	0.32	0.035	4		1		0.26		
Copper, Cu	mg	0.097	0.020	4		1		0.078		
Manganese, Mn	mg	0.117	0.011	4		1		0.094		
Selenium, Se	mcg	0.5		0	BFZN	4		0.4		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.4		2		1		0.3		
Thiamin	mg	0.090		1		4		0.072		
Riboflavin	mg	0.050		1		1		0.040		
Niacin	mg	1.200		1		1		0.960		
Pantothenic acid	mg	0.480		1		4		0.384		
Vitamin B-6	mg	0.230		1		4		0.184		
Folate, total	mcg	8		1		4		6		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	8		1		4		6		
Folate, DFE	mcg_DFE	8		0	NC	4		6		
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	0.05		1		4		0.04		
Vitamin A, RAE	mcg_RAE	11		0	NC	4		8		
Retinol	mcg	10		0	NC	4		8		
Carotene, beta	mcg									
Carotene, alpha	mcg									
Cryptoxanthin, beta	mcg									
Vitamin A, IU	IU	41		1		4		33		
Lycopene	mcg									
Lutein + zeaxanthin	mcg									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg									
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Dihydrophylloquinone	mcg									
Menaquinone-4	mcg									
Lipids:										
Fatty acids, total saturated	g	0.479		1		1		0.383		
Fatty acids, total monounsaturated	g	0.351		1		1		0.281		

NDB No. 21139
Fast foods, potato, mashed

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total polyunsaturated.....g	0.292		1		1		0.234		
Fatty acids, total trans.....g									
Cholesterol.....mg	2		1		4		2		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.035		0		1		0.028		
Threonine.....g	0.088		0		1		0.070		
Isoleucine.....g	0.104		0		1		0.083		
Leucine.....g	0.159		0		1		0.127		
Lysine.....g	0.149		0		1		0.119		
Methionine.....g	0.042		0		1		0.034		
Cystine.....g	0.027		0		1		0.022		
Phenylalanine.....g	0.104		0		1		0.083		
Tyrosine.....g	0.091		0		1		0.073		
Valine.....g	0.135		0		1		0.108		
Arginine.....g	0.100		0		1		0.080		
Histidine.....g	0.053		0		1		0.042		
Alanine.....g	0.072		0		1		0.058		
Aspartic acid.....g	0.462		0		1		0.370		
Glutamic acid.....g	0.407		0		1		0.326		
Glycine.....g	0.063		0		1		0.050		
Proline.....g	0.117		0		1		0.094		
Serine.....g	0.106		0		1		0.085		
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 80g: .333 cup

Calories Factors: Protein 2.78 **Fat** 8.84 **Carbohydrate** 4.03

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2010)

NDB No. 21026
Fast foods, potatoes, hashed brown

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	41.49	1.169	8	A	1		29.88	59.75	
Energy	kcal	327		0	NC	4		235	470	
Energy	kJ	1366		0	NC	4		984	1967	
Protein (N x 6.25)	g	2.61	0.041	8	A	1		1.88	3.76	
Total lipid (fat)	g	21.65	0.697	8	A	1		15.59	31.18	
Ash	g	2.13	0.105	8	A	1		1.53	3.07	
Carbohydrate, by difference	g	32.20		0	NC	4		23.18	46.37	
Fiber, total dietary	g	2.7	0.082	8	A	1		1.9	3.8	
Sugars, total	g	0.24	0.029	7	A	1		0.17	0.34	
Sucrose	g	0.05	0.000	8	A	1		0.04	0.08	
Glucose (dextrose)	g	0.06	0.012	7	A	1		0.04	0.09	
Fructose	g	0.00	0.000	8	A	1		0.00	0.00	
Lactose	g	0.00	0.000	8	A	1		0.00	0.00	
Maltose	g	0.15	0.030	8	A	1		0.11	0.22	
Galactose	g	0.00	0.000	8	A	1		0.00	0.00	
Starch	g	23.10	0.595	8	A	1		16.63	33.26	
Minerals:										
Calcium, Ca	mg	16	1.150	14	A	1		11	23	
Iron, Fe	mg	0.67	0.019	14	A	1		0.48	0.96	
Magnesium, Mg	mg	19	0.965	14	A	1		14	27	
Phosphorus, P	mg	110	4.088	14	A	1		79	159	
Potassium, K	mg	356	20.851	14	A	1		257	513	
Sodium, Na	mg	518	16.403	14	A	1		373	746	
Zinc, Zn	mg	0.34	0.020	14	A	1		0.24	0.49	
Copper, Cu	mg	0.165	0.016	15	A	1		0.119	0.238	
Manganese, Mn	mg	0.146	0.008	14	A	1		0.105	0.210	
Selenium, Se	mcg	0.5	0.030	8	A	1		0.4	0.7	
Vitamins:										
Vitamin C, total ascorbic acid	mg	2.9	0.513	8	A	1		2.1	4.2	
Thiamin	mg	0.140	0.009	8	A	1		0.101	0.202	
Riboflavin	mg	0.080	0.003	8	A	1		0.058	0.116	
Niacin	mg	1.674	0.082	8	A	1		1.205	2.410	
Pantothenic acid	mg	0.283	0.024	8	A	1		0.204	0.408	
Vitamin B-6	mg	0.223	0.024	8	A	1		0.160	0.321	
Folate, total	mcg	20	0.333	3	A	1		15	29	
Folic acid	mcg	0	0.000	3	A	1		0	0	
Folate, food	mcg	20		0	AS	1		15	29	
Folate, DFE	mcg_DFE	20		0	NC	4		15	29	
Choline, total	mg	17.8		0	AS	1		12.8	25.6	
Betaine	mg	0.3		1	A	1		0.2	0.4	
Vitamin B-12	mcg	0.00	0.000	4	A	1		0.00	0.00	
Vitamin B-12, added	mcg	0.00		0	FLC	4		0.00	0.00	
Vitamin A, RAE	mcg_RAE	0		0	AS	1		0	0	
Retinol	mcg	0		0	FLC	4		0	0	
Carotene, beta	mcg	0	0.000	4	A	1		0	0	
Carotene, alpha	mcg	0	0.000	4	A	1		0	0	
Cryptoxanthin, beta	mcg	0	0.000	4	A	1		0	0	
Vitamin A, IU	IU	0		0	AS	1		0	0	
Lycopene	mcg	0	0.000	4	A	1		0	0	
Lutein + zeaxanthin	mcg	0		0	FLC	4		0	0	
Vitamin E (alpha-tocopherol)	mg	0.97	0.076	8	A	1		0.70	1.40	
Vitamin E, added	mg	0.00		0	FLC	4		0.00	0.00	
Tocopherol, beta	mg	0.06	0.006	8	A	1		0.04	0.08	
Tocopherol, gamma	mg	4.94	0.747	8	A	1		3.56	7.12	
Tocopherol, delta	mg	2.93	0.215	8	A	1		2.11	4.21	
Vitamin D (D2 + D3)	mcg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol)	mcg									

NDB No. 21026
Fast foods, potatoes, hashed brown

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D3 (cholecalciferol).....mcg									
Vitamin D.....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone).....mcg	9.9	1.603	4	A	1		7.1	14.3	
Dihydrophylloquinone.....mcg	36.0	3.562	4	A	1		25.9	51.8	
Menaquinone-4.....mcg									
Lipids:									
Fatty acids, total saturated.....g	4.947		0	NC	4		3.562	7.124	
4:0.....g	0.000		0	FLC	4		0.000	0.000	
6:0.....g	0.000		0	FLC	4		0.000	0.000	
8:0.....g	0.002	0.001	8	A	1		0.002	0.004	
10:0.....g	0.000	0.000	8	A	1		0.000	0.000	
12:0.....g	0.002	0.001	8	A	1		0.002	0.004	
13:0.....g									
14:0.....g	0.021	0.002	8	A	1		0.015	0.030	
15:0.....g	0.000	0.000	8	A	1		0.000	0.000	
16:0.....g	2.384	0.072	8	A	1		1.716	3.433	
17:0.....g	0.024	0.001	8	A	1		0.017	0.034	
18:0.....g	2.367	0.070	8	A	1		1.705	3.409	
20:0.....g	0.062	0.002	8	A	1		0.045	0.090	
22:0.....g	0.061	0.002	8	A	1		0.044	0.088	
24:0.....g	0.022	0.001	8	A	1		0.016	0.032	
Fatty acids, total monounsaturated.....g	11.545		0	NC	4		8.312	16.624	
14:1.....g	0.000	0.000	8	A	1		0.000	0.000	
15:1.....g	0.000	0.000	8	A	1		0.000	0.000	
16:1 undifferentiated.....g	0.027	0.001	8	A	1		0.020	0.039	
17:1.....g	0.001	0.001	8	A	1		0.001	0.002	
18:1 undifferentiated.....g	11.462	0.276	8	A	1		8.253	16.506	
20:1.....g	0.054	0.003	8	A	1		0.039	0.077	
22:1 undifferentiated.....g	0.000	0.000	8	A	1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	3.796		0	NC	4		2.733	5.466	
18:2 undifferentiated.....g	3.564	0.251	8	A	1		2.566	5.132	
18:3 undifferentiated.....g	0.184	0.021	8	A	1		0.132	0.265	
18:4.....g	0.049	0.007	8	A	1		0.035	0.070	
20:2 n-6 c,c.....g	0.000	0.000	8	A	1		0.000	0.000	
20:3 undifferentiated.....g	0.000	0.000	8	A	1		0.000	0.000	
20:4 undifferentiated.....g	0.000	0.000	8	A	1		0.000	0.000	
20:5 n-3 (EPA).....g	0.000	0.000	8	A	1		0.000	0.000	
22:5 n-3 (DPA).....g	0.000	0.000	8	A	1		0.000	0.000	
22:6 n-3 (DHA).....g	0.000	0.000	8	A	1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		3	A	1		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.031		0	A	1		0.022	0.045	
Threonine.....g	0.109		0	A	1		0.079	0.157	
Isoleucine.....g	0.091		0	A	1		0.066	0.132	
Leucine.....g	0.163		0	A	1		0.117	0.234	
Lysine.....g	0.158		0	A	1		0.114	0.228	
Methionine.....g	0.033		0	A	1		0.024	0.048	
Cystine.....g	0.038		0	A	1		0.027	0.055	
Phenylalanine.....g	0.114		0	A	1		0.082	0.164	
Tyrosine.....g	0.083		0	A	1		0.060	0.119	
Valine.....g	0.127		0	A	1		0.092	0.183	
Arginine.....g	0.123		0	A	1		0.088	0.177	
Histidine.....g	0.045		0	A	1		0.032	0.064	
Alanine.....g	0.098		0	A	1		0.071	0.141	
Aspartic acid.....g	0.460		0	A	1		0.331	0.663	
Glutamic acid.....g	0.347		0	A	1		0.250	0.500	
Glycine.....g	0.087		0	A	1		0.063	0.125	
Proline.....g	0.096		0	A	1		0.069	0.138	
Serine.....g	0.112		0	A	1		0.080	0.161	
Hydroxyproline.....g									

NDB No. 21026
Fast foods, potatoes, hashed brown

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Others:									
Alcohol, ethyl....g	0.0		0	FLC	4		0.0	0.0	
Caffeine....mg	0		0	FLC	4		0	0	
Theobromine....mg	0		0	FLC	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 72g: .5 cup

Measure 2 = 144g: 1 cup

Calories Factors: Protein 4 **Fat** 9 **Carbohydrate** 3.765

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2010)

NDB No. 21121
Fast foods, roast beef sandwich, plain

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	48.64	0.938	9		1		67.61		
Energy....kcal	249		0		1		346		
Energy....kJ	1042				1		1448		
Protein (N x 6.17)....g	15.47	0.571	17		1		21.50		
Total lipid (fat)....g	9.90	0.656	17		1		13.76		
Ash....g	1.93	0.083	8		1		2.68		
Carbohydrate, by difference....g	24.06		0	NC	4		33.44		
Fiber, total dietary....g									
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	39	5.492	15		1		54		
Iron, Fe....mg	3.04	0.196	15		1		4.23		
Magnesium, Mg....mg	22	1.768	9		1		31		
Phosphorus, P....mg	172	7.986	9		1		239		
Potassium, K....mg	227	11.223	14		1		316		
Sodium, Na....mg	570	42.248	17		1		792		
Zinc, Zn....mg	2.44	0.317	9		1		3.39		
Copper, Cu....mg	0.070		1		1		0.097		
Manganese, Mn....mg	0.090		1		1		0.125		
Selenium, Se....mcg	21.0		0	RK	4		29.2		
Vitamins:									
Vitamin C, total ascorbic acid....mg	1.5	0.748	6		1		2.1		
Thiamin....mg	0.270	0.038	16		1		0.375		
Riboflavin....mg	0.220	0.038	16		1		0.306		
Niacin....mg	4.220	0.225	15		1		5.866		
Pantothenic acid....mg	0.600		1		1		0.834		
Vitamin B-6....mg	0.190	0.017	10		1		0.264		
Folate, total....mcg	41		0	RK	4		57		
Folic acid....mcg	12		0	NC	4		17		
Folate, food....mcg	29	4.989	9		1		40		
Folate, DFE....mcg_DFE	49		0	NC	4		69		
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.88	0.118	8		1		1.22		
Vitamin A, RAE....mcg_RAE	8		0	NC	4		10		
Retinol....mcg	0		0	Z	7		0		
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	151	32.028	12		1		210		
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Dihydrophylloquinone....mcg									
Menaquinone-4....mcg									
Lipids:									
Fatty acids, total saturated....g	2.594		0		1		3.606		
4:0....g									

NDB No. 21121
Fast foods, roast beef sandwich, plain

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g									
8:0 g									
10:0 g	0.015		1		1		0.021		
12:0 g	0.157		1		1		0.218		
13:0 g									
14:0 g	0.223		1		1		0.310		
15:0 g									
16:0 g	1.469		1		1		2.042		
17:0 g									
18:0 g	0.717		1		1		0.997		
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	4.895		0		1		6.804		
14:1 g									
15:1 g									
16:1 undifferentiated g	0.635		1		1		0.883		
17:1 g									
18:1 undifferentiated g	4.260		1		1		5.921		
20:1 g									
22:1 undifferentiated g									
24:1 c g									
Fatty acids, total polyunsaturated g	1.227		0		1		1.706		
18:2 undifferentiated g	1.101		1		1		1.530		
18:3 undifferentiated g	0.125		1		1		0.174		
18:4 g									
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g									
20:5 n-3 (EPA) g									
22:5 n-3 (DPA) g									
22:6 n-3 (DHA) g									
Fatty acids, total trans g									
Cholesterol mg	37	1.417	7		1		51		
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.176		0		1		0.245		
Threonine g	0.629		0		1		0.874		
Isoleucine g	0.679		0		1		0.944		
Leucine g	1.191		0		1		1.655		
Lysine g	1.111		0		1		1.544		
Methionine g	0.366		0		1		0.509		
Cystine g	0.191		0		1		0.265		
Phenylalanine g	0.634		0		1		0.881		
Tyrosine g	0.489		0		1		0.680		
Valine g	0.755		0		1		1.049		
Arginine g	0.908		0		1		1.262		
Histidine g	0.489		0		1		0.680		
Alanine g	0.855		0		1		1.188		
Aspartic acid g	1.291		0		1		1.794		
Glutamic acid g	2.813		0		1		3.910		
Glycine g	0.795		0		1		1.105		
Proline g	0.875		0		1		1.216		
Serine g	0.629		0		1		0.874		
Hydroxyproline g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 139g: 1 sandwich

NDB No. 21121
Fast foods, roast beef sandwich, plain

Calories Factors: Protein 4.2 **Fat** 8.95 **Carbohydrate** 3.95

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2010)

NDB No. 21052
Fast foods, salad, vegetable, tossed, without dressing

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	95.51		1		1		197.71	99.33	
Energy....kcal	16		0	NC	4		33	17	
Energy....kJ	67				4		139	70	
Protein (N x 6.25)....g	1.25		2		1		2.59	1.30	
Total lipid (fat)....g	0.07	0.041	3		1		0.14	0.07	
Ash....g	0.53		1		4		1.10	0.55	
Carbohydrate, by difference....g	3.22		2		9		6.67	3.35	
Fiber, total dietary....g									
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	13		2		1		27	14	
Iron, Fe....mg	0.63		2		1		1.30	0.66	
Magnesium, Mg....mg	11		1		4		23	11	
Phosphorus, P....mg	39		1		1		81	41	
Potassium, K....mg	172		2		1		356	179	
Sodium, Na....mg	26		2		1		54	27	
Zinc, Zn....mg	0.21		1		4		0.43	0.22	
Copper, Cu....mg	0.050		1		4		0.104	0.052	
Manganese, Mn....mg	0.147		1		4		0.304	0.153	
Selenium, Se....mcg	0.4		0	RK	4		0.8	0.4	
Vitamins:									
Vitamin C, total ascorbic acid....mg	23.2		2		1		48.0	24.1	
Thiamin....mg	0.030		2		1		0.062	0.031	
Riboflavin....mg	0.050		2		1		0.104	0.052	
Niacin....mg	0.550		2		1		1.139	0.572	
Pantothenic acid....mg	0.120		1		4		0.248	0.125	
Vitamin B-6....mg	0.080		1		4		0.166	0.083	
Folate, total....mcg	37		1		4		77	38	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	37		1		4		77	38	
Folate, DFE....mcg_DFE	37		0	NC	4		77	38	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.00		1		4		0.00	0.00	
Vitamin A, RAE....mcg_RAE	57		0	NC	4		118	59	
Retinol....mcg	0		0	Z	7		0	0	
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	1136		2		1		2352	1181	
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Dihydrophylloquinone....mcg									
Menaquinone-4....mcg									
Lipids:									
Fatty acids, total saturated....g	0.010		1		1		0.021	0.010	
Fatty acids, total monounsaturated....g	0.004		1		1		0.008	0.004	

NDB No. 21052
Fast foods, salad, vegetable, tossed, without dressing

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total polyunsaturated.....g	0.034		1		1		0.070	0.035	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		2		1		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.010		0		1		0.021	0.010	
Threonine.....g	0.050		0		1		0.104	0.052	
Isoleucine.....g	0.066		0		1		0.137	0.069	
Leucine.....g	0.068		0		1		0.141	0.071	
Lysine.....g	0.069		0		1		0.143	0.072	
Methionine.....g	0.014		0		1		0.029	0.015	
Cystine.....g	0.014		0		1		0.029	0.015	
Phenylalanine.....g	0.046		0		1		0.095	0.048	
Tyrosine.....g	0.027		0		1		0.056	0.028	
Valine.....g	0.059		0		1		0.122	0.061	
Arginine.....g	0.065		0		1		0.135	0.068	
Histidine.....g	0.022		0		1		0.046	0.023	
Alanine.....g	0.050		0		1		0.104	0.052	
Aspartic acid.....g	0.137		0		1		0.284	0.142	
Glutamic acid.....g	0.228		0		1		0.472	0.237	
Glycine.....g	0.046		0		1		0.095	0.048	
Proline.....g	0.073		0		1		0.151	0.076	
Serine.....g	0.044		0		1		0.091	0.046	
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 207g: 1.5 cup

Measure 2 = 104g: .75 cup

Calories Factors: Protein 2.47 **Fat** 8.35 **Carbohydrate** 3.67

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2010)

NDB No. 21053

Fast foods, salad, vegetable, tossed, without dressing, with cheese and egg

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	90.46		1		4		196.30		
Energy....kcal	47		0	NC	4		102		
Energy....kJ	197				4		427		
Protein (N x 6.31)....g	4.04	1.010	3		1		8.77		
Total lipid (fat)....g	2.67	0.333	3		1		5.79		
Ash....g	0.76		1		4		1.65		
Carbohydrate, by difference....g	2.19		2		9		4.75		
Fiber, total dietary....g									
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	46		2		1		100		
Iron, Fe....mg	0.31		2		1		0.67		
Magnesium, Mg....mg	11		1		4		24		
Phosphorus, P....mg	61		1		4		132		
Potassium, K....mg	171		1		4		371		
Sodium, Na....mg	55	11.050	3		1		119		
Zinc, Zn....mg	0.46		1		4		1.00		
Copper, Cu....mg	0.041		1		4		0.089		
Manganese, Mn....mg	0.126		1		4		0.273		
Selenium, Se....mcg	3.4		0	RK	4		7.4		
Vitamins:									
Vitamin C, total ascorbic acid....mg	4.5		2		1		9.8		
Thiamin....mg	0.040		2		1		0.087		
Riboflavin....mg	0.080		2		1		0.174		
Niacin....mg	0.450		2		1		0.977		
Pantothenic acid....mg	0.240		1		4		0.521		
Vitamin B-6....mg	0.050		1		4		0.109		
Folate, total....mcg	39		1		4		85		
Folic acid....mcg	0		0	Z	7		0		
Folate, food....mcg	39		1		4		85		
Folate, DFE....mcg_DFE	39		0	NC	4		85		
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.14		1		4		0.30		
Vitamin A, RAE....mcg_RAE	48		0	NC	4		103		
Retinol....mcg	34		0	NC	4		74		
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	379		2		1		822		
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Dihydrophylloquinone....mcg									
Menaquinone-4....mcg									
Lipids:									
Fatty acids, total saturated....g	1.371		1		1		2.975		
Fatty acids, total monounsaturated....g	0.810		1		1		1.758		

NDB No. 21053

Fast foods, salad, vegetable, tossed, without dressing, with cheese and egg

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total polyunsaturated.....g	0.219		1		1		0.475		
Fatty acids, total trans.....g									
Cholesterol.....mg	45		2		1		98		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.047		0		1		0.102		
Threonine.....g	0.157		0		1		0.341		
Isoleucine.....g	0.230		0		1		0.499		
Leucine.....g	0.318		0		1		0.690		
Lysine.....g	0.276		0		1		0.599		
Methionine.....g	0.092		0		1		0.200		
Cystine.....g	0.047		0		1		0.102		
Phenylalanine.....g	0.191		0		1		0.414		
Tyrosine.....g	0.152		0		1		0.330		
Valine.....g	0.243		0		1		0.527		
Arginine.....g	0.185		0		1		0.401		
Histidine.....g	0.104		0		1		0.226		
Alanine.....g	0.153		0		1		0.332		
Aspartic acid.....g	0.337		0		1		0.731		
Glutamic acid.....g	0.760		0		1		1.649		
Glycine.....g	0.106		0		1		0.230		
Proline.....g	0.272		0		1		0.590		
Serine.....g	0.215		0		1		0.467		
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 217g: 1.5 cup

Calories Factors: Protein 3.87 **Fat** 8.82 **Carbohydrate** 3.62

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2010)

NDB No. 21054
Fast foods, salad, vegetable, tossed, without dressing, with chicken

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	87.05		1		4		189.77		
Energy	kcal	48		0	NC	4		105		
Energy	kJ	201				4		438		
Protein (N x 6.25)	g	8.00		1		1		17.44		
Total lipid (fat)	g	1.00		1		1		2.18		
Ash	g	0.70		1		4		1.53		
Carbohydrate, by difference	g	1.71		0	NC	4		3.73		
Fiber, total dietary	g									
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	17		1		1		37		
Iron, Fe	mg	0.50		1		1		1.09		
Magnesium, Mg	mg	15		1		4		33		
Phosphorus, P	mg	78		1		4		170		
Potassium, K	mg	205		1		4		447		
Sodium, Na	mg	96		1		1		209		
Zinc, Zn	mg	0.41		1		4		0.89		
Copper, Cu	mg	0.043		1		4		0.094		
Manganese, Mn	mg	0.114		1		4		0.249		
Selenium, Se	mcg	7.1		0	RK	4		15.5		
Vitamins:										
Vitamin C, total ascorbic acid	mg	8.0		1		1		17.4		
Thiamin	mg	0.050		1		1		0.109		
Riboflavin	mg	0.060		1		1		0.131		
Niacin	mg	2.700		1		1		5.886		
Pantothenic acid	mg	0.270		1		4		0.589		
Vitamin B-6	mg	0.200		1		4		0.436		
Folate, total	mcg	31		1		4		68		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	31		1		4		68		
Folate, DFE	mcg_DFE	31		0	NC	4		68		
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	0.09		1		4		0.20		
Vitamin A, RAE	mcg_RAE	24		0	NC	4		52		
Retinol	mcg	3		0	NC	4		7		
Carotene, beta	mcg									
Carotene, alpha	mcg									
Cryptoxanthin, beta	mcg									
Vitamin A, IU	IU	429		1		1		935		
Lycopene	mcg									
Lutein + zeaxanthin	mcg									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg									
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Dihydrophylloquinone	mcg									
Menaquinone-4	mcg									
Lipids:										
Fatty acids, total saturated	g	0.265		1		1		0.578		
Fatty acids, total monounsaturated	g	0.311		1		1		0.678		

NDB No. 21054

Fast foods, salad, vegetable, tossed, without dressing, with chicken

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total polyunsaturated.....g	0.255		1		1		0.556		
Fatty acids, total trans.....g									
Cholesterol.....mg	33		1		1		72		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.091		0		1		0.198		
Threonine.....g	0.337		0		1		0.735		
Isoleucine.....g	0.424		0		1		0.924		
Leucine.....g	0.589		0		1		1.284		
Lysine.....g	0.663		0		1		1.445		
Methionine.....g	0.211		0		1		0.460		
Cystine.....g	0.102		0		1		0.222		
Phenylalanine.....g	0.316		0		1		0.689		
Tyrosine.....g	0.264		0		1		0.576		
Valine.....g	0.396		0		1		0.863		
Arginine.....g	0.475		0		1		1.036		
Histidine.....g	0.239		0		1		0.521		
Alanine.....g	0.428		0		1		0.933		
Aspartic acid.....g	0.732		0		1		1.596		
Glutamic acid.....g	1.208		0		1		2.633		
Glycine.....g	0.388		0		1		0.846		
Proline.....g	0.325		0		1		0.709		
Serine.....g	0.273		0		1		0.595		
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 218g: 1.5 cup

Calories Factors: Protein 4.16 **Fat** 8.97 **Carbohydrate** 3.59

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2010)

NDB No. 21055

Fast foods, salad, vegetable, tossed, without dressing, with pasta and seafood

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	80.37		1		4		335.14		
Energy....kcal	91		0	NC	4		379		
Energy....kJ	381				4		1588		
Protein (N x 6.16)....g	3.94		1		1		16.43		
Total lipid (fat)....g	5.00		1		1		20.85		
Ash....g	1.12		1		4		4.67		
Carbohydrate, by difference....g	7.67		0	NC	4		31.98		
Fiber, total dietary....g									
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	17		1		4		71		
Iron, Fe....mg	0.76		1		4		3.17		
Magnesium, Mg....mg	12		1		4		50		
Phosphorus, P....mg	49		1		4		204		
Potassium, K....mg	144		1		4		600		
Sodium, Na....mg	377		1		1		1572		
Zinc, Zn....mg	0.40		1		4		1.67		
Copper, Cu....mg	0.087		1		4		0.363		
Manganese, Mn....mg	0.160		1		4		0.667		
Selenium, Se....mcg	10.7		0	RK	4		44.6		
Vitamins:									
Vitamin C, total ascorbic acid....mg	9.2		1		4		38.4		
Thiamin....mg	0.070		1		4		0.292		
Riboflavin....mg	0.050		1		4		0.209		
Niacin....mg	0.850		1		4		3.545		
Pantothenic acid....mg	0.090		1		4		0.375		
Vitamin B-6....mg	0.080		1		4		0.334		
Folate, total....mcg	45		0	RK	4		188		
Folic acid....mcg	21		0	NC	4		88		
Folate, food....mcg	24		0		4		100		
Folate, DFE....mcg_DFE	60		0	NC	4		249		
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.41		1		4		1.71		
Vitamin A, RAE....mcg_RAE	76		0	NC	4		315		
Retinol....mcg	1		0	NC	4		4		
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	1498		1		4		6247		
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Dihydrophylloquinone....mcg									
Menaquinone-4....mcg									
Lipids:									
Fatty acids, total saturated....g	0.616		1		1		2.569		
Fatty acids, total monounsaturated....g	1.156		1		1		4.821		

NDB No. 21055

Fast foods, salad, vegetable, tossed, without dressing, with pasta and seafood

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total polyunsaturated.....g	2.178		1		1		9.082		
Fatty acids, total trans.....g									
Cholesterol.....mg	12		1		1		50		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.046		0		1		0.192		
Threonine.....g	0.147		0		1		0.613		
Isoleucine.....g	0.179		0		1		0.746		
Leucine.....g	0.287		0		1		1.197		
Lysine.....g	0.254		0		1		1.059		
Methionine.....g	0.088		0		1		0.367		
Cystine.....g	0.061		0		1		0.254		
Phenylalanine.....g	0.165		0		1		0.688		
Tyrosine.....g	0.118		0		1		0.492		
Valine.....g	0.187		0		1		0.780		
Arginine.....g	0.224		0		1		0.934		
Histidine.....g	0.092		0		1		0.384		
Alanine.....g	0.186		0		1		0.776		
Aspartic acid.....g	0.337		0		1		1.405		
Glutamic acid.....g	0.829		0		1		3.457		
Glycine.....g	0.172		0		1		0.717		
Proline.....g	0.224		0		1		0.934		
Serine.....g	0.161		0		1		0.671		
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 417g: 1.5 cup

Calories Factors: Protein 4.15 **Fat** 8.8 **Carbohydrate**4

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2010)

NDB No. 21056
Fast foods, salad, vegetable, tossed, without dressing, with shrimp

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	89.10		1		1		210.28		
Energy	kcal	45		0	NC	4		106		
Energy	kJ	188				4		444		
Protein (N x 6.25)	g	6.15		2		1		14.51		
Total lipid (fat)	g	1.05		2		1		2.48		
Ash	g	0.90		1		1		2.12		
Carbohydrate, by difference	g	2.80		0	NC	4		6.61		
Fiber, total dietary	g									
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	25		2		1		59		
Iron, Fe	mg	0.38		2		1		0.90		
Magnesium, Mg	mg	16		1		1		38		
Phosphorus, P	mg	68		1		1		160		
Potassium, K	mg	171		1		1		404		
Sodium, Na	mg	207		2		1		489		
Zinc, Zn	mg	0.54		1		1		1.27		
Copper, Cu	mg	0.068		1		1		0.160		
Manganese, Mn	mg	0.060		1		4		0.142		
Selenium, Se	mcg	16.2		0	RK	4		38.2		
Vitamins:										
Vitamin C, total ascorbic acid	mg	3.9		2		1		9.2		
Thiamin	mg	0.050		2		1		0.118		
Riboflavin	mg	0.070		2		1		0.165		
Niacin	mg	0.490		2		1		1.156		
Pantothenic acid	mg	0.210		1		1		0.496		
Vitamin B-6	mg	0.060		1		1		0.142		
Folate, total	mcg	37		1		1		87		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	37		1		1		87		
Folate, DFE	mcg_DFE	37		0	NC	4		87		
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	1.60		1		1		3.78		
Vitamin A, RAE	mcg_RAE	17		0	NC	4		40		
Retinol	mcg	0		0	Z	7		0		
Carotene, beta	mcg									
Carotene, alpha	mcg									
Cryptoxanthin, beta	mcg									
Vitamin A, IU	IU	335		2		1		791		
Lycopene	mcg									
Lutein + zeaxanthin	mcg									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg									
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Dihydrophylloquinone	mcg									
Menaquinone-4	mcg									
Lipids:										
Fatty acids, total saturated	g	0.276		1		1		0.651		
Fatty acids, total monounsaturated	g	0.348		1		1		0.821		

NDB No. 21056

Fast foods, salad, vegetable, tossed, without dressing, with shrimp

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total polyunsaturated.....g	0.205		1		1		0.484		
Fatty acids, total trans.....g									
Cholesterol.....mg	76		2		1		179		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.084		0		1		0.198		
Threonine.....g	0.256		0		1		0.604		
Isoleucine.....g	0.311		0		1		0.734		
Leucine.....g	0.476		0		1		1.123		
Lysine.....g	0.487		0		1		1.149		
Methionine.....g	0.166		0		1		0.392		
Cystine.....g	0.084		0		1		0.198		
Phenylalanine.....g	0.270		0		1		0.637		
Tyrosine.....g	0.206		0		1		0.486		
Valine.....g	0.314		0		1		0.741		
Arginine.....g	0.479		0		1		1.130		
Histidine.....g	0.126		0		1		0.297		
Alanine.....g	0.337		0		1		0.795		
Aspartic acid.....g	0.635		0		1		1.499		
Glutamic acid.....g	1.028		0		1		2.426		
Glycine.....g	0.321		0		1		0.758		
Proline.....g	0.207		0		1		0.489		
Serine.....g	0.277		0		1		0.654		
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 236g: 1.5 cup

Calories Factors: Protein 4.18 **Fat** 8.92 **Carbohydrate**3.7

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2010)

NDB No. 21057

Fast foods, salad, vegetables tossed, without dressing, with turkey, ham and cheese

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	82.45		1		4		268.79		
Energy....kcal	82		0	NC	4		267		
Energy....kJ	343				4		1118		
Protein (N x 6.28)....g	7.98	0.627	3		1		26.01		
Total lipid (fat)....g	4.93	0.070	3		1		16.07		
Ash....g	1.29		1		4		4.21		
Carbohydrate, by difference....g	1.45		2		9		4.73		
Fiber, total dietary....g									
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	72		2		1		235		
Iron, Fe....mg	0.60		2		1		1.96		
Magnesium, Mg....mg	15		1		4		49		
Phosphorus, P....mg	123		1		4		401		
Potassium, K....mg	123		1		1		401		
Sodium, Na....mg	228	45.549	3		1		743		
Zinc, Zn....mg	0.96		1		4		3.13		
Copper, Cu....mg	0.051		1		4		0.166		
Manganese, Mn....mg	0.110		1		4		0.359		
Selenium, Se....mcg	11.3		0	RK	4		36.8		
Vitamins:									
Vitamin C, total ascorbic acid....mg	5.0		2		1		16.3		
Thiamin....mg	0.120		2		1		0.391		
Riboflavin....mg	0.120		2		1		0.391		
Niacin....mg	1.830		2		1		5.966		
Pantothenic acid....mg	0.280		1		4		0.913		
Vitamin B-6....mg	0.130		1		4		0.424		
Folate, total....mcg	31		1		4		101		
Folic acid....mcg	0		0	Z	7		0		
Folate, food....mcg	31		1		4		101		
Folate, DFE....mcg_DFE	31		0	NC	4		101		
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.26		1		4		0.85		
Vitamin A, RAE....mcg_RAE	45		0	NC	4		145		
Retinol....mcg	34		0	NC	4		111		
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	323		2		1		1053		
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Dihydrophylloquinone....mcg									
Menaquinone-4....mcg									
Lipids:									
Fatty acids, total saturated....g	2.508		1		1		8.176		
Fatty acids, total monounsaturated....g	1.585		1		1		5.167		

NDB No. 21057

Fast foods, salad, vegetables tossed, without dressing, with turkey, ham and cheese

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total polyunsaturated.....g	0.443		1		1		1.444		
Fatty acids, total trans.....g									
Cholesterol.....mg	43	7.191	3		1		140		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.093		0		1		0.303		
Threonine.....g	0.329		0		1		1.073		
Isoleucine.....g	0.412		0		1		1.343		
Leucine.....g	0.641		0		1		2.090		
Lysine.....g	0.657		0		1		2.142		
Methionine.....g	0.207		0		1		0.675		
Cystine.....g	0.088		0		1		0.287		
Phenylalanine.....g	0.348		0		1		1.134		
Tyrosine.....g	0.303		0		1		0.988		
Valine.....g	0.426		0		1		1.389		
Arginine.....g	0.456		0		1		1.487		
Histidine.....g	0.248		0		1		0.808		
Alanine.....g	0.397		0		1		1.294		
Aspartic acid.....g	0.698		0		1		2.275		
Glutamic acid.....g	1.420		0		1		4.629		
Glycine.....g	0.314		0		1		1.024		
Proline.....g	0.456		0		1		1.487		
Serine.....g	0.375		0		1		1.223		
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 326g: 1.5 cup

Calories Factors: Protein 4.15 **Fat** 8.85 **Carbohydrate** 3.62

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2010)

NDB No. 21058
Fast foods, scallops, breaded and fried

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	48.01	1.799	3		1		69.13		
Energy....kcal	268		0	NC	4		386		
Energy....kJ	1121				4		1615		
Protein (N x 6.21)....g	10.94	0.754	4		1		15.75		
Total lipid (fat)....g	13.47	1.096	4		1		19.40		
Ash....g	0.85		1		1		1.22		
Carbohydrate, by difference....g	26.73		0	NC	4		38.49		
Fiber, total dietary....g									
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	13	1.165	3		1		19		
Iron, Fe....mg	1.42	0.280	3		1		2.04		
Magnesium, Mg....mg	22	3.575	3		1		32		
Phosphorus, P....mg	203	18.030	3		1		292		
Potassium, K....mg	204		2		1		294		
Sodium, Na....mg	638	128.292	3		1		919		
Zinc, Zn....mg	0.75	0.165	3		1		1.08		
Copper, Cu....mg	0.150	0.085	3		1		0.216		
Manganese, Mn....mg	0.207	0.083	3		1		0.298		
Selenium, Se....mcg	27.0		0	BFZN	4		38.9		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		1		1		0.0		
Thiamin....mg	0.140		1		1		0.202		
Riboflavin....mg	0.590		1		1		0.850		
Niacin....mg	0.000		1		1		0.000		
Pantothenic acid....mg	0.350		1		1		0.504		
Vitamin B-6....mg	0.050		1		1		0.072		
Folate, total....mcg	37		0	BFZN	4		53		
Folic acid....mcg	9		0	NC	4		13		
Folate, food....mcg	28		1		1		40		
Folate, DFE....mcg_DFE	43		0	NC	4		62		
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.30		1		1		0.43		
Vitamin A, RAE....mcg_RAE	29		0	NC	4		42		
Retinol....mcg	29		0	NC	4		42		
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	96		1		4		138		
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Dihydrophylloquinone....mcg									
Menaquinone-4....mcg									
Lipids:									
Fatty acids, total saturated....g	3.391		0		1		4.883		
4:0....g									

NDB No. 21058
Fast foods, scallops, breaded and fried

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g									
8:0....g									
10:0....g									
12:0....g									
13:0....g									
14:0....g	0.040		1		1		0.058		
15:0....g									
16:0....g	1.739		1		1		2.504		
17:0....g									
18:0....g	1.612		1		1		2.321		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	8.718		0		1		12.554		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.202		1		1		0.291		
17:1....g									
18:1 undifferentiated....g	8.517		1		1		12.264		
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.420		0		1		0.605		
18:2 undifferentiated....g	0.284		1		1		0.409		
18:3 undifferentiated....g	0.135		1		1		0.194		
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g									
Cholesterol....mg	75		1		4		108		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.129		0		1		0.186		
Threonine....g	0.423		0		1		0.609		
Isoleucine....g	0.468		0		1		0.674		
Leucine....g	0.770		0		1		1.109		
Lysine....g	0.636		0		1		0.916		
Methionine....g	0.238		0		1		0.343		
Cystine....g	0.174		0		1		0.251		
Phenylalanine....g	0.453		0		1		0.652		
Tyrosine....g	0.343		0		1		0.494		
Valine....g	0.502		0		1		0.723		
Arginine....g	0.671		0		1		0.966		
Histidine....g	0.220		0		1		0.317		
Alanine....g	0.562		0		1		0.809		
Aspartic acid....g	0.880		0		1		1.267		
Glutamic acid....g	2.027		0		1		2.919		
Glycine....g	0.553		0		1		0.796		
Proline....g	0.653		0		1		0.940		
Serine....g	0.535		0		1		0.770		
Hydroxyproline....g									

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Common Measures:

Measure 1 = 144g: 6 pieces

NDB No. 21058
Fast foods, scallops, breaded and fried

Calories Factors: Protein 4.22 **Fat** 8.82 **Carbohydrate** 3.86

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2010)

NDB No. 21059
Fast foods, shrimp, breaded and fried

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	47.82	2.779	9		1		78.42		
Energy	kcal	277		0	NC	4		454		
Energy	kJ	1159				4		1901		
Protein (N x 6.22)	g	11.51	0.971	11		1		18.88		
Total lipid (fat)	g	15.18	1.120	10		1		24.90		
Ash	g	1.10		1		1		1.80		
Carbohydrate, by difference	g	24.39		0	NC	4		40.00		
Fiber, total dietary	g									
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	51	6.993	9		1		84		
Iron, Fe	mg	1.80	0.380	9		1		2.95		
Magnesium, Mg	mg	24	2.098	9		1		39		
Phosphorus, P	mg	210	50.814	9		1		344		
Potassium, K	mg	112	11.935	8		1		184		
Sodium, Na	mg	882	121.764	9		1		1446		
Zinc, Zn	mg	0.74	0.080	9		1		1.21		
Copper, Cu	mg	0.088	0.011	9		1		0.144		
Manganese, Mn	mg	0.203	0.046	9		1		0.333		
Selenium, Se	mcg	41.7		40	A	1		68.4		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		1		1		0.0		
Thiamin	mg	0.130		1		1		0.213		
Riboflavin	mg	0.550		1		1		0.902		
Niacin	mg	0.000		1		1		0.000		
Pantothenic acid	mg	0.290		1		1		0.476		
Vitamin B-6	mg	0.040		1		1		0.066		
Folate, total	mcg	61		0	RA	4		100		
Folic acid	mcg	32		0	RA	4		52		
Folate, food	mcg	29		0	NC	4		48		
Folate, DFE	mcg_DFE	83		0	NC	4		137		
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	0.09		1		1		0.15		
Vitamin A, RAE	mcg_RAE	22		0	NC	4		36		
Retinol	mcg	22		0	NC	4		36		
Carotene, beta	mcg									
Carotene, alpha	mcg									
Cryptoxanthin, beta	mcg									
Vitamin A, IU	IU	73		1		4		120		
Lycopene	mcg									
Lutein + zeaxanthin	mcg									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg									
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Dihydrophylloquinone	mcg									
Menaquinone-4	mcg									
Lipids:										
Fatty acids, total saturated	g	3.280		0		1		5.379		
4:0	g									

NDB No. 21059
Fast foods, shrimp, breaded and fried

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g									
8:0....g									
10:0....g									
12:0....g									
13:0....g									
14:0....g	0.063		1		1		0.103		
15:0....g									
16:0....g	1.628		1		1		2.670		
17:0....g									
18:0....g	1.588		1		1		2.604		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	10.597		0		1		17.379		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.310		1		1		0.508		
17:1....g									
18:1 undifferentiated....g	10.286		1		1		16.869		
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.393		0		1		0.645		
18:2 undifferentiated....g	0.368		1		1		0.604		
18:3 undifferentiated....g	0.026		1		1		0.043		
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g									
Cholesterol....mg	122		1		4		200		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.154		0		1		0.253		
Threonine....g	0.431		0		1		0.707		
Isoleucine....g	0.529		0		1		0.868		
Leucine....g	0.874		0		1		1.433		
Lysine....g	0.774		0		1		1.269		
Methionine....g	0.291		0		1		0.477		
Cystine....g	0.167		0		1		0.274		
Phenylalanine....g	0.516		0		1		0.846		
Tyrosine....g	0.370		0		1		0.607		
Valine....g	0.550		0		1		0.902		
Arginine....g	0.822		0		1		1.348		
Histidine....g	0.239		0		1		0.392		
Alanine....g	0.572		0		1		0.938		
Aspartic acid....g	0.992		0		1		1.627		
Glutamic acid....g	2.326		0		1		3.815		
Glycine....g	0.579		0		1		0.950		
Proline....g	0.611		0		1		1.002		
Serine....g	0.520		0		1		0.853		
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 164g: 1 6-8 shrimp

NDB No. 21059
Fast foods, shrimp, breaded and fried

Calories Factors: Protein 4.23 **Fat** 8.89 **Carbohydrate** 3.83

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2010)

NDB No. 21124
Fast foods, submarine sandwich, with cold cuts

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	57.80	0.236	15		1		131.78		
Energy....kcal	200		0		1		456		
Energy....kJ	837				1		1908		
Protein (N x 6.09)....g	9.58	0.750	15		1		21.84		
Total lipid (fat)....g	8.17	0.374	15		1		18.63		
Ash....g	2.07	0.100	15		1		4.72		
Carbohydrate, by difference....g	22.39		0	NC	4		51.05		
Fiber, total dietary....g									
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	83	12.079	15		1		189		
Iron, Fe....mg	1.10	0.074	15		1		2.51		
Magnesium, Mg....mg	30	2.524	15		1		68		
Phosphorus, P....mg	126	11.162	15		1		287		
Potassium, K....mg	173	11.403	15		1		394		
Sodium, Na....mg	724	91.486	15		1		1651		
Zinc, Zn....mg	1.13	0.112	15		1		2.58		
Copper, Cu....mg	0.133	0.013	15		1		0.303		
Manganese, Mn....mg	0.233	0.013	15		1		0.531		
Selenium, Se....mcg	13.5		0	RK	4		30.8		
Vitamins:									
Vitamin C, total ascorbic acid....mg	5.4		1		4		12.3		
Thiamin....mg	0.440		1		1		1.003		
Riboflavin....mg	0.350		1		1		0.798		
Niacin....mg	2.410		1		4		5.495		
Pantothenic acid....mg	0.390		1		4		0.889		
Vitamin B-6....mg	0.060		1		1		0.137		
Folate, total....mcg	38		0	RK	4		87		
Folic acid....mcg	14		0	NC	4		32		
Folate, food....mcg	24		0		4		55		
Folate, DFE....mcg_DFE	48		0	NC	4		109		
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.48		1		4		1.09		
Vitamin A, RAE....mcg_RAE	31		0	NC	4		71		
Retinol....mcg	26		0	NC	4		59		
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	186		1		4		424		
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Dihydrophylloquinone....mcg									
Menaquinone-4....mcg									
Lipids:									
Fatty acids, total saturated....g	2.986		1		1		6.808		
Fatty acids, total monounsaturated....g	3.608		1		1		8.226		

NDB No. 21124
Fast foods, submarine sandwich, with cold cuts

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total polyunsaturated.....g	1.001		1		1		2.282		
Fatty acids, total trans.....g									
Cholesterol.....mg	16		1		4		36		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.109		0		1		0.249		
Threonine.....g	0.326		0		1		0.743		
Isoleucine.....g	0.396		0		1		0.903		
Leucine.....g	0.697		0		1		1.589		
Lysine.....g	0.565		0		1		1.288		
Methionine.....g	0.192		0		1		0.438		
Cystine.....g	0.126		0		1		0.287		
Phenylalanine.....g	0.433		0		1		0.987		
Tyrosine.....g	0.329		0		1		0.750		
Valine.....g	0.481		0		1		1.097		
Arginine.....g	0.445		0		1		1.015		
Histidine.....g	0.272		0		1		0.620		
Alanine.....g	0.379		0		1		0.864		
Aspartic acid.....g	0.640		0		1		1.459		
Glutamic acid.....g	2.327		0		1		5.306		
Glycine.....g	0.387		0		1		0.882		
Proline.....g	0.839		0		1		1.913		
Serine.....g	0.455		0		1		1.037		
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 228g: 1 submarine

Calories Factors: Protein 4.12 **Fat** 8.85 **Carbohydrate** 3.94

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2010)

NDB No. 21125
Fast foods, submarine sandwich, with roast beef

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	58.97	1.494	15		1		127.38		
Energy....kcal	190		0		1		410		
Energy....kJ	795				1		1717		
Protein (N x 6.17)....g	13.26	0.896	15		1		28.64		
Total lipid (fat)....g	6.00	1.112	15		1		12.96		
Ash....g	1.27	0.029	15		1		2.74		
Carbohydrate, by difference....g	20.51		0	NC	4		44.30		
Fiber, total dietary....g									
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	19	1.091	15		1		41		
Iron, Fe....mg	1.30	0.144	15		1		2.81		
Magnesium, Mg....mg	31	3.642	15		1		67		
Phosphorus, P....mg	89	6.035	15		1		192		
Potassium, K....mg	153	18.396	15		1		330		
Sodium, Na....mg	391	37.697	15		1		845		
Zinc, Zn....mg	2.03	0.089	15		1		4.38		
Copper, Cu....mg	0.167	0.013	15		1		0.361		
Manganese, Mn....mg	0.200	0.000	15		1		0.432		
Selenium, Se....mcg	11.9		0	RK	4		25.7		
Vitamins:									
Vitamin C, total ascorbic acid....mg	2.6		1		4		5.6		
Thiamin....mg	0.190		1		4		0.410		
Riboflavin....mg	0.190		1		4		0.410		
Niacin....mg	2.760		1		4		5.962		
Pantothenic acid....mg	0.360		1		4		0.778		
Vitamin B-6....mg	0.150		1		4		0.324		
Folate, total....mcg	33		0	RK	4		71		
Folic acid....mcg	12		0	NC	4		26		
Folate, food....mcg	21		0		4		45		
Folate, DFE....mcg_DFE	41		0	NC	4		89		
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.84		1		4		1.81		
Vitamin A, RAE....mcg_RAE	14		0	NC	4		29		
Retinol....mcg	5		0	NC	4		11		
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	191		1		4		413		
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Dihydrophylloquinone....mcg									
Menaquinone-4....mcg									
Lipids:									
Fatty acids, total saturated....g	3.281		1		1		7.087		
Fatty acids, total monounsaturated....g	0.850		1		1		1.836		

NDB No. 21125
Fast foods, submarine sandwich, with roast beef

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total polyunsaturated.....g	1.209		1		1		2.611		
Fatty acids, total trans.....g									
Cholesterol.....mg	34		1		4		73		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.150		0		1		0.324		
Threonine.....g	0.531		0		1		1.147		
Isoleucine.....g	0.578		0		1		1.248		
Leucine.....g	1.008		0		1		2.177		
Lysine.....g	0.916		0		1		1.979		
Methionine.....g	0.305		0		1		0.659		
Cystine.....g	0.168		0		1		0.363		
Phenylalanine.....g	0.546		0		1		1.179		
Tyrosine.....g	0.411		0		1		0.888		
Valine.....g	0.645		0		1		1.393		
Arginine.....g	0.759		0		1		1.639		
Histidine.....g	0.408		0		1		0.881		
Alanine.....g	0.716		0		1		1.547		
Aspartic acid.....g	1.092		0		1		2.359		
Glutamic acid.....g	2.502		0		1		5.404		
Glycine.....g	0.666		0		1		1.439		
Proline.....g	0.774		0		1		1.672		
Serine.....g	0.544		0		1		1.175		
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 216g: 1 submarine

Calories Factors: Protein 4.2 **Fat** 8.95 **Carbohydrate** 3.95

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2010)

NDB No. 21126
Fast foods, submarine sandwich, with tuna salad

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	54.31	1.174	17		1		139.03		
Energy....kcal	228		0		1		584		
Energy....kJ	954				1		2442		
Protein (N x 6.05)....g	11.60	0.674	17		1		29.70		
Total lipid (fat)....g	10.93	0.510	15		1		27.98		
Ash....g	1.53	0.045	15		1		3.92		
Carbohydrate, by difference....g	21.63		0	NC	4		55.37		
Fiber, total dietary....g									
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	29	1.630	15		1		74		
Iron, Fe....mg	1.03	0.111	15		1		2.64		
Magnesium, Mg....mg	31	3.634	15		1		79		
Phosphorus, P....mg	86	2.845	15		1		220		
Potassium, K....mg	131	16.641	15		1		335		
Sodium, Na....mg	505	28.566	15		1		1293		
Zinc, Zn....mg	0.73	0.023	15		1		1.87		
Copper, Cu....mg	0.167	0.013	15		1		0.428		
Manganese, Mn....mg	0.200	0.000	15		1		0.512		
Selenium, Se....mcg	23.5		0	RK	4		60.2		
Vitamins:									
Vitamin C, total ascorbic acid....mg	1.4		1		4		3.6		
Thiamin....mg	0.180		1		4		0.461		
Riboflavin....mg	0.130		1		4		0.333		
Niacin....mg	4.430		1		4		11.341		
Pantothenic acid....mg	0.730		1		1		1.869		
Vitamin B-6....mg	0.090		1		1		0.230		
Folate, total....mcg	40		0	RK	4		102		
Folic acid....mcg	18		0	NC	4		46		
Folate, food....mcg	22		0		4		56		
Folate, DFE....mcg_DFE	53		0	NC	4		135		
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.63		1		1		1.61		
Vitamin A, RAE....mcg_RAE	18		0	NC	4		46		
Retinol....mcg	17		0	NC	4		44		
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	73		1		4		187		
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Dihydrophylloquinone....mcg									
Menaquinone-4....mcg									
Lipids:									
Fatty acids, total saturated....g	2.082		1		1		5.330		
Fatty acids, total monounsaturated....g	5.235		1		1		13.402		

NDB No. 21126
Fast foods, submarine sandwich, with tuna salad

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total polyunsaturated.....g	2.850		1		1		7.296		
Fatty acids, total trans.....g									
Cholesterol.....mg	19		1		4		49		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.134		0		1		0.343		
Threonine.....g	0.462		0		1		1.183		
Isoleucine.....g	0.521		0		1		1.334		
Leucine.....g	0.907		0		1		2.322		
Lysine.....g	0.842		0		1		2.156		
Methionine.....g	0.295		0		1		0.755		
Cystine.....g	0.150		0		1		0.384		
Phenylalanine.....g	0.495		0		1		1.267		
Tyrosine.....g	0.359		0		1		0.919		
Valine.....g	0.596		0		1		1.526		
Arginine.....g	0.633		0		1		1.620		
Histidine.....g	0.314		0		1		0.804		
Alanine.....g	0.619		0		1		1.585		
Aspartic acid.....g	1.022		0		1		2.616		
Glutamic acid.....g	2.324		0		1		5.949		
Glycine.....g	0.531		0		1		1.359		
Proline.....g	0.669		0		1		1.713		
Serine.....g	0.512		0		1		1.311		
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 256g: 1 submarine

Calories Factors: Protein 4.09 **Fat** 8.74 **Carbohydrate** 3.93

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2010)

NDB No. 21032
Fast foods, sundae, caramel

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	56.50		1		1		87.58		
Energy	kcal	196		0	NC	4		304		
Energy	kJ	820				4		1271		
Protein (N x 6.38)	g	4.71		2		1		7.30		
Total lipid (fat)	g	5.98		2		1		9.27		
Ash	g	1.00		1		1		1.55		
Carbohydrate, by difference	g	31.81		0	NC	4		49.31		
Fiber, total dietary	g	0.0		0		4		0.0		
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	122		1		1		189		
Iron, Fe	mg	0.14		1		1		0.22		
Magnesium, Mg	mg	18		1		1		28		
Phosphorus, P	mg	140		1		1		217		
Potassium, K	mg	205		1		1		318		
Sodium, Na	mg	126		2		1		195		
Zinc, Zn	mg	0.53		1		1		0.82		
Copper, Cu	mg	0.053		1		1		0.082		
Manganese, Mn	mg	0.060		1		1		0.093		
Selenium, Se	mcg	3.2		0	RK	4		5.0		
Vitamins:										
Vitamin C, total ascorbic acid	mg	2.2		1		1		3.4		
Thiamin	mg	0.040		1		1		0.062		
Riboflavin	mg	0.190		1		1		0.295		
Niacin	mg	0.610		1		1		0.946		
Pantothenic acid	mg	0.240		1		1		0.372		
Vitamin B-6	mg	0.030		1		1		0.047		
Folate, total	mcg	8		1		1		12		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	8		1		1		12		
Folate, DFE	mcg_DFE	8		0	NC	4		12		
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	0.39		1		1		0.60		
Vitamin A, RAE	mcg_RAE	45		0	NC	4		69		
Retinol	mcg	43		0	NC	4		67		
Carotene, beta	mcg									
Carotene, alpha	mcg									
Cryptoxanthin, beta	mcg									
Vitamin A, IU	IU	170		1		1		264		
Lycopene	mcg									
Lutein + zeaxanthin	mcg									
Vitamin E (alpha-tocopherol)	mg	0.58		0		1		0.90		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg									
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Dihydrophylloquinone	mcg									
Menaquinone-4	mcg									
Lipids:										
Fatty acids, total saturated	g	2.910		0		1		4.511		
4:0	g									

NDB No. 21032
Fast foods, sundae, caramel

Nutrients and Units		Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
		Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0	g	0.110		1		1		0.171		
8:0	g	0.037		1		1		0.057		
10:0	g	0.100		1		1		0.155		
12:0	g	0.131		1		1		0.203		
13:0	g									
14:0	g	0.420		1		1		0.651		
15:0	g									
16:0	g	1.355		1		1		2.100		
17:0	g									
18:0	g	0.639		1		1		0.990		
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	1.957		0		1		3.033		
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.129		1		1		0.200		
17:1	g									
18:1 undifferentiated	g	1.754		1		1		2.719		
20:1	g									
22:1 undifferentiated	g									
24:1 c	g									
Fatty acids, total polyunsaturated	g	0.653		0		1		1.012		
18:2 undifferentiated	g	0.552		1		1		0.856		
18:3 undifferentiated	g	0.074		1		1		0.115		
18:4	g									
20:2 n-6 c,c	g									
20:3 undifferentiated	g									
20:4 undifferentiated	g	0.028		1		1		0.043		
20:5 n-3 (EPA)	g									
22:5 n-3 (DPA)	g									
22:6 n-3 (DHA)	g									
Fatty acids, total trans	g									
Cholesterol	mg	16		2		1		25		
Phytosterols	mg									
Amino Acids:										
Tryptophan	g	0.063		0		1		0.098		
Threonine	g	0.202		0		1		0.313		
Isoleucine	g	0.272		0		1		0.422		
Leucine	g	0.439		0		1		0.680		
Lysine	g	0.355		0		1		0.550		
Methionine	g	0.112		0		1		0.174		
Cystine	g	0.041		0		1		0.064		
Phenylalanine	g	0.217		0		1		0.336		
Tyrosine	g	0.217		0		1		0.336		
Valine	g	0.301		0		1		0.467		
Arginine	g	0.162		0		1		0.251		
Histidine	g	0.123		0		1		0.191		
Alanine	g	0.154		0		1		0.239		
Aspartic acid	g	0.340		0		1		0.527		
Glutamic acid	g	0.939		0		1		1.455		
Glycine	g	0.095		0		1		0.147		
Proline	g	0.434		0		1		0.673		
Serine	g	0.244		0		1		0.378		
Hydroxyproline	g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 155g: 1 sundae

NDB No. 21032
Fast foods, sundae, caramel

Calories Factors: Protein 4.27 **Fat** 8.79 **Carbohydrate** 3.87

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2010)

NDB No. 21033
Fast foods, sundae, hot fudge

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	59.70		1		1		94.33		
Energy	kcal	180		0	NC	4		284		
Energy	kJ	753				4		1190		
Protein (N x 6.38)	g	3.57	0.344	5		1		5.64		
Total lipid (fat)	g	5.46	0.859	5		1		8.63		
Ash	g	1.10		1		1		1.74		
Carbohydrate, by difference	g	30.17		0	NC	4		47.67		
Fiber, total dietary	g	0.0		0		4		0.0		
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	131		1		1		207		
Iron, Fe	mg	0.37		1		1		0.58		
Magnesium, Mg	mg	21		1		1		33		
Phosphorus, P	mg	144		1		1		228		
Potassium, K	mg	250		1		1		395		
Sodium, Na	mg	115		2		1		182		
Zinc, Zn	mg	0.60		1		1		0.95		
Copper, Cu	mg	0.082		1		1		0.130		
Manganese, Mn	mg	0.080		1		1		0.126		
Selenium, Se	mcg	3.3		0	RK	4		5.2		
Vitamins:										
Vitamin C, total ascorbic acid	mg	1.5		1		1		2.4		
Thiamin	mg	0.040		1		1		0.063		
Riboflavin	mg	0.190		1		1		0.300		
Niacin	mg	0.680		1		1		1.074		
Pantothenic acid	mg	0.210		1		1		0.332		
Vitamin B-6	mg	0.080		1		1		0.126		
Folate, total	mcg	6		1		1		9		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	6		1		1		9		
Folate, DFE	mcg_DFE	6		0	NC	4		9		
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	0.41		1		1		0.65		
Vitamin A, RAE	mcg_RAE	37		0	NC	4		58		
Retinol	mcg	35		0	NC	4		55		
Carotene, beta	mcg									
Carotene, alpha	mcg									
Cryptoxanthin, beta	mcg									
Vitamin A, IU	IU	140		1		1		221		
Lycopene	mcg									
Lutein + zeaxanthin	mcg									
Vitamin E (alpha-tocopherol)	mg	0.42		0		1		0.66		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg									
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Dihydrophylloquinone	mcg									
Menaquinone-4	mcg									
Lipids:										
Fatty acids, total saturated	g	3.179		0		1		5.023		
4:0	g									

NDB No. 21033
Fast foods, sundae, hot fudge

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.073		1		1		0.115		
8:0 g	0.096		1		1		0.152		
10:0 g	0.124		1		1		0.196		
12:0 g	0.697		1		1		1.101		
13:0 g									
14:0 g	0.471		1		1		0.744		
15:0 g									
16:0 g	0.993		1		1		1.569		
17:0 g									
18:0 g	0.640		1		1		1.011		
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	1.475		0		1		2.331		
14:1 g									
15:1 g									
16:1 undifferentiated g	0.081		1		1		0.128		
17:1 g									
18:1 undifferentiated g	1.350		1		1		2.133		
20:1 g									
22:1 undifferentiated g									
24:1 c g									
Fatty acids, total polyunsaturated g	0.511		0		1		0.807		
18:2 undifferentiated g	0.445		1		1		0.703		
18:3 undifferentiated g	0.051		1		1		0.081		
18:4 g									
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.015		1		1		0.024		
20:5 n-3 (EPA) g									
22:5 n-3 (DPA) g									
22:6 n-3 (DHA) g									
Fatty acids, total trans g									
Cholesterol mg	13		2		1		21		
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.045		0		1		0.071		
Threonine g	0.137		0		1		0.216		
Isoleucine g	0.172		0		1		0.272		
Leucine g	0.276		0		1		0.436		
Lysine g	0.224		0		1		0.354		
Methionine g	0.066		0		1		0.104		
Cystine g	0.032		0		1		0.051		
Phenylalanine g	0.152		0		1		0.240		
Tyrosine g	0.143		0		1		0.226		
Valine g	0.205		0		1		0.324		
Arginine g	0.132		0		1		0.209		
Histidine g	0.077		0		1		0.122		
Alanine g	0.119		0		1		0.188		
Aspartic acid g	0.260		0		1		0.411		
Glutamic acid g	0.607		0		1		0.959		
Glycine g	0.087		0		1		0.137		
Proline g	0.257		0		1		0.406		
Serine g	0.162		0		1		0.256		
Hydroxyproline g									
Others:									
Alcohol, ethyl g									
Caffeine mg	1		0	RK	4		2		
Theobromine mg	49		0	RK	4		77		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 21033

Fast foods, sundae, hot fudge

Common Measures:

Measure 1 = 158g: 1 sundae

Calories Factors: Protein 4.27 **Fat** 8.79 **Carbohydrate** 3.87

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2010)

NDB No. 21034
Fast foods, sundae, strawberry

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	60.90		2		1		93.18		
Energy	kcal	175		0	NC	4		268		
Energy	kJ	732				4		1120		
Protein (N x 6.38)	g	4.09	0.003	3		1		6.26		
Total lipid (fat)	g	5.13	0.088	3		1		7.85		
Ash	g	0.70		2		1		1.07		
Carbohydrate, by difference	g	29.18		0	NC	4		44.65		
Fiber, total dietary	g	0.0		0		4		0.0		
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	105		2		1		161		
Iron, Fe	mg	0.21		2		1		0.32		
Magnesium, Mg	mg	16		2		1		24		
Phosphorus, P	mg	101		2		1		155		
Potassium, K	mg	177		2		1		271		
Sodium, Na	mg	60	5.101	3		1		92		
Zinc, Zn	mg	0.43		2		1		0.66		
Copper, Cu	mg	0.050		2		1		0.077		
Manganese, Mn	mg	0.110		1		1		0.168		
Selenium, Se	mcg	2.9		0	RK	4		4.4		
Vitamins:										
Vitamin C, total ascorbic acid	mg	1.3	0.219	3		1		2.0		
Thiamin	mg	0.040		2		1		0.061		
Riboflavin	mg	0.180		2		1		0.275		
Niacin	mg	0.590		2		1		0.903		
Pantothenic acid	mg	0.290		2		1		0.444		
Vitamin B-6	mg	0.050		2		1		0.077		
Folate, total	mcg	12		2		1		18		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	12		2		1		18		
Folate, DFE	mcg_DFE	12		0	NC	4		18		
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	0.42		2		1		0.64		
Vitamin A, RAE	mcg_RAE	37		0	NC	4		56		
Retinol	mcg	35		0	NC	4		54		
Carotene, beta	mcg									
Carotene, alpha	mcg									
Cryptoxanthin, beta	mcg									
Vitamin A, IU	IU	145		2		1		222		
Lycopene	mcg									
Lutein + zeaxanthin	mcg									
Vitamin E (alpha-tocopherol)	mg	0.51		0		1		0.78		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg									
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Dihydrophylloquinone	mcg									
Menaquinone-4	mcg									
Lipids:										
Fatty acids, total saturated	g	2.444		0		1		3.739		
4:0	g									

NDB No. 21034
Fast foods, sundae, strawberry

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.072		2		1		0.110		
8:0 g	0.025		2		1		0.038		
10:0 g	0.087		2		1		0.133		
12:0 g	0.106		2		1		0.162		
13:0 g									
14:0 g	0.354		2		1		0.542		
15:0 g									
16:0 g	1.152		2		1		1.763		
17:0 g									
18:0 g	0.528		2		1		0.808		
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	1.739		0		1		2.661		
14:1 g									
15:1 g									
16:1 undifferentiated g	0.093		2		1		0.142		
17:1 g									
18:1 undifferentiated g	1.564		2		1		2.393		
20:1 g	0.029		2		1		0.044		
22:1 undifferentiated g									
24:1 c g									
Fatty acids, total polyunsaturated g	0.667		0		1		1.021		
18:2 undifferentiated g	0.594		2		1		0.909		
18:3 undifferentiated g	0.050		2		1		0.077		
18:4 g									
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.023		2		1		0.035		
20:5 n-3 (EPA) g									
22:5 n-3 (DPA) g									
22:6 n-3 (DHA) g									
Fatty acids, total trans g									
Cholesterol mg	14	1.222	3		1		21		
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.054		0		1		0.083		
Threonine g	0.174		0		1		0.266		
Isoleucine g	0.230		0		1		0.352		
Leucine g	0.373		0		1		0.571		
Lysine g	0.302		0		1		0.462		
Methionine g	0.094		0		1		0.144		
Cystine g	0.036		0		1		0.055		
Phenylalanine g	0.185		0		1		0.283		
Tyrosine g	0.186		0		1		0.285		
Valine g	0.255		0		1		0.390		
Arginine g	0.142		0		1		0.217		
Histidine g	0.105		0		1		0.161		
Alanine g	0.136		0		1		0.208		
Aspartic acid g	0.321		0		1		0.491		
Glutamic acid g	0.805		0		1		1.232		
Glycine g	0.085		0		1		0.130		
Proline g	0.366		0		1		0.560		
Serine g	0.209		0		1		0.320		
Hydroxyproline g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 153g: 1 sundae

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Fast foods, sundae, strawberry

Calories Factors: Protein 4.27 **Fat** 8.79 **Carbohydrate** 3.87

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2010)

NDB No. 21082
Fast foods, taco

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	58.40	0.872	48		1		153.59	99.86	
Energy....kcal	217		0	NC	4		569	370	
Energy....kJ	906		0	NC	4		2382	1549	
Protein (N x 6.29)....g	12.08	0.501	49		1		31.77	20.66	
Total lipid (fat)....g	12.02	0.261	48		1		31.61	20.55	
Ash....g	1.87	0.060	46		1		4.92	3.20	
Carbohydrate, by difference....g	15.63		0	NC	4		41.11	26.73	
Fiber, total dietary....g									
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	129	5.031	48		1		339	221	
Iron, Fe....mg	1.41	0.039	48		1		3.71	2.41	
Magnesium, Mg....mg	41	1.427	48		1		108	70	
Phosphorus, P....mg	119	5.199	47		1		313	203	
Potassium, K....mg	277	9.556	47		1		729	474	
Sodium, Na....mg	469	21.369	50		1		1233	802	
Zinc, Zn....mg	2.30	0.085	46		1		6.05	3.93	
Copper, Cu....mg	0.120	0.010	41		1		0.316	0.205	
Manganese, Mn....mg	0.257	0.023	46		1		0.676	0.439	
Selenium, Se....mcg	13.7		0	RK	4		36.0	23.4	
Vitamins:									
Vitamin C, total ascorbic acid....mg	1.3	0.189	34		1		3.4	2.2	
Thiamin....mg	0.090	0.010	37		1		0.237	0.154	
Riboflavin....mg	0.260	0.017	37		1		0.684	0.445	
Niacin....mg	1.880	0.074	36		1		4.944	3.215	
Pantothenic acid....mg	0.990	0.051	34		1		2.604	1.693	
Vitamin B-6....mg	0.140	0.008	37		1		0.368	0.239	
Folate, total....mcg	40		0	RK	4		105	68	
Folic acid....mcg	26		0	NC	4		68	44	
Folate, food....mcg	14	1.555	4		1		37	24	
Folate, DFE....mcg_DFE	58		0	NC	4		153	100	
Choline, total....mg	32.0		0	AS	1		84.2	54.8	
Betaine....mg	3.3		1	A	1		8.6	5.6	
Vitamin B-12....mcg	0.61	0.036	36		1		1.60	1.04	
Vitamin A, RAE....mcg_RAE									
Retinol....mcg									
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	500	51.029	19		1		1315	855	
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Dihydrophylloquinone....mcg									
Menaquinone-4....mcg									
Lipids:									
Fatty acids, total saturated....g	6.648		0		1		17.484	11.368	
4:0....g									

NDB No. 21082
Fast foods, taco

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g									
8:0....g	0.000		7		1		0.000	0.000	
10:0....g	0.324		7		1		0.852	0.554	
12:0....g	0.799		7		1		2.101	1.366	
13:0....g									
14:0....g	1.017		7		1		2.675	1.739	
15:0....g									
16:0....g	2.755		7		1		7.246	4.711	
17:0....g									
18:0....g	1.754		7		1		4.613	2.999	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	3.846		0		1		10.115	6.577	
14:1....g									
15:1....g									
16:1 undifferentiated....g									
17:1....g									
18:1 undifferentiated....g	3.846		7		1		10.115	6.577	
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.561		0		1		1.475	0.959	
18:2 undifferentiated....g	0.512		7		1		1.347	0.876	
18:3 undifferentiated....g	0.049		7		1		0.129	0.084	
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g									
Cholesterol....mg	33	4.178	12		1		87	56	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.134		0		1		0.352	0.229	
Threonine....g	0.447		0		1		1.176	0.764	
Isoleucine....g	0.565		0		1		1.486	0.966	
Leucine....g	1.039		0		1		2.733	1.777	
Lysine....g	0.855		0		1		2.249	1.462	
Methionine....g	0.269		0		1		0.707	0.460	
Cystine....g	0.106		0		1		0.279	0.181	
Phenylalanine....g	0.517		0		1		1.360	0.884	
Tyrosine....g	0.444		0		1		1.168	0.759	
Valine....g	0.634		0		1		1.667	1.084	
Arginine....g	0.618		0		1		1.625	1.057	
Histidine....g	0.373		0		1		0.981	0.638	
Alanine....g	0.599		0		1		1.575	1.024	
Aspartic acid....g	0.939		0		1		2.470	1.606	
Glutamic acid....g	2.383		0		1		6.267	4.075	
Glycine....g	0.538		0		1		1.415	0.920	
Proline....g	0.899		0		1		2.364	1.537	
Serine....g	0.542		0		1		1.425	0.927	
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 263g: 1 large

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Fast foods, taco

Measure 2 = 171g: 1 small

Calories Factors: Protein 4.05 **Fat** 8.78 **Carbohydrate** 3.97

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2010)

NDB No. 21083
Fast foods, taco salad

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	72.35	2.473	9		1		143.25		
Energy	kcal	141		0		1		279		
Energy	kJ	590		0		1		1168		
Protein (N x 6.27)	g	6.68	0.764	10		1		13.23		
Total lipid (fat)	g	7.46	0.652	10		1		14.77		
Ash	g	1.59	0.160	9		1		3.15		
Carbohydrate, by difference	g	11.91		0	NC	4		23.58		
Fiber, total dietary	g									
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	97	7.379	9		1		192		
Iron, Fe	mg	1.15	0.085	9		1		2.28		
Magnesium, Mg	mg	26	2.146	9		1		51		
Phosphorus, P	mg	72	6.117	9		1		143		
Potassium, K	mg	210	26.120	9		1		416		
Sodium, Na	mg	385	44.992	10		1		762		
Zinc, Zn	mg	1.36	0.213	9		1		2.69		
Copper, Cu	mg	0.113	0.023	8		1		0.224		
Manganese, Mn	mg	0.167	0.015	9		1		0.331		
Selenium, Se	mcg	2.2		0	RK	4		4.4		
Vitamins:										
Vitamin C, total ascorbic acid	mg	1.8	0.612	9		1		3.6		
Thiamin	mg	0.050	0.009	9		1		0.099		
Riboflavin	mg	0.180	0.023	9		1		0.356		
Niacin	mg	1.240	0.196	9		1		2.455		
Pantothenic acid	mg	0.680	0.095	9		1		1.346		
Vitamin B-6	mg	0.110	0.009	9		1		0.218		
Folate, total	mcg	42		0	RK	4		83		
Folic acid	mcg	22		0	NC	4		44		
Folate, food	mcg	20		1		1		40		
Folate, DFE	mcg_DFE	57		0	NC	4		114		
Choline, total	mg	23.3		0	AS	1		46.2		
Betaine	mg	10.9		1	A	1		21.7		
Vitamin B-12	mcg	0.32	0.043	9		1		0.63		
Vitamin A, RAE	mcg_RAE									
Retinol	mcg									
Carotene, beta	mcg									
Carotene, alpha	mcg									
Cryptoxanthin, beta	mcg									
Vitamin A, IU	IU	297	66.874	4		1		588		
Lycopene	mcg									
Lutein + zeaxanthin	mcg									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg									
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Dihydrophylloquinone	mcg									
Menaquinone-4	mcg									
Lipids:										
Fatty acids, total saturated	g	3.446		0		1		6.823		
4:0	g									

NDB No. 21083
Fast foods, taco salad

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g									
8:0 g									
10:0 g	0.089		3		1		0.176		
12:0 g	0.146		3		1		0.289		
13:0 g									
14:0 g	0.493		3		1		0.976		
15:0 g									
16:0 g	1.898		3		1		3.758		
17:0 g									
18:0 g	0.820		3		1		1.624		
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	2.606		0		1		5.160		
14:1 g									
15:1 g									
16:1 undifferentiated g									
17:1 g									
18:1 undifferentiated g	2.606		3		1		5.160		
20:1 g									
22:1 undifferentiated g									
24:1 c g									
Fatty acids, total polyunsaturated g	0.883		0		1		1.748		
18:2 undifferentiated g	0.838		3		1		1.659		
18:3 undifferentiated g	0.045		3		1		0.089		
18:4 g									
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g									
20:5 n-3 (EPA) g									
22:5 n-3 (DPA) g									
22:6 n-3 (DHA) g									
Fatty acids, total trans g									
Cholesterol mg	22	5.770	4		1		44		
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.075		0		1		0.149		
Threonine g	0.254		0		1		0.503		
Isoleucine g	0.311		0		1		0.616		
Leucine g	0.549		0		1		1.087		
Lysine g	0.486		0		1		0.962		
Methionine g	0.145		0		1		0.287		
Cystine g	0.060		0		1		0.119		
Phenylalanine g	0.277		0		1		0.548		
Tyrosine g	0.232		0		1		0.459		
Valine g	0.343		0		1		0.679		
Arginine g	0.357		0		1		0.707		
Histidine g	0.201		0		1		0.398		
Alanine g	0.339		0		1		0.671		
Aspartic acid g	0.554		0		1		1.097		
Glutamic acid g	1.291		0		1		2.556		
Glycine g	0.326		0		1		0.645		
Proline g	0.452		0		1		0.895		
Serine g	0.287		0		1		0.568		
Hydroxyproline g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 198g: 1.5 cup

NDB No. 21083
Fast foods, taco salad

Calories Factors: Protein 4.05 **Fat** 8.73 **Carbohydrate** 4.07

Food Group: 21 Fast Foods

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NDB No. 21084
Fast foods, taco salad with chili con carne

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	76.79	1.609	4		1		200.42		
Energy....kcal	111		0		1		290		
Energy....kJ	464				1		1212		
Protein (N x 6.28)....g	6.67	0.608	4		1		17.41		
Total lipid (fat)....g	5.03	0.729	4		1		13.13		
Ash....g	1.33	0.087	4		1		3.47		
Carbohydrate, by difference....g	10.18		0	NC	4		26.57		
Fiber, total dietary....g									
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	94	12.856	4		1		245		
Iron, Fe....mg	1.02	0.170	4		1		2.66		
Magnesium, Mg....mg	20	1.572	4		1		52		
Phosphorus, P....mg	59	7.754	4		1		154		
Potassium, K....mg	150	37.329	4		1		392		
Sodium, Na....mg	339	33.577	4		1		885		
Zinc, Zn....mg	1.26	0.147	4		1		3.29		
Copper, Cu....mg	0.115	0.021	4		1		0.300		
Manganese, Mn....mg	0.129	0.010	4		1		0.337		
Selenium, Se....mcg	2.9		0	RK	4		7.6		
Vitamins:									
Vitamin C, total ascorbic acid....mg	1.3	0.725	4		1		3.4		
Thiamin....mg	0.060	0.027	4		1		0.157		
Riboflavin....mg	0.190	0.026	4		1		0.496		
Niacin....mg	0.970	0.074	4		1		2.532		
Pantothenic acid....mg	0.550	0.055	4		1		1.436		
Vitamin B-6....mg	0.200	0.127	4		1		0.522		
Folate, total....mcg	35		0	RK	4		91		
Folic acid....mcg	11		0	NC	4		29		
Folate, food....mcg	24		0		4		63		
Folate, DFE....mcg_DFE	43		0	NC	4		111		
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.28	0.008	4		1		0.73		
Vitamin A, RAE....mcg_RAE	99		0	NC	4		257		
Retinol....mcg	82		0	NC	4		214		
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	603		2		1		1574		
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Dihydrophylloquinone....mcg									
Menaquinone-4....mcg									
Lipids:									
Fatty acids, total saturated....g	2.299		0		1		6.000		
4:0....g									

NDB No. 21084
Fast foods, taco salad with chili con carne

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g									
8:0 g									
10:0 g	0.060		3		1		0.157		
12:0 g	0.097		3		1		0.253		
13:0 g									
14:0 g	0.329		3		1		0.859		
15:0 g									
16:0 g	1.266		3		1		3.304		
17:0 g									
18:0 g	0.547		3		1		1.428		
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	1.739		0		1		4.539		
14:1 g									
15:1 g									
16:1 undifferentiated g									
17:1 g									
18:1 undifferentiated g	1.739		3		1		4.539		
20:1 g									
22:1 undifferentiated g									
24:1 c g									
Fatty acids, total polyunsaturated g	0.589		0		1		1.537		
18:2 undifferentiated g	0.559		3		1		1.459		
18:3 undifferentiated g	0.030		3		1		0.078		
18:4 g									
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g									
20:5 n-3 (EPA) g									
22:5 n-3 (DPA) g									
22:6 n-3 (DHA) g									
Fatty acids, total trans g									
Cholesterol mg	2		1		1		5		
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.074		0		1		0.193		
Threonine g	0.248		0		1		0.647		
Isoleucine g	0.313		0		1		0.817		
Leucine g	0.555		0		1		1.449		
Lysine g	0.466		0		1		1.216		
Methionine g	0.139		0		1		0.363		
Cystine g	0.061		0		1		0.159		
Phenylalanine g	0.295		0		1		0.770		
Tyrosine g	0.235		0		1		0.613		
Valine g	0.349		0		1		0.911		
Arginine g	0.338		0		1		0.882		
Histidine g	0.199		0		1		0.519		
Alanine g	0.307		0		1		0.801		
Aspartic acid g	0.570		0		1		1.488		
Glutamic acid g	1.313		0		1		3.427		
Glycine g	0.275		0		1		0.718		
Proline g	0.463		0		1		1.208		
Serine g	0.306		0		1		0.799		
Hydroxyproline g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 261g: 1.5 cup

NDB No. 21084
Fast foods, taco salad with chili con carne

Calories Factors: Protein 3.83 **Fat** 8.76 **Carbohydrate** 4.02

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2010)

NDB No. 21085
Fast foods, tostada, with beans and cheese

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	66.24	0.927	13		1		95.39		
Energy ... kcal	155		0		1		223		
Energy ... kJ	649				1		934		
Protein (N x 6.29) ... g	6.67	0.410	13		1		9.60		
Total lipid (fat) ... g	6.85	0.287	13		1		9.86		
Ash ... g	1.83	0.083	13		1		2.64		
Carbohydrate, by difference ... g	18.42		0	NC	4		26.52		
Fiber, total dietary ... g									
Sugars, total ... g									
Starch ... g									
Minerals:									
Calcium, Ca ... mg	146	8.321	13		1		210		
Iron, Fe ... mg	1.31	0.098	13		1		1.89		
Magnesium, Mg ... mg	41	1.260	13		1		59		
Phosphorus, P ... mg	81	4.585	13		1		117		
Potassium, K ... mg	280	27.096	13		1		403		
Sodium, Na ... mg	377	30.931	13		1		543		
Zinc, Zn ... mg	1.32	0.202	13		1		1.90		
Copper, Cu ... mg	0.143	0.012	12		1		0.206		
Manganese, Mn ... mg	0.255	0.010	13		1		0.367		
Selenium, Se ... mcg	2.4		0	RK	4		3.5		
Vitamins:									
Vitamin C, total ascorbic acid ... mg	0.9	0.226	13		1		1.3		
Thiamin ... mg	0.070	0.011	13		1		0.101		
Riboflavin ... mg	0.230	0.024	13		1		0.331		
Niacin ... mg	0.920	0.074	13		1		1.325		
Pantothenic acid ... mg	0.790	0.059	13		1		1.138		
Vitamin B-6 ... mg	0.110	0.008	13		1		0.158		
Folate, total ... mcg	30		0	RK	4		43		
Folic acid ... mcg	0		0	Z	7		0		
Folate, food ... mcg	30		0	RK	4		43		
Folate, DFE ... mcg_DFE	30		0	NC	4		43		
Choline, total ... mg									
Betaine ... mg									
Vitamin B-12 ... mcg	0.48	0.034	13		1		0.69		
Vitamin A, RAE ... mcg_RAE	31		0	NC	4		45		
Retinol ... mcg	11		0	NC	4		16		
Carotene, beta ... mcg									
Carotene, alpha ... mcg									
Cryptoxanthin, beta ... mcg									
Vitamin A, IU ... IU	432	142.833	5		1		622		
Lycopene ... mcg									
Lutein + zeaxanthin ... mcg									
Vitamin E (alpha-tocopherol) ... mg									
Tocopherol, beta ... mg									
Tocopherol, gamma ... mg									
Tocopherol, delta ... mg									
Vitamin D (D2 + D3) ... mcg									
Vitamin D2 (ergocalciferol) ... mcg									
Vitamin D3 (cholecalciferol) ... mcg									
Vitamin D ... IU									
Vitamin K (phylloquinone) ... mcg									
Dihydrophylloquinone ... mcg									
Menaquinone-4 ... mcg									
Lipids:									
Fatty acids, total saturated ... g	3.727		0		1		5.367		
4:0 ... g									

NDB No. 21085
Fast foods, tostada, with beans and cheese

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g									
8:0 g									
10:0 g	0.169		3		1		0.243		
12:0 g	0.474		3		1		0.683		
13:0 g									
14:0 g	0.533		3		1		0.768		
15:0 g									
16:0 g	1.722		3		1		2.480		
17:0 g									
18:0 g	0.829		3		1		1.194		
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	2.121		0		1		3.054		
14:1 g									
15:1 g									
16:1 undifferentiated g									
17:1 g									
18:1 undifferentiated g	2.121		3		1		3.054		
20:1 g									
22:1 undifferentiated g									
24:1 c g									
Fatty acids, total polyunsaturated g	0.520		0		1		0.749		
18:2 undifferentiated g	0.479		3		1		0.690		
18:3 undifferentiated g	0.041		3		1		0.059		
18:4 g									
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g									
20:5 n-3 (EPA) g									
22:5 n-3 (DPA) g									
22:6 n-3 (DHA) g									
Fatty acids, total trans g									
Cholesterol mg	21	2.869	3		1		30		
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.070		0		1		0.101		
Threonine g	0.245		0		1		0.353		
Isoleucine g	0.301		0		1		0.433		
Leucine g	0.574		0		1		0.827		
Lysine g	0.403		0		1		0.580		
Methionine g	0.122		0		1		0.176		
Cystine g	0.067		0		1		0.096		
Phenylalanine g	0.323		0		1		0.465		
Tyrosine g	0.231		0		1		0.333		
Valine g	0.349		0		1		0.503		
Arginine g	0.323		0		1		0.465		
Histidine g	0.191		0		1		0.275		
Alanine g	0.280		0		1		0.403		
Aspartic acid g	0.606		0		1		0.873		
Glutamic acid g	1.336		0		1		1.924		
Glycine g	0.203		0		1		0.292		
Proline g	0.460		0		1		0.662		
Serine g	0.334		0		1		0.481		
Hydroxyproline g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 144g: 1 piece

NDB No. 21085
Fast foods, tostada, with beans and cheese

Calories Factors: Protein 3.58 **Fat** 8.51 **Carbohydrate** 3.96

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2010)

NDB No. 21086
Fast foods, tostada, with beans, beef, and cheese

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	70.44	0.633	4		1		158.49		
Energy....kcal	148		0		1		333		
Energy....kJ	619				1		1393		
Protein (N x 6.28)....g	7.15	0.179	3		1		16.09		
Total lipid (fat)....g	7.53	0.216	4		1		16.94		
Ash....g	1.70	0.037	4		1		3.83		
Carbohydrate, by difference....g	13.18		0	NC	4		29.66		
Fiber, total dietary....g									
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	84	3.388	4		1		189		
Iron, Fe....mg	1.09	0.028	4		1		2.45		
Magnesium, Mg....mg	30	1.058	4		1		68		
Phosphorus, P....mg	77	2.837	4		1		173		
Potassium, K....mg	218	50.260	4		1		491		
Sodium, Na....mg	387	47.749	4		1		871		
Zinc, Zn....mg	1.41	0.065	4		1		3.17		
Copper, Cu....mg	0.140	0.019	4		1		0.315		
Manganese, Mn....mg	0.160	0.003	4		1		0.360		
Selenium, Se....mcg	9.3		0	RK	4		20.9		
Vitamins:									
Vitamin C, total ascorbic acid....mg	1.8	0.550	4		1		4.1		
Thiamin....mg	0.040	0.002	4		1		0.090		
Riboflavin....mg	0.220	0.007	4		1		0.495		
Niacin....mg	1.270	0.036	4		1		2.858		
Pantothenic acid....mg	0.830	0.062	4		1		1.868		
Vitamin B-6....mg	0.110	0.007	4		1		0.248		
Folate, total....mcg	38		0	RK	4		86		
Folic acid....mcg	0		0	Z	7		0		
Folate, food....mcg	38		0	RK	4		86		
Folate, DFE....mcg_DFE	38		0	NC	4		86		
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.50	0.085	4		1		1.13		
Vitamin A, RAE....mcg_RAE	45		0	NC	4		100		
Retinol....mcg	19		0	NC	4		43		
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	567		2		1		1276		
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Dihydrophylloquinone....mcg									
Menaquinone-4....mcg									
Lipids:									
Fatty acids, total saturated....g	5.100		0		1		11.475		
4:0....g									

NDB No. 21086
Fast foods, tostada, with beans, beef, and cheese

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
6:0....g									
8:0....g									
10:0....g	0.556		1		1		1.251		
12:0....g	1.231		1		1		2.770		
13:0....g									
14:0....g	1.024		1		1		2.304		
15:0....g									
16:0....g	1.645		1		1		3.701		
17:0....g									
18:0....g	0.643		1		1		1.447		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	1.561		0		1		3.512		
14:1....g									
15:1....g									
16:1 undifferentiated....g									
17:1....g									
18:1 undifferentiated....g	1.561		1		1		3.512		
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.265		0		1		0.596		
18:2 undifferentiated....g	0.239		1		1		0.538		
18:3 undifferentiated....g	0.026		1		1		0.059		
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g									
Cholesterol....mg	33		1		1		74		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.077		0		1		0.173		
Threonine....g	0.266		0		1		0.599		
Isoleucine....g	0.320		0		1		0.720		
Leucine....g	0.609		0		1		1.370		
Lysine....g	0.466		0		1		1.049		
Methionine....g	0.143		0		1		0.322		
Cystine....g	0.071		0		1		0.160		
Phenylalanine....g	0.321		0		1		0.722		
Tyrosine....g	0.247		0		1		0.556		
Valine....g	0.367		0		1		0.826		
Arginine....g	0.369		0		1		0.830		
Histidine....g	0.211		0		1		0.475		
Alanine....g	0.343		0		1		0.772		
Aspartic acid....g	0.623		0		1		1.402		
Glutamic acid....g	1.408		0		1		3.168		
Glycine....g	0.290		0		1		0.653		
Proline....g	0.484		0		1		1.089		
Serine....g	0.333		0		1		0.749		
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 225g: 1 piece

NDB No. 21086
Fast foods, tostada, with beans, beef, and cheese

Calories Factors: Protein 4.05 **Fat** 8.73 **Carbohydrate** 4.08

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2010)

NDB No. 21087
Fast foods, tostada, with beef and cheese

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	62.05	2.050	9		1		101.14		
Energy....kcal	193		0		1		315		
Energy....kJ	808				1		1316		
Protein (N x 6.27)....g	11.65	0.905	9		1		18.99		
Total lipid (fat)....g	10.03	0.590	9		1		16.35		
Ash....g	2.30	0.116	9		1		3.75		
Carbohydrate, by difference....g	13.97		0	NC	4		22.77		
Fiber, total dietary....g									
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	133	7.938	9		1		217		
Iron, Fe....mg	1.76	0.160	9		1		2.87		
Magnesium, Mg....mg	39	4.747	9		1		64		
Phosphorus, P....mg	110	7.040	9		1		179		
Potassium, K....mg	351	22.575	9		1		572		
Sodium, Na....mg	550	38.000	9		1		897		
Zinc, Zn....mg	2.26	0.264	8		1		3.68		
Copper, Cu....mg	0.162	0.017	8		1		0.264		
Manganese, Mn....mg	0.309	0.011	9		1		0.504		
Selenium, Se....mcg	11.7		0	RK	4		19.1		
Vitamins:									
Vitamin C, total ascorbic acid....mg	1.6	0.551	9		1		2.6		
Thiamin....mg	0.060	0.013	9		1		0.098		
Riboflavin....mg	0.340	0.046	9		1		0.554		
Niacin....mg	1.930	0.130	9		1		3.146		
Pantothenic acid....mg	1.160	0.085	9		1		1.891		
Vitamin B-6....mg	0.140	0.012	9		1		0.228		
Folate, total....mcg	46		0	RK	4		75		
Folic acid....mcg	37		0	NC	4		60		
Folate, food....mcg	9		0		4		15		
Folate, DFE....mcg_DFE	72		0	NC	4		117		
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.72	0.065	9		1		1.17		
Vitamin A, RAE....mcg_RAE	31		0	NC	4		51		
Retinol....mcg	11		0	NC	4		18		
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	437	156.392	4		1		712		
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Dihydrophylloquinone....mcg									
Menaquinone-4....mcg									
Lipids:									
Fatty acids, total saturated....g	6.377		0		1		10.395		
4:0....g									

NDB No. 21087
Fast foods, tostada, with beef and cheese

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g									
8:0 g									
10:0 g	0.387		3		1		0.631		
12:0 g	0.583		3		1		0.950		
13:0 g									
14:0 g	0.890		3		1		1.451		
15:0 g									
16:0 g	2.743		3		1		4.471		
17:0 g									
18:0 g	1.774		3		1		2.892		
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	2.052		0		1		3.345		
14:1 g									
15:1 g									
16:1 undifferentiated g									
17:1 g									
18:1 undifferentiated g	2.052		3		1		3.345		
20:1 g									
22:1 undifferentiated g									
24:1 c g									
Fatty acids, total polyunsaturated g	0.598		0		1		0.975		
18:2 undifferentiated g	0.541		3		1		0.882		
18:3 undifferentiated g	0.057		3		1		0.093		
18:4 g									
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g									
20:5 n-3 (EPA) g									
22:5 n-3 (DPA) g									
22:6 n-3 (DHA) g									
Fatty acids, total trans g									
Cholesterol mg	25		1		1		41		
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.134		0		1		0.218		
Threonine g	0.453		0		1		0.738		
Isoleucine g	0.511		0		1		0.833		
Leucine g	0.970		0		1		1.581		
Lysine g	0.860		0		1		1.402		
Methionine g	0.260		0		1		0.424		
Cystine g	0.112		0		1		0.183		
Phenylalanine g	0.468		0		1		0.763		
Tyrosine g	0.392		0		1		0.639		
Valine g	0.580		0		1		0.945		
Arginine g	0.678		0		1		1.105		
Histidine g	0.361		0		1		0.588		
Alanine g	0.667		0		1		1.087		
Aspartic acid g	0.991		0		1		1.615		
Glutamic acid g	2.132		0		1		3.475		
Glycine g	0.669		0		1		1.090		
Proline g	0.727		0		1		1.185		
Serine g	0.485		0		1		0.791		
Hydroxyproline g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 163g: 1 piece

NDB No. 21087
Fast foods, tostada, with beef and cheese

Calories Factors: Protein 4.12 **Fat** 8.8 **Carbohydrate** 4.08

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2010)

NDB No. 21028
Fast foods, vanilla, light, soft-serve ice cream, with cone

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	63.64		0	RKA	1		57.27		
Energy	kcal	166		0	RKI	6		150		
Energy	kJ	695		0	RKI	6		626		
Protein (N x 6.29)	g	4.24		0	RKA	1		3.81		
Total lipid (fat)	g	4.86		0	RKA	1		4.38		
Ash	g	0.90		0	RKA	1		0.81		
Carbohydrate, by difference	g	26.36		0	RKI	6		23.73		
Fiber, total dietary	g	0.1		0	RKA	1		0.1		
Sugars, total	g	19.49		0	RKA	1		17.54		
Sucrose	g	12.76		0	RKA	1		11.48		
Glucose (dextrose)	g	0.69		0	RKA	1		0.62		
Fructose	g	0.16		0	RKA	1		0.14		
Lactose	g	5.59		0	RKA	1		5.03		
Maltose	g	0.29		0	RKA	1		0.26		
Galactose	g	0.00		0	RKA	1		0.00		
Starch	g									
Minerals:										
Calcium, Ca	mg	129		0	RKA	1		116		
Iron, Fe	mg	0.35		0	RKA	1		0.32		
Magnesium, Mg	mg	13		0	RKA	1		12		
Phosphorus, P	mg	111		0	RKA	1		100		
Potassium, K	mg	193		0	RKA	1		173		
Sodium, Na	mg	67		0	RKA	1		60		
Zinc, Zn	mg	0.50		0	RKA	1		0.45		
Copper, Cu	mg	0.023		0	RKA	1		0.021		
Manganese, Mn	mg	0.038		0	RKA	1		0.034		
Selenium, Se	mcg	3.7		0	RA	4		3.3		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.9		0	RA	4		0.8		
Thiamin	mg	0.043		0	RKA	1		0.039		
Riboflavin	mg	0.246		0	RKA	1		0.222		
Niacin	mg	0.498		0	RKA	1		0.448		
Pantothenic acid	mg	0.728		0	RKA	1		0.655		
Vitamin B-6	mg	0.054		0	RKA	1		0.048		
Folate, total	mcg	13		0	NR	4		12		
Folic acid	mcg	8		0	RA	4		7		
Folate, food	mcg	5		0	RA	4		4		
Folate, DFE	mcg_DFE	18		0	NC	4		16		
Choline, total	mg	19.6		0	RA	4		17.7		
Betaine	mg									
Vitamin B-12	mcg	0.58		0	RKA	1		0.52		
Vitamin B-12, added	mcg	0.00		0	RA	4		0.00		
Vitamin A, RAE	mcg_RAE	27		0	RA	4		24		
Retinol	mcg	27		0	RA	4		24		
Carotene, beta	mcg	5		0	RA	4		4		
Carotene, alpha	mcg	0		0	RA	4		0		
Cryptoxanthin, beta	mcg	0		0	RA	4		0		
Vitamin A, IU	IU	97		0	NC	4		88		
Lycopene	mcg	0		0	RA	4		0		
Lutein + zeaxanthin	mcg	1		0	RA	4		1		
Vitamin E (alpha-tocopherol)	mg	0.03		0	RKA	1		0.03		
Vitamin E, added	mg	0.00		0	RA	4		0.00		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg	0.0		0	RA	4		0.0		
Vitamin D2 (ergocalciferol)	mcg									

NDB No. 21028

Fast foods, vanilla, light, soft-serve ice cream, with cone

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU	0		0	RA	4		0		
Vitamin K (phylloquinone)....mcg	0.5		0	RA	4		0.4		
Dihydrophylloquinone....mcg									
Menaquinone-4....mcg									
Lipids:									
Fatty acids, total saturated....g	2.542		0	NC	4		2.288		
4:0....g	0.085		0	RA	4		0.077		
6:0....g	0.047		0	RA	4		0.043		
8:0....g	0.037		0	RKA	1		0.034		
10:0....g	0.087		0	RKA	1		0.078		
12:0....g	0.101		0	RKA	1		0.091		
13:0....g									
14:0....g	0.365		0	RKA	1		0.328		
15:0....g	0.038		0	RKA	1		0.034		
16:0....g	1.171		0	RKA	1		1.054		
17:0....g	0.023		0	RKA	1		0.021		
18:0....g	0.580		0	RKA	1		0.522		
20:0....g	0.007		0	RKA	1		0.006		
22:0....g	0.001		0	RKA	1		0.000		
24:0....g									
Fatty acids, total monounsaturated....g	1.206		0	NC	4		1.085		
14:1....g	0.025		0	RKA	1		0.023		
15:1....g	0.000		0	RKA	1		0.000		
16:1 undifferentiated....g	0.042		0	RKA	1		0.038		
17:1....g	0.008		0	RKA	1		0.007		
18:1 undifferentiated....g	1.130		0	RKA	1		1.017		
20:1....g	0.001		0	RKA	1		0.001		
22:1 undifferentiated....g	0.000		0	RA	4		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.297		0	NC	4		0.267		
18:2 undifferentiated....g	0.269		0	RKA	1		0.242		
18:3 undifferentiated....g	0.022		0	RKA	1		0.019		
18:4....g	0.000		0	RA	4		0.000		
20:2 n-6 c,c....g	0.000		0	RKA	1		0.000		
20:3 undifferentiated....g	0.000		0	RKA	1		0.000		
20:4 undifferentiated....g	0.005		0	RKA	1		0.005		
20:5 n-3 (EPA)....g	0.000		0	RA	4		0.000		
22:5 n-3 (DPA)....g	0.000		0	RA	4		0.000		
22:6 n-3 (DHA)....g	0.000		0	RA	4		0.000		
Fatty acids, total trans....g	0.280		0	RKI	6		0.252		
Cholesterol....mg	15		0	RKA	1		14		
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	RA	4		0.0		
Caffeine....mg	0		0	RA	4		0		
Theobromine....mg	0		0	RA	4		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 90g: 1 item

Calories Factors: Protein 4.2 **Fat** 8.78 **Carbohydrate** 3.88

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2010)

NDB No. 21419

KENTUCKY FRIED CHICKEN, Biscuit, analyzed prior to January 2007 (1)

Kentucky Fried Chicken

KFC

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	28.96	0.740	4	A	1		15.06		
Energy....kcal	356		0	NC	4		185		
Energy....kJ	1490		0	NC	4		775		
Protein....g	7.25	0.068	4	A	1		3.77		
Total lipid (fat)....g	17.45	0.413	4	A	1		9.08		
Ash....g	3.82	0.034	4	A	1		1.99		
Carbohydrate, by difference....g	42.51		0	NC	4		22.11		
Fiber, total dietary....g	1.5	0.048	4	A	1		0.8		
Sugars, total....g	3.22	0.085	4	A	1		1.67		
Sucrose....g	2.14	0.034	4	A	1		1.11		
Glucose (dextrose)....g	0.00	0.000	4	A	1		0.00		
Fructose....g	0.00	0.000	4	A	1		0.00		
Lactose....g	1.02	0.042	4	A	1		0.53		
Maltose....g	0.06	0.060	4	A	1		0.03		
Galactose....g	0.00	0.000	4	A	1		0.00		
Starch....g	35.00	0.402	4	A	1		18.20		
Minerals:									
Calcium, Ca....mg	60	1.716	4	A	1		31		
Iron, Fe....mg	2.82	0.071	4	A	1		1.47		
Magnesium, Mg....mg	15	0.284	4	A	1		8		
Phosphorus, P....mg	586	16.588	4	A	1		305		
Potassium, K....mg	115	3.189	4	A	1		60		
Sodium, Na....mg	1053	13.769	4	A	1		547		
Zinc, Zn....mg	0.50	0.030	4	A	1		0.26		
Copper, Cu....mg	0.085	0.001	4	A	1		0.044		
Manganese, Mn....mg	0.377	0.010	4	A	1		0.196		
Selenium, Se....mcg	9.9	0.168	4	A	1		5.1		
Vitamins:									
Vitamin C, total ascorbic acid....mg									
Thiamin....mg	0.452	0.003	4	A	1		0.235		
Riboflavin....mg	0.217	0.003	4	A	1		0.113		
Niacin....mg	3.187	0.120	4	A	1		1.657		
Pantothenic acid....mg	0.470	0.032	4	A	1		0.244		
Vitamin B-6....mg	0.035	0.003	4	A	1		0.018		
Folate, total....mcg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.15		1	A	1		0.08		
Vitamin A, RAE....mcg_RAE									
Vitamin A, IU....IU									
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg	1.36	0.112	4	A	1		0.71		
Tocopherol, beta....mg	0.09	0.006	4	A	1		0.05		
Tocopherol, gamma....mg	9.43	0.517	4	A	1		4.90		
Tocopherol, delta....mg	3.10	0.178	4	A	1		1.61		
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg	45.0		1	A	1		23.4		
Dihydrophylloquinone....mcg	78.7		1	A	1		40.9		
Menaquinone-4....mcg	0.0		1	A	1		0.0		
Lipids:									
Fatty acids, total saturated....g	4.197		0	NC	4		2.182		
4:0....g	0.000	0.000	4	A	1		0.000		

NDB No. 21419
KENTUCKY FRIED CHICKEN, Biscuit, analyzed prior to January 2007 (1)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g	0.000	0.000	4	A	1		0.000		
8:0....g	0.000	0.000	4	A	1		0.000		
10:0....g	0.000	0.000	4	A	1		0.000		
12:0....g	0.000	0.000	4	A	1		0.000		
13:0....g									
14:0....g	0.026	0.002	4	A	1		0.014		
15:0....g	0.006	0.000	4	A	1		0.003		
16:0....g	1.973	0.027	4	A	1		1.026		
17:0....g	0.018	0.000	4	A	1		0.009		
18:0....g	2.033	0.045	4	A	1		1.057		
20:0....g	0.064	0.002	4	A	1		0.033		
22:0....g	0.055	0.001	4	A	1		0.029		
24:0....g	0.021	0.000	4	A	1		0.011		
Fatty acids, total monounsaturated....g	11.686		0	NC	4		6.077		
14:1....g	0.000	0.000	4	A	1		0.000		
15:1....g	0.000	0.000	4	A	1		0.000		
16:1 undifferentiated....g	0.005	0.000	4	AS	1		0.003		
16:1 c....g	0.005	0.000	4	A	1		0.003		
16:1 t....g	0.000	0.000	4	A	1		0.000		
17:1....g	0.001	0.000	4	A	1		0.000		
18:1 undifferentiated....g	11.672	0.265	4	AS	1		6.070		
18:1 c....g	5.878	0.203	4	A	1		3.056		
18:1-11c (18:1c n-7)....g									
18:1 t....g	5.794	0.078	4	A	1		3.013		
18:1-11t (18:1t n-7)....g									
20:1....g	0.008	0.003	4	A	1		0.004		
22:1 undifferentiated....g	0.000	0.000	4	AS	1		0.000		
22:1 c....g	0.000	0.000	4	A	1		0.000		
22:1 t....g	0.000	0.000	4	A	1		0.000		
24:1 c....g	0.000	0.000	4	A	1		0.000		
Fatty acids, total polyunsaturated....g	1.159		0	NC	4		0.603		
18:2 undifferentiated....g	1.105	0.046	4	AS	1		0.575		
18:2 n-6 c,c....g	0.742	0.045	4	A	1		0.386		
18:2 CLAs....g	0.010	0.002	4	A	1		0.005		
18:2 c,t....g									
18:2 t,c....g									
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.353	0.041	4	A	1		0.184		
18:3 undifferentiated....g	0.051	0.004	4	AS	1		0.026		
18:3 n-3 c,c,c (ALA)....g	0.051	0.004	4	A	1		0.026		
18:3 n-6 c,c,c....g	0.000	0.000	4	A	1		0.000		
18:3i....g									
18:4....g	0.000	0.000	4	A	1		0.000		
20:2 n-6 c,c....g	0.000	0.000	4	A	1		0.000		
20:3 undifferentiated....g	0.000	0.000	4	AS	1		0.000		
20:3 n-3....g	0.000	0.000	4	A	1		0.000		
20:3 n-6....g	0.000	0.000	4	A	1		0.000		
20:4 undifferentiated....g	0.000	0.000	4	A	1		0.000		
20:4 n-3....g									
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000	0.000	4	A	1		0.000		
21:5....g									
22:4....g	0.000	0.000	4	A	1		0.000		
22:5 n-3 (DPA)....g	0.003	0.000	4	A	1		0.002		
22:6 n-3 (DHA)....g	0.000	0.000	4	A	1		0.000		
Fatty acids, total trans....g	6.147		0	NC	4		3.197		
Fatty acids, total trans-monoenoic....g	5.794		0	NC	4		3.013		
Fatty acids, total trans-polyenoic....g	0.353		0	NC	4		0.184		
Cholesterol....mg	1		2	A	1		1		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.099		1	A	1		0.052		

NDB No. 21419
KENTUCKY FRIED CHICKEN, Biscuit, analyzed prior to January 2007 (1)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Threonine.....g	0.248		1	A	1		0.129		
Isoleucine.....g	0.297		1	A	1		0.155		
Leucine.....g	0.575		1	A	1		0.299		
Lysine.....g	0.248		1	A	1		0.129		
Methionine.....g	0.109		1	A	1		0.057		
Cystine.....g	0.139		1	A	1		0.072		
Phenylalanine.....g	0.387		1	A	1		0.201		
Tyrosine.....g	0.208		1	A	1		0.108		
Valine.....g	0.347		1	A	1		0.180		
Arginine.....g	0.278		1	A	1		0.144		
Histidine.....g	0.169		1	A	1		0.088		
Alanine.....g	0.248		1	A	1		0.129		
Aspartic acid.....g	0.387		1	A	1		0.201		
Glutamic acid.....g	2.449		1	A	1		1.273		
Glycine.....g	0.248		1	A	1		0.129		
Proline.....g	0.863		1	A	1		0.449		
Serine.....g	0.367		1	A	1		0.191		
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 52g: 1 biscuit

Footnotes:

1 KFC switched to a zero grams trans fat soybean cooking oil in April 2007

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2010)

NDB No. 21420

KENTUCKY FRIED CHICKEN, Coleslaw

Kentucky Fried Chicken

KFC

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	73.99	0.387	4	A	1		141.33	82.87	
Energy....kcal	144		0	NC	4		275	161	
Energy....kJ	602		0	NC	4		1150	675	
Protein....g	0.91	0.065	4	A	1		1.73	1.01	
Total lipid (fat)....g	8.64	0.252	4	A	1		16.50	9.67	
Ash....g	0.81	0.023	4	A	1		1.55	0.91	
Carbohydrate, by difference....g	15.65		0	NC	4		29.89	17.53	
Fiber, total dietary....g	2.0	0.108	4	A	1		3.8	2.2	
Sugars, total....g	13.54	0.310	4	A	1		25.86	15.16	
Sucrose....g	10.18	0.415	4	A	1		19.45	11.41	
Glucose (dextrose)....g	1.72	0.111	4	A	1		3.28	1.92	
Fructose....g	1.45	0.093	4	A	1		2.76	1.62	
Lactose....g	0.00	0.000	4	A	1		0.00	0.00	
Maltose....g	0.00	0.000	4	A	1		0.00	0.00	
Galactose....g	0.19	0.006	4	A	1		0.36	0.21	
Starch....g									
Minerals:									
Calcium, Ca....mg	28	0.527	4	A	1		54	32	
Iron, Fe....mg	0.21	0.013	4	A	1		0.39	0.23	
Magnesium, Mg....mg	9	0.470	4	A	1		17	10	
Phosphorus, P....mg	20	0.442	4	A	1		39	23	
Potassium, K....mg	140	6.343	4	A	1		268	157	
Sodium, Na....mg	189	3.969	4	A	1		360	211	
Zinc, Zn....mg	0.15	0.012	4	A	1		0.29	0.17	
Copper, Cu....mg	0.016	0.001	4	A	1		0.031	0.018	
Manganese, Mn....mg	0.121	0.006	4	A	1		0.231	0.136	
Selenium, Se....mcg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	14.6	0.981	4	A	1		27.9	16.4	
Thiamin....mg	0.037	0.011	4	A	1		0.071	0.042	
Riboflavin....mg	0.015	0.000	4	A	1		0.028	0.016	
Niacin....mg	0.206	0.004	4	A	1		0.394	0.231	
Pantothenic acid....mg	0.242	0.024	4	A	1		0.463	0.272	
Vitamin B-6....mg	0.121	0.002	4	A	1		0.232	0.136	
Folate, total....mcg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.03		1	A	1		0.06	0.03	
Vitamin A, RAE....mcg_RAE	1		0	AS	1		2	1	
Vitamin A, IU....IU	4		0	AS	1		7	4	
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg	0.54	0.035	4	A	1		1.04	0.61	
Tocopherol, beta....mg	0.04	0.003	4	A	1		0.07	0.04	
Tocopherol, gamma....mg	4.79	0.148	4	A	1		9.15	5.36	
Tocopherol, delta....mg	1.64	0.082	4	A	1		3.14	1.84	
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg	70.9		1	A	1		135.4	79.4	
Dihydrophylloquinone....mcg	0.0		1	A	1		0.0	0.0	
Menaquinone-4....mcg	0.0		1	A	1		0.0	0.0	
Lipids:									
Fatty acids, total saturated....g	1.303		0	NC	4		2.489	1.460	
4:0....g	0.000	0.000	4	A	1		0.000	0.000	

NDB No. 21420
KENTUCKY FRIED CHICKEN, Coleslaw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g	0.000	0.000	4	A	1		0.000	0.000	
8:0....g	0.000	0.000	4	A	1		0.000	0.000	
10:0....g	0.000	0.000	4	A	1		0.000	0.000	
12:0....g	0.000	0.000	4	A	1		0.000	0.000	
13:0....g									
14:0....g	0.005	0.002	4	A	1		0.010	0.006	
15:0....g	0.000	0.000	4	A	1		0.000	0.000	
16:0....g	0.877	0.035	4	A	1		1.675	0.982	
17:0....g	0.007	0.000	4	A	1		0.014	0.008	
18:0....g	0.357	0.015	4	A	1		0.682	0.400	
20:0....g	0.023	0.001	4	A	1		0.044	0.026	
22:0....g	0.025	0.001	4	A	1		0.048	0.028	
24:0....g	0.008	0.000	4	A	1		0.016	0.009	
Fatty acids, total monounsaturated....g	1.963		0	NC	4		3.750	2.199	
14:1....g	0.000	0.000	4	A	1		0.000	0.000	
15:1....g	0.000	0.000	4	A	1		0.000	0.000	
16:1 undifferentiated....g	0.008	0.000	4	AS	1		0.016	0.009	
16:1 c....g	0.008	0.000	4	A	1		0.016	0.009	
16:1 t....g	0.000	0.000	4	A	1		0.000	0.000	
17:1....g	0.004	0.000	4	A	1		0.007	0.004	
18:1 undifferentiated....g	1.914	0.081	4	AS	1		3.656	2.144	
18:1 c....g	1.907	0.076	4	A	1		3.642	2.136	
18:1-11c (18:1c n-7)....g									
18:1 t....g	0.007	0.005	4	A	1		0.013	0.008	
18:1-11t (18:1t n-7)....g									
20:1....g	0.028	0.002	4	A	1		0.054	0.032	
22:1 undifferentiated....g	0.007	0.000	4	AS	1		0.013	0.008	
22:1 c....g	0.007	0.000	4	A	1		0.013	0.008	
22:1 t....g	0.000	0.000	4	A	1		0.000	0.000	
24:1 c....g	0.002	0.001	4	A	1		0.004	0.003	
Fatty acids, total polyunsaturated....g	4.888		0	NC	4		9.337	5.475	
18:2 undifferentiated....g	4.301	0.175	4	AS	1		8.216	4.818	
18:2 n-6 c,c....g	4.277	0.175	4	A	1		8.169	4.790	
18:2 CLAs....g	0.001	0.001	4	A	1		0.001	0.001	
18:2 c,t....g									
18:2 t,c....g									
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.024	0.002	4	A	1		0.046	0.027	
18:3 undifferentiated....g	0.586	0.025	4	AS	1		1.119	0.656	
18:3 n-3 c,c,c (ALA)....g	0.566	0.025	4	A	1		1.081	0.634	
18:3 n-6 c,c,c....g	0.020	0.002	4	A	1		0.039	0.023	
18:3i....g									
18:4....g	0.000	0.000	4	A	1		0.000	0.000	
20:2 n-6 c,c....g	0.001	0.001	4	A	1		0.002	0.001	
20:3 undifferentiated....g	0.000	0.000	4	AS	1		0.000	0.000	
20:3 n-3....g	0.000	0.000	4	A	1		0.000	0.000	
20:3 n-6....g	0.000	0.000	4	A	1		0.000	0.000	
20:4 undifferentiated....g	0.000	0.000	4	A	1		0.000	0.000	
20:4 n-3....g									
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000	0.000	4	A	1		0.000	0.000	
21:5....g									
22:4....g	0.000	0.000	4	A	1		0.000	0.000	
22:5 n-3 (DPA)....g	0.000	0.000	4	A	1		0.000	0.000	
22:6 n-3 (DHA)....g	0.000	0.000	4	A	1		0.000	0.000	
Fatty acids, total trans....g	0.031		0	NC	4		0.059	0.035	
Fatty acids, total trans-monoenoic....g	0.007		0	NC	4		0.013	0.008	
Fatty acids, total trans-polyenoic....g	0.024		0	NC	4		0.046	0.027	
Cholesterol....mg	2	0.058	4	A	1		4	2	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.008		1	A	1		0.016	0.009	

NDB No. 21420
KENTUCKY FRIED CHICKEN, Coleslaw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Threonine.....g	0.025		1	A	1		0.049	0.029	
Isoleucine.....g	0.025		1	A	1		0.049	0.029	
Leucine.....g	0.034		1	A	1		0.065	0.038	
Lysine.....g	0.034		1	A	1		0.065	0.038	
Methionine.....g	0.017		1	A	1		0.032	0.019	
Cystine.....g	0.008		1	A	1		0.016	0.009	
Phenylalanine.....g	0.025		1	A	1		0.049	0.029	
Tyrosine.....g	0.017		1	A	1		0.032	0.019	
Valine.....g	0.034		1	A	1		0.065	0.038	
Arginine.....g	0.043		1	A	1		0.081	0.048	
Histidine.....g	0.017		1	A	1		0.032	0.019	
Alanine.....g	0.051		1	A	1		0.098	0.057	
Aspartic acid.....g	0.068		1	A	1		0.130	0.076	
Glutamic acid.....g	0.162		1	A	1		0.309	0.181	
Glycine.....g	0.025		1	A	1		0.049	0.029	
Proline.....g	0.051		1	A	1		0.098	0.057	
Serine.....g	0.034		1	A	1		0.065	0.038	
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 191g: 1 cup

Measure 2 = 112g: 1 package

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2010)

NDB No. 21421

KENTUCKY FRIED CHICKEN, Crispy Chicken Strips (1)

Kentucky Fried Chicken

KFC

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	47.93	0.990	6	A	1		22.53		
Energy....kcal	274		0	NC	4		129		
Energy....kJ	1148		0	NC	4		540		
Protein....g	20.25	0.920	6	A	1		9.52		
Total lipid (fat)....g	15.42	0.471	6	A	1		7.25		
Ash....g	2.74	0.211	6	A	1		1.29		
Carbohydrate, by difference....g	13.66		0	NC	4		6.42		
Fiber, total dietary....g	1.4		2	A	1		0.7		
Sugars, total....g	0.00		2	A	1		0.00		
Sucrose....g	0.00		2	A	1		0.00		
Glucose (dextrose)....g	0.00		2	A	1		0.00		
Fructose....g	0.00		2	A	1		0.00		
Lactose....g	0.00		2	A	1		0.00		
Maltose....g	0.00		2	A	1		0.00		
Galactose....g	0.00		2	A	1		0.00		
Starch....g	13.40	1.010	4	A	1		6.30		
Minerals:									
Calcium, Ca....mg	25	0.931	4	A	1		12		
Iron, Fe....mg	0.69	0.038	4	A	1		0.33		
Magnesium, Mg....mg	33	0.897	4	A	1		15		
Phosphorus, P....mg	298	7.494	4	A	1		140		
Potassium, K....mg	333	8.134	4	A	1		157		
Sodium, Na....mg	948	102.248	4	A	1		446		
Zinc, Zn....mg	0.68	0.026	4	A	1		0.32		
Copper, Cu....mg	0.074	0.004	4	A	1		0.035		
Manganese, Mn....mg	0.258	0.025	4	A	1		0.121		
Selenium, Se....mcg	18.1	1.617	4	A	1		8.5		
Vitamins:									
Vitamin C, total ascorbic acid....mg									
Thiamin....mg	0.083	0.008	4	A	1		0.039		
Riboflavin....mg	0.051	0.013	4	A	1		0.024		
Niacin....mg	8.562	0.296	4	A	1		4.024		
Pantothenic acid....mg	1.300	0.041	4	A	1		0.611		
Vitamin B-6....mg	0.474	0.007	4	A	1		0.223		
Folate, total....mcg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.17	0.017	4	A	1		0.08		
Vitamin A, RAE....mcg_RAE									
Vitamin A, IU....IU									
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg	0.90	0.021	4	A	1		0.42		
Tocopherol, beta....mg	0.05	0.004	4	A	1		0.02		
Tocopherol, gamma....mg	3.51	0.247	4	A	1		1.65		
Tocopherol, delta....mg	1.92	0.157	4	A	1		0.90		
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg	9.4		1	A	1		4.4		
Dihydrophylloquinone....mcg	28.5		1	A	1		13.4		
Menaquinone-4....mcg	10.3		1	A	1		4.8		
Lipids:									
Fatty acids, total saturated....g	2.887		0	NC	4		1.357		
4:0....g	0.003	0.000	6	A	1		0.002		

NDB No. 21421
KENTUCKY FRIED CHICKEN, Crispy Chicken Strips (1)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.001	0.000	6	A	1		0.000		
8:0 g	0.005	0.001	6	A	1		0.003		
10:0 g	0.003	0.000	6	A	1		0.002		
12:0 g	0.007	0.002	6	A	1		0.003		
13:0 g									
14:0 g	0.032	0.002	6	A	1		0.015		
15:0 g	0.005	0.000	6	A	1		0.002		
16:0 g	2.030	0.056	6	A	1		0.954		
17:0 g	0.015	0.001	6	A	1		0.007		
18:0 g	0.694	0.035	6	A	1		0.326		
20:0 g	0.038	0.002	6	A	1		0.018		
22:0 g	0.038	0.002	6	A	1		0.018		
24:0 g	0.016	0.001	6	A	1		0.007		
Fatty acids, total monounsaturated g	4.308		0	NC	4		2.025		
14:1 g	0.006	0.001	6	A	1		0.003		
15:1 g	0.004	0.001	6	A	1		0.002		
16:1 undifferentiated g	0.221	0.030	6	AS	1		0.104		
16:1 c g	0.219	0.030	6	A	1		0.103		
16:1 t g	0.002	0.000	6	A	1		0.001		
17:1 g	0.010	0.001	6	A	1		0.005		
18:1 undifferentiated g	4.001	0.097	6	AS	1		1.880		
18:1 c g	3.957	0.100	6	A	1		1.860		
18:1-11c (18:1c n-7) g									
18:1 t g	0.044	0.011	6	A	1		0.021		
18:1-11t (18:1t n-7) g									
20:1 g	0.056	0.002	6	A	1		0.026		
22:1 undifferentiated g	0.003	0.000	6	AS	1		0.001		
22:1 c g	0.003	0.000	6	A	1		0.001		
22:1 t g	0.000	0.000	6	A	1		0.000		
24:1 c g	0.008	0.001	6	A	1		0.004		
Fatty acids, total polyunsaturated g	6.881		0	NC	4		3.234		
18:2 undifferentiated g	6.450	0.353	6	AS	1		3.031		
18:2 n-6 c,c g	6.356	0.351	6	A	1		2.987		
18:2 CLAs g	0.020	0.001	6	A	1		0.009		
18:2 c,t g									
18:2 t,c g									
18:2 t,t g									
18:2 i g									
18:2 t not further defined g	0.074	0.004	6	A	1		0.035		
18:3 undifferentiated g	0.326	0.023	6	AS	1		0.153		
18:3 n-3 c,c,c (ALA) g	0.321	0.023	6	A	1		0.151		
18:3 n-6 c,c,c g	0.006	0.001	6	A	1		0.003		
18:3i g									
18:4 g	0.002	0.000	6	A	1		0.001		
20:2 n-6 c,c g	0.012	0.000	6	A	1		0.006		
20:3 undifferentiated g	0.015	0.001	6	AS	1		0.007		
20:3 n-3 g	0.001	0.000	6	A	1		0.000		
20:3 n-6 g	0.014	0.001	6	A	1		0.006		
20:4 undifferentiated g	0.046	0.003	6	A	1		0.022		
20:4 n-3 g									
20:4 n-6 g									
20:5 n-3 (EPA) g	0.001	0.000	6	A	1		0.001		
21:5 g									
22:4 g	0.021	0.001	6	A	1		0.010		
22:5 n-3 (DPA) g	0.005	0.000	6	A	1		0.002		
22:6 n-3 (DHA) g	0.003	0.000	6	A	1		0.002		
Fatty acids, total trans g	0.119		0	NC	4		0.056		
Fatty acids, total trans-monoenoic g	0.046		0	NC	4		0.022		
Fatty acids, total trans-polyenoic g	0.074		0	NC	4		0.035		
Cholesterol mg	51	1.652	4	A	1		24		
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.267		0	A	1		0.126		

NDB No. 21421
KENTUCKY FRIED CHICKEN, Crispy Chicken Strips (1)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Threonine.....g	0.918		0	A	1		0.432		
Isoleucine.....g	0.921		0	A	1		0.433		
Leucine.....g	1.624		0	A	1		0.763		
Lysine.....g	1.631		0	A	1		0.767		
Methionine.....g	0.435		0	A	1		0.205		
Cystine.....g	0.220		0	A	1		0.103		
Phenylalanine.....g	0.843		0	A	1		0.396		
Tyrosine.....g	0.827		0	A	1		0.389		
Valine.....g	1.031		0	A	1		0.485		
Arginine.....g	1.257		0	A	1		0.591		
Histidine.....g	0.687		0	A	1		0.323		
Alanine.....g	1.189		0	A	1		0.559		
Aspartic acid.....g	1.914		0	A	1		0.899		
Glutamic acid.....g	3.792		0	A	1		1.782		
Glycine.....g	0.874		0	A	1		0.411		
Proline.....g	0.889		0	A	1		0.418		
Serine.....g	0.817		0	A	1		0.384		
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 47g: 1 strip

Footnotes:

1 KFC switched to a zero grams trans fat soybean cooking oil in April 2007

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2010)

NDB No. 21438

KENTUCKY FRIED CHICKEN, Fried Chicken, EXTRA CRISPY, Breast, meat and skin with breading (1)

Kentucky Fried Chicken

KFC

Refuse: 9% Cartilage and bone

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	51.42		0	RKA	1		109.00	71.98	62.21
Energy ... kcal	268		0	RKI	6		568	375	324
Energy ... kJ	1121		0	RKI	6		2375	1569	1356
Protein ... g	21.24		0	RKA	1		45.03	29.73	25.70
Total lipid (fat) ... g	16.55		0	RKA	1		35.09	23.17	20.03
Ash ... g	2.32		0	RKA	1		4.92	3.25	2.81
Carbohydrate, by difference ... g	8.47		0	RKI	6		17.97	11.86	10.25
Fiber, total dietary ... g									
Sugars, total ... g									
Starch ... g									
Minerals:									
Calcium, Ca ... mg	27		0	RKI	6		58	38	33
Iron, Fe ... mg	0.57		0	RKI	6		1.21	0.80	0.69
Magnesium, Mg ... mg	24		0	RKI	6		52	34	29
Phosphorus, P ... mg	215		0	RKI	6		455	300	260
Potassium, K ... mg	258		0	RKI	6		546	361	312
Sodium, Na ... mg	607		0	RKI	6		1286	849	734
Zinc, Zn ... mg	0.78		0	RKI	6		1.66	1.10	0.95
Copper, Cu ... mg	0.400		0	RKI	6		0.849	0.561	0.485
Manganese, Mn ... mg	0.144		0	RKI	6		0.305	0.201	0.174
Selenium, Se ... mcg	21.9		0	RKI	6		46.4	30.7	26.5
Vitamins:									
Vitamin C, total ascorbic acid ... mg									
Thiamin ... mg	0.043		0	RKI	6		0.092	0.061	0.052
Riboflavin ... mg	0.107		0	RKI	6		0.227	0.150	0.130
Niacin ... mg	8.139		0	RKI	6		17.255	11.395	9.848
Pantothenic acid ... mg	1.326		0	RKI	6		2.810	1.856	1.604
Vitamin B-6 ... mg	0.309		0	RKI	6		0.656	0.433	0.374
Folate, total ... mcg									
Folate, DFE ... mcg_DFE									
Choline, total ... mg									
Betaine ... mg									
Vitamin B-12 ... mcg	0.32		0	RKI	6		0.69	0.45	0.39
Vitamin A, RAE ... mcg_RAE									
Vitamin A, IU ... IU									
Lycopene ... mcg									
Lutein + zeaxanthin ... mcg									
Vitamin E (alpha-tocopherol) ... mg									
Tocopherol, beta ... mg									
Tocopherol, gamma ... mg									
Tocopherol, delta ... mg									
Vitamin D (D2 + D3) ... mcg									
Vitamin D ... IU									
Vitamin K (phylloquinone) ... mcg									
Dihydrophylloquinone ... mcg									
Menaquinone-4 ... mcg									
Lipids:									
Fatty acids, total saturated ... g	3.538		0	RKI	6		7.500	4.953	4.280
4:0 ... g	0.003		0	RKA	1		0.006	0.004	0.003
6:0 ... g	0.001		0	RKA	1		0.001	0.001	0.001
8:0 ... g	0.005		0	RKA	1		0.011	0.007	0.006
10:0 ... g	0.003		0	RKA	1		0.007	0.005	0.004
12:0 ... g	0.005		0	RKA	1		0.011	0.007	0.006
13:0 ... g									
14:0 ... g	0.047		0	RKA	1		0.100	0.066	0.057
15:0 ... g	0.007		0	RKA	1		0.014	0.009	0.008
16:0 ... g	2.590		0	RKA	1		5.491	3.626	3.134

NDB No. 21438

KENTUCKY FRIED CHICKEN, Fried Chicken, EXTRA CRISPY, Breast, meat and skin with breading (1)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:0 g	0.016		0	RKA	1		0.034	0.022	0.019
18:0 g	0.782		0	RKA	1		1.659	1.095	0.947
20:0 g	0.033		0	RKA	1		0.071	0.047	0.040
22:0 g	0.032		0	RKA	1		0.067	0.045	0.039
24:0 g	0.013		0	RKA	1		0.028	0.019	0.016
Fatty acids, total monounsaturated g	5.422		0	RKI	6		11.495	7.591	6.561
14:1 g	0.015		0	RKA	1		0.032	0.021	0.018
15:1 g	0.003		0	RKA	1		0.007	0.004	0.004
16:1 undifferentiated g	0.515		0	RKA	1		1.091	0.721	0.623
16:1 c g	0.512		0	RKA	1		1.084	0.716	0.619
16:1 t g	0.003		0	RKA	1		0.007	0.005	0.004
17:1 g	0.012		0	RKA	1		0.025	0.017	0.014
18:1 undifferentiated g	4.803		0	RKA	1		10.183	6.724	5.812
18:1 c g	4.757		0	RKA	1		10.085	6.660	5.756
18:1-11c (18:1c n-7) g									
18:1 t g	0.046		0	RKA	1		0.097	0.064	0.056
18:1-11t (18:1t n-7) g									
20:1 g	0.062		0	RKA	1		0.132	0.087	0.075
22:1 undifferentiated g	0.003		0	RKA	1		0.007	0.005	0.004
22:1 c g	0.003		0	RKA	1		0.007	0.005	0.004
22:1 t g	0.000		0	RKA	1		0.000	0.000	0.000
24:1 c g	0.009		0	RKA	1		0.018	0.012	0.010
Fatty acids, total polyunsaturated g	6.276		0	RKI	6		13.305	8.786	7.594
18:2 undifferentiated g	5.870		0	RKA	1		12.445	8.218	7.103
18:2 n-6 c,c g	5.788		0	RKA	1		12.270	8.103	7.003
18:2 CLAs g	0.020		0	RKA	1		0.043	0.029	0.025
18:2 c,t g									
18:2 t,c g									
18:2 t,t g									
18:2 i g									
18:2 t not further defined g	0.062		0	RKA	1		0.131	0.087	0.075
18:3 undifferentiated g	0.293		0	RKA	1		0.621	0.410	0.354
18:3 n-3 c,c,c (ALA) g	0.279		0	RKA	1		0.592	0.391	0.338
18:3 n-6 c,c,c g	0.014		0	RKA	1		0.029	0.019	0.017
18:3i g									
18:4 g	0.003		0	RKA	1		0.006	0.004	0.003
20:2 n-6 c,c g	0.015		0	RKA	1		0.031	0.020	0.018
20:3 undifferentiated g	0.022		0	RKA	1		0.047	0.031	0.027
20:3 n-3 g	0.001		0	RKA	1		0.002	0.001	0.001
20:3 n-6 g	0.021		0	RKA	1		0.045	0.030	0.026
20:4 undifferentiated g	0.045		0	RKA	1		0.095	0.063	0.054
20:4 n-3 g									
20:4 n-6 g									
20:5 n-3 (EPA) g	0.002		0	RKA	1		0.004	0.003	0.002
21:5 g									
22:4 g	0.019		0	RKA	1		0.040	0.026	0.023
22:5 n-3 (DPA) g	0.004		0	RKA	1		0.009	0.006	0.005
22:6 n-3 (DHA) g	0.003		0	RKA	1		0.006	0.004	0.004
Fatty acids, total trans g	0.111		0	RKI	6		0.236	0.156	0.135
Fatty acids, total trans-monoenoic g	0.049		0	RKI	6		0.105	0.069	0.060
Fatty acids, total trans-polyenoic g	0.062		0	RKI	6		0.131	0.087	0.075
Cholesterol mg	76		0	RKI	6		162	107	93
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.162		0	RKA	1		0.344	0.227	0.197
Threonine g	0.701		0	RKA	1		1.486	0.981	0.848
Isoleucine g	0.623		0	RKA	1		1.322	0.873	0.754
Leucine g	1.295		0	RKA	1		2.745	1.813	1.567
Lysine g	0.921		0	RKA	1		1.953	1.290	1.115
Methionine g	0.308		0	RKA	1		0.652	0.431	0.372
Cystine g	0.246		0	RKA	1		0.522	0.345	0.298
Phenylalanine g	0.812		0	RKA	1		1.722	1.137	0.983
Tyrosine g	0.650		0	RKA	1		1.378	0.910	0.786

NDB No. 21438

KENTUCKY FRIED CHICKEN, Fried Chicken, EXTRA CRISPY, Breast, meat and skin with breading (1)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Valine....g	0.774		0	RKA	1		1.641	1.083	0.936
Arginine....g	1.201		0	RKA	1		2.546	1.682	1.453
Histidine....g	0.506		0	RKA	1		1.073	0.708	0.612
Alanine....g	1.210		0	RKA	1		2.565	1.694	1.464
Aspartic acid....g	1.443		0	RKA	1		3.059	2.020	1.746
Glutamic acid....g	4.966		0	RKA	1		10.529	6.953	6.009
Glycine....g	1.785		0	RKA	1		3.785	2.499	2.160
Proline....g	1.704		0	RKA	1		3.613	2.386	2.062
Serine....g	0.827		0	RKA	1		1.754	1.158	1.001
Hydroxyproline....g	0.582		0	RKI	6		1.234	0.815	0.704

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 212g: 1 breast, with skin

Measure 2 = 140g: 1 breast, without skin

Measure 3 = 121g: 1 breast, bone and skin removed

Footnotes:

1 KFC switched to a zero grams trans fat soybean cooking oil in April 2007

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2010)

NDB No. 21430

KENTUCKY FRIED CHICKEN, Fried Chicken, EXTRA CRISPY, Breast, meat only, skin and breading removed (1)

Kentucky Fried Chicken

KFC

Refuse: 43% Skin, subcutaneous fat and breading, 33%; Cartilage and bone, 9%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	65.71	0.732	6	A	1		91.99	79.51	
Energy....kcal	153		0	NC	4		215	186	
Energy....kJ	642		0	NC	4		898	776	
Protein....g	27.25	0.447	6	A	1		38.15	32.97	
Total lipid (fat)....g	4.82	0.364	6	A	1		6.75	5.83	
Ash....g	1.97	0.063	6	A	1		2.76	2.39	
Carbohydrate, by difference....g	0.25		0	NC	4		0.35	0.30	
Fiber, total dietary....g									
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	20		0	BFNN	4		27	24	
Iron, Fe....mg	0.51		0	BFNN	4		0.72	0.62	
Magnesium, Mg....mg	28		0	BFNN	4		39	34	
Phosphorus, P....mg	253		0	BFNN	4		354	306	
Potassium, K....mg	309		0	BFNN	4		432	374	
Sodium, Na....mg	477		0	BFNN	4		668	577	
Zinc, Zn....mg	0.89		0	BFNN	4		1.24	1.07	
Copper, Cu....mg	0.044		0	BFNN	4		0.061	0.053	
Manganese, Mn....mg	0.048		0	BFNN	4		0.067	0.058	
Selenium, Se....mcg	27.8		0	BFNN	4		38.9	33.6	
Vitamins:									
Vitamin C, total ascorbic acid....mg									
Thiamin....mg	0.060		0	BFPN	4		0.084	0.073	
Riboflavin....mg	0.127		0	BFPN	4		0.178	0.154	
Niacin....mg	10.897		0	BFPN	4		15.255	13.185	
Pantothenic acid....mg	1.626		0	BFPN	4		2.276	1.967	
Vitamin B-6....mg	0.416		0	BFPN	4		0.582	0.503	
Folate, total....mcg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.30		0	BFPN	4		0.42	0.37	
Vitamin A, RAE....mcg_RAE									
Vitamin A, IU....IU									
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Dihydrophylloquinone....mcg									
Menaquinone-4....mcg									
Lipids:									
Fatty acids, total saturated....g	1.196		0	NC	4		1.675	1.447	
4:0....g	0.003	0.000	6	A	1		0.004	0.003	
6:0....g	0.000	0.000	6	A	1		0.000	0.000	
8:0....g	0.001	0.000	6	A	1		0.002	0.001	
10:0....g	0.003	0.000	6	A	1		0.004	0.003	
12:0....g	0.002	0.000	6	A	1		0.003	0.003	
13:0....g									
14:0....g	0.017	0.001	6	A	1		0.023	0.020	
15:0....g	0.003	0.000	6	A	1		0.004	0.003	
16:0....g	0.851	0.054	6	A	1		1.192	1.030	

NDB No. 21430

KENTUCKY FRIED CHICKEN, Fried Chicken, EXTRA CRISPY, Breast, meat only, skin and breading removed (1)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:0 g	0.005	0.000	6	A	1		0.007	0.006	
18:0 g	0.290	0.017	6	A	1		0.406	0.351	
20:0 g	0.009	0.001	6	A	1		0.013	0.011	
22:0 g	0.008	0.001	6	A	1		0.012	0.010	
24:0 g	0.004	0.000	6	A	1		0.006	0.005	
Fatty acids, total monounsaturated g	1.683		0	NC	4		2.357	2.037	
14:1 g	0.005	0.000	6	A	1		0.007	0.006	
15:1 g	0.003	0.001	6	A	1		0.005	0.004	
16:1 undifferentiated g	0.175	0.016	6	AS	1		0.245	0.212	
16:1 c g	0.174	0.017	6	A	1		0.243	0.210	
16:1 t g	0.001	0.000	6	A	1		0.002	0.002	
17:1 g	0.008	0.004	6	A	1		0.012	0.010	
18:1 undifferentiated g	1.466	0.091	6	AS	1		2.052	1.774	
18:1 c g	1.446	0.090	6	A	1		2.025	1.750	
18:1-11c (18:1c n-7) g									
18:1 t g	0.020	0.001	6	A	1		0.027	0.024	
18:1-11t (18:1t n-7) g									
20:1 g	0.020	0.001	6	A	1		0.028	0.024	
22:1 undifferentiated g	0.002	0.000	6	AS	1		0.003	0.002	
22:1 c g	0.002	0.000	6	A	1		0.003	0.002	
22:1 t g	0.000	0.000	6	A	1		0.000	0.000	
24:1 c g	0.004	0.000	6	A	1		0.006	0.005	
Fatty acids, total polyunsaturated g	1.620		0	NC	4		2.268	1.960	
18:2 undifferentiated g	1.452	0.107	6	AS	1		2.033	1.757	
18:2 n-6 c,c g	1.428	0.105	6	A	1		1.999	1.727	
18:2 CLAs g	0.007	0.001	6	A	1		0.009	0.008	
18:2 c,t g									
18:2 t,c g									
18:2 t,t g									
18:2 i g									
18:2 t not further defined g	0.018	0.002	6	A	1		0.025	0.022	
18:3 undifferentiated g	0.070	0.006	6	AS	1		0.097	0.084	
18:3 n-3 c,c,c (ALA) g	0.065	0.005	6	A	1		0.090	0.078	
18:3 n-6 c,c,c g	0.005	0.001	6	A	1		0.007	0.006	
18:3i g									
18:4 g	0.001	0.000	6	A	1		0.002	0.001	
20:2 n-6 c,c g	0.008	0.001	6	A	1		0.011	0.010	
20:3 undifferentiated g	0.020	0.001	6	AS	1		0.028	0.024	
20:3 n-3 g	0.001	0.000	6	A	1		0.001	0.001	
20:3 n-6 g	0.019	0.001	6	A	1		0.027	0.023	
20:4 undifferentiated g	0.043	0.001	6	A	1		0.060	0.052	
20:4 n-3 g									
20:4 n-6 g									
20:5 n-3 (EPA) g	0.002	0.000	6	A	1		0.003	0.002	
21:5 g									
22:4 g	0.016	0.001	6	A	1		0.023	0.020	
22:5 n-3 (DPA) g	0.004	0.000	6	A	1		0.006	0.005	
22:6 n-3 (DHA) g	0.003	0.000	6	A	1		0.005	0.004	
Fatty acids, total trans g	0.039		0	NC	4		0.055	0.047	
Fatty acids, total trans-monoenoic g	0.021		0	NC	4		0.029	0.025	
Fatty acids, total trans-polyenoic g	0.018		0	NC	4		0.025	0.022	
Cholesterol mg	87		0	BFSN	4		122	105	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.208		0	A	1		0.292	0.252	
Threonine g	0.899		0	A	1		1.259	1.088	
Isoleucine g	0.800		0	A	1		1.120	0.968	
Leucine g	1.661		0	A	1		2.326	2.010	
Lysine g	1.182		0	A	1		1.655	1.430	
Methionine g	0.395		0	A	1		0.552	0.477	
Cystine g	0.316		0	A	1		0.442	0.382	
Phenylalanine g	1.042		0	A	1		1.459	1.261	
Tyrosine g	0.834		0	A	1		1.167	1.009	

NDB No. 21430

KENTUCKY FRIED CHICKEN, Fried Chicken, EXTRA CRISPY, Breast, meat only, skin and breading removed (1)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Valine....g	0.993		0	A	1		1.390	1.201	
Arginine....g	1.541		0	A	1		2.157	1.865	
Histidine....g	0.649		0	A	1		0.909	0.785	
Alanine....g	1.552		0	A	1		2.173	1.878	
Aspartic acid....g	1.851		0	A	1		2.592	2.240	
Glutamic acid....g	6.372		0	A	1		8.921	7.710	
Glycine....g	2.291		0	A	1		3.207	2.772	
Proline....g	2.187		0	A	1		3.061	2.646	
Serine....g	1.062		0	A	1		1.486	1.284	
Hydroxyproline....g	0.772		0	BFPN	4		1.080	0.934	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 140g: 1 breast, without skin

Measure 2 = 121g: 1 breast, bone and skin removed

Footnotes:

1 KFC switched to a zero grams trans fat soybean cooking oil in April 2007

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2010)

NDB No. 21439

KENTUCKY FRIED CHICKEN, Fried Chicken, EXTRA CRISPY, Drumstick, meat and skin with breading (1)

Kentucky Fried Chicken

KFC

Refuse: 21% Cartilage and bone

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	51.44		0	RKA	1		41.66	29.32	21.09
Energy....kcal	274		0	RKI	6		222	156	112
Energy....kJ	1146		0	RKI	6		928	653	470
Protein....g	20.62		0	RKA	1		16.70	11.76	8.46
Total lipid (fat)....g	17.73		0	RKA	1		14.36	10.11	7.27
Ash....g	2.38		0	RKA	1		1.93	1.36	0.98
Carbohydrate, by difference....g	7.96		0	RKI	6		6.44	4.53	3.26
Fiber, total dietary....g									
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	25		0	RKI	6		20	14	10
Iron, Fe....mg	0.91		0	RKI	6		0.74	0.52	0.37
Magnesium, Mg....mg	21		0	RKI	6		17	12	9
Phosphorus, P....mg	198		0	RKI	6		160	113	81
Potassium, K....mg	237		0	RKI	6		192	135	97
Sodium, Na....mg	632		0	RKI	6		512	360	259
Zinc, Zn....mg	1.84		0	RKI	6		1.49	1.05	0.75
Copper, Cu....mg	0.411		0	RKI	6		0.333	0.234	0.168
Manganese, Mn....mg	0.145		0	RKI	6		0.117	0.083	0.059
Selenium, Se....mcg	24.2		0	RKI	6		19.6	13.8	9.9
Vitamins:									
Vitamin C, total ascorbic acid....mg									
Thiamin....mg	0.037		0	RKI	6		0.030	0.021	0.015
Riboflavin....mg	0.195		0	RKI	6		0.158	0.111	0.080
Niacin....mg	4.601		0	RKI	6		3.727	2.623	1.886
Pantothenic acid....mg	1.122		0	RKI	6		0.909	0.640	0.460
Vitamin B-6....mg	0.204		0	RKI	6		0.166	0.117	0.084
Folate, total....mcg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.54		0	RKI	6		0.44	0.31	0.22
Vitamin A, RAE....mcg_RAE									
Vitamin A, IU....IU									
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Dihydrophylloquinone....mcg									
Menaquinone-4....mcg									
Lipids:									
Fatty acids, total saturated....g	3.887		0	RKI	6		3.148	2.215	1.593
4:0....g	0.003		0	RKA	1		0.002	0.001	0.001
6:0....g	0.001		0	RKA	1		0.001	0.000	0.000
8:0....g	0.005		0	RKA	1		0.004	0.003	0.002
10:0....g	0.004		0	RKA	1		0.003	0.002	0.001
12:0....g	0.006		0	RKA	1		0.005	0.004	0.003
13:0....g									
14:0....g	0.055		0	RKA	1		0.045	0.031	0.023
15:0....g	0.008		0	RKA	1		0.006	0.004	0.003
16:0....g	2.853		0	RKA	1		2.311	1.626	1.170

NDB No. 21439

KENTUCKY FRIED CHICKEN, Fried Chicken, EXTRA CRISPY, Drumstick, meat and skin with breading (1)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:0 g	0.017		0	RKA	1		0.014	0.010	0.007
18:0 g	0.856		0	RKA	1		0.694	0.488	0.351
20:0 g	0.033		0	RKA	1		0.027	0.019	0.014
22:0 g	0.032		0	RKA	1		0.026	0.018	0.013
24:0 g	0.014		0	RKA	1		0.011	0.008	0.006
Fatty acids, total monounsaturated g	6.049		0	RKI	6		4.900	3.448	2.480
14:1 g	0.019		0	RKA	1		0.016	0.011	0.008
15:1 g	0.002		0	RKA	1		0.002	0.001	0.001
16:1 undifferentiated g	0.662		0	RKA	1		0.536	0.377	0.271
16:1 c g	0.658		0	RKA	1		0.533	0.375	0.270
16:1 t g	0.004		0	RKA	1		0.003	0.002	0.002
17:1 g	0.010		0	RKA	1		0.008	0.006	0.004
18:1 undifferentiated g	5.276		0	RKA	1		4.273	3.007	2.163
18:1 c g	5.226		0	RKA	1		4.233	2.979	2.143
18:1-11c (18:1c n-7) g									
18:1 t g	0.049		0	RKA	1		0.040	0.028	0.020
18:1-11t (18:1t n-7) g									
20:1 g	0.066		0	RKA	1		0.054	0.038	0.027
22:1 undifferentiated g	0.004		0	RKA	1		0.003	0.002	0.002
22:1 c g	0.004		0	RKA	1		0.003	0.002	0.002
22:1 t g	0.000		0	RKA	1		0.000	0.000	0.000
24:1 c g	0.010		0	RKA	1		0.008	0.006	0.004
Fatty acids, total polyunsaturated g	6.353		0	RKI	6		5.146	3.621	2.605
18:2 undifferentiated g	5.903		0	RKA	1		4.782	3.365	2.420
18:2 n-6 c,c g	5.821		0	RKA	1		4.715	3.318	2.387
18:2 CLAs g	0.022		0	RKA	1		0.017	0.012	0.009
18:2 c,t g									
18:2 t,c g									
18:2 t,t g									
18:2 i g									
18:2 t not further defined g	0.061		0	RKA	1		0.049	0.035	0.025
18:3 undifferentiated g	0.296		0	RKA	1		0.239	0.168	0.121
18:3 n-3 c,c,c (ALA) g	0.279		0	RKA	1		0.226	0.159	0.114
18:3 n-6 c,c,c g	0.017		0	RKA	1		0.014	0.010	0.007
18:3i g									
18:4 g	0.003		0	RKA	1		0.003	0.002	0.001
20:2 n-6 c,c g	0.016		0	RKA	1		0.013	0.009	0.007
20:3 undifferentiated g	0.026		0	RKA	1		0.021	0.015	0.011
20:3 n-3 g	0.001		0	RKA	1		0.001	0.001	0.000
20:3 n-6 g	0.025		0	RKA	1		0.020	0.014	0.010
20:4 undifferentiated g	0.072		0	RKA	1		0.058	0.041	0.029
20:4 n-3 g									
20:4 n-6 g									
20:5 n-3 (EPA) g	0.002		0	RKA	1		0.002	0.001	0.001
21:5 g									
22:4 g	0.024		0	RKA	1		0.019	0.014	0.010
22:5 n-3 (DPA) g	0.006		0	RKA	1		0.005	0.003	0.003
22:6 n-3 (DHA) g	0.004		0	RKA	1		0.003	0.002	0.001
Fatty acids, total trans g	0.114		0	RKI	6		0.092	0.065	0.047
Fatty acids, total trans-monoenoic g	0.054		0	RKI	6		0.043	0.031	0.022
Fatty acids, total trans-polyenoic g	0.061		0	RKI	6		0.049	0.035	0.025
Cholesterol mg	109		0	RKI	6		89	62	45
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.158		0	RKA	1		0.128	0.090	0.065
Threonine g	0.680		0	RKA	1		0.551	0.388	0.279
Isoleucine g	0.605		0	RKA	1		0.490	0.345	0.248
Leucine g	1.257		0	RKA	1		1.019	0.717	0.516
Lysine g	0.895		0	RKA	1		0.725	0.510	0.367
Methionine g	0.299		0	RKA	1		0.242	0.170	0.122
Cystine g	0.239		0	RKA	1		0.194	0.136	0.098
Phenylalanine g	0.789		0	RKA	1		0.639	0.450	0.323
Tyrosine g	0.631		0	RKA	1		0.511	0.360	0.259

NDB No. 21439

KENTUCKY FRIED CHICKEN, Fried Chicken, EXTRA CRISPY, Drumstick, meat and skin with breading (1)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Valine....g	0.751		0	RKA	1		0.609	0.428	0.308
Arginine....g	1.166		0	RKA	1		0.945	0.665	0.478
Histidine....g	0.491		0	RKA	1		0.398	0.280	0.201
Alanine....g	1.175		0	RKA	1		0.951	0.670	0.482
Aspartic acid....g	1.401		0	RKA	1		1.135	0.799	0.574
Glutamic acid....g	4.822		0	RKA	1		3.906	2.749	1.977
Glycine....g	1.734		0	RKA	1		1.404	0.988	0.711
Proline....g	1.655		0	RKA	1		1.341	0.943	0.679
Serine....g	0.803		0	RKA	1		0.651	0.458	0.329
Hydroxyproline....g	0.544		0	RKI	6		0.441	0.310	0.223

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 81g: 1 drumstick, with skin

Measure 2 = 57g: 1 drumstick, without skin

Measure 3 = 41g: 1 drumstick, bone and skin removed

Footnotes:

1 KFC switched to a zero grams trans fat soybean cooking oil in April 2007

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2010)

NDB No. 21431

KENTUCKY FRIED CHICKEN, Fried Chicken, EXTRA CRISPY, Drumstick, meat only, skin and breading removed (1)

Kentucky Fried Chicken

KFC

Refuse: 49% Skin, subcutaneous fat and breading, 28%; Cartilage and bone, 21%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	64.78	0.355	6	A	1		26.56	36.93	
Energy....kcal	170		0	NC	4		70	97	
Energy....kJ	713		0	NC	4		292	407	
Protein....g	25.90	0.228	6	A	1		10.62	14.76	
Total lipid (fat)....g	7.43	0.202	6	A	1		3.05	4.24	
Ash....g	2.09	0.089	6	A	1		0.86	1.19	
Carbohydrate, by difference....g	0.00		0	NC	4		0.00	0.00	
Fiber, total dietary....g									
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	16		0	BFNN	4		7	9	
Iron, Fe....mg	1.05		0	BFNN	4		0.43	0.60	
Magnesium, Mg....mg	23		0	BFNN	4		10	13	
Phosphorus, P....mg	224		0	BFNN	4		92	128	
Potassium, K....mg	273		0	BFNN	4		112	156	
Sodium, Na....mg	526		0	BFNN	4		215	300	
Zinc, Zn....mg	2.51		0	BFNN	4		1.03	1.43	
Copper, Cu....mg	0.084		0	BFNN	4		0.034	0.048	
Manganese, Mn....mg	0.056		0	BFNN	4		0.023	0.032	
Selenium, Se....mcg	30.9		0	BFNN	4		12.7	17.6	
Vitamins:									
Vitamin C, total ascorbic acid....mg									
Thiamin....mg	0.050		0	BFPN	4		0.020	0.028	
Riboflavin....mg	0.262		0	BFPN	4		0.107	0.149	
Niacin....mg	5.244		0	BFPN	4		2.150	2.989	
Pantothenic acid....mg	1.292		0	BFPN	4		0.530	0.736	
Vitamin B-6....mg	0.247		0	BFPN	4		0.101	0.141	
Folate, total....mcg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.63		0	BFPN	4		0.26	0.36	
Vitamin A, RAE....mcg_RAE									
Vitamin A, IU....IU									
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Dihydrophylloquinone....mcg									
Menaquinone-4....mcg									
Lipids:									
Fatty acids, total saturated....g	1.893		0	NC	4		0.776	1.079	
4:0....g	0.003	0.000	6	A	1		0.001	0.002	
6:0....g	0.001	0.000	6	A	1		0.000	0.000	
8:0....g	0.001	0.000	6	A	1		0.000	0.001	
10:0....g	0.003	0.000	6	A	1		0.001	0.002	
12:0....g	0.004	0.001	6	A	1		0.002	0.002	
13:0....g									
14:0....g	0.031	0.001	6	A	1		0.013	0.018	
15:0....g	0.005	0.000	6	A	1		0.002	0.003	
16:0....g	1.375	0.030	6	A	1		0.564	0.783	

NDB No. 21431

KENTUCKY FRIED CHICKEN, Fried Chicken, EXTRA CRISPY, Drumstick, meat only, skin and breading removed (1)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:0 g	0.007	0.000	6	A	1		0.003	0.004	
18:0 g	0.437	0.012	6	A	1		0.179	0.249	
20:0 g	0.010	0.001	6	A	1		0.004	0.006	
22:0 g	0.010	0.001	6	A	1		0.004	0.006	
24:0 g	0.006	0.000	6	A	1		0.002	0.003	
Fatty acids, total monounsaturated g	2.903		0	NC	4		1.190	1.655	
14:1 g	0.012	0.000	6	A	1		0.005	0.007	
15:1 g	0.002	0.001	6	A	1		0.001	0.001	
16:1 undifferentiated g	0.425	0.014	6	AS	1		0.174	0.242	
16:1 c g	0.422	0.014	6	A	1		0.173	0.241	
16:1 t g	0.003	0.000	6	A	1		0.001	0.002	
17:1 g	0.005	0.001	6	A	1		0.002	0.003	
18:1 undifferentiated g	2.420	0.065	6	AS	1		0.992	1.379	
18:1 c g	2.393	0.064	6	A	1		0.981	1.364	
18:1-11c (18:1c n-7) g									
18:1 t g	0.026	0.002	6	A	1		0.011	0.015	
18:1-11t (18:1t n-7) g									
20:1 g	0.029	0.001	6	A	1		0.012	0.017	
22:1 undifferentiated g	0.003	0.000	6	AS	1		0.001	0.002	
22:1 c g	0.003	0.000	6	A	1		0.001	0.002	
22:1 t g	0.000	0.000	6	A	1		0.000	0.000	
24:1 c g	0.007	0.000	6	A	1		0.003	0.004	
Fatty acids, total polyunsaturated g	2.051		0	NC	4		0.841	1.169	
18:2 undifferentiated g	1.799	0.131	6	AS	1		0.738	1.026	
18:2 n-6 c,c g	1.771	0.130	6	A	1		0.726	1.010	
18:2 CLAs g	0.009	0.001	6	A	1		0.004	0.005	
18:2 c,t g									
18:2 t,c g									
18:2 t,t g									
18:2 i g									
18:2 t not further defined g	0.019	0.002	6	A	1		0.008	0.011	
18:3 undifferentiated g	0.089	0.007	6	AS	1		0.036	0.050	
18:3 n-3 c,c,c (ALA) g	0.079	0.007	6	A	1		0.032	0.045	
18:3 n-6 c,c,c g	0.010	0.001	6	A	1		0.004	0.006	
18:3i g									
18:4 g	0.002	0.000	6	A	1		0.001	0.001	
20:2 n-6 c,c g	0.011	0.001	6	A	1		0.004	0.006	
20:3 undifferentiated g	0.026	0.001	6	AS	1		0.011	0.015	
20:3 n-3 g	0.001	0.000	6	A	1		0.000	0.000	
20:3 n-6 g	0.025	0.001	6	A	1		0.010	0.014	
20:4 undifferentiated g	0.085	0.003	6	A	1		0.035	0.048	
20:4 n-3 g									
20:4 n-6 g									
20:5 n-3 (EPA) g	0.003	0.000	6	A	1		0.001	0.002	
21:5 g									
22:4 g	0.025	0.001	6	A	1		0.010	0.014	
22:5 n-3 (DPA) g	0.007	0.000	6	A	1		0.003	0.004	
22:6 n-3 (DHA) g	0.004	0.000	6	A	1		0.002	0.002	
Fatty acids, total trans g	0.048		0	NC	4		0.020	0.028	
Fatty acids, total trans-monoenoic g	0.029		0	NC	4		0.012	0.017	
Fatty acids, total trans-polyenoic g	0.019		0	NC	4		0.008	0.011	
Cholesterol mg	137		0	BFSN	4		56	78	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.198		0	A	1		0.081	0.113	
Threonine g	0.854		0	A	1		0.350	0.487	
Isoleucine g	0.760		0	A	1		0.312	0.433	
Leucine g	1.579		0	A	1		0.647	0.900	
Lysine g	1.123		0	A	1		0.461	0.640	
Methionine g	0.375		0	A	1		0.154	0.214	
Cystine g	0.300		0	A	1		0.123	0.171	
Phenylalanine g	0.990		0	A	1		0.406	0.565	
Tyrosine g	0.792		0	A	1		0.325	0.452	

NDB No. 21431

KENTUCKY FRIED CHICKEN, Fried Chicken, EXTRA CRISPY, Drumstick, meat only, skin and breading removed (1)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Valine....g	0.944		0	A	1		0.387	0.538	
Arginine....g	1.464		0	A	1		0.600	0.835	
Histidine....g	0.617		0	A	1		0.253	0.352	
Alanine....g	1.475		0	A	1		0.605	0.841	
Aspartic acid....g	1.759		0	A	1		0.721	1.003	
Glutamic acid....g	6.055		0	A	1		2.483	3.452	
Glycine....g	2.177		0	A	1		0.893	1.241	
Proline....g	2.078		0	A	1		0.852	1.185	
Serine....g	1.009		0	A	1		0.414	0.575	
Hydroxyproline....g	0.700		0	BFPN	4		0.287	0.399	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 41g: 1 drumstick, bone and skin removed

Measure 2 = 57g: 1 drumstick, without skin

Footnotes:

1 KFC switched to a zero grams trans fat soybean cooking oil in April 2007

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2010)

NDB No. 21429

KENTUCKY FRIED CHICKEN, Fried Chicken, EXTRA CRISPY, Skin and Breading (1)

Kentucky Fried Chicken

KFC

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	26.98	0.864	6	A	1				
Energy	kcal	464		0	NC	4				
Energy	kJ	1939		0	NC	4				
Protein	g	10.96	0.271	6	A	1				
Total lipid (fat)	g	36.61	0.528	6	A	1				
Ash	g	2.92	0.212	6	A	1				
Carbohydrate, by difference	g	22.54		0	NC	4				
Fiber, total dietary	g	1.5	0.083	4	A	1				
Sugars, total	g	0.00	0.000	4	A	1				
Sucrose	g	0.00	0.000	4	A	1				
Glucose (dextrose)	g	0.00	0.000	4	A	1				
Fructose	g	0.00	0.000	4	A	1				
Lactose	g	0.00	0.000	4	A	1				
Maltose	g	0.00	0.000	4	A	1				
Galactose	g	0.00	0.000	4	A	1				
Starch	g	21.32	0.279	6	A	1				
Minerals:										
Calcium, Ca	mg	41	1.521	12	A	1				
Iron, Fe	mg	0.67	0.021	12	A	1				
Magnesium, Mg	mg	18	0.474	12	A	1				
Phosphorus, P	mg	149	3.720	12	A	1				
Potassium, K	mg	170	2.185	12	A	1				
Sodium, Na	mg	828	34.515	12	A	1				
Zinc, Zn	mg	0.61	0.024	12	A	1				
Copper, Cu	mg	1.011	0.935	12	A	1				
Manganese, Mn	mg	0.308	0.013	12	A	1				
Selenium, Se	mcg	11.9	0.575	12	A	1				
Vitamins:										
Vitamin C, total ascorbic acid	mg									
Thiamin	mg	0.015	0.000	4	A	1				
Riboflavin	mg	0.072	0.005	4	A	1				
Niacin	mg	3.423	0.055	4	A	1				
Pantothenic acid	mg	0.812	0.021	4	A	1				
Vitamin B-6	mg	0.127	0.003	4	A	1				
Folate, total	mcg									
Folate, DFE	mcg_DFE									
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	0.36	0.034	4	A	1				
Vitamin A, RAE	mcg_RAE	35		0	AS	1				
Vitamin A, IU	IU	116		0	AS	1				
Lycopene	mcg									
Lutein + zeaxanthin	mcg									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Dihydrophylloquinone	mcg									
Menaquinone-4	mcg									
Lipids:										
Fatty acids, total saturated	g	7.541		0	NC	4				
4:0	g	0.003	0.000	6	A	1				
6:0	g	0.001	0.000	6	A	1				
8:0	g	0.012	0.002	6	A	1				

NDB No. 21429

KENTUCKY FRIED CHICKEN, Fried Chicken, EXTRA CRISPY, Skin and Breading (1)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0....g	0.005	0.000	6	A	1				
12:0....g	0.010	0.001	6	A	1				
13:0....g									
14:0....g	0.099	0.004	6	A	1				
15:0....g	0.013	0.000	6	A	1				
16:0....g	5.563	0.125	6	A	1				
17:0....g	0.035	0.001	6	A	1				
18:0....g	1.625	0.055	6	A	1				
20:0....g	0.075	0.002	6	A	1				
22:0....g	0.072	0.003	6	A	1				
24:0....g	0.029	0.002	6	A	1				
Fatty acids, total monounsaturated....g	11.816		0	NC	4				
14:1....g	0.033	0.002	6	A	1				
15:1....g	0.003	0.000	6	A	1				
16:1 undifferentiated....g	1.096	0.079	6	AS	1				
16:1 c....g	1.089	0.079	6	A	1				
16:1 t....g	0.007	0.000	6	A	1				
17:1....g	0.018	0.003	6	A	1				
18:1 undifferentiated....g	10.510	0.182	6	AS	1				
18:1 c....g	10.419	0.188	6	A	1				
18:1-11c (18:1c n-7)....g									
18:1 t....g	0.091	0.012	6	A	1				
18:1-11t (18:1t n-7)....g									
20:1....g	0.134	0.003	6	A	1				
22:1 undifferentiated....g	0.006	0.000	6	AS	1				
22:1 c....g	0.006	0.000	6	A	1				
22:1 t....g	0.000	0.000	6	A	1				
24:1 c....g	0.016	0.001	6	A	1				
Fatty acids, total polyunsaturated....g	14.238		0	NC	4				
18:2 undifferentiated....g	13.425	0.284	6	AS	1				
18:2 n-6 c,c....g	13.244	0.276	6	A	1				
18:2 CLAs....g	0.044	0.002	6	A	1				
18:2 c,t....g									
18:2 t,c....g									
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.137	0.010	6	A	1				
18:3 undifferentiated....g	0.675	0.018	6	AS	1				
18:3 n-3 c,c,c (ALA)....g	0.646	0.019	6	A	1				
18:3 n-6 c,c,c....g	0.029	0.003	6	A	1				
18:3i....g									
18:4....g	0.006	0.000	6	A	1				
20:2 n-6 c,c....g	0.026	0.001	6	A	1				
20:3 undifferentiated....g	0.026	0.002	6	AS	1				
20:3 n-3....g	0.001	0.000	6	A	1				
20:3 n-6....g	0.025	0.002	6	A	1				
20:4 undifferentiated....g	0.048	0.005	6	A	1				
20:4 n-3....g									
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.002	0.000	6	A	1				
21:5....g									
22:4....g	0.023	0.001	6	A	1				
22:5 n-3 (DPA)....g	0.004	0.000	6	A	1				
22:6 n-3 (DHA)....g	0.002	0.000	6	A	1				
Fatty acids, total trans....g	0.235		0	NC	4				
Fatty acids, total trans-monoenoic....g	0.098		0	NC	4				
Fatty acids, total trans-polyenoic....g	0.137		0	NC	4				
Cholesterol....mg	59	2.181	12	A	1				
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.084		0	A	1				
Threonine....g	0.362		0	A	1				
Isoleucine....g	0.322		0	A	1				

NDB No. 21429
KENTUCKY FRIED CHICKEN, Fried Chicken, EXTRA CRISPY, Skin and Breading (1)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Leucine....g	0.668		0	A	1				
Lysine....g	0.475		0	A	1				
Methionine....g	0.159		0	A	1				
Cystine....g	0.127		0	A	1				
Phenylalanine....g	0.419		0	A	1				
Tyrosine....g	0.335		0	A	1				
Valine....g	0.399		0	A	1				
Arginine....g	0.620		0	A	1				
Histidine....g	0.261		0	A	1				
Alanine....g	0.624		0	A	1				
Aspartic acid....g	0.744		0	A	1				
Glutamic acid....g	2.562		0	A	1				
Glycine....g	0.921		0	A	1				
Proline....g	0.879		0	A	1				
Serine....g	0.427		0	A	1				
Hydroxyproline....g	0.257	0.018	4	A	1				

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Footnotes:

1 KFC switched to a zero grams trans fat soybean cooking oil in April 2007

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2010)

NDB No. 21440

KENTUCKY FRIED CHICKEN, Fried Chicken, EXTRA CRISPY, Thigh, meat and skin with breading (1)

Kentucky Fried Chicken

KFC

Refuse: 13% Cartilage and bone

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	47.99		0	RKA	1		72.95	43.67	34.55
Energy....kcal	309		0	RKI	6		470	281	223
Energy....kJ	1293		0	RKI	6		1966	1177	931
Protein....g	17.17		0	RKA	1		26.11	15.63	12.37
Total lipid (fat)....g	22.14		0	RKA	1		33.65	20.15	15.94
Ash....g	2.41		0	RKA	1		3.66	2.19	1.73
Carbohydrate, by difference....g	10.30		0	RKI	6		15.66	9.37	7.42
Fiber, total dietary....g									
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	30		0	RKI	6		46	27	22
Iron, Fe....mg	0.83		0	RKI	6		1.26	0.75	0.60
Magnesium, Mg....mg	20		0	RKI	6		30	18	14
Phosphorus, P....mg	189		0	RKI	6		288	172	136
Potassium, K....mg	225		0	RKI	6		342	205	162
Sodium, Na....mg	682		0	RKI	6		1036	620	491
Zinc, Zn....mg	1.31		0	RKI	6		1.99	1.19	0.94
Copper, Cu....mg	0.509		0	RKI	6		0.774	0.463	0.366
Manganese, Mn....mg	0.170		0	RKI	6		0.258	0.154	0.122
Selenium, Se....mcg	20.5		0	RKI	6		31.1	18.6	14.8
Vitamins:									
Vitamin C, total ascorbic acid....mg									
Thiamin....mg	0.037		0	RKI	6		0.056	0.034	0.027
Riboflavin....mg	0.166		0	RKI	6		0.253	0.151	0.120
Niacin....mg	4.451		0	RKI	6		6.766	4.051	3.205
Pantothenic acid....mg	1.104		0	RKI	6		1.677	1.004	0.795
Vitamin B-6....mg	0.215		0	RKI	6		0.326	0.195	0.155
Folate, total....mcg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.45		0	RKI	6		0.69	0.41	0.33
Vitamin A, RAE....mcg_RAE									
Vitamin A, IU....IU									
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Dihydrophylloquinone....mcg									
Menaquinone-4....mcg									
Lipids:									
Fatty acids, total saturated....g	4.917		0	RKI	6		7.474	4.475	3.541
4:0....g	0.002		0	RKA	1		0.004	0.002	0.002
6:0....g	0.001		0	RKA	1		0.001	0.001	0.001
8:0....g	0.006		0	RKA	1		0.009	0.006	0.004
10:0....g	0.004		0	RKA	1		0.006	0.004	0.003
12:0....g	0.008		0	RKA	1		0.013	0.008	0.006
13:0....g									
14:0....g	0.071		0	RKA	1		0.109	0.065	0.051
15:0....g	0.009		0	RKA	1		0.014	0.008	0.007
16:0....g	3.651		0	RKA	1		5.550	3.323	2.629

NDB No. 21440

KENTUCKY FRIED CHICKEN, Fried Chicken, EXTRA CRISPY, Thigh, meat and skin with breading (1)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:0 g	0.021		0	RKA	1		0.032	0.019	0.015
18:0 g	1.049		0	RKA	1		1.594	0.954	0.755
20:0 g	0.040		0	RKA	1		0.061	0.036	0.029
22:0 g	0.038		0	RKA	1		0.057	0.034	0.027
24:0 g	0.016		0	RKA	1		0.025	0.015	0.012
Fatty acids, total monounsaturated g	7.661		0	RKI	6		11.644	6.971	5.516
14:1 g	0.024		0	RKA	1		0.037	0.022	0.018
15:1 g	0.002		0	RKA	1		0.003	0.002	0.001
16:1 undifferentiated g	0.834		0	RKA	1		1.268	0.759	0.601
16:1 c g	0.829		0	RKA	1		1.260	0.754	0.597
16:1 t g	0.005		0	RKA	1		0.008	0.005	0.004
17:1 g	0.012		0	RKA	1		0.019	0.011	0.009
18:1 undifferentiated g	6.690		0	RKA	1		10.169	6.088	4.817
18:1 c g	6.630		0	RKA	1		10.078	6.033	4.774
18:1-11c (18:1c n-7) g									
18:1 t g	0.060		0	RKA	1		0.091	0.055	0.043
18:1-11t (18:1t n-7) g									
20:1 g	0.083		0	RKA	1		0.126	0.076	0.060
22:1 undifferentiated g	0.004		0	RKA	1		0.006	0.004	0.003
22:1 c g	0.004		0	RKA	1		0.006	0.004	0.003
22:1 t g	0.000		0	RKA	1		0.000	0.000	0.000
24:1 c g	0.011		0	RKA	1		0.016	0.010	0.008
Fatty acids, total polyunsaturated g	7.738		0	RKI	6		11.761	7.041	5.571
18:2 undifferentiated g	7.231		0	RKA	1		10.991	6.580	5.206
18:2 n-6 c,c g	7.132		0	RKA	1		10.841	6.490	5.135
18:2 CLAs g	0.026		0	RKA	1		0.040	0.024	0.019
18:2 c,t g									
18:2 t,c g									
18:2 t,t g									
18:2 i g									
18:2 t not further defined g	0.073		0	RKA	1		0.111	0.066	0.052
18:3 undifferentiated g	0.364		0	RKA	1		0.553	0.331	0.262
18:3 n-3 c,c,c (ALA) g	0.342		0	RKA	1		0.520	0.311	0.246
18:3 n-6 c,c,c g	0.022		0	RKA	1		0.033	0.020	0.016
18:3i g									
18:4 g	0.004		0	RKA	1		0.006	0.004	0.003
20:2 n-6 c,c g	0.018		0	RKA	1		0.028	0.017	0.013
20:3 undifferentiated g	0.026		0	RKA	1		0.040	0.024	0.019
20:3 n-3 g	0.001		0	RKA	1		0.002	0.001	0.001
20:3 n-6 g	0.025		0	RKA	1		0.038	0.023	0.018
20:4 undifferentiated g	0.061		0	RKA	1		0.093	0.056	0.044
20:4 n-3 g									
20:4 n-6 g									
20:5 n-3 (EPA) g	0.002		0	RKA	1		0.004	0.002	0.002
21:5 g									
22:4 g	0.021		0	RKA	1		0.032	0.019	0.015
22:5 n-3 (DPA) g	0.005		0	RKA	1		0.008	0.005	0.004
22:6 n-3 (DHA) g	0.003		0	RKA	1		0.005	0.003	0.002
Fatty acids, total trans g	0.138		0	RKI	6		0.210	0.126	0.099
Fatty acids, total trans-monoenoic g	0.065		0	RKI	6		0.099	0.059	0.047
Fatty acids, total trans-polyenoic g	0.073		0	RKI	6		0.111	0.066	0.052
Cholesterol mg	91		0	RKI	6		138	83	65
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.131		0	RKA	1		0.200	0.120	0.095
Threonine g	0.567		0	RKA	1		0.861	0.516	0.408
Isoleucine g	0.504		0	RKA	1		0.766	0.459	0.363
Leucine g	1.047		0	RKA	1		1.592	0.953	0.754
Lysine g	0.745		0	RKA	1		1.133	0.678	0.536
Methionine g	0.249		0	RKA	1		0.378	0.226	0.179
Cystine g	0.199		0	RKA	1		0.302	0.181	0.143
Phenylalanine g	0.657		0	RKA	1		0.998	0.598	0.473
Tyrosine g	0.526		0	RKA	1		0.799	0.478	0.378

NDB No. 21440

KENTUCKY FRIED CHICKEN, Fried Chicken, EXTRA CRISPY, Thigh, meat and skin with breading (1)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Valine....g	0.626		0	RKA	1		0.951	0.569	0.451
Arginine....g	0.971		0	RKA	1		1.476	0.884	0.699
Histidine....g	0.409		0	RKA	1		0.622	0.372	0.295
Alanine....g	0.978		0	RKA	1		1.487	0.890	0.704
Aspartic acid....g	1.167		0	RKA	1		1.773	1.062	0.840
Glutamic acid....g	4.016		0	RKA	1		6.104	3.655	2.892
Glycine....g	1.444		0	RKA	1		2.194	1.314	1.039
Proline....g	1.378		0	RKA	1		2.095	1.254	0.992
Serine....g	0.669		0	RKA	1		1.017	0.609	0.482
Hydroxyproline....g	0.452		0	RKI	6		0.687	0.411	0.325

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 152g: 1 thigh, with skin

Measure 2 = 91g: 1 thigh, without skin

Measure 3 = 72g: 1 thigh, bone and skin removed

Footnotes:

1 KFC switched to a zero grams trans fat soybean cooking oil in April 2007

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2010)

NDB No. 21432

KENTUCKY FRIED CHICKEN, Fried Chicken, EXTRA CRISPY, Thigh, meat only, skin and breading removed (1)

Kentucky Fried Chicken

KFC

Refuse: 53% Skin, subcutaneous fat and breading, 40%; Cartilage and bone, 13%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	65.68	0.214	6	A	1		59.77	47.29	
Energy....kcal	179		0	NC	4		163	129	
Energy....kJ	750		0	NC	4		682	540	
Protein....g	22.41	0.213	6	A	1		20.39	16.13	
Total lipid (fat)....g	9.96	0.293	6	A	1		9.06	7.17	
Ash....g	1.98	0.101	6	A	1		1.80	1.43	
Carbohydrate, by difference....g	0.00		0	NC	4		0.00	0.00	
Fiber, total dietary....g									
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	21		0	BFNN	4		19	15	
Iron, Fe....mg	0.96		0	BFNN	4		0.88	0.69	
Magnesium, Mg....mg	22		0	BFNN	4		20	16	
Phosphorus, P....mg	223		0	BFNN	4		203	160	
Potassium, K....mg	271		0	BFNN	4		247	195	
Sodium, Na....mg	558		0	BFNN	4		508	402	
Zinc, Zn....mg	1.90		0	BFNN	4		1.73	1.37	
Copper, Cu....mg	0.087		0	BFNN	4		0.079	0.062	
Manganese, Mn....mg	0.054		0	BFNN	4		0.049	0.039	
Selenium, Se....mcg	27.8		0	BFNN	4		25.3	20.0	
Vitamins:									
Vitamin C, total ascorbic acid....mg									
Thiamin....mg	0.055		0	BFPN	4		0.050	0.040	
Riboflavin....mg	0.245		0	BFPN	4		0.223	0.177	
Niacin....mg	5.317		0	BFPN	4		4.838	3.828	
Pantothenic acid....mg	1.349		0	BFPN	4		1.227	0.971	
Vitamin B-6....mg	0.288		0	BFPN	4		0.262	0.207	
Folate, total....mcg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.53		0	BFPN	4		0.48	0.38	
Vitamin A, RAE....mcg_RAE									
Vitamin A, IU....IU									
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Dihydrophylloquinone....mcg									
Menaquinone-4....mcg									
Lipids:									
Fatty acids, total saturated....g	2.709		0	NC	4		2.465	1.950	
4:0....g	0.002	0.000	6	A	1		0.002	0.002	
6:0....g	0.001	0.000	6	A	1		0.001	0.001	
8:0....g	0.001	0.000	6	A	1		0.001	0.001	
10:0....g	0.003	0.000	6	A	1		0.003	0.002	
12:0....g	0.007	0.001	6	A	1		0.006	0.005	
13:0....g									
14:0....g	0.048	0.002	6	A	1		0.044	0.035	
15:0....g	0.006	0.000	6	A	1		0.005	0.004	
16:0....g	2.043	0.102	6	A	1		1.859	1.471	

NDB No. 21432

KENTUCKY FRIED CHICKEN, Fried Chicken, EXTRA CRISPY, Thigh, meat only, skin and breading removed (1)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:0 g	0.009	0.000	6	A	1		0.008	0.007	
18:0 g	0.564	0.019	6	A	1		0.513	0.406	
20:0 g	0.011	0.000	6	A	1		0.010	0.008	
22:0 g	0.009	0.000	6	A	1		0.008	0.006	
24:0 g	0.006	0.000	6	A	1		0.005	0.004	
Fatty acids, total monounsaturated g	4.164		0	NC	4		3.789	2.998	
14:1 g	0.017	0.001	6	A	1		0.015	0.012	
15:1 g	0.001	0.000	6	A	1		0.001	0.001	
16:1 undifferentiated g	0.614	0.044	6	AS	1		0.559	0.442	
16:1 c g	0.610	0.043	6	A	1		0.555	0.439	
16:1 t g	0.004	0.000	6	A	1		0.004	0.003	
17:1 g	0.008	0.001	6	A	1		0.007	0.006	
18:1 undifferentiated g	3.475	0.184	6	AS	1		3.162	2.502	
18:1 c g	3.441	0.183	6	A	1		3.132	2.478	
18:1-11c (18:1c n-7) g									
18:1 t g	0.034	0.001	6	A	1		0.031	0.024	
18:1-11t (18:1t n-7) g									
20:1 g	0.040	0.002	6	A	1		0.036	0.029	
22:1 undifferentiated g	0.002	0.000	6	AS	1		0.002	0.002	
22:1 c g	0.002	0.000	6	A	1		0.002	0.002	
22:1 t g	0.000	0.000	6	A	1		0.000	0.000	
24:1 c g	0.007	0.000	6	A	1		0.006	0.005	
Fatty acids, total polyunsaturated g	2.267		0	NC	4		2.063	1.632	
18:2 undifferentiated g	2.018	0.045	6	AS	1		1.836	1.453	
18:2 n-6 c,c g	1.988	0.044	6	A	1		1.809	1.431	
18:2 CLAs g	0.011	0.001	6	A	1		0.010	0.008	
18:2 c,t g									
18:2 t,c g									
18:2 t,t g									
18:2 i g									
18:2 t not further defined g	0.019	0.001	6	A	1		0.017	0.014	
18:3 undifferentiated g	0.103	0.002	6	AS	1		0.093	0.074	
18:3 n-3 c,c,c (ALA) g	0.087	0.002	6	A	1		0.079	0.062	
18:3 n-6 c,c,c g	0.016	0.002	6	A	1		0.014	0.011	
18:3i g									
18:4 g	0.003	0.000	6	A	1		0.002	0.002	
20:2 n-6 c,c g	0.012	0.000	6	A	1		0.011	0.009	
20:3 undifferentiated g	0.027	0.001	6	AS	1		0.024	0.019	
20:3 n-3 g	0.001	0.000	6	A	1		0.001	0.001	
20:3 n-6 g	0.026	0.001	6	A	1		0.023	0.018	
20:4 undifferentiated g	0.073	0.001	6	A	1		0.066	0.052	
20:4 n-3 g									
20:4 n-6 g									
20:5 n-3 (EPA) g	0.003	0.000	6	A	1		0.003	0.002	
21:5 g									
22:4 g	0.020	0.000	6	A	1		0.018	0.014	
22:5 n-3 (DPA) g	0.006	0.000	6	A	1		0.005	0.004	
22:6 n-3 (DHA) g	0.004	0.000	6	A	1		0.003	0.003	
Fatty acids, total trans g	0.057		0	NC	4		0.052	0.041	
Fatty acids, total trans-monoenoic g	0.038		0	NC	4		0.034	0.027	
Fatty acids, total trans-polyenoic g	0.019		0	NC	4		0.017	0.014	
Cholesterol mg	118		0	BFSN	4		107	85	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.171		0	A	1		0.156	0.123	
Threonine g	0.739		0	A	1		0.673	0.532	
Isoleucine g	0.658		0	A	1		0.599	0.474	
Leucine g	1.366		0	A	1		1.243	0.984	
Lysine g	0.972		0	A	1		0.885	0.700	
Methionine g	0.324		0	A	1		0.295	0.234	
Cystine g	0.260		0	A	1		0.236	0.187	
Phenylalanine g	0.857		0	A	1		0.780	0.617	
Tyrosine g	0.686		0	A	1		0.624	0.494	

NDB No. 21432

KENTUCKY FRIED CHICKEN, Fried Chicken, EXTRA CRISPY, Thigh, meat only, skin and breading removed (1)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Valine....g	0.816		0	A	1		0.743	0.588	
Arginine....g	1.267		0	A	1		1.153	0.912	
Histidine....g	0.534		0	A	1		0.486	0.384	
Alanine....g	1.276		0	A	1		1.161	0.919	
Aspartic acid....g	1.522		0	A	1		1.385	1.096	
Glutamic acid....g	5.239		0	A	1		4.768	3.772	
Glycine....g	1.883		0	A	1		1.714	1.356	
Proline....g	1.798		0	A	1		1.636	1.295	
Serine....g	0.873		0	A	1		0.794	0.628	
Hydroxyproline....g	0.615		0	BFPN	4		0.560	0.443	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 91g: 1 thigh, without skin

Measure 2 = 72g: 1 thigh, bone and skin removed

Footnotes:

1 KFC switched to a zero grams trans fat soybean cooking oil in April 2007

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2010)

NDB No. 21441

KENTUCKY FRIED CHICKEN, Fried Chicken, EXTRA CRISPY, Wing, meat and skin with breading (1)

Kentucky Fried Chicken

KFC

Refuse: 24% Cartilage and bone

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	41.91		0	RKA	1		28.50	18.44	12.16
Energy ... kcal	337		0	RKI	6		229	148	98
Energy ... kJ	1409		0	RKI	6		958	620	409
Protein ... g	20.80		0	RKA	1		14.15	9.15	6.03
Total lipid (fat) ... g	23.00		0	RKA	1		15.64	10.12	6.67
Ash ... g	2.62		0	RKA	1		1.78	1.15	0.76
Carbohydrate, by difference ... g	11.66		0	RKI	6		7.93	5.13	3.38
Fiber, total dietary ... g									
Sugars, total ... g									
Starch ... g									
Minerals:									
Calcium, Ca ... mg	35		0	RKI	6		24	15	10
Iron, Fe ... mg	0.79		0	RKI	6		0.54	0.35	0.23
Magnesium, Mg ... mg	22		0	RKI	6		15	10	6
Phosphorus, P ... mg	192		0	RKI	6		131	84	56
Potassium, K ... mg	223		0	RKI	6		152	98	65
Sodium, Na ... mg	765		0	RKI	6		520	336	222
Zinc, Zn ... mg	1.24		0	RKI	6		0.85	0.55	0.36
Copper, Cu ... mg	0.483		0	RKI	6		0.328	0.212	0.140
Manganese, Mn ... mg	0.189		0	RKI	6		0.129	0.083	0.055
Selenium, Se ... mcg	23.0		0	RKI	6		15.7	10.1	6.7
Vitamins:									
Vitamin C, total ascorbic acid ... mg									
Thiamin ... mg	0.022		0	RKI	6		0.015	0.010	0.006
Riboflavin ... mg	0.115		0	RKI	6		0.078	0.051	0.033
Niacin ... mg	5.488		0	RKI	6		3.732	2.415	1.591
Pantothenic acid ... mg	1.028		0	RKI	6		0.699	0.452	0.298
Vitamin B-6 ... mg	0.280		0	RKI	6		0.190	0.123	0.081
Folate, total ... mcg									
Folate, DFE ... mcg_DFE									
Choline, total ... mg									
Betaine ... mg									
Vitamin B-12 ... mcg	0.39		0	RKI	6		0.26	0.17	0.11
Vitamin A, RAE ... mcg_RAE									
Vitamin A, IU ... IU									
Lycopene ... mcg									
Lutein + zeaxanthin ... mcg									
Vitamin E (alpha-tocopherol) ... mg									
Tocopherol, beta ... mg									
Tocopherol, gamma ... mg									
Tocopherol, delta ... mg									
Vitamin D (D2 + D3) ... mcg									
Vitamin D ... IU									
Vitamin K (phylloquinone) ... mcg									
Dihydrophylloquinone ... mcg									
Menaquinone-4 ... mcg									
Lipids:									
Fatty acids, total saturated ... g	4.796		0	RKI	6		3.261	2.110	1.391
4:0 ... g	0.003		0	RKA	1		0.002	0.001	0.001
6:0 ... g	0.001		0	RKA	1		0.001	0.000	0.000
8:0 ... g	0.007		0	RKA	1		0.005	0.003	0.002
10:0 ... g	0.004		0	RKA	1		0.003	0.002	0.001
12:0 ... g	0.007		0	RKA	1		0.005	0.003	0.002
13:0 ... g									
14:0 ... g	0.065		0	RKA	1		0.044	0.028	0.019
15:0 ... g	0.009		0	RKA	1		0.006	0.004	0.003
16:0 ... g	3.514		0	RKA	1		2.390	1.546	1.019

NDB No. 21441

KENTUCKY FRIED CHICKEN, Fried Chicken, EXTRA CRISPY, Wing, meat and skin with breading (1)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:0 g	0.022		0	RKA	1		0.015	0.009	0.006
18:0 g	1.057		0	RKA	1		0.719	0.465	0.307
20:0 g	0.045		0	RKA	1		0.031	0.020	0.013
22:0 g	0.044		0	RKA	1		0.030	0.019	0.013
24:0 g	0.019		0	RKA	1		0.013	0.008	0.005
Fatty acids, total monounsaturated g	7.424		0	RKI	6		5.048	3.267	2.153
14:1 g	0.021		0	RKA	1		0.014	0.009	0.006
15:1 g	0.002		0	RKA	1		0.002	0.001	0.001
16:1 undifferentiated g	0.721		0	RKA	1		0.491	0.317	0.209
16:1 c g	0.717		0	RKA	1		0.487	0.315	0.208
16:1 t g	0.005		0	RKA	1		0.003	0.002	0.001
17:1 g	0.014		0	RKA	1		0.010	0.006	0.004
18:1 undifferentiated g	6.566		0	RKA	1		4.465	2.889	1.904
18:1 c g	6.506		0	RKA	1		4.424	2.863	1.887
18:1-11c (18:1c n-7) g									
18:1 t g	0.060		0	RKA	1		0.041	0.026	0.017
18:1-11t (18:1t n-7) g									
20:1 g	0.084		0	RKA	1		0.057	0.037	0.024
22:1 undifferentiated g	0.004		0	RKA	1		0.003	0.002	0.001
22:1 c g	0.004		0	RKA	1		0.003	0.002	0.001
22:1 t g	0.000		0	RKA	1		0.000	0.000	0.000
24:1 c g	0.011		0	RKA	1		0.007	0.005	0.003
Fatty acids, total polyunsaturated g	8.570		0	RKI	6		5.828	3.771	2.485
18:2 undifferentiated g	8.017		0	RKA	1		5.452	3.528	2.325
18:2 n-6 c,c g	7.907		0	RKA	1		5.377	3.479	2.293
18:2 CLAs g	0.027		0	RKA	1		0.019	0.012	0.008
18:2 c,t g									
18:2 t,c g									
18:2 t,t g									
18:2 i g									
18:2 t not further defined g	0.083		0	RKA	1		0.056	0.037	0.024
18:3 undifferentiated g	0.403		0	RKA	1		0.274	0.177	0.117
18:3 n-3 c,c,c (ALA) g	0.384		0	RKA	1		0.261	0.169	0.111
18:3 n-6 c,c,c g	0.019		0	RKA	1		0.013	0.008	0.006
18:3i g									
18:4 g	0.004		0	RKA	1		0.003	0.002	0.001
20:2 n-6 c,c g	0.019		0	RKA	1		0.013	0.008	0.005
20:3 undifferentiated g	0.028		0	RKA	1		0.019	0.012	0.008
20:3 n-3 g	0.001		0	RKA	1		0.001	0.001	0.000
20:3 n-6 g	0.026		0	RKA	1		0.018	0.012	0.008
20:4 undifferentiated g	0.062		0	RKA	1		0.042	0.027	0.018
20:4 n-3 g									
20:4 n-6 g									
20:5 n-3 (EPA) g	0.002		0	RKA	1		0.002	0.001	0.001
21:5 g									
22:4 g	0.024		0	RKA	1		0.016	0.011	0.007
22:5 n-3 (DPA) g	0.006		0	RKA	1		0.004	0.003	0.002
22:6 n-3 (DHA) g	0.004		0	RKA	1		0.003	0.002	0.001
Fatty acids, total trans g	0.148		0	RKI	6		0.101	0.065	0.043
Fatty acids, total trans-monoenoic g	0.065		0	RKI	6		0.044	0.029	0.019
Fatty acids, total trans-polyenoic g	0.083		0	RKI	6		0.056	0.037	0.024
Cholesterol mg	107		0	RKI	6		73	47	31
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.159		0	RKA	1		0.108	0.070	0.046
Threonine g	0.686		0	RKA	1		0.467	0.302	0.199
Isoleucine g	0.611		0	RKA	1		0.415	0.269	0.177
Leucine g	1.268		0	RKA	1		0.863	0.558	0.368
Lysine g	0.903		0	RKA	1		0.614	0.397	0.262
Methionine g	0.301		0	RKA	1		0.205	0.133	0.087
Cystine g	0.241		0	RKA	1		0.164	0.106	0.070
Phenylalanine g	0.796		0	RKA	1		0.541	0.350	0.231
Tyrosine g	0.637		0	RKA	1		0.433	0.280	0.185

NDB No. 21441

KENTUCKY FRIED CHICKEN, Fried Chicken, EXTRA CRISPY, Wing, meat and skin with breading (1)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Valine....g	0.758		0	RKA	1		0.515	0.334	0.220
Arginine....g	1.177		0	RKA	1		0.800	0.518	0.341
Histidine....g	0.496		0	RKA	1		0.337	0.218	0.144
Alanine....g	1.185		0	RKA	1		0.806	0.521	0.344
Aspartic acid....g	1.413		0	RKA	1		0.961	0.622	0.410
Glutamic acid....g	4.865		0	RKA	1		3.308	2.141	1.411
Glycine....g	1.749		0	RKA	1		1.189	0.769	0.507
Proline....g	1.670		0	RKA	1		1.135	0.735	0.484
Serine....g	0.810		0	RKA	1		0.551	0.357	0.235
Hydroxyproline....g	0.552		0	RKI	6		0.375	0.243	0.160

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 68g: 1 wing, with skin

Measure 2 = 44g: 1 wing, without skin

Measure 3 = 29g: 1 wing, bone and skin removed

Footnotes:

1 KFC switched to a zero grams trans fat soybean cooking oil in April 2007

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2010)

NDB No. 21433

KENTUCKY FRIED CHICKEN, Fried Chicken, EXTRA CRISPY, Wing, meat only, skin and breading removed (1)

Kentucky Fried Chicken

KFC

Refuse: 58% Skin, subcutaneous fat and breading, 34%; Cartilage and bone, 24%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	53.85	1.471	6	A	1		23.69	15.62	
Energy....kcal	236		0	NC	4		104	68	
Energy....kJ	986		0	NC	4		434	286	
Protein....g	28.67	0.648	6	A	1		12.61	8.31	
Total lipid (fat)....g	12.13	0.668	6	A	1		5.34	3.52	
Ash....g	2.39	0.134	6	A	1		1.05	0.69	
Carbohydrate, by difference....g	2.97		0	NC	4		1.31	0.86	
Fiber, total dietary....g									
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	30		0	BFNN	4		13	9	
Iron, Fe....mg	0.89		0	BFNN	4		0.39	0.26	
Magnesium, Mg....mg	25		0	BFNN	4		11	7	
Phosphorus, P....mg	226		0	BFNN	4		99	66	
Potassium, K....mg	265		0	BFNN	4		117	77	
Sodium, Na....mg	714		0	BFNN	4		314	207	
Zinc, Zn....mg	1.75		0	BFNN	4		0.77	0.51	
Copper, Cu....mg	0.061		0	BFNN	4		0.027	0.018	
Manganese, Mn....mg	0.094		0	BFNN	4		0.041	0.027	
Selenium, Se....mcg	31.9		0	BFNN	4		14.1	9.3	
Vitamins:									
Vitamin C, total ascorbic acid....mg									
Thiamin....mg	0.028		0	BFPN	4		0.012	0.008	
Riboflavin....mg	0.149		0	BFPN	4		0.066	0.043	
Niacin....mg	7.136		0	BFPN	4		3.140	2.069	
Pantothenic acid....mg	1.200		0	BFPN	4		0.528	0.348	
Vitamin B-6....mg	0.401		0	BFPN	4		0.177	0.116	
Folate, total....mcg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.41		0	BFPN	4		0.18	0.12	
Vitamin A, RAE....mcg_RAE									
Vitamin A, IU....IU									
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Dihydrophylloquinone....mcg									
Menaquinone-4....mcg									
Lipids:									
Fatty acids, total saturated....g	2.603		0	NC	4		1.145	0.755	
4:0....g	0.003	0.000	6	A	1		0.001	0.001	
6:0....g	0.001	0.000	6	A	1		0.000	0.000	
8:0....g	0.003	0.001	6	A	1		0.001	0.001	
10:0....g	0.004	0.001	6	A	1		0.002	0.001	
12:0....g	0.005	0.001	6	A	1		0.002	0.001	
13:0....g									
14:0....g	0.037	0.003	6	A	1		0.016	0.011	
15:0....g	0.005	0.000	6	A	1		0.002	0.002	
16:0....g	1.879	0.109	6	A	1		0.827	0.545	

NDB No. 21433

KENTUCKY FRIED CHICKEN, Fried Chicken, EXTRA CRISPY, Wing, meat only, skin and breading removed (1)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:0 g	0.011	0.001	6	A	1		0.005	0.003	
18:0 g	0.604	0.041	6	A	1		0.266	0.175	
20:0 g	0.021	0.001	6	A	1		0.009	0.006	
22:0 g	0.021	0.001	6	A	1		0.009	0.006	
24:0 g	0.010	0.001	6	A	1		0.004	0.003	
Fatty acids, total monounsaturated g	3.917		0	NC	4		1.723	1.136	
14:1 g	0.012	0.001	6	A	1		0.005	0.003	
15:1 g	0.002	0.001	6	A	1		0.001	0.001	
16:1 undifferentiated g	0.422	0.018	6	AS	1		0.186	0.122	
16:1 c g	0.419	0.018	6	A	1		0.184	0.122	
16:1 t g	0.003	0.000	6	A	1		0.001	0.001	
17:1 g	0.011	0.003	6	A	1		0.005	0.003	
18:1 undifferentiated g	3.416	0.180	6	AS	1		1.503	0.991	
18:1 c g	3.381	0.176	6	A	1		1.488	0.980	
18:1-11c (18:1c n-7) g									
18:1 t g	0.035	0.005	6	A	1		0.015	0.010	
18:1-11t (18:1t n-7) g									
20:1 g	0.044	0.002	6	A	1		0.019	0.013	
22:1 undifferentiated g	0.003	0.000	6	AS	1		0.001	0.001	
22:1 c g	0.003	0.000	6	A	1		0.001	0.001	
22:1 t g	0.000	0.000	6	A	1		0.000	0.000	
24:1 c g	0.007	0.000	6	A	1		0.003	0.002	
Fatty acids, total polyunsaturated g	4.045		0	NC	4		1.780	1.173	
18:2 undifferentiated g	3.699	0.205	6	AS	1		1.628	1.073	
18:2 n-6 c,c g	3.645	0.200	6	A	1		1.604	1.057	
18:2 CLAs g	0.014	0.001	6	A	1		0.006	0.004	
18:2 c,t g									
18:2 t,c g									
18:2 t,t g									
18:2 i g									
18:2 t not further defined g	0.040	0.004	6	A	1		0.018	0.012	
18:3 undifferentiated g	0.186	0.012	6	AS	1		0.082	0.054	
18:3 n-3 c,c,c (ALA) g	0.175	0.012	6	A	1		0.077	0.051	
18:3 n-6 c,c,c g	0.011	0.001	6	A	1		0.005	0.003	
18:3i g									
18:4 g	0.002	0.000	6	A	1		0.001	0.001	
20:2 n-6 c,c g	0.014	0.001	6	A	1		0.006	0.004	
20:3 undifferentiated g	0.029	0.001	6	AS	1		0.013	0.008	
20:3 n-3 g	0.001	0.000	6	A	1		0.001	0.000	
20:3 n-6 g	0.028	0.001	6	A	1		0.012	0.008	
20:4 undifferentiated g	0.073	0.003	6	A	1		0.032	0.021	
20:4 n-3 g									
20:4 n-6 g									
20:5 n-3 (EPA) g	0.003	0.000	6	A	1		0.001	0.001	
21:5 g									
22:4 g	0.025	0.001	6	A	1		0.011	0.007	
22:5 n-3 (DPA) g	0.007	0.000	6	A	1		0.003	0.002	
22:6 n-3 (DHA) g	0.005	0.000	6	A	1		0.002	0.002	
Fatty acids, total trans g	0.079		0	NC	4		0.035	0.023	
Fatty acids, total trans-monoenoic g	0.038		0	NC	4		0.017	0.011	
Fatty acids, total trans-polyenoic g	0.040		0	NC	4		0.018	0.012	
Cholesterol mg	146		0	BFSN	4		64	42	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.219		0	A	1		0.096	0.064	
Threonine g	0.946		0	A	1		0.416	0.274	
Isoleucine g	0.841		0	A	1		0.370	0.244	
Leucine g	1.748		0	A	1		0.769	0.507	
Lysine g	1.244		0	A	1		0.547	0.361	
Methionine g	0.415		0	A	1		0.183	0.120	
Cystine g	0.332		0	A	1		0.146	0.096	
Phenylalanine g	1.096		0	A	1		0.482	0.318	
Tyrosine g	0.877		0	A	1		0.386	0.254	

NDB No. 21433

KENTUCKY FRIED CHICKEN, Fried Chicken, EXTRA CRISPY, Wing, meat only, skin and breading removed (1)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Valine....g	1.044		0	A	1		0.460	0.303	
Arginine....g	1.621		0	A	1		0.713	0.470	
Histidine....g	0.683		0	A	1		0.300	0.198	
Alanine....g	1.633		0	A	1		0.718	0.474	
Aspartic acid....g	1.947		0	A	1		0.857	0.565	
Glutamic acid....g	6.703		0	A	1		2.949	1.944	
Glycine....g	2.410		0	A	1		1.060	0.699	
Proline....g	2.300		0	A	1		1.012	0.667	
Serine....g	1.117		0	A	1		0.491	0.324	
Hydroxyproline....g	0.787		0	BFPN	4		0.346	0.228	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 44g: 1 wing, without skin

Measure 2 = 29g: 1 wing, bone and skin removed

Footnotes:

1 KFC switched to a zero grams trans fat soybean cooking oil in April 2007

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2010)

NDB No. 21434

KENTUCKY FRIED CHICKEN, Fried Chicken, ORIGINAL RECIPE, Breast, meat and skin with breading (1)

Kentucky Fried Chicken

KFC

Refuse: 9% Cartilage and bone

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	57.45		0	RKA	1		115.47	83.30	72.96
Energy....kcal	221		0	RKI	6		443	320	280
Energy....kJ	923		0	RKI	6		1855	1338	1172
Protein....g	22.54		0	RKA	1		45.30	32.68	28.62
Total lipid (fat)....g	12.03		0	RKA	1		24.17	17.44	15.27
Ash....g	2.46		0	RKA	1		4.94	3.56	3.12
Carbohydrate, by difference....g	5.53		0	RKI	6		11.12	8.02	7.03
Fiber, total dietary....g									
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	31		0	RKA	1		63	46	40
Iron, Fe....mg	0.59		0	RKA	1		1.19	0.86	0.75
Magnesium, Mg....mg	26		0	RKA	1		51	37	32
Phosphorus, P....mg	228		0	RKA	1		459	331	290
Potassium, K....mg	272		0	RKA	1		546	394	345
Sodium, Na....mg	589		0	RKA	1		1184	854	748
Zinc, Zn....mg	0.82		0	RKA	1		1.65	1.19	1.04
Copper, Cu....mg	0.052		0	RKA	1		0.105	0.076	0.066
Manganese, Mn....mg	0.130		0	RKA	1		0.262	0.189	0.166
Selenium, Se....mcg	23.0		0	RKA	1		46.2	33.3	29.2
Vitamins:									
Vitamin C, total ascorbic acid....mg									
Thiamin....mg	0.047		0	RKA	1		0.095	0.069	0.060
Riboflavin....mg	0.117		0	RKA	1		0.236	0.170	0.149
Niacin....mg	8.879		0	RKA	1		17.846	12.874	11.276
Pantothenic acid....mg	1.425		0	RKA	1		2.865	2.067	1.810
Vitamin B-6....mg	0.337		0	RKA	1		0.677	0.488	0.428
Folate, total....mcg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.31		0	RKA	1		0.62	0.45	0.39
Vitamin A, RAE....mcg_RAE									
Vitamin A, IU....IU									
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Dihydrophylloquinone....mcg									
Menaquinone-4....mcg									
Lipids:									
Fatty acids, total saturated....g	2.748		0	RKI	6		5.524	3.985	3.490
4:0....g	0.003		0	RKA	1		0.006	0.004	0.004
6:0....g	0.001		0	RKA	1		0.001	0.001	0.001
8:0....g	0.002		0	RKA	1		0.003	0.002	0.002
10:0....g	0.004		0	RKA	1		0.007	0.005	0.005
12:0....g	0.005		0	RKA	1		0.011	0.008	0.007
13:0....g									
14:0....g	0.044		0	RKA	1		0.088	0.063	0.056
15:0....g	0.006		0	RKA	1		0.012	0.009	0.008
16:0....g	2.060		0	RKA	1		4.141	2.987	2.616

NDB No. 21434

KENTUCKY FRIED CHICKEN, Fried Chicken, ORIGINAL RECIPE, Breast, meat and skin with breading (1)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:0 g	0.011		0	RKA	1		0.023	0.016	0.014
18:0 g	0.570		0	RKA	1		1.145	0.826	0.724
20:0 g	0.018		0	RKA	1		0.037	0.027	0.023
22:0 g	0.017		0	RKA	1		0.035	0.025	0.022
24:0 g	0.008		0	RKA	1		0.015	0.011	0.010
Fatty acids, total monounsaturated g	4.270		0	RKI	6		8.582	6.191	5.422
14:1 g	0.015		0	RKA	1		0.030	0.022	0.019
15:1 g	0.003		0	RKA	1		0.007	0.005	0.004
16:1 undifferentiated g	0.508		0	RKA	1		1.020	0.736	0.645
16:1 c g	0.504		0	RKA	1		1.013	0.731	0.640
16:1 t g	0.004		0	RKA	1		0.007	0.005	0.004
17:1 g	0.013		0	RKA	1		0.026	0.019	0.016
18:1 undifferentiated g	3.680		0	RKA	1		7.396	5.335	4.673
18:1 c g	3.646		0	RKA	1		7.329	5.287	4.631
18:1-11c (18:1c n-7) g									
18:1 t g	0.033		0	RKA	1		0.067	0.048	0.042
18:1-11t (18:1t n-7) g									
20:1 g	0.044		0	RKA	1		0.089	0.064	0.056
22:1 undifferentiated g	0.003		0	RKA	1		0.005	0.004	0.003
22:1 c g	0.003		0	RKA	1		0.005	0.004	0.003
22:1 t g	0.000		0	RKA	1		0.000	0.000	0.000
24:1 c g	0.005		0	RKA	1		0.009	0.007	0.006
Fatty acids, total polyunsaturated g	3.801		0	RKI	6		7.639	5.511	4.827
18:2 undifferentiated g	3.520		0	RKA	1		7.076	5.104	4.471
18:2 n-6 c,c g	3.471		0	RKA	1		6.977	5.033	4.409
18:2 CLAs g	0.013		0	RKA	1		0.026	0.019	0.017
18:2 c,t g									
18:2 t,c g									
18:2 t,t g									
18:2 i g									
18:2 t not further defined g	0.036		0	RKA	1		0.072	0.052	0.046
18:3 undifferentiated g	0.172		0	RKA	1		0.345	0.249	0.218
18:4 g	0.003		0	RKA	1		0.005	0.004	0.003
20:2 n-6 c,c g	0.012		0	RKA	1		0.024	0.017	0.015
20:3 undifferentiated g	0.023		0	RKA	1		0.045	0.033	0.029
20:4 undifferentiated g	0.046		0	RKA	1		0.092	0.066	0.058
20:5 n-3 (EPA) g	0.002		0	RKA	1		0.004	0.003	0.003
22:5 n-3 (DPA) g	0.004		0	RKA	1		0.009	0.006	0.005
22:6 n-3 (DHA) g	0.003		0	RKA	1		0.006	0.004	0.004
Fatty acids, total trans g	0.073		0	RKI	6		0.146	0.105	0.092
Cholesterol mg	82		0	RKA	1		164	119	104
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.170		0	RKA	1		0.342	0.247	0.216
Threonine g	0.735		0	RKA	1		1.478	1.066	0.934
Isoleucine g	0.654		0	RKA	1		1.315	0.948	0.831
Leucine g	1.359		0	RKA	1		2.731	1.970	1.725
Lysine g	0.967		0	RKA	1		1.943	1.402	1.228
Methionine g	0.323		0	RKA	1		0.648	0.468	0.410
Cystine g	0.258		0	RKA	1		0.519	0.374	0.328
Phenylalanine g	0.852		0	RKA	1		1.713	1.236	1.082
Tyrosine g	0.682		0	RKA	1		1.371	0.989	0.866
Valine g	0.812		0	RKA	1		1.632	1.177	1.031
Arginine g	1.260		0	RKA	1		2.533	1.827	1.600
Histidine g	0.531		0	RKA	1		1.067	0.770	0.674
Alanine g	1.269		0	RKA	1		2.551	1.840	1.612
Aspartic acid g	1.514		0	RKA	1		3.042	2.195	1.922
Glutamic acid g	5.210		0	RKA	1		10.472	7.555	6.617
Glycine g	1.873		0	RKA	1		3.765	2.716	2.379
Proline g	1.788		0	RKA	1		3.594	2.593	2.271
Serine g	0.868		0	RKA	1		1.745	1.259	1.102
Hydroxyproline g	0.650		0	RKI	6		1.306	0.942	0.825

NDB No. 21434

KENTUCKY FRIED CHICKEN, Fried Chicken, ORIGINAL RECIPE, Breast, meat and skin with breading (1)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 201g: 1 breast, with skin

Measure 2 = 145g: 1 breast, without skin

Measure 3 = 127g: 1 breast, bone and skin removed

Footnotes:

1 KFC switched to a zero grams trans fat soybean cooking oil in April 2007

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2010)

NDB No. 21425

KENTUCKY FRIED CHICKEN, Fried Chicken, ORIGINAL RECIPE, Breast, meat only, skin and breading removed (1)

Kentucky Fried Chicken

KFC

Refuse: 37% Skin, subcutaneous fat and breading, 28%; Cartilage and bone, 9%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	66.67	0.400	6	A	1		96.67	84.67	
Energy....kcal	146		0	NC	4		212	186	
Energy....kJ	613		0	NC	4		888	778	
Protein....g	26.76	0.504	6	A	1		38.80	33.99	
Total lipid (fat)....g	4.30	0.133	6	A	1		6.24	5.46	
Ash....g	2.10	0.094	6	A	1		3.05	2.67	
Carbohydrate, by difference....g	0.17		0	NC	4		0.25	0.22	
Fiber, total dietary....g									
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	19	3.011	6	A	1		28	24	
Iron, Fe....mg	0.51	0.014	6	A	1		0.73	0.64	
Magnesium, Mg....mg	28	0.769	6	A	1		40	35	
Phosphorus, P....mg	249	3.938	6	A	1		361	316	
Potassium, K....mg	304	4.222	6	A	1		441	386	
Sodium, Na....mg	469	33.164	6	A	1		680	596	
Zinc, Zn....mg	0.87	0.035	6	A	1		1.27	1.11	
Copper, Cu....mg	0.043	0.002	6	A	1		0.062	0.054	
Manganese, Mn....mg	0.047	0.001	6	A	1		0.068	0.060	
Selenium, Se....mcg	27.3	3.689	6	A	1		39.6	34.7	
Vitamins:									
Vitamin C, total ascorbic acid....mg									
Thiamin....mg	0.060	0.000	4	A	1		0.087	0.076	
Riboflavin....mg	0.127	0.005	4	A	1		0.185	0.162	
Niacin....mg	10.892	0.594	4	A	1		15.794	13.833	
Pantothenic acid....mg	1.625	0.111	4	A	1		2.356	2.064	
Vitamin B-6....mg	0.416	0.010	4	A	1		0.603	0.528	
Folate, total....mcg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.30	0.011	4	A	1		0.44	0.38	
Vitamin A, RAE....mcg_RAE									
Vitamin A, IU....IU									
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Dihydrophylloquinone....mcg									
Menaquinone-4....mcg									
Lipids:									
Fatty acids, total saturated....g	1.089		0	NC	4		1.579	1.383	
4:0....g	0.003	0.001	6	A	1		0.004	0.004	
6:0....g	0.001	0.000	6	A	1		0.001	0.001	
8:0....g	0.000	0.000	6	A	1		0.000	0.000	
10:0....g	0.003	0.001	6	A	1		0.005	0.004	
12:0....g	0.003	0.001	6	A	1		0.004	0.004	
13:0....g									
14:0....g	0.018	0.002	6	A	1		0.026	0.023	
15:0....g	0.003	0.000	6	A	1		0.004	0.004	
16:0....g	0.781	0.070	6	A	1		1.132	0.992	

NDB No. 21425

KENTUCKY FRIED CHICKEN, Fried Chicken, ORIGINAL RECIPE, Breast, meat only, skin and breading removed (1)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:0 g	0.004	0.000	6	A	1		0.006	0.005	
18:0 g	0.257	0.016	6	A	1		0.373	0.327	
20:0 g	0.006	0.000	6	A	1		0.009	0.008	
22:0 g	0.006	0.000	6	A	1		0.008	0.007	
24:0 g	0.003	0.000	6	A	1		0.005	0.004	
Fatty acids, total monounsaturated g	1.530		0	NC	4		2.218	1.943	
14:1 g	0.005	0.000	6	A	1		0.007	0.006	
15:1 g	0.003	0.001	6	A	1		0.004	0.003	
16:1 undifferentiated g	0.178	0.021	6	AS	1		0.257	0.225	
16:1 c g	0.176	0.021	6	A	1		0.255	0.223	
16:1 t g	0.002	0.000	6	A	1		0.002	0.002	
17:1 g	0.010	0.006	6	A	1		0.015	0.013	
18:1 undifferentiated g	1.312	0.112	6	AS	1		1.902	1.666	
18:1 c g	1.295	0.111	6	A	1		1.877	1.644	
18:1-11c (18:1c n-7) g									
18:1 t g	0.017	0.001	6	A	1		0.025	0.022	
18:1-11t (18:1t n-7) g									
20:1 g	0.017	0.001	6	A	1		0.025	0.022	
22:1 undifferentiated g	0.002	0.000	6	AS	1		0.002	0.002	
22:1 c g	0.002	0.000	6	A	1		0.002	0.002	
22:1 t g									
24:1 c g	0.004	0.000	6	A	1		0.006	0.005	
Fatty acids, total polyunsaturated g	1.189		0	NC	4		1.724	1.510	
18:2 undifferentiated g	1.051	0.097	6	AS	1		1.524	1.335	
18:2 n-6 c,c g	1.034	0.095	6	A	1		1.499	1.313	
18:2 CLAs g	0.005	0.001	6	A	1		0.007	0.007	
18:2 c,t g									
18:2 t,c g									
18:2 t,t g									
18:2 i g									
18:2 t not further defined g	0.012	0.001	6	A	1		0.018	0.015	
18:3 undifferentiated g	0.050	0.005	6	AS	1		0.072	0.063	
18:3 n-3 c,c,c (ALA) g	0.045	0.004	6	A	1		0.065	0.057	
18:3 n-6 c,c,c g	0.005	0.000	6	A	1		0.007	0.006	
18:3i g									
18:4 g	0.001	0.000	6	A	1		0.002	0.001	
20:2 n-6 c,c g	0.008	0.001	6	A	1		0.011	0.010	
20:3 undifferentiated g	0.019	0.001	6	AS	1		0.027	0.023	
20:3 n-3 g	0.001	0.000	6	A	1		0.001	0.001	
20:3 n-6 g	0.018	0.001	6	A	1		0.026	0.022	
20:4 undifferentiated g	0.039	0.002	6	A	1		0.057	0.050	
20:4 n-3 g									
20:4 n-6 g									
20:5 n-3 (EPA) g	0.002	0.000	6	A	1		0.003	0.003	
21:5 g									
22:4 g	0.013	0.001	6	A	1		0.019	0.016	
22:5 n-3 (DPA) g	0.004	0.000	6	A	1		0.005	0.005	
22:6 n-3 (DHA) g	0.003	0.000	6	A	1		0.004	0.004	
Fatty acids, total trans g	0.031		0	NC	4		0.045	0.040	
Fatty acids, total trans-monoenoic g	0.019		0	NC	4		0.028	0.024	
Fatty acids, total trans-polyenoic g	0.012		0	NC	4		0.018	0.015	
Cholesterol mg	87	1.037	6	A	1		126	110	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.205		0	A	1		0.297	0.260	
Threonine g	0.883		0	A	1		1.280	1.121	
Isoleucine g	0.786		0	A	1		1.139	0.998	
Leucine g	1.632		0	A	1		2.366	2.072	
Lysine g	1.161		0	A	1		1.683	1.474	
Methionine g	0.387		0	A	1		0.562	0.492	
Cystine g	0.310		0	A	1		0.450	0.394	
Phenylalanine g	1.023		0	A	1		1.484	1.300	
Tyrosine g	0.819		0	A	1		1.187	1.040	

NDB No. 21425

KENTUCKY FRIED CHICKEN, Fried Chicken, ORIGINAL RECIPE, Breast, meat only, skin and breading removed (1)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Valine....g	0.975		0	A	1		1.414	1.238	
Arginine....g	1.513		0	A	1		2.194	1.922	
Histidine....g	0.637		0	A	1		0.924	0.810	
Alanine....g	1.524		0	A	1		2.210	1.936	
Aspartic acid....g	1.818		0	A	1		2.636	2.309	
Glutamic acid....g	6.258		0	A	1		9.073	7.947	
Glycine....g	2.250		0	A	1		3.262	2.857	
Proline....g	2.147		0	A	1		3.114	2.727	
Serine....g	1.042		0	A	1		1.512	1.324	
Hydroxyproline....g	0.771		0	BFPN	4		1.118	0.980	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 145g: 1 breast, without skin

Measure 2 = 127g: 1 breast, bone and skin removed

Footnotes:

1 KFC switched to a zero grams trans fat soybean cooking oil in April 2007

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2010)

NDB No. 21435

KENTUCKY FRIED CHICKEN, Fried Chicken, ORIGINAL RECIPE, Drumstick, meat and skin with breading (1)

Kentucky Fried Chicken

KFC

Refuse: 24% Cartilage and bone

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	55.60		0	RKA	1		41.70	31.69	22.24
Energy....kcal	239		0	RKI	6		179	136	95
Energy....kJ	999		0	RKI	6		749	569	400
Protein....g	22.30		0	RKA	1		16.72	12.71	8.92
Total lipid (fat)....g	14.22		0	RKA	1		10.67	8.11	5.69
Ash....g	2.49		0	RKA	1		1.87	1.42	1.00
Carbohydrate, by difference....g	5.39		0	RKI	6		4.04	3.07	2.15
Fiber, total dietary....g									
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	29		0	RKA	1		22	17	12
Iron, Fe....mg	0.97		0	RKA	1		0.73	0.55	0.39
Magnesium, Mg....mg	23		0	RKA	1		17	13	9
Phosphorus, P....mg	211		0	RKA	1		158	120	84
Potassium, K....mg	250		0	RKA	1		188	143	100
Sodium, Na....mg	625		0	RKA	1		469	356	250
Zinc, Zn....mg	1.96		0	RKA	1		1.47	1.12	0.78
Copper, Cu....mg	0.080		0	RKA	1		0.060	0.046	0.032
Manganese, Mn....mg	0.135		0	RKA	1		0.101	0.077	0.054
Selenium, Se....mcg	25.5		0	RKA	1		19.2	14.6	10.2
Vitamins:									
Vitamin C, total ascorbic acid....mg									
Thiamin....mg	0.041		0	RKA	1		0.031	0.023	0.016
Riboflavin....mg	0.213		0	RKA	1		0.160	0.121	0.085
Niacin....mg	4.993		0	RKA	1		3.745	2.846	1.997
Pantothenic acid....mg	1.202		0	RKA	1		0.902	0.685	0.481
Vitamin B-6....mg	0.221		0	RKA	1		0.166	0.126	0.088
Folate, total....mcg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.54		0	RKA	1		0.41	0.31	0.22
Vitamin A, RAE....mcg_RAE									
Vitamin A, IU....IU									
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Dihydrophylloquinone....mcg									
Menaquinone-4....mcg									
Lipids:									
Fatty acids, total saturated....g	3.240		0	RKI	6		2.430	1.847	1.296
4:0....g	0.002		0	RKA	1		0.002	0.001	0.001
6:0....g	0.001		0	RKA	1		0.001	0.000	0.000
8:0....g	0.002		0	RKA	1		0.001	0.001	0.001
10:0....g	0.003		0	RKA	1		0.003	0.002	0.001
12:0....g	0.006		0	RKA	1		0.005	0.004	0.003
13:0....g									
14:0....g	0.051		0	RKA	1		0.039	0.029	0.021
15:0....g	0.007		0	RKA	1		0.005	0.004	0.003
16:0....g	2.423		0	RKA	1		1.817	1.381	0.969

NDB No. 21435

KENTUCKY FRIED CHICKEN, Fried Chicken, ORIGINAL RECIPE, Drumstick, meat and skin with breading (1)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:0 g	0.013		0	RKA	1		0.010	0.007	0.005
18:0 g	0.681		0	RKA	1		0.511	0.388	0.273
20:0 g	0.021		0	RKA	1		0.016	0.012	0.008
22:0 g	0.020		0	RKA	1		0.015	0.011	0.008
24:0 g	0.009		0	RKA	1		0.007	0.005	0.004
Fatty acids, total monounsaturated g	5.115		0	RKI	6		3.836	2.916	2.046
14:1 g	0.019		0	RKA	1		0.014	0.011	0.008
15:1 g	0.003		0	RKA	1		0.002	0.002	0.001
16:1 undifferentiated g	0.667		0	RKA	1		0.500	0.380	0.267
16:1 c g	0.663		0	RKA	1		0.497	0.378	0.265
16:1 t g	0.004		0	RKA	1		0.003	0.003	0.002
17:1 g	0.012		0	RKA	1		0.009	0.007	0.005
18:1 undifferentiated g	4.354		0	RKA	1		3.265	2.482	1.741
18:1 c g	4.317		0	RKA	1		3.237	2.460	1.727
18:1-11c (18:1c n-7) g									
18:1 t g	0.037		0	RKA	1		0.028	0.021	0.015
18:1-11t (18:1t n-7) g									
20:1 g	0.051		0	RKA	1		0.038	0.029	0.020
22:1 undifferentiated g	0.003		0	RKA	1		0.002	0.002	0.001
22:1 c g	0.003		0	RKA	1		0.002	0.002	0.001
22:1 t g	0.000		0	RKA	1		0.000	0.000	0.000
24:1 c g	0.006		0	RKA	1		0.005	0.004	0.003
Fatty acids, total polyunsaturated g	4.290		0	RKI	6		3.218	2.445	1.716
18:2 undifferentiated g	3.940		0	RKA	1		2.955	2.246	1.576
18:2 n-6 c,c g	3.885		0	RKA	1		2.914	2.215	1.554
18:2 CLAs g	0.015		0	RKA	1		0.012	0.009	0.006
18:2 c,t g									
18:2 t,c g									
18:2 t,t g									
18:2 i g									
18:2 t not further defined g	0.039		0	RKA	1		0.029	0.022	0.016
18:3 undifferentiated g	0.192		0	RKA	1		0.144	0.110	0.077
18:3 n-3 c,c,c (ALA) g	0.176		0	RKA	1		0.132	0.100	0.070
18:3 n-6 c,c,c g	0.017		0	RKA	1		0.013	0.010	0.007
18:3i g									
18:4 g	0.003		0	RKA	1		0.002	0.002	0.001
20:2 n-6 c,c g	0.014		0	RKA	1		0.010	0.008	0.006
20:3 undifferentiated g	0.027		0	RKA	1		0.021	0.016	0.011
20:3 n-3 g	0.001		0	RKA	1		0.001	0.001	0.000
20:3 n-6 g	0.026		0	RKA	1		0.020	0.015	0.011
20:4 undifferentiated g	0.076		0	RKA	1		0.057	0.043	0.030
20:4 n-3 g									
20:4 n-6 g									
20:5 n-3 (EPA) g	0.003		0	RKA	1		0.002	0.002	0.001
21:5 g									
22:4 g	0.023		0	RKA	1		0.018	0.013	0.009
22:5 n-3 (DPA) g	0.006		0	RKA	1		0.005	0.004	0.003
22:6 n-3 (DHA) g	0.004		0	RKA	1		0.003	0.002	0.002
Fatty acids, total trans g	0.081		0	RKI	6		0.061	0.046	0.032
Fatty acids, total trans-monoenoic g	0.041		0	RKI	6		0.031	0.024	0.017
Fatty acids, total trans-polyenoic g	0.039		0	RKI	6		0.029	0.022	0.016
Cholesterol mg	117		0	RKA	1		88	67	47
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.169		0	RKA	1		0.126	0.096	0.067
Threonine g	0.727		0	RKA	1		0.546	0.415	0.291
Isoleucine g	0.647		0	RKA	1		0.485	0.369	0.259
Leucine g	1.344		0	RKA	1		1.008	0.766	0.538
Lysine g	0.957		0	RKA	1		0.717	0.545	0.383
Methionine g	0.319		0	RKA	1		0.239	0.182	0.128
Cystine g	0.255		0	RKA	1		0.192	0.146	0.102
Phenylalanine g	0.843		0	RKA	1		0.632	0.481	0.337
Tyrosine g	0.675		0	RKA	1		0.506	0.385	0.270

NDB No. 21435

KENTUCKY FRIED CHICKEN, Fried Chicken, ORIGINAL RECIPE, Drumstick, meat and skin with breading (1)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Valine....g	0.803		0	RKA	1		0.603	0.458	0.321
Arginine....g	1.247		0	RKA	1		0.935	0.711	0.499
Histidine....g	0.525		0	RKA	1		0.394	0.299	0.210
Alanine....g	1.256		0	RKA	1		0.942	0.716	0.502
Aspartic acid....g	1.498		0	RKA	1		1.123	0.854	0.599
Glutamic acid....g	5.156		0	RKA	1		3.867	2.939	2.062
Glycine....g	1.853		0	RKA	1		1.390	1.056	0.741
Proline....g	1.769		0	RKA	1		1.327	1.009	0.708
Serine....g	0.859		0	RKA	1		0.644	0.490	0.344
Hydroxyproline....g	0.605		0	RKI	6		0.454	0.345	0.242

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 75g: 1 drumstick, with skin

Measure 2 = 57g: 1 drumstick, without skin

Measure 3 = 40g: 1 drumstick, bone and skin removed

Footnotes:

1 KFC switched to a zero grams trans fat soybean cooking oil in April 2007

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2010)

NDB No. 21426

KENTUCKY FRIED CHICKEN, Fried Chicken, ORIGINAL RECIPE, Drumstick, meat only, skin and breading removed (1)

Kentucky Fried Chicken

KFC

Refuse: 47% Skin, subcutaneous fat and breading, 23%; Cartilage and bone, 24%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	63.77	0.276	6	A	1		25.51	36.35	
Energy....kcal	175		0	NC	4		70	99	
Energy....kJ	730		0	NC	4		292	416	
Protein....g	26.30	0.302	6	A	1		10.52	14.99	
Total lipid (fat)....g	7.66	0.163	6	A	1		3.06	4.36	
Ash....g	2.16	0.087	6	A	1		0.87	1.23	
Carbohydrate, by difference....g	0.11		0	NC	4		0.05	0.06	
Fiber, total dietary....g									
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	16	1.171	6	A	1		7	9	
Iron, Fe....mg	1.04	0.040	6	A	1		0.42	0.60	
Magnesium, Mg....mg	23	0.504	6	A	1		9	13	
Phosphorus, P....mg	223	2.565	6	A	1		89	127	
Potassium, K....mg	273	5.712	6	A	1		109	156	
Sodium, Na....mg	524	38.053	6	A	1		210	299	
Zinc, Zn....mg	2.50	0.094	6	A	1		1.00	1.42	
Copper, Cu....mg	0.083	0.003	6	A	1		0.033	0.048	
Manganese, Mn....mg	0.056	0.004	6	A	1		0.022	0.032	
Selenium, Se....mcg	30.9	4.249	6	A	1		12.3	17.6	
Vitamins:									
Vitamin C, total ascorbic acid....mg									
Thiamin....mg	0.050	0.000	4	A	1		0.020	0.029	
Riboflavin....mg	0.264	0.006	4	A	1		0.105	0.150	
Niacin....mg	5.277	0.210	4	A	1		2.111	3.008	
Pantothenic acid....mg	1.300	0.071	4	A	1		0.520	0.741	
Vitamin B-6....mg	0.248	0.037	4	A	1		0.099	0.141	
Folate, total....mcg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.64	0.029	4	A	1		0.25	0.36	
Vitamin A, RAE....mcg_RAE									
Vitamin A, IU....IU									
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Dihydrophylloquinone....mcg									
Menaquinone-4....mcg									
Lipids:									
Fatty acids, total saturated....g	1.838		0	NC	4		0.735	1.048	
4:0....g	0.002	0.000	6	A	1		0.001	0.001	
6:0....g	0.001	0.000	6	A	1		0.000	0.000	
8:0....g	0.001	0.000	6	A	1		0.000	0.000	
10:0....g	0.003	0.000	6	A	1		0.001	0.002	
12:0....g	0.004	0.001	6	A	1		0.002	0.002	
13:0....g									
14:0....g	0.030	0.001	6	A	1		0.012	0.017	
15:0....g	0.004	0.000	6	A	1		0.002	0.002	
16:0....g	1.336	0.028	6	A	1		0.534	0.762	

NDB No. 21426

KENTUCKY FRIED CHICKEN, Fried Chicken, ORIGINAL RECIPE, Drumstick, meat only, skin and breading removed (1)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:0 g	0.007	0.000	6	A	1		0.003	0.004	
18:0 g	0.426	0.011	6	A	1		0.170	0.243	
20:0 g	0.010	0.001	6	A	1		0.004	0.006	
22:0 g	0.010	0.000	6	A	1		0.004	0.006	
24:0 g	0.005	0.000	6	A	1		0.002	0.003	
Fatty acids, total monounsaturated g	2.816		0	NC	4		1.126	1.605	
14:1 g	0.011	0.001	6	A	1		0.004	0.006	
15:1 g	0.002	0.000	6	A	1		0.001	0.001	
16:1 undifferentiated g	0.415	0.020	6	AS	1		0.166	0.236	
16:1 c g	0.412	0.020	6	A	1		0.165	0.235	
16:1 t g	0.003	0.000	6	A	1		0.001	0.002	
17:1 g	0.009	0.003	6	A	1		0.004	0.005	
18:1 undifferentiated g	2.343	0.047	6	AS	1		0.937	1.335	
18:1 c g	2.319	0.046	6	A	1		0.928	1.322	
18:1-11c (18:1c n-7) g									
18:1 t g	0.023	0.001	6	A	1		0.009	0.013	
18:1-11t (18:1t n-7) g									
20:1 g	0.028	0.001	6	A	1		0.011	0.016	
22:1 undifferentiated g	0.003	0.000	6	AS	1		0.001	0.001	
22:1 c g	0.002	0.000	6	A	1		0.001	0.001	
22:1 t g	0.000	0.000	6	A	1		0.000	0.000	
24:1 c g	0.007	0.000	6	A	1		0.003	0.004	
Fatty acids, total polyunsaturated g	1.963		0	NC	4		0.785	1.119	
18:2 undifferentiated g	1.721	0.096	6	AS	1		0.688	0.981	
18:2 n-6 c,c g	1.694	0.095	6	A	1		0.678	0.966	
18:2 CLAs g	0.009	0.000	6	A	1		0.003	0.005	
18:2 c,t g									
18:2 t,c g									
18:2 t,t g									
18:2 i g									
18:2 t not further defined g	0.018	0.001	6	A	1		0.007	0.010	
18:3 undifferentiated g	0.083	0.004	6	AS	1		0.033	0.047	
18:3 n-3 c,c,c (ALA) g	0.073	0.004	6	A	1		0.029	0.042	
18:3 n-6 c,c,c g	0.010	0.001	6	A	1		0.004	0.006	
18:3i g									
18:4 g	0.002	0.000	6	A	1		0.001	0.001	
20:2 n-6 c,c g	0.010	0.000	6	A	1		0.004	0.006	
20:3 undifferentiated g	0.026	0.000	6	AS	1		0.010	0.015	
20:3 n-3 g	0.001	0.000	6	A	1		0.000	0.001	
20:3 n-6 g	0.025	0.000	6	A	1		0.010	0.014	
20:4 undifferentiated g	0.083	0.003	6	A	1		0.033	0.047	
20:4 n-3 g									
20:4 n-6 g									
20:5 n-3 (EPA) g	0.003	0.000	6	A	1		0.001	0.002	
21:5 g									
22:4 g	0.024	0.001	6	A	1		0.010	0.014	
22:5 n-3 (DPA) g	0.007	0.000	6	A	1		0.003	0.004	
22:6 n-3 (DHA) g	0.005	0.000	6	A	1		0.002	0.003	
Fatty acids, total trans g	0.044		0	NC	4		0.018	0.025	
Fatty acids, total trans-monoenoic g	0.026		0	NC	4		0.011	0.015	
Fatty acids, total trans-polyenoic g	0.018		0	NC	4		0.007	0.010	
Cholesterol mg	137	3.110	6	A	1		55	78	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.201		0	A	1		0.080	0.115	
Threonine g	0.868		0	A	1		0.347	0.495	
Isoleucine g	0.772		0	A	1		0.309	0.440	
Leucine g	1.604		0	A	1		0.641	0.914	
Lysine g	1.141		0	A	1		0.456	0.650	
Methionine g	0.381		0	A	1		0.152	0.217	
Cystine g	0.305		0	A	1		0.122	0.174	
Phenylalanine g	1.006		0	A	1		0.402	0.573	
Tyrosine g	0.805		0	A	1		0.322	0.459	

NDB No. 21426

KENTUCKY FRIED CHICKEN, Fried Chicken, ORIGINAL RECIPE, Drumstick, meat only, skin and breading removed (1)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Valine....g	0.958		0	A	1		0.383	0.546	
Arginine....g	1.487		0	A	1		0.595	0.848	
Histidine....g	0.627		0	A	1		0.251	0.357	
Alanine....g	1.498		0	A	1		0.599	0.854	
Aspartic acid....g	1.787		0	A	1		0.715	1.018	
Glutamic acid....g	6.150		0	A	1		2.460	3.506	
Glycine....g	2.211		0	A	1		0.884	1.260	
Proline....g	2.111		0	A	1		0.844	1.203	
Serine....g	1.025		0	A	1		0.410	0.584	
Hydroxyproline....g	0.705		0	BFPN	4		0.282	0.402	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 40g: 1 drumstick, bone and skin removed

Measure 2 = 57g: 1 drumstick, without skin

Footnotes:

1 KFC switched to a zero grams trans fat soybean cooking oil in April 2007

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2010)

NDB No. 21424

KENTUCKY FRIED CHICKEN, Fried Chicken, ORIGINAL RECIPE, Skin and Breading (1)

Kentucky Fried Chicken

KFC

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	36.63	0.704	6	A	1				
Energy	kcal	388		0	NC	4				
Energy	kJ	1622		0	NC	4				
Protein	g	13.00	0.563	6	A	1				
Total lipid (fat)	g	29.47	1.720	5	A	1				
Ash	g	3.27	0.156	6	A	1				
Carbohydrate, by difference	g	17.63		0	NC	4				
Fiber, total dietary	g									
Sugars, total	g	0.00	0.000	4	A	1				
Sucrose	g	0.00	0.000	4	A	1				
Glucose (dextrose)	g	0.00	0.000	4	A	1				
Fructose	g	0.00	0.000	4	A	1				
Lactose	g	0.00	0.000	4	A	1				
Maltose	g	0.00	0.000	4	A	1				
Galactose	g	0.00	0.000	4	A	1				
Starch	g	16.72	0.176	6	A	1				
Minerals:										
Calcium, Ca	mg	59	3.815	12	A	1				
Iron, Fe	mg	0.79	0.018	12	A	1				
Magnesium, Mg	mg	21	1.267	12	A	1				
Phosphorus, P	mg	182	3.273	12	A	1				
Potassium, K	mg	199	3.046	12	A	1				
Sodium, Na	mg	860	26.741	12	A	1				
Zinc, Zn	mg	0.70	0.010	12	A	1				
Copper, Cu	mg	0.074	0.002	12	A	1				
Manganese, Mn	mg	0.319	0.015	12	A	1				
Selenium, Se	mcg	13.2	0.881	12	A	1				
Vitamins:										
Vitamin C, total ascorbic acid	mg									
Thiamin	mg	0.019	0.001	4	A	1				
Riboflavin	mg	0.095	0.003	4	A	1				
Niacin	mg	4.332	0.100	4	A	1				
Pantothenic acid	mg	0.975	0.025	4	A	1				
Vitamin B-6	mg	0.159	0.007	4	A	1				
Folate, total	mcg									
Folate, DFE	mcg_DFE									
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	0.32	0.025	4	A	1				
Vitamin A, RAE	mcg_RAE	49		0	AS	1				
Vitamin A, IU	IU	163		0	AS	1				
Lycopene	mcg									
Lutein + zeaxanthin	mcg									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Dihydrophylloquinone	mcg									
Menaquinone-4	mcg									
Lipids:										
Fatty acids, total saturated	g	6.495		0	NC	4				
4:0	g	0.003	0.000	6	A	1				
6:0	g	0.001	0.000	6	A	1				
8:0	g	0.004	0.001	6	A	1				

NDB No. 21424

KENTUCKY FRIED CHICKEN, Fried Chicken, ORIGINAL RECIPE, Skin and Breading (1)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0....g	0.005	0.000	6	A	1				
12:0....g	0.011	0.001	6	A	1				
13:0....g									
14:0....g	0.102	0.006	6	A	1				
15:0....g	0.013	0.001	6	A	1				
16:0....g	4.947	0.236	6	A	1				
17:0....g	0.027	0.001	6	A	1				
18:0....g	1.276	0.050	6	A	1				
20:0....g	0.046	0.002	6	A	1				
22:0....g	0.043	0.002	6	A	1				
24:0....g	0.018	0.001	6	A	1				
Fatty acids, total monounsaturated....g	10.454		0	NC	4				
14:1....g	0.038	0.004	6	A	1				
15:1....g	0.005	0.001	6	A	1				
16:1 undifferentiated....g	1.253	0.120	6	AS	1				
16:1 c....g	1.245	0.119	6	A	1				
16:1 t....g	0.008	0.001	6	A	1				
17:1....g	0.019	0.001	6	A	1				
18:1 undifferentiated....g	9.024	0.377	6	AS	1				
18:1 c....g	8.955	0.375	6	A	1				
18:1-11c (18:1c n-7)....g									
18:1 t....g	0.069	0.003	6	A	1				
18:1-11t (18:1t n-7)....g									
20:1....g	0.105	0.004	6	A	1				
22:1 undifferentiated....g	0.005	0.000	6	AS	1				
22:1 c....g	0.005	0.000	6	A	1				
22:1 t....g	0.000	0.000	6	A	1				
24:1 c....g	0.006	0.000	6	A	1				
Fatty acids, total polyunsaturated....g	9.696		0	NC	4				
18:2 undifferentiated....g	9.094	0.371	6	AS	1				
18:2 n-6 c,c....g	8.974	0.371	6	A	1				
18:2 CLAs....g	0.031	0.001	6	A	1				
18:2 c,t....g									
18:2 t,c....g									
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.090	0.004	6	A	1				
18:3 undifferentiated....g	0.447	0.015	6	AS	1				
18:3 n-3 c,c,c (ALA)....g	0.414	0.015	6	A	1				
18:3 n-6 c,c,c....g	0.033	0.003	6	A	1				
18:3i....g									
18:4....g	0.006	0.000	6	A	1				
20:2 n-6 c,c....g	0.022	0.001	6	A	1				
20:3 undifferentiated....g	0.032	0.003	6	AS	1				
20:3 n-3....g	0.001	0.000	6	A	1				
20:3 n-6....g	0.031	0.003	6	A	1				
20:4 undifferentiated....g	0.060	0.006	6	A	1				
20:4 n-3....g									
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.003	0.000	6	A	1				
21:5....g									
22:4....g	0.022	0.001	6	A	1				
22:5 n-3 (DPA)....g	0.006	0.000	6	A	1				
22:6 n-3 (DHA)....g	0.003	0.000	6	A	1				
Fatty acids, total trans....g	0.166		0	NC	4				
Fatty acids, total trans-monoenoic....g	0.077		0	NC	4				
Fatty acids, total trans-polyenoic....g	0.090		0	NC	4				
Cholesterol....mg	70	2.383	12	A	1				
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.093		0	A	1				
Threonine....g	0.402		0	A	1				
Isoleucine....g	0.357		0	A	1				

NDB No. 21424

KENTUCKY FRIED CHICKEN, Fried Chicken, ORIGINAL RECIPE, Skin and Breading (1)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Leucine....g	0.742		0	A	1				
Lysine....g	0.528		0	A	1				
Methionine....g	0.176		0	A	1				
Cystine....g	0.141		0	A	1				
Phenylalanine....g	0.465		0	A	1				
Tyrosine....g	0.372		0	A	1				
Valine....g	0.443		0	A	1				
Arginine....g	0.688		0	A	1				
Histidine....g	0.290		0	A	1				
Alanine....g	0.693		0	A	1				
Aspartic acid....g	0.827		0	A	1				
Glutamic acid....g	2.846		0	A	1				
Glycine....g	1.023		0	A	1				
Proline....g	0.977		0	A	1				
Serine....g	0.474		0	A	1				
Hydroxyproline....g	0.375	0.023	4	A	1				

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Footnotes:

1 KFC switched to a zero grams trans fat soybean cooking oil in April 2007

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2010)

NDB No. 21436

KENTUCKY FRIED CHICKEN, Fried Chicken, ORIGINAL RECIPE, Thigh, meat and skin with breading (1)

Kentucky Fried Chicken

KFC

Refuse: 14% Cartilage and bone

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	54.16		0	RKA	1		82.32	52.53	42.79
Energy....kcal	260		0	RKI	6		395	252	205
Energy....kJ	1088		0	RKI	6		1654	1056	860
Protein....g	18.75		0	RKA	1		28.51	18.19	14.82
Total lipid (fat)....g	17.38		0	RKA	1		26.42	16.86	13.73
Ash....g	2.55		0	RKA	1		3.88	2.47	2.01
Carbohydrate, by difference....g	7.16		0	RKI	6		10.88	6.94	5.65
Fiber, total dietary....g									
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	36		0	RKA	1		54	35	28
Iron, Fe....mg	0.88		0	RKA	1		1.33	0.85	0.69
Magnesium, Mg....mg	21		0	RKA	1		32	20	17
Phosphorus, P....mg	202		0	RKA	1		308	196	160
Potassium, K....mg	237		0	RKA	1		361	230	187
Sodium, Na....mg	667		0	RKA	1		1014	647	527
Zinc, Zn....mg	1.39		0	RKA	1		2.11	1.34	1.10
Copper, Cu....mg	0.080		0	RKA	1		0.121	0.077	0.063
Manganese, Mn....mg	0.158		0	RKA	1		0.240	0.153	0.125
Selenium, Se....mcg	21.5		0	RKA	1		32.6	20.8	16.9
Vitamins:									
Vitamin C, total ascorbic acid....mg									
Thiamin....mg	0.041		0	RKA	1		0.062	0.040	0.032
Riboflavin....mg	0.184		0	RKA	1		0.280	0.179	0.146
Niacin....mg	4.899		0	RKA	1		7.447	4.752	3.870
Pantothenic acid....mg	1.194		0	RKA	1		1.814	1.158	0.943
Vitamin B-6....mg	0.235		0	RKA	1		0.358	0.228	0.186
Folate, total....mcg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.44		0	RKA	1		0.67	0.43	0.35
Vitamin A, RAE....mcg_RAE									
Vitamin A, IU....IU									
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Dihydrophylloquinone....mcg									
Menaquinone-4....mcg									
Lipids:									
Fatty acids, total saturated....g	4.203		0	RKI	6		6.388	4.077	3.320
4:0....g	0.003		0	RKA	1		0.004	0.003	0.002
6:0....g	0.001		0	RKA	1		0.001	0.001	0.001
8:0....g	0.002		0	RKA	1		0.003	0.002	0.002
10:0....g	0.004		0	RKA	1		0.006	0.004	0.003
12:0....g	0.009		0	RKA	1		0.014	0.009	0.007
13:0....g									
14:0....g	0.071		0	RKA	1		0.107	0.069	0.056
15:0....g	0.009		0	RKA	1		0.013	0.009	0.007
16:0....g	3.190		0	RKA	1		4.849	3.095	2.520

NDB No. 21436

KENTUCKY FRIED CHICKEN, Fried Chicken, ORIGINAL RECIPE, Thigh, meat and skin with breading (1)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:0 g	0.016		0	RKA	1		0.025	0.016	0.013
18:0 g	0.841		0	RKA	1		1.279	0.816	0.665
20:0 g	0.024		0	RKA	1		0.037	0.024	0.019
22:0 g	0.022		0	RKA	1		0.033	0.021	0.017
24:0 g	0.010		0	RKA	1		0.015	0.010	0.008
Fatty acids, total monounsaturated g	6.676		0	RKI	6		10.148	6.476	5.274
14:1 g	0.026		0	RKA	1		0.040	0.025	0.021
15:1 g	0.003		0	RKA	1		0.004	0.003	0.002
16:1 undifferentiated g	0.882		0	RKA	1		1.340	0.855	0.697
16:1 c g	0.876		0	RKA	1		1.331	0.849	0.692
16:1 t g	0.006		0	RKA	1		0.009	0.006	0.005
17:1 g	0.014		0	RKA	1		0.021	0.013	0.011
18:1 undifferentiated g	5.677		0	RKA	1		8.628	5.506	4.484
18:1 c g	5.628		0	RKA	1		8.554	5.459	4.446
18:1-11c (18:1c n-7) g									
18:1 t g	0.049		0	RKA	1		0.074	0.047	0.038
18:1-11t (18:1t n-7) g									
20:1 g	0.065		0	RKA	1		0.099	0.063	0.052
22:1 undifferentiated g	0.004		0	RKA	1		0.005	0.003	0.003
22:1 c g	0.004		0	RKA	1		0.005	0.003	0.003
22:1 t g	0.000		0	RKA	1		0.000	0.000	0.000
24:1 c g	0.006		0	RKA	1		0.009	0.006	0.005
Fatty acids, total polyunsaturated g	5.119		0	RKI	6		7.781	4.965	4.044
18:2 undifferentiated g	4.737		0	RKA	1		7.200	4.595	3.742
18:2 n-6 c,c g	4.671		0	RKA	1		7.100	4.531	3.690
18:2 CLAs g	0.019		0	RKA	1		0.029	0.018	0.015
18:2 c,t g									
18:2 t,c g									
18:2 t,t g									
18:2 i g									
18:2 t not further defined g	0.047		0	RKA	1		0.072	0.046	0.037
18:3 undifferentiated g	0.236		0	RKA	1		0.359	0.229	0.186
18:3 n-3 c,c,c (ALA) g	0.213		0	RKA	1		0.324	0.207	0.168
18:3 n-6 c,c,c g	0.023		0	RKA	1		0.035	0.022	0.018
18:3i g									
18:4 g	0.004		0	RKA	1		0.006	0.004	0.003
20:2 n-6 c,c g	0.016		0	RKA	1		0.024	0.016	0.013
20:3 undifferentiated g	0.028		0	RKA	1		0.043	0.027	0.022
20:3 n-3 g	0.001		0	RKA	1		0.002	0.001	0.001
20:3 n-6 g	0.027		0	RKA	1		0.041	0.026	0.021
20:4 undifferentiated g	0.065		0	RKA	1		0.099	0.063	0.052
20:4 n-3 g									
20:4 n-6 g									
20:5 n-3 (EPA) g	0.003		0	RKA	1		0.004	0.003	0.002
21:5 g									
22:4 g	0.020		0	RKA	1		0.030	0.019	0.016
22:5 n-3 (DPA) g	0.006		0	RKA	1		0.008	0.005	0.004
22:6 n-3 (DHA) g	0.003		0	RKA	1		0.005	0.003	0.003
Fatty acids, total trans g	0.102		0	RKI	6		0.155	0.099	0.080
Fatty acids, total trans-monoenoic g	0.055		0	RKI	6		0.083	0.053	0.043
Fatty acids, total trans-polyenoic g	0.047		0	RKI	6		0.072	0.046	0.037
Cholesterol mg	99		0	RKA	1		150	96	78
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.141		0	RKA	1		0.214	0.137	0.111
Threonine g	0.608		0	RKA	1		0.924	0.590	0.480
Isoleucine g	0.541		0	RKA	1		0.822	0.525	0.427
Leucine g	1.123		0	RKA	1		1.707	1.090	0.887
Lysine g	0.799		0	RKA	1		1.215	0.775	0.631
Methionine g	0.267		0	RKA	1		0.405	0.259	0.211
Cystine g	0.213		0	RKA	1		0.324	0.207	0.169
Phenylalanine g	0.705		0	RKA	1		1.071	0.684	0.557
Tyrosine g	0.564		0	RKA	1		0.857	0.547	0.445

NDB No. 21436

KENTUCKY FRIED CHICKEN, Fried Chicken, ORIGINAL RECIPE, Thigh, meat and skin with breading (1)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Valine....g	0.671		0	RKA	1		1.020	0.651	0.530
Arginine....g	1.042		0	RKA	1		1.584	1.011	0.823
Histidine....g	0.439		0	RKA	1		0.667	0.426	0.347
Alanine....g	1.049		0	RKA	1		1.595	1.018	0.829
Aspartic acid....g	1.252		0	RKA	1		1.902	1.214	0.989
Glutamic acid....g	4.308		0	RKA	1		6.549	4.179	3.404
Glycine....g	1.549		0	RKA	1		2.354	1.502	1.224
Proline....g	1.479		0	RKA	1		2.247	1.434	1.168
Serine....g	0.718		0	RKA	1		1.091	0.696	0.567
Hydroxyproline....g	0.517		0	RKI	6		0.785	0.501	0.408

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 152g: 1 thigh, with skin

Measure 2 = 97g: 1 thigh, without skin

Measure 3 = 79g: 1 thigh, bone and skin removed

Footnotes:

1 KFC switched to a zero grams trans fat soybean cooking oil in April 2007

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2010)

NDB No. 21427

KENTUCKY FRIED CHICKEN, Fried Chicken, ORIGINAL RECIPE, Thigh, meat only, skin and breading removed (1)

Kentucky Fried Chicken

KFC

Refuse: 48% Skin, subcutaneous fat and breading, 34%; Cartilage and bone, 14%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	65.70	0.372	6	A	1		63.73	51.90	
Energy....kcal	176		0	NC	4		171	139	
Energy....kJ	736		0	NC	4		714	582	
Protein....g	22.54	0.187	6	A	1		21.87	17.81	
Total lipid (fat)....g	9.43	0.327	6	A	1		9.14	7.45	
Ash....g	2.08	0.122	6	A	1		2.02	1.64	
Carbohydrate, by difference....g	0.26		0	NC	4		0.25	0.20	
Fiber, total dietary....g									
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	20	4.029	5	A	1		20	16	
Iron, Fe....mg	0.93	0.022	6	A	1		0.91	0.74	
Magnesium, Mg....mg	21	0.676	6	A	1		20	17	
Phosphorus, P....mg	216	8.604	6	A	1		209	171	
Potassium, K....mg	263	6.102	6	A	1		255	208	
Sodium, Na....mg	541	38.247	6	A	1		524	427	
Zinc, Zn....mg	1.84	0.060	6	A	1		1.79	1.45	
Copper, Cu....mg	0.084	0.002	6	A	1		0.081	0.066	
Manganese, Mn....mg	0.052	0.003	6	A	1		0.050	0.041	
Selenium, Se....mcg	26.9	4.086	6	A	1		26.1	21.2	
Vitamins:									
Vitamin C, total ascorbic acid....mg									
Thiamin....mg	0.055	0.003	4	A	1		0.053	0.043	
Riboflavin....mg	0.243	0.012	3	A	1		0.236	0.192	
Niacin....mg	5.272	0.077	4	A	1		5.114	4.165	
Pantothenic acid....mg	1.337	0.055	4	A	1		1.297	1.057	
Vitamin B-6....mg	0.286	0.009	4	A	1		0.277	0.226	
Folate, total....mcg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.52	0.029	4	A	1		0.51	0.41	
Vitamin A, RAE....mcg_RAE									
Vitamin A, IU....IU									
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Dihydrophylloquinone....mcg									
Menaquinone-4....mcg									
Lipids:									
Fatty acids, total saturated....g	2.694		0	NC	4		2.613	2.128	
4:0....g	0.003	0.000	6	A	1		0.002	0.002	
6:0....g	0.001	0.000	6	A	1		0.001	0.001	
8:0....g	0.001	0.000	6	A	1		0.001	0.001	
10:0....g	0.004	0.000	6	A	1		0.004	0.003	
12:0....g	0.008	0.001	6	A	1		0.008	0.006	
13:0....g									
14:0....g	0.050	0.002	6	A	1		0.049	0.040	
15:0....g	0.006	0.000	6	A	1		0.006	0.005	
16:0....g	2.034	0.085	6	A	1		1.973	1.607	

NDB No. 21427

KENTUCKY FRIED CHICKEN, Fried Chicken, ORIGINAL RECIPE, Thigh, meat only, skin and breading removed (1)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:0 g	0.009	0.000	6	A	1		0.009	0.007	
18:0 g	0.556	0.014	6	A	1		0.539	0.439	
20:0 g	0.010	0.000	6	A	1		0.010	0.008	
22:0 g	0.008	0.000	6	A	1		0.008	0.006	
24:0 g	0.005	0.000	6	A	1		0.005	0.004	
Fatty acids, total monounsaturated g	4.189		0	NC	4		4.063	3.309	
14:1 g	0.018	0.001	6	A	1		0.018	0.014	
15:1 g	0.002	0.000	6	A	1		0.002	0.001	
16:1 undifferentiated g	0.638	0.042	6	AS	1		0.618	0.504	
16:1 c g	0.633	0.042	6	A	1		0.614	0.500	
16:1 t g	0.005	0.000	6	A	1		0.005	0.004	
17:1 g	0.010	0.003	6	A	1		0.010	0.008	
18:1 undifferentiated g	3.473	0.133	6	AS	1		3.369	2.744	
18:1 c g	3.438	0.132	6	A	1		3.334	2.716	
18:1-11c (18:1c n-7) g									
18:1 t g	0.035	0.002	6	A	1		0.034	0.028	
18:1-11t (18:1t n-7) g									
20:1 g	0.039	0.001	6	A	1		0.038	0.031	
22:1 undifferentiated g	0.003	0.000	6	AS	1		0.003	0.002	
22:1 c g	0.003	0.000	6	A	1		0.003	0.002	
22:1 t g	0.000	0.000	6	A	1		0.000	0.000	
24:1 c g	0.006	0.000	6	A	1		0.006	0.005	
Fatty acids, total polyunsaturated g	2.106		0	NC	4		2.042	1.663	
18:2 undifferentiated g	1.869	0.065	6	AS	1		1.812	1.476	
18:2 n-6 c,c g	1.839	0.064	6	A	1		1.783	1.452	
18:2 CLAs g	0.011	0.000	6	A	1		0.011	0.009	
18:2 c,t g									
18:2 t,c g									
18:2 t,t g									
18:2 i g									
18:2 t not further defined g	0.019	0.001	6	A	1		0.019	0.015	
18:3 undifferentiated g	0.097	0.004	6	AS	1		0.094	0.076	
18:3 n-3 c,c,c (ALA) g	0.081	0.004	6	A	1		0.078	0.064	
18:3 n-6 c,c,c g	0.016	0.001	6	A	1		0.016	0.013	
18:3i g									
18:4 g	0.003	0.000	6	A	1		0.003	0.002	
20:2 n-6 c,c g	0.012	0.001	6	A	1		0.012	0.009	
20:3 undifferentiated g	0.026	0.001	6	AS	1		0.025	0.020	
20:3 n-3 g	0.001	0.000	6	A	1		0.001	0.001	
20:3 n-6 g	0.025	0.001	6	A	1		0.024	0.019	
20:4 undifferentiated g	0.069	0.003	6	A	1		0.067	0.055	
20:4 n-3 g									
20:4 n-6 g									
20:5 n-3 (EPA) g	0.003	0.000	6	A	1		0.003	0.002	
21:5 g									
22:4 g	0.018	0.001	6	A	1		0.017	0.014	
22:5 n-3 (DPA) g	0.006	0.001	6	A	1		0.005	0.004	
22:6 n-3 (DHA) g	0.004	0.000	6	A	1		0.004	0.003	
Fatty acids, total trans g	0.059		0	NC	4		0.058	0.047	
Fatty acids, total trans-monoenoic g	0.040		0	NC	4		0.039	0.032	
Fatty acids, total trans-polyenoic g	0.019		0	NC	4		0.019	0.015	
Cholesterol mg	118	3.952	6	A	1		114	93	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.172		0	A	1		0.167	0.136	
Threonine g	0.744		0	A	1		0.721	0.588	
Isoleucine g	0.662		0	A	1		0.642	0.523	
Leucine g	1.374		0	A	1		1.333	1.086	
Lysine g	0.978		0	A	1		0.949	0.773	
Methionine g	0.326		0	A	1		0.317	0.258	
Cystine g	0.261		0	A	1		0.253	0.206	
Phenylalanine g	0.862		0	A	1		0.836	0.681	
Tyrosine g	0.690		0	A	1		0.669	0.545	

NDB No. 21427

KENTUCKY FRIED CHICKEN, Fried Chicken, ORIGINAL RECIPE, Thigh, meat only, skin and breading removed (1)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Valine....g	0.821		0	A	1		0.797	0.649	
Arginine....g	1.275		0	A	1		1.237	1.007	
Histidine....g	0.537		0	A	1		0.521	0.424	
Alanine....g	1.284		0	A	1		1.245	1.014	
Aspartic acid....g	1.531		0	A	1		1.485	1.210	
Glutamic acid....g	5.271		0	A	1		5.113	4.164	
Glycine....g	1.895		0	A	1		1.838	1.497	
Proline....g	1.809		0	A	1		1.755	1.429	
Serine....g	0.878		0	A	1		0.852	0.694	
Hydroxyproline....g	0.610		0	BFPN	4		0.592	0.482	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 97g: 1 thigh, without skin

Measure 2 = 79g: 1 thigh, bone and skin removed

Footnotes:

1 KFC switched to a zero grams trans fat soybean cooking oil in April 2007

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2010)

NDB No. 21437

KENTUCKY FRIED CHICKEN, Fried Chicken, ORIGINAL RECIPE, Wing, meat and skin with breading (1)

Kentucky Fried Chicken

KFC

Refuse: 23% Cartilage and bone

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	48.36		0	RKA	1		31.43	21.28	14.51
Energy....kcal	286		0	RKI	6		186	126	86
Energy....kJ	1196		0	RKI	6		777	526	359
Protein....g	21.94		0	RKA	1		14.26	9.65	6.58
Total lipid (fat)....g	18.14		0	RKA	1		11.79	7.98	5.44
Ash....g	2.88		0	RKA	1		1.87	1.27	0.86
Carbohydrate, by difference....g	8.69		0	RKI	6		5.65	3.82	2.61
Fiber, total dietary....g									
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	41		0	RKA	1		26	18	12
Iron, Fe....mg	0.83		0	RKA	1		0.54	0.36	0.25
Magnesium, Mg....mg	23		0	RKA	1		15	10	7
Phosphorus, P....mg	203		0	RKA	1		132	89	61
Potassium, K....mg	232		0	RKA	1		151	102	70
Sodium, Na....mg	754		0	RKA	1		490	332	226
Zinc, Zn....mg	1.29		0	RKA	1		0.84	0.57	0.39
Copper, Cu....mg	0.064		0	RKA	1		0.042	0.028	0.019
Manganese, Mn....mg	0.181		0	RKA	1		0.118	0.080	0.054
Selenium, Se....mcg	23.7		0	RKA	1		15.4	10.4	7.1
Vitamins:									
Vitamin C, total ascorbic acid....mg									
Thiamin....mg	0.025		0	RKA	1		0.016	0.011	0.007
Riboflavin....mg	0.130		0	RKA	1		0.084	0.057	0.039
Niacin....mg	6.106		0	RKA	1		3.969	2.687	1.832
Pantothenic acid....mg	1.125		0	RKA	1		0.731	0.495	0.338
Vitamin B-6....mg	0.309		0	RKA	1		0.201	0.136	0.093
Folate, total....mcg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.38		0	RKA	1		0.25	0.17	0.11
Vitamin A, RAE....mcg_RAE									
Vitamin A, IU....IU									
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Dihydrophylloquinone....mcg									
Menaquinone-4....mcg									
Lipids:									
Fatty acids, total saturated....g	4.073		0	RKI	6		2.647	1.792	1.222
4:0....g	0.003		0	RKA	1		0.002	0.001	0.001
6:0....g	0.001		0	RKA	1		0.000	0.000	0.000
8:0....g	0.002		0	RKA	1		0.001	0.001	0.001
10:0....g	0.004		0	RKA	1		0.003	0.002	0.001
12:0....g	0.007		0	RKA	1		0.005	0.003	0.002
13:0....g									
14:0....g	0.064		0	RKA	1		0.041	0.028	0.019
15:0....g	0.008		0	RKA	1		0.005	0.004	0.002
16:0....g	3.068		0	RKA	1		1.994	1.350	0.921

NDB No. 21437

KENTUCKY FRIED CHICKEN, Fried Chicken, ORIGINAL RECIPE, Wing, meat and skin with breading (1)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:0 g	0.017		0	RKA	1		0.011	0.007	0.005
18:0 g	0.831		0	RKA	1		0.540	0.366	0.249
20:0 g	0.029		0	RKA	1		0.019	0.013	0.009
22:0 g	0.027		0	RKA	1		0.018	0.012	0.008
24:0 g	0.012		0	RKA	1		0.008	0.005	0.004
Fatty acids, total monounsaturated g	6.462		0	RKI	6		4.201	2.843	1.939
14:1 g	0.023		0	RKA	1		0.015	0.010	0.007
15:1 g	0.003		0	RKA	1		0.002	0.001	0.001
16:1 undifferentiated g	0.783		0	RKA	1		0.509	0.344	0.235
16:1 c g	0.777		0	RKA	1		0.505	0.342	0.233
16:1 t g	0.005		0	RKA	1		0.003	0.002	0.002
17:1 g	0.013		0	RKA	1		0.009	0.006	0.004
18:1 undifferentiated g	5.564		0	RKA	1		3.617	2.448	1.669
18:1 c g	5.519		0	RKA	1		3.587	2.428	1.656
18:1-11c (18:1c n-7) g									
18:1 t g	0.046		0	RKA	1		0.030	0.020	0.014
18:1-11t (18:1t n-7) g									
20:1 g	0.066		0	RKA	1		0.043	0.029	0.020
22:1 undifferentiated g	0.004		0	RKA	1		0.002	0.002	0.001
22:1 c g	0.004		0	RKA	1		0.002	0.002	0.001
22:1 t g	0.000		0	RKA	1		0.000	0.000	0.000
24:1 c g	0.007		0	RKA	1		0.004	0.003	0.002
Fatty acids, total polyunsaturated g	5.901		0	RKI	6		3.836	2.597	1.770
18:2 undifferentiated g	5.478		0	RKA	1		3.561	2.410	1.644
18:2 n-6 c,c g	5.405		0	RKA	1		3.513	2.378	1.622
18:2 CLAs g	0.019		0	RKA	1		0.013	0.008	0.006
18:2 c,t g									
18:2 t,c g									
18:2 t,t g									
18:2 i g									
18:2 t not further defined g	0.054		0	RKA	1		0.035	0.024	0.016
18:3 undifferentiated g	0.268		0	RKA	1		0.174	0.118	0.080
18:3 n-3 c,c,c (ALA) g	0.247		0	RKA	1		0.161	0.109	0.074
18:3 n-6 c,c,c g	0.020		0	RKA	1		0.013	0.009	0.006
18:3i g									
18:4 g	0.004		0	RKA	1		0.002	0.002	0.001
20:2 n-6 c,c g	0.017		0	RKA	1		0.011	0.007	0.005
20:3 undifferentiated g	0.030		0	RKA	1		0.020	0.013	0.009
20:3 n-3 g	0.001		0	RKA	1		0.001	0.000	0.000
20:3 n-6 g	0.029		0	RKA	1		0.019	0.013	0.009
20:4 undifferentiated g	0.067		0	RKA	1		0.043	0.029	0.020
20:4 n-3 g									
20:4 n-6 g									
20:5 n-3 (EPA) g	0.003		0	RKA	1		0.002	0.001	0.001
21:5 g									
22:4 g	0.023		0	RKA	1		0.015	0.010	0.007
22:5 n-3 (DPA) g	0.006		0	RKA	1		0.004	0.003	0.002
22:6 n-3 (DHA) g	0.004		0	RKA	1		0.003	0.002	0.001
Fatty acids, total trans g	0.105		0	RKI	6		0.068	0.046	0.031
Fatty acids, total trans-monoenoic g	0.051		0	RKI	6		0.033	0.022	0.015
Fatty acids, total trans-polyenoic g	0.054		0	RKI	6		0.035	0.024	0.016
Cholesterol mg	109		0	RKA	1		71	48	33
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.165		0	RKA	1		0.107	0.073	0.050
Threonine g	0.713		0	RKA	1		0.463	0.314	0.214
Isoleucine g	0.634		0	RKA	1		0.412	0.279	0.190
Leucine g	1.318		0	RKA	1		0.856	0.580	0.395
Lysine g	0.937		0	RKA	1		0.609	0.412	0.281
Methionine g	0.313		0	RKA	1		0.203	0.138	0.094
Cystine g	0.250		0	RKA	1		0.163	0.110	0.075
Phenylalanine g	0.826		0	RKA	1		0.537	0.364	0.248
Tyrosine g	0.661		0	RKA	1		0.430	0.291	0.198

NDB No. 21437

KENTUCKY FRIED CHICKEN, Fried Chicken, ORIGINAL RECIPE, Wing, meat and skin with breading (1)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Valine....g	0.787		0	RKA	1		0.512	0.346	0.236
Arginine....g	1.222		0	RKA	1		0.794	0.538	0.367
Histidine....g	0.515		0	RKA	1		0.335	0.227	0.154
Alanine....g	1.231		0	RKA	1		0.800	0.542	0.369
Aspartic acid....g	1.468		0	RKA	1		0.954	0.646	0.440
Glutamic acid....g	5.053		0	RKA	1		3.284	2.223	1.516
Glycine....g	1.816		0	RKA	1		1.181	0.799	0.545
Proline....g	1.734		0	RKA	1		1.127	0.763	0.520
Serine....g	0.842		0	RKA	1		0.547	0.370	0.253
Hydroxyproline....g	0.632		0	RKI	6		0.411	0.278	0.190

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 65g: 1 wing, with skin

Measure 2 = 44g: 1 wing, without skin

Measure 3 = 30g: 1 wing, bone and skin removed

Footnotes:

1 KFC switched to a zero grams trans fat soybean cooking oil in April 2007

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2010)

NDB No. 21428

KENTUCKY FRIED CHICKEN, Fried Chicken, ORIGINAL RECIPE, Wing, meat only, skin and breading removed (1)

Kentucky Fried Chicken

KFC

Refuse: 54% Skin, subcutaneous fat and breading, 31%; Cartilage and bone, 23%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	56.14	0.603	6	A	1		24.70	16.84	
Energy....kcal	218		0	NC	4		96	65	
Energy....kJ	912		0	NC	4		401	274	
Protein....g	27.88	0.464	6	A	1		12.27	8.36	
Total lipid (fat)....g	10.62	0.371	6	A	1		4.67	3.19	
Ash....g	2.62	0.119	6	A	1		1.15	0.79	
Carbohydrate, by difference....g	2.75		0	NC	4		1.21	0.83	
Fiber, total dietary....g									
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	29	2.882	6	A	1		13	9	
Iron, Fe....mg	0.86	0.020	6	A	1		0.38	0.26	
Magnesium, Mg....mg	24	0.765	6	A	1		11	7	
Phosphorus, P....mg	216	4.998	6	A	1		95	65	
Potassium, K....mg	254	6.061	6	A	1		112	76	
Sodium, Na....mg	683	43.396	6	A	1		301	205	
Zinc, Zn....mg	1.68	0.050	6	A	1		0.74	0.50	
Copper, Cu....mg	0.058	0.002	6	A	1		0.026	0.017	
Manganese, Mn....mg	0.090	0.006	6	A	1		0.040	0.027	
Selenium, Se....mcg	30.6	4.293	6	A	1		13.5	9.2	
Vitamins:									
Vitamin C, total ascorbic acid....mg									
Thiamin....mg	0.029	0.005	4	A	1		0.013	0.009	
Riboflavin....mg	0.152	0.002	4	A	1		0.067	0.046	
Niacin....mg	7.284	0.243	4	A	1		3.205	2.185	
Pantothenic acid....mg	1.225	0.048	4	A	1		0.539	0.367	
Vitamin B-6....mg	0.410	0.014	4	A	1		0.180	0.123	
Folate, total....mcg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.42	0.019	4	A	1		0.18	0.13	
Vitamin A, RAE....mcg_RAE									
Vitamin A, IU....IU									
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Dihydrophylloquinone....mcg									
Menaquinone-4....mcg									
Lipids:									
Fatty acids, total saturated....g	2.465		0	NC	4		1.085	0.740	
4:0....g	0.003	0.000	6	A	1		0.001	0.001	
6:0....g	0.001	0.000	6	A	1		0.000	0.000	
8:0....g	0.001	0.000	6	A	1		0.000	0.000	
10:0....g	0.004	0.000	6	A	1		0.002	0.001	
12:0....g	0.005	0.001	6	A	1		0.002	0.002	
13:0....g									
14:0....g	0.038	0.001	6	A	1		0.017	0.011	
15:0....g	0.005	0.000	6	A	1		0.002	0.002	
16:0....g	1.821	0.061	6	A	1		0.801	0.546	

NDB No. 21428

KENTUCKY FRIED CHICKEN, Fried Chicken, ORIGINAL RECIPE, Wing, meat only, skin and breading removed (1)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:0 g	0.010	0.001	6	A	1		0.004	0.003	
18:0 g	0.537	0.016	6	A	1		0.236	0.161	
20:0 g	0.017	0.001	6	A	1		0.007	0.005	
22:0 g	0.017	0.001	6	A	1		0.007	0.005	
24:0 g	0.009	0.001	6	A	1		0.004	0.003	
Fatty acids, total monounsaturated g	3.813		0	NC	4		1.678	1.144	
14:1 g	0.013	0.000	6	A	1		0.006	0.004	
15:1 g	0.002	0.000	6	A	1		0.001	0.001	
16:1 undifferentiated g	0.471	0.027	6	AS	1		0.207	0.141	
16:1 c g	0.467	0.027	6	A	1		0.205	0.140	
16:1 t g	0.004	0.000	6	A	1		0.002	0.001	
17:1 g	0.009	0.001	6	A	1		0.004	0.003	
18:1 undifferentiated g	3.267	0.090	6	AS	1		1.438	0.980	
18:1 c g	3.237	0.089	6	A	1		1.424	0.971	
18:1-11c (18:1c n-7) g									
18:1 t g	0.030	0.001	6	A	1		0.013	0.009	
18:1-11t (18:1t n-7) g									
20:1 g	0.040	0.001	6	A	1		0.018	0.012	
22:1 undifferentiated g	0.003	0.000	6	AS	1		0.001	0.001	
22:1 c g	0.003	0.000	6	A	1		0.001	0.001	
22:1 t g	0.000	0.000	6	A	1		0.000	0.000	
24:1 c g	0.008	0.000	6	A	1		0.003	0.002	
Fatty acids, total polyunsaturated g	3.382		0	NC	4		1.488	1.015	
18:2 undifferentiated g	3.078	0.186	6	AS	1		1.354	0.923	
18:2 n-6 c,c g	3.036	0.185	6	A	1		1.336	0.911	
18:2 CLAs g	0.012	0.001	6	A	1		0.005	0.004	
18:2 c,t g									
18:2 t,c g									
18:2 t,t g									
18:2 i g									
18:2 t not further defined g	0.030	0.002	6	A	1		0.013	0.009	
18:3 undifferentiated g	0.149	0.008	6	AS	1		0.065	0.045	
18:3 n-3 c,c,c (ALA) g	0.137	0.008	6	A	1		0.060	0.041	
18:3 n-6 c,c,c g	0.012	0.001	6	A	1		0.005	0.004	
18:3i g									
18:4 g	0.002	0.000	6	A	1		0.001	0.001	
20:2 n-6 c,c g	0.013	0.001	6	A	1		0.006	0.004	
20:3 undifferentiated g	0.029	0.001	6	AS	1		0.013	0.009	
20:3 n-3 g	0.001	0.000	6	A	1		0.000	0.000	
20:3 n-6 g	0.028	0.001	6	A	1		0.012	0.008	
20:4 undifferentiated g	0.071	0.002	6	A	1		0.031	0.021	
20:4 n-3 g									
20:4 n-6 g									
20:5 n-3 (EPA) g	0.003	0.000	6	A	1		0.001	0.001	
21:5 g									
22:4 g	0.024	0.000	6	A	1		0.011	0.007	
22:5 n-3 (DPA) g	0.007	0.000	6	A	1		0.003	0.002	
22:6 n-3 (DHA) g	0.005	0.000	6	A	1		0.002	0.002	
Fatty acids, total trans g	0.064		0	NC	4		0.028	0.019	
Fatty acids, total trans-monoenoic g	0.034		0	NC	4		0.015	0.010	
Fatty acids, total trans-polyenoic g	0.030		0	NC	4		0.013	0.009	
Cholesterol mg	134	2.638	6	A	1		59	40	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.213		0	A	1		0.094	0.064	
Threonine g	0.920		0	A	1		0.405	0.276	
Isoleucine g	0.818		0	A	1		0.360	0.245	
Leucine g	1.700		0	A	1		0.748	0.510	
Lysine g	1.209		0	A	1		0.532	0.363	
Methionine g	0.404		0	A	1		0.178	0.121	
Cystine g	0.323		0	A	1		0.142	0.097	
Phenylalanine g	1.066		0	A	1		0.469	0.320	
Tyrosine g	0.853		0	A	1		0.375	0.256	

NDB No. 21428

KENTUCKY FRIED CHICKEN, Fried Chicken, ORIGINAL RECIPE, Wing, meat only, skin and breading removed (1)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Valine....g	1.016		0	A	1		0.447	0.305	
Arginine....g	1.576		0	A	1		0.694	0.473	
Histidine....g	0.664		0	A	1		0.292	0.199	
Alanine....g	1.588		0	A	1		0.699	0.476	
Aspartic acid....g	1.894		0	A	1		0.833	0.568	
Glutamic acid....g	6.518		0	A	1		2.868	1.955	
Glycine....g	2.343		0	A	1		1.031	0.703	
Proline....g	2.237		0	A	1		0.984	0.671	
Serine....g	1.086		0	A	1		0.478	0.326	
Hydroxyproline....g	0.803		0	BFPN	4		0.353	0.241	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 44g: 1 wing, without skin

Measure 2 = 30g: 1 wing, bone and skin removed

Footnotes:

1 KFC switched to a zero grams trans fat soybean cooking oil in April 2007

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2010)

NDB No. 21422

KENTUCKY FRIED CHICKEN, Popcorn Chicken (1)

Kentucky Fried Chicken

KFC

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	35.62	1.780	6	A	1		2.28	19.95	
Energy ... kcal	351		0	NC	4		22	197	
Energy ... kJ	1469		0	NC	4		94	823	
Protein ... g	17.67	1.002	6	A	1		1.13	9.89	
Total lipid (fat) ... g	21.74	0.612	6	A	1		1.39	12.17	
Ash ... g	3.79	0.185	6	A	1		0.24	2.12	
Carbohydrate, by difference ... g	21.18		0	NC	4		1.36	11.86	
Fiber, total dietary ... g	1.0		2	A	1		0.1	0.6	
Sugars, total ... g	0.00		2	A	1		0.00	0.00	
Sucrose ... g	0.00		2	A	1		0.00	0.00	
Glucose (dextrose) ... g	0.00		2	A	1		0.00	0.00	
Fructose ... g	0.00		2	A	1		0.00	0.00	
Lactose ... g	0.00		2	A	1		0.00	0.00	
Maltose ... g	0.00		2	A	1		0.00	0.00	
Galactose ... g	0.00		2	A	1		0.00	0.00	
Starch ... g	18.35	0.524	4	A	1		1.17	10.28	
Minerals:									
Calcium, Ca ... mg	32	0.651	4	A	1		2	18	
Iron, Fe ... mg	1.42	0.087	4	A	1		0.09	0.80	
Magnesium, Mg ... mg	28	0.381	4	A	1		2	16	
Phosphorus, P ... mg	299	8.836	4	A	1		19	167	
Potassium, K ... mg	288	5.039	4	A	1		18	161	
Sodium, Na ... mg	1140	61.006	4	A	1		73	639	
Zinc, Zn ... mg	0.98	0.281	4	A	1		0.06	0.55	
Copper, Cu ... mg	0.078	0.003	4	A	1		0.005	0.044	
Manganese, Mn ... mg	0.232	0.004	4	A	1		0.015	0.130	
Selenium, Se ... mcg	26.1	1.586	4	A	1		1.7	14.6	
Vitamins:									
Vitamin C, total ascorbic acid ... mg									
Thiamin ... mg	0.177	0.014	4	A	1		0.011	0.099	
Riboflavin ... mg	0.130	0.012	4	A	1		0.008	0.073	
Niacin ... mg	8.108	0.327	4	A	1		0.519	4.540	
Pantothenic acid ... mg	1.125	0.025	4	A	1		0.072	0.630	
Vitamin B-6 ... mg	0.502	0.015	4	A	1		0.032	0.281	
Folate, total ... mcg									
Folate, DFE ... mcg_DFE									
Choline, total ... mg									
Betaine ... mg									
Vitamin B-12 ... mcg	0.14	0.003	4	A	1		0.01	0.08	
Vitamin A, RAE ... mcg_RAE									
Vitamin A, IU ... IU									
Lycopene ... mcg									
Lutein + zeaxanthin ... mcg									
Vitamin E (alpha-tocopherol) ... mg	1.32	0.181	4	A	1		0.08	0.74	
Tocopherol, beta ... mg	0.09	0.026	4	A	1		0.01	0.05	
Tocopherol, gamma ... mg	5.88	1.412	4	A	1		0.38	3.29	
Tocopherol, delta ... mg	3.02	0.440	4	A	1		0.19	1.69	
Vitamin D (D2 + D3) ... mcg									
Vitamin D2 (ergocalciferol) ... mcg									
Vitamin D3 (cholecalciferol) ... mcg									
Vitamin D ... IU									
Vitamin K (phylloquinone) ... mcg	17.4		1	A	1		1.1	9.7	
Dihydrophylloquinone ... mcg	62.3		1	A	1		4.0	34.9	
Menaquinone-4 ... mcg	7.1		1	A	1		0.5	4.0	
Lipids:									
Fatty acids, total saturated ... g	3.954		0	NC	4		0.253	2.214	
4:0 ... g	0.003	0.000	6	A	1		0.000	0.002	

NDB No. 21422
KENTUCKY FRIED CHICKEN, Popcorn Chicken (1)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.001	0.000	6	A	1		0.000	0.000	
8:0 g	0.009	0.001	6	A	1		0.001	0.005	
10:0 g	0.003	0.000	6	A	1		0.000	0.002	
12:0 g	0.004	0.000	6	A	1		0.000	0.002	
13:0 g									
14:0 g	0.037	0.002	6	A	1		0.002	0.021	
15:0 g	0.006	0.000	6	A	1		0.000	0.003	
16:0 g	2.689	0.075	6	A	1		0.172	1.506	
17:0 g	0.022	0.001	6	A	1		0.001	0.012	
18:0 g	1.044	0.061	6	A	1		0.067	0.585	
20:0 g	0.057	0.003	6	A	1		0.004	0.032	
22:0 g	0.057	0.003	6	A	1		0.004	0.032	
24:0 g	0.023	0.001	6	A	1		0.001	0.013	
Fatty acids, total monounsaturated g	5.660		0	NC	4		0.362	3.170	
14:1 g	0.007	0.001	6	A	1		0.000	0.004	
15:1 g	0.003	0.000	6	A	1		0.000	0.002	
16:1 undifferentiated g	0.233	0.028	6	AS	1		0.015	0.131	
16:1 c g	0.231	0.028	6	A	1		0.015	0.130	
16:1 t g	0.002	0.000	6	A	1		0.000	0.001	
17:1 g	0.010	0.002	6	A	1		0.001	0.006	
18:1 undifferentiated g	5.311	0.201	6	AS	1		0.340	2.974	
18:1 c g	5.259	0.205	6	A	1		0.337	2.945	
18:1-11c (18:1c n-7) g									
18:1 t g	0.052	0.007	6	A	1		0.003	0.029	
18:1-11t (18:1t n-7) g									
20:1 g	0.081	0.002	6	A	1		0.005	0.046	
22:1 undifferentiated g	0.003	0.000	6	AS	1		0.000	0.002	
22:1 c g	0.003	0.000	6	A	1		0.000	0.002	
22:1 t g	0.000	0.000	6	A	1		0.000	0.000	
24:1 c g	0.011	0.001	6	A	1		0.001	0.006	
Fatty acids, total polyunsaturated g	10.093		0	NC	4		0.646	5.652	
18:2 undifferentiated g	9.420	0.606	6	AS	1		0.603	5.275	
18:2 n-6 c,c g	9.288	0.607	6	A	1		0.594	5.201	
18:2 CLAs g	0.028	0.001	6	A	1		0.002	0.015	
18:2 c,t g									
18:2 t,c g									
18:2 t,t g									
18:2 i g									
18:2 t not further defined g	0.104	0.003	6	A	1		0.007	0.058	
18:3 undifferentiated g	0.583	0.028	6	AS	1		0.037	0.326	
18:3 n-3 c,c,c (ALA) g	0.577	0.028	6	A	1		0.037	0.323	
18:3 n-6 c,c,c g	0.006	0.001	6	A	1		0.000	0.003	
18:3i g									
18:4 g	0.002	0.000	6	A	1		0.000	0.001	
20:2 n-6 c,c g	0.014	0.000	6	A	1		0.001	0.008	
20:3 undifferentiated g	0.012	0.001	6	AS	1		0.001	0.007	
20:3 n-3 g	0.001	0.000	6	A	1		0.000	0.000	
20:3 n-6 g	0.011	0.001	6	A	1		0.001	0.006	
20:4 undifferentiated g	0.035	0.001	6	A	1		0.002	0.020	
20:4 n-3 g									
20:4 n-6 g									
20:5 n-3 (EPA) g	0.001	0.000	6	A	1		0.000	0.001	
21:5 g									
22:4 g	0.022	0.001	6	A	1		0.001	0.012	
22:5 n-3 (DPA) g	0.003	0.000	6	A	1		0.000	0.002	
22:6 n-3 (DHA) g	0.002	0.000	6	A	1		0.000	0.001	
Fatty acids, total trans g	0.158		0	NC	4		0.010	0.089	
Fatty acids, total trans-monoenoic g	0.054		0	NC	4		0.003	0.030	
Fatty acids, total trans-polyenoic g	0.104		0	NC	4		0.007	0.058	
Cholesterol mg	40	1.415	4	A	1		3	23	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.231		0	A	1		0.015	0.130	

NDB No. 21422
KENTUCKY FRIED CHICKEN, Popcorn Chicken (1)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Threonine....g	0.724		0	A	1		0.046	0.405	
Isoleucine....g	0.791		0	A	1		0.051	0.443	
Leucine....g	1.379		0	A	1		0.088	0.773	
Lysine....g	1.293		0	A	1		0.083	0.724	
Methionine....g	0.357		0	A	1		0.023	0.200	
Cystine....g	0.212		0	A	1		0.014	0.119	
Phenylalanine....g	0.743		0	A	1		0.048	0.416	
Tyrosine....g	0.473		0	A	1		0.030	0.265	
Valine....g	0.859		0	A	1		0.055	0.481	
Arginine....g	1.042		0	A	1		0.067	0.583	
Histidine....g	0.579		0	A	1		0.037	0.324	
Alanine....g	0.974		0	A	1		0.062	0.546	
Aspartic acid....g	1.563		0	A	1		0.100	0.875	
Glutamic acid....g	3.772		0	A	1		0.241	2.112	
Glycine....g	0.762		0	A	1		0.049	0.427	
Proline....g	0.878		0	A	1		0.056	0.492	
Serine....g	0.714		0	A	1		0.046	0.400	
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 6.4g: 1 piece

Measure 2 = 56g: 10 pieces

Footnotes:

1 KFC switched to a zero grams trans fat soybean cooking oil in April 2007

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2010)

NDB No. 21423

KENTUCKY FRIED CHICKEN, Potato Wedges, analyzed prior to January 2007 (1)

Kentucky Fried Chicken

KFC

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	44.19	0.838	4	A	1		59.21	54.35	
Energy....kcal	283		0	NC	4		380	348	
Energy....kJ	1185		0	NC	4		1588	1458	
Protein....g	4.05	0.065	4	A	1		5.42	4.98	
Total lipid (fat)....g	14.77	0.449	4	A	1		19.79	18.17	
Ash....g	3.44	0.078	4	A	1		4.61	4.23	
Carbohydrate, by difference....g	33.55		0	NC	4		44.96	41.27	
Fiber, total dietary....g	3.1	0.048	4	A	1		4.1	3.8	
Sugars, total....g	0.00	0.000	4	A	1		0.00	0.00	
Sucrose....g	0.00	0.000	4	A	1		0.00	0.00	
Glucose (dextrose)....g	0.00	0.000	4	A	1		0.00	0.00	
Fructose....g	0.00	0.000	4	A	1		0.00	0.00	
Lactose....g	0.00	0.000	4	A	1		0.00	0.00	
Maltose....g	0.00	0.000	4	A	1		0.00	0.00	
Galactose....g	0.00	0.000	4	A	1		0.00	0.00	
Starch....g	28.22	0.433	4	A	1		37.82	34.72	
Minerals:									
Calcium, Ca....mg	26	0.609	4	A	1		35	32	
Iron, Fe....mg	1.06	0.034	4	A	1		1.42	1.31	
Magnesium, Mg....mg	30	0.236	4	A	1		40	37	
Phosphorus, P....mg	106	0.854	4	A	1		142	130	
Potassium, K....mg	522	10.239	4	A	1		699	642	
Sodium, Na....mg	757	25.750	4	A	1		1014	931	
Zinc, Zn....mg	0.43	0.015	4	A	1		0.58	0.53	
Copper, Cu....mg	0.123	0.004	4	A	1		0.165	0.152	
Manganese, Mn....mg	0.272	0.003	4	A	1		0.365	0.335	
Selenium, Se....mcg									
Vitamins:									
Vitamin C, total ascorbic acid....mg									
Thiamin....mg	0.152	0.005	4	A	1		0.204	0.188	
Riboflavin....mg	0.019	0.001	4	A	1		0.025	0.023	
Niacin....mg	2.142	0.194	4	A	1		2.871	2.635	
Pantothenic acid....mg	0.630	0.010	4	A	1		0.844	0.775	
Vitamin B-6....mg	0.210	0.010	4	A	1		0.281	0.258	
Folate, total....mcg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg									
Vitamin A, RAE....mcg_RAE									
Vitamin A, IU....IU									
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg	0.85	0.050	4	A	1		1.14	1.04	
Tocopherol, beta....mg	0.06	0.009	4	A	1		0.08	0.08	
Tocopherol, gamma....mg	4.77	0.527	4	A	1		6.40	5.87	
Tocopherol, delta....mg	2.16	0.085	4	A	1		2.89	2.65	
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg	8.1		1	A	1		10.9	10.0	
Dihydrophylloquinone....mcg	48.0		1	A	1		64.3	59.0	
Menaquinone-4....mcg	0.0		1	A	1		0.0	0.0	
Lipids:									
Fatty acids, total saturated....g	2.981		0	NC	4		3.995	3.667	
4:0....g	0.002	0.002	4	A	1		0.002	0.002	

NDB No. 21423

KENTUCKY FRIED CHICKEN, Potato Wedges, analyzed prior to January 2007 (1)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000	0.000	4	A	1		0.000	0.000	
8:0 g	0.004	0.001	4	A	1		0.005	0.005	
10:0 g	0.010	0.003	4	A	1		0.014	0.013	
12:0 g	0.002	0.001	4	A	1		0.002	0.002	
13:0 g									
14:0 g	0.019	0.001	4	A	1		0.025	0.023	
15:0 g	0.003	0.001	4	A	1		0.005	0.004	
16:0 g	1.624	0.056	4	A	1		2.177	1.998	
17:0 g	0.015	0.001	4	A	1		0.020	0.018	
18:0 g	1.218	0.081	4	A	1		1.632	1.498	
20:0 g	0.047	0.001	4	A	1		0.063	0.058	
22:0 g	0.022	0.013	4	A	1		0.029	0.027	
24:0 g	0.016	0.001	4	A	1		0.021	0.020	
Fatty acids, total monounsaturated g	8.858		0	NC	4		11.870	10.895	
14:1 g	0.005	0.003	4	A	1		0.007	0.007	
15:1 g	0.000	0.000	4	A	1		0.000	0.000	
16:1 undifferentiated g	0.079	0.019	4	AS	1		0.106	0.098	
16:1 c g	0.079	0.019	4	A	1		0.106	0.098	
16:1 t g	0.000	0.000	4	A	1		0.000	0.000	
17:1 g	0.006	0.001	4	A	1		0.008	0.007	
18:1 undifferentiated g	8.736	0.360	4	AS	1		11.707	10.746	
18:1 c g	5.606	0.229	4	A	1		7.512	6.896	
18:1-11c (18:1c n-7) g									
18:1 t g	3.130	0.373	4	A	1		4.194	3.850	
18:1-11t (18:1t n-7) g									
20:1 g	0.031	0.001	4	A	1		0.041	0.038	
22:1 undifferentiated g	0.000	0.000	4	AS	1		0.000	0.000	
22:1 c g	0.000	0.000	4	A	1		0.000	0.000	
22:1 t g	0.000	0.000	4	A	1		0.000	0.000	
24:1 c g	0.000	0.000	4	A	1		0.000	0.000	
Fatty acids, total polyunsaturated g	1.799		0	NC	4		2.410	2.212	
18:2 undifferentiated g	1.714	0.066	4	AS	1		2.296	2.108	
18:2 n-6 c,c g	1.270	0.063	4	A	1		1.702	1.563	
18:2 CLAs g	0.020	0.001	4	A	1		0.027	0.024	
18:2 c,t g									
18:2 t,c g									
18:2 t,t g									
18:2 i g									
18:2 t not further defined g	0.423	0.013	4	A	1		0.567	0.521	
18:3 undifferentiated g	0.071	0.001	4	AS	1		0.095	0.087	
18:3 n-3 c,c,c (ALA) g	0.069	0.002	4	A	1		0.092	0.085	
18:3 n-6 c,c,c g	0.002	0.001	4	A	1		0.002	0.002	
18:3i g									
18:4 g	0.000	0.000	4	A	1		0.000	0.000	
20:2 n-6 c,c g	0.003	0.001	4	A	1		0.004	0.004	
20:3 undifferentiated g	0.000	0.000	4	AS	1		0.000	0.000	
20:3 n-3 g	0.000	0.000	4	A	1		0.000	0.000	
20:3 n-6 g	0.000	0.000	4	A	1		0.000	0.000	
20:4 undifferentiated g	0.000	0.000	4	A	1		0.000	0.000	
20:4 n-3 g									
20:4 n-6 g									
20:5 n-3 (EPA) g	0.000	0.000	4	A	1		0.000	0.000	
21:5 g									
22:4 g	0.000	0.000	4	A	1		0.000	0.000	
22:5 n-3 (DPA) g	0.000	0.000	4	A	1		0.000	0.000	
22:6 n-3 (DHA) g	0.011	0.011	4	A	1		0.015	0.014	
Fatty acids, total trans g	3.554		0	NC	4		4.762	4.371	
Fatty acids, total trans-monoenoic g	3.130		0	NC	4		4.194	3.850	
Fatty acids, total trans-polyenoic g	0.423		0	NC	4		0.567	0.521	
Cholesterol mg									
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.049		1	A	1		0.066	0.060	

NDB No. 21423

KENTUCKY FRIED CHICKEN, Potato Wedges, analyzed prior to January 2007 (1)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Threonine.....g	0.127		1	A	1		0.171	0.157	
Isoleucine.....g	0.137		1	A	1		0.184	0.169	
Leucine.....g	0.216		1	A	1		0.289	0.265	
Lysine.....g	0.177		1	A	1		0.237	0.217	
Methionine.....g	0.059		1	A	1		0.079	0.072	
Cystine.....g	0.049		1	A	1		0.066	0.060	
Phenylalanine.....g	0.177		1	A	1		0.237	0.217	
Tyrosine.....g	0.118		1	A	1		0.158	0.145	
Valine.....g	0.206		1	A	1		0.276	0.253	
Arginine.....g	0.206		1	A	1		0.276	0.253	
Histidine.....g	0.069		1	A	1		0.092	0.084	
Alanine.....g	0.147		1	A	1		0.197	0.181	
Aspartic acid.....g	0.765		1	A	1		1.025	0.941	
Glutamic acid.....g	1.040		1	A	1		1.393	1.279	
Glycine.....g	0.118		1	A	1		0.158	0.145	
Proline.....g	0.245		1	A	1		0.329	0.302	
Serine.....g	0.137		1	A	1		0.184	0.169	
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 134g: 1 package

Measure 2 = 123g: 10 wedges

Footnotes:

1 KFC switched to a zero grams trans fat soybean cooking oil in April 2007

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2010)

NDB No. 21290

LITTLE CAESARS 14" Cheese Pizza, Large Deep Dish Crust

Little Caesar's Pizza

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	44.90	0.569	3	A	1		45.80	412.63	
Energy ... kcal	263		0	NC	4		268	2416	
Energy ... kJ	1100		0	NC	4		1122	10108	
Protein ... g	12.63	1.053	3	A	1		12.88	116.03	
Total lipid (fat) ... g	10.22	1.310	3	A	1		10.43	93.93	
Ash ... g	2.16	0.225	3	A	1		2.20	19.82	
Carbohydrate, by difference ... g	30.10		0	NC	4		30.70	276.59	
Fiber, total dietary ... g	1.3	0.095	3	A	1		1.4	12.3	
Sugars, total ... g	3.66	0.288	3	A	1		3.74	33.68	
Sucrose ... g	0.00	0.000	3	A	1		0.00	0.00	
Glucose (dextrose) ... g	0.94	0.091	3	A	1		0.96	8.67	
Fructose ... g	1.08	0.117	3	A	1		1.10	9.89	
Lactose ... g	0.07	0.000	3	A	1		0.08	0.68	
Maltose ... g	1.42	0.178	3	A	1		1.45	13.05	
Galactose ... g	0.15	0.017	3	A	1		0.15	1.38	
Starch ... g	24.07	2.534	3	A	1		24.55	221.17	
Minerals:									
Calcium, Ca ... mg	224	50.808	3	A	1		229	2062	
Iron, Fe ... mg	2.31	0.174	3	A	1		2.35	21.20	
Magnesium, Mg ... mg	27	1.313	3	A	1		28	249	
Phosphorus, P ... mg	221	25.166	3	A	1		225	2031	
Potassium, K ... mg	160	17.559	3	A	1		163	1470	
Sodium, Na ... mg	432	24.915	3	A	1		440	3967	
Zinc, Zn ... mg	1.52	0.169	3	A	1		1.55	13.94	
Copper, Cu ... mg	0.116	0.009	3	A	1		0.118	1.066	
Manganese, Mn ... mg	0.311	0.028	3	A	1		0.317	2.858	
Selenium, Se ... mcg	30.0	0.601	3	A	1		30.6	275.4	
Vitamins:									
Vitamin C, total ascorbic acid ... mg	0.0	0.000	3	A	1		0.0	0.0	
Thiamin ... mg	0.440	0.037	3	A	1		0.448	4.041	
Riboflavin ... mg	0.273	0.007	3	A	1		0.279	2.512	
Niacin ... mg	2.967	0.186	3	A	1		3.026	27.263	
Pantothenic acid ... mg	0.570	0.020	3	A	1		0.581	5.238	
Vitamin B-6 ... mg									
Folate, total ... mcg									
Folate, DFE ... mcg_DFE									
Choline, total ... mg									
Betaine ... mg									
Vitamin B-12 ... mcg	0.43	0.135	3	A	1		0.44	3.98	
Vitamin A, RAE ... mcg_RAE	76		0	AS	1		77	697	
Vitamin A, IU ... IU	334		0	AS	1		340	3067	
Lycopene ... mcg									
Lutein + zeaxanthin ... mcg									
Vitamin E (alpha-tocopherol) ... mg	0.81	0.252	3	A	1		0.83	7.47	
Tocopherol, beta ... mg	0.05	0.009	3	A	1		0.05	0.43	
Tocopherol, gamma ... mg	1.25	0.262	3	A	1		1.28	11.52	
Tocopherol, delta ... mg	0.39	0.064	3	A	1		0.39	3.55	
Vitamin D (D2 + D3) ... mcg									
Vitamin D2 (ergocalciferol) ... mcg									
Vitamin D3 (cholecalciferol) ... mcg									
Vitamin D ... IU									
Vitamin K (phylloquinone) ... mcg	6.8	0.888	3	A	1		6.9	62.2	
Dihydrophylloquinone ... mcg	0.0	0.000	3	A	1		0.0	0.0	
Menaquinone-4 ... mcg									
Lipids:									
Fatty acids, total saturated ... g	4.237		0	NC	4		4.322	38.941	
4:0 ... g									

NDB No. 21290
LITTLE CAESARS 14" Cheese Pizza, Large Deep Dish Crust

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g									
8:0 g	0.067	0.018	3	A	1		0.069	0.618	
10:0 g	0.154	0.040	3	A	1		0.157	1.418	
12:0 g	0.181	0.046	3	A	1		0.185	1.663	
13:0 g									
14:0 g	0.614	0.148	3	A	1		0.626	5.639	
15:0 g	0.062	0.014	3	A	1		0.064	0.573	
16:0 g	2.166	0.395	3	A	1		2.209	19.905	
17:0 g	0.039	0.008	3	A	1		0.039	0.355	
18:0 g	0.922	0.189	3	A	1		0.941	8.476	
20:0 g	0.020	0.001	3	A	1		0.020	0.180	
22:0 g	0.012	0.000	3	A	1		0.013	0.113	
24:0 g									
Fatty acids, total monounsaturated g	2.757		0	NC	4		2.812	25.338	
14:1 g	0.048	0.011	3	A	1		0.049	0.438	
15:1 g	0.000	0.000	3	A	1		0.000	0.000	
16:1 undifferentiated g	0.113	0.023	3	A	1		0.115	1.035	
17:1 g	0.000	0.000	3	A	1		0.000	0.000	
18:1 undifferentiated g	2.576	0.295	3	A	1		2.627	23.670	
20:1 g	0.021	0.002	3	A	1		0.022	0.195	
22:1 undifferentiated g									
24:1 c g									
Fatty acids, total polyunsaturated g	1.728		0	NC	4		1.762	15.879	
18:2 undifferentiated g	1.534	0.109	3	A	1		1.565	14.100	
18:3 undifferentiated g	0.183		0	AS	1		0.187	1.681	
18:3 n-3 c,c,c (ALA) g	0.183	0.014	3	A	1		0.187	1.681	
18:3 n-6 c,c,c g	0.000	0.000	3	A	1		0.000	0.000	
18:3i g									
18:4 g									
20:2 n-6 c,c g	0.000	0.000	3	A	1		0.000	0.000	
20:3 undifferentiated g	0.000	0.000	3	A	1		0.000	0.000	
20:3 n-3 g									
20:3 n-6 g									
20:4 undifferentiated g	0.011	0.003	3	A	1		0.011	0.097	
20:4 n-3 g									
20:4 n-6 g									
20:5 n-3 (EPA) g									
21:5 g									
22:4 g									
22:5 n-3 (DPA) g									
22:6 n-3 (DHA) g									
Fatty acids, total trans g									
Cholesterol mg	23	4.759	3	A	1		24	213	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.156		0	A	1		0.159	1.431	
Threonine g	0.435		0	A	1		0.444	4.001	
Isoleucine g	0.632		0	A	1		0.645	5.811	
Leucine g	1.280		0	A	1		1.305	11.761	
Lysine g	1.112		0	A	1		1.134	10.219	
Methionine g	0.313		0	A	1		0.320	2.880	
Cystine g	0.473		0	A	1		0.483	4.347	
Phenylalanine g	0.766		0	A	1		0.781	7.035	
Tyrosine g	0.506		0	A	1		0.516	4.648	
Valine g	0.806		0	A	1		0.822	7.409	
Arginine g	0.618		0	A	1		0.630	5.678	
Histidine g	0.291		0	A	1		0.296	2.671	
Alanine g	0.347		0	A	1		0.354	3.190	
Aspartic acid g	0.939		0	A	1		0.957	8.626	
Glutamic acid g	4.217		0	A	1		4.301	38.753	
Glycine g	0.445		0	A	1		0.454	4.091	
Proline g	1.608		0	A	1		1.640	14.779	
Serine g	0.872		0	A	1		0.890	8.017	

NDB No. 21290
LITTLE CAESARS 14" Cheese Pizza, Large Deep Dish Crust

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Hydroxyproline.....g	0.000		2	A	1		0.000	0.000	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 102g: 1 slice

Measure 2 = 919g: 1 pie

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2010)

NDB No. 21292

LITTLE CAESARS 14" Cheese Pizza, Thin Crust

Little Caesar's Pizza

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	41.21		2	A	1		19.78	231.60	149.18
Energy ... kcal	309		0	NC	4		148	1738	1119
Energy ... kJ	1294		0	NC	4		621	7271	4683
Protein ... g	16.23		2	A	1		7.79	91.21	58.75
Total lipid (fat) ... g	16.99		2	A	1		8.15	95.48	61.50
Ash ... g	2.73		2	A	1		1.31	15.32	9.87
Carbohydrate, by difference ... g	22.85		0	NC	4		10.97	128.39	82.70
Fiber, total dietary ... g	1.6		2	A	1		0.8	9.1	5.9
Sugars, total ... g	2.76		2	A	1		1.33	15.54	10.01
Sucrose ... g	0.00		2	A	1		0.00	0.00	0.00
Glucose (dextrose) ... g	0.89		2	A	1		0.43	5.00	3.22
Fructose ... g	0.89		2	A	1		0.42	4.97	3.20
Lactose ... g	0.07		2	A	1		0.04	0.42	0.27
Maltose ... g	0.66		2	A	1		0.32	3.71	2.39
Galactose ... g	0.25		2	A	1		0.12	1.43	0.92
Starch ... g	17.70		2	A	1		8.50	99.47	64.07
Minerals:									
Calcium, Ca ... mg	422		2	A	1		202	2369	1526
Iron, Fe ... mg	0.64		2	A	1		0.31	3.58	2.31
Magnesium, Mg ... mg	28		2	A	1		13	158	102
Phosphorus, P ... mg	297		2	A	1		143	1669	1075
Potassium, K ... mg	177		2	A	1		85	992	639
Sodium, Na ... mg	455		2	A	1		218	2557	1647
Zinc, Zn ... mg	2.12		2	A	1		1.02	11.94	7.69
Copper, Cu ... mg	0.082		2	A	1		0.039	0.458	0.295
Manganese, Mn ... mg	0.211		2	A	1		0.101	1.183	0.762
Selenium, Se ... mcg	28.1		2	A	1		13.5	158.2	101.9
Vitamins:									
Vitamin C, total ascorbic acid ... mg	0.0		2	A	1		0.0	0.0	0.0
Thiamin ... mg	0.139		2	A	1		0.067	0.781	0.503
Riboflavin ... mg	0.185		2	A	1		0.089	1.039	0.669
Niacin ... mg	0.850		2	A	1		0.408	4.777	3.077
Pantothenic acid ... mg	0.425		2	A	1		0.204	2.388	1.538
Vitamin B-6 ... mg									
Folate, total ... mcg									
Folate, DFE ... mcg_DFE									
Choline, total ... mg									
Betaine ... mg									
Vitamin B-12 ... mcg	0.71		2	A	1		0.34	3.99	2.57
Vitamin A, RAE ... mcg_RAE	123		0	AS	1		59	694	447
Vitamin A, IU ... IU	542		0	AS	1		260	3046	1962
Lycopene ... mcg									
Lutein + zeaxanthin ... mcg									
Vitamin E (alpha-tocopherol) ... mg	1.21		2	A	1		0.58	6.80	4.38
Tocopherol, beta ... mg	0.06		2	A	1		0.03	0.34	0.22
Tocopherol, gamma ... mg	2.36		2	A	1		1.13	13.26	8.54
Tocopherol, delta ... mg	0.87		2	A	1		0.42	4.89	3.15
Vitamin D (D2 + D3) ... mcg									
Vitamin D2 (ergocalciferol) ... mcg									
Vitamin D3 (cholecalciferol) ... mcg									
Vitamin D ... IU									
Vitamin K (phylloquinone) ... mcg	9.6		2	A	1		4.6	53.7	34.6
Dihydrophylloquinone ... mcg	0.0		2	A	1		0.0	0.0	0.0
Menaquinone-4 ... mcg									
Lipids:									
Fatty acids, total saturated ... g	7.327		0	NC	4		3.517	41.177	26.523
4:0 ... g									

NDB No. 21292
LITTLE CAESARS 14" Cheese Pizza, Thin Crust

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g									
8:0....g	0.120		2	A	1		0.058	0.677	0.436
10:0....g	0.274		2	A	1		0.132	1.542	0.994
12:0....g	0.318		2	A	1		0.153	1.790	1.153
13:0....g									
14:0....g	1.078		2	A	1		0.517	6.058	3.902
15:0....g	0.109		2	A	1		0.052	0.612	0.394
16:0....g	3.669		2	A	1		1.761	20.622	13.283
17:0....g	0.068		2	A	1		0.033	0.382	0.246
18:0....g	1.636		2	A	1		0.785	9.194	5.922
20:0....g	0.032		2	A	1		0.015	0.180	0.116
22:0....g	0.021		2	A	1		0.010	0.120	0.077
24:0....g									
Fatty acids, total monounsaturated....g	4.420		0	NC	4		2.122	24.843	16.002
14:1....g	0.084		2	A	1		0.040	0.469	0.302
15:1....g	0.000		2	A	1		0.000	0.000	0.000
16:1 undifferentiated....g	0.185		2	A	1		0.089	1.040	0.670
17:1....g	0.000		2	A	1		0.000	0.000	0.000
18:1 undifferentiated....g	4.118		2	A	1		1.977	23.143	14.907
20:1....g	0.034		2	A	1		0.016	0.191	0.123
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	3.161		0	NC	4		1.517	17.764	11.442
18:2 undifferentiated....g	2.763		2	A	1		1.326	15.525	10.000
18:3 undifferentiated....g	0.378		0	AS	1		0.181	2.124	1.368
18:3 n-3 c,c,c (ALA)....g	0.378		2	A	1		0.181	2.124	1.368
18:3 n-6 c,c,c....g	0.000		2	A	1		0.000	0.000	0.000
18:3i....g									
18:4....g									
20:2 n-6 c,c....g	0.000		2	A	1		0.000	0.000	0.000
20:3 undifferentiated....g	0.000		2	A	1		0.000	0.000	0.000
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.021		2	A	1		0.010	0.115	0.074
20:4 n-3....g									
20:4 n-6....g									
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g									
Cholesterol....mg	39		2	A	1		19	222	143
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.136		0	A	1		0.065	0.762	0.491
Threonine....g	0.556		0	A	1		0.267	3.124	2.012
Isoleucine....g	0.798		0	A	1		0.383	4.486	2.890
Leucine....g	1.655		0	A	1		0.794	9.301	5.991
Lysine....g	1.328		0	A	1		0.637	7.463	4.807
Methionine....g	0.461		0	A	1		0.221	2.591	1.669
Cystine....g	0.436		0	A	1		0.209	2.453	1.580
Phenylalanine....g	0.963		0	A	1		0.462	5.413	3.487
Tyrosine....g	0.818		0	A	1		0.393	4.600	2.963
Valine....g	1.051		0	A	1		0.504	5.905	3.803
Arginine....g	0.699		0	A	1		0.336	3.929	2.531
Histidine....g	0.257		0	A	1		0.123	1.445	0.931
Alanine....g	0.514		0	A	1		0.247	2.887	1.860
Aspartic acid....g	1.303		0	A	1		0.626	7.324	4.718
Glutamic acid....g	4.781		0	A	1		2.295	26.868	17.306
Glycine....g	0.396		0	A	1		0.190	2.223	1.432
Proline....g	1.688		0	A	1		0.810	9.486	6.110
Serine....g	1.122		0	A	1		0.539	6.308	4.063

NDB No. 21292
LITTLE CAESARS 14" Cheese Pizza, Thin Crust

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 48g: 1 slice

Measure 2 = 562g: 1 pie

Measure 3 = 362g: .5 pie

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2010)

NDB No. 21287

LITTLE CAESARS 14" Original Round Cheese Pizza, Regular Crust

Little Caesar's Pizza

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	43.39	1.102	8	A	1		38.62	328.88	
Energy....kcal	265		0	NC	4		236	2012	
Energy....kJ	1110		0	NC	4		988	8417	
Protein....g	13.39	0.385	8	A	1		11.92	101.52	
Total lipid (fat)....g	9.54	0.511	8	A	1		8.49	72.30	
Ash....g	2.18	0.045	8	A	1		1.94	16.56	
Carbohydrate, by difference....g	31.50		0	NC	4		28.03	238.75	
Fiber, total dietary....g	1.7	0.077	8	A	1		1.5	13.2	
Sugars, total....g	4.02	0.142	8	A	1		3.58	30.50	
Sucrose....g	0.00	0.000	8	A	1		0.00	0.00	
Glucose (dextrose)....g	0.98	0.034	8	A	1		0.87	7.42	
Fructose....g	1.13	0.053	8	A	1		1.01	8.57	
Lactose....g	0.07	0.000	8	A	1		0.07	0.56	
Maltose....g	1.67	0.128	8	A	1		1.49	12.70	
Galactose....g	0.16	0.010	8	A	1		0.15	1.25	
Starch....g	25.29	1.102	8	A	1		22.51	191.68	
Minerals:									
Calcium, Ca....mg	233	17.331	8	A	1		207	1766	
Iron, Fe....mg	2.34	0.088	8	A	1		2.09	17.77	
Magnesium, Mg....mg	28	0.651	8	A	1		25	213	
Phosphorus, P....mg	231	8.884	8	A	1		206	1753	
Potassium, K....mg	170	6.344	8	A	1		151	1285	
Sodium, Na....mg	454	10.912	8	A	1		404	3441	
Zinc, Zn....mg	1.61	0.066	8	A	1		1.44	12.23	
Copper, Cu....mg	0.126	0.006	8	A	1		0.112	0.955	
Manganese, Mn....mg	0.321	0.017	8	A	1		0.285	2.431	
Selenium, Se....mcg	31.4	1.462	3	A	1		27.9	237.8	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0	0.000	3	A	1		0.0	0.0	
Thiamin....mg	0.377	0.015	8	A	1		0.335	2.855	
Riboflavin....mg	0.297	0.007	8	A	1		0.265	2.254	
Niacin....mg	3.237	0.200	8	A	1		2.881	24.540	
Pantothenic acid....mg	0.447	0.015	3	A	1		0.397	3.385	
Vitamin B-6....mg									
Folate, total....mcg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.40	0.037	8	A	1		0.35	3.02	
Vitamin A, RAE....mcg_RAE	78		0	AS	1		69	590	
Vitamin A, IU....IU	360		0	AS	1		320	2726	
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg	0.61	0.076	3	A	1		0.54	4.62	
Tocopherol, beta....mg	0.04	0.003	3	A	1		0.03	0.28	
Tocopherol, gamma....mg	1.05	0.058	3	A	1		0.94	7.98	
Tocopherol, delta....mg	0.33	0.025	3	A	1		0.29	2.50	
Vitamin D (D2 + D3)....mcg	0.0	0.000	3	A	1		0.0	0.0	
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU	0	0.000	3	A	1		0	0	
Vitamin K (phylloquinone)....mcg	5.9	0.153	3	A	1		5.3	44.7	
Dihydrophylloquinone....mcg	0.0	0.000	3	A	1		0.0	0.0	
Menaquinone-4....mcg									
Lipids:									
Fatty acids, total saturated....g	4.206		0	NC	4		3.743	31.882	
4:0....g									

NDB No. 21287
LITTLE CAESARS 14" Original Round Cheese Pizza, Regular Crust

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g									
8:0 g	0.069	0.005	8	A	1		0.062	0.524	
10:0 g	0.159	0.012	8	A	1		0.141	1.203	
12:0 g	0.187	0.014	8	A	1		0.166	1.416	
13:0 g									
14:0 g	0.634	0.045	8	A	1		0.564	4.805	
15:0 g	0.064	0.004	8	A	1		0.057	0.489	
16:0 g	2.115	0.127	8	A	1		1.882	16.029	
17:0 g	0.039	0.002	8	A	1		0.035	0.298	
18:0 g	0.913	0.062	8	A	1		0.813	6.922	
20:0 g	0.016	0.001	8	A	1		0.015	0.125	
22:0 g	0.009	0.001	8	A	1		0.008	0.070	
24:0 g									
Fatty acids, total monounsaturated g	2.380		0	NC	4		2.118	18.039	
14:1 g	0.050	0.003	8	A	1		0.044	0.376	
15:1 g	0.000	0.000	8	A	1		0.000	0.000	
16:1 undifferentiated g	0.111	0.007	8	A	1		0.099	0.843	
17:1 g	0.000	0.000	8	A	1		0.000	0.000	
18:1 undifferentiated g	2.201	0.127	8	A	1		1.959	16.680	
20:1 g	0.019	0.001	8	A	1		0.016	0.141	
22:1 undifferentiated g									
24:1 c g									
Fatty acids, total polyunsaturated g	1.461		0	NC	4		1.300	11.076	
18:2 undifferentiated g	1.294	0.043	8	A	1		1.152	9.812	
18:3 undifferentiated g	0.155		0	AS	1		0.138	1.177	
18:3 n-3 c,c,c (ALA) g	0.155	0.005	8	A	1		0.138	1.177	
18:3 n-6 c,c,c g	0.000	0.000	8	A	1		0.000	0.000	
18:3i g									
18:4 g									
20:2 n-6 c,c g	0.000	0.000	8	A	1		0.000	0.000	
20:3 undifferentiated g	0.000	0.000	8	A	1		0.000	0.000	
20:3 n-3 g									
20:3 n-6 g									
20:4 undifferentiated g	0.011	0.001	8	A	1		0.010	0.087	
20:4 n-3 g									
20:4 n-6 g									
20:5 n-3 (EPA) g									
21:5 g									
22:4 g									
22:5 n-3 (DPA) g									
22:6 n-3 (DHA) g									
Fatty acids, total trans g									
Cholesterol mg	24	2.296	8	A	1		21	180	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.150		0	A	1		0.133	1.136	
Threonine g	0.393		0	A	1		0.350	2.980	
Isoleucine g	0.547		0	A	1		0.486	4.142	
Leucine g	1.137		0	A	1		1.012	8.615	
Lysine g	0.523		0	A	1		0.466	3.966	
Methionine g	0.300		0	A	1		0.267	2.273	
Cystine g	0.335		0	A	1		0.298	2.539	
Phenylalanine g	0.717		0	A	1		0.638	5.432	
Tyrosine g	0.503		0	A	1		0.448	3.814	
Valine g	0.700		0	A	1		0.623	5.306	
Arginine g	0.513		0	A	1		0.457	3.890	
Histidine g	0.360		0	A	1		0.320	2.728	
Alanine g	0.256		0	A	1		0.228	1.938	
Aspartic acid g	0.860		0	A	1		0.765	6.518	
Glutamic acid g	3.997		0	A	1		3.557	30.294	
Glycine g	0.350		0	A	1		0.311	2.652	
Proline g	1.090		0	A	1		0.970	8.262	
Serine g	0.542		0	A	1		0.483	4.111	

NDB No. 21287
LITTLE CAESARS 14" Original Round Cheese Pizza, Regular Crust

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 89g: 1 slice

Measure 2 = 758g: 1 pie

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2010)

NDB No. 21289

LITTLE CAESARS 14" Original Round Meat and Vegetable Pizza, Regular Crust

Little Caesar's Pizza

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	51.10	0.352	3	A	1		58.76	532.97	
Energy	kcal	243		0	NC	4		280	2536	
Energy	kJ	1017		0	NC	4		1170	10609	
Protein	g	12.12	0.372	3	A	1		13.94	126.46	
Total lipid (fat)	g	11.35	0.167	3	A	1		13.06	118.42	
Ash	g	2.32	0.056	3	A	1		2.66	24.17	
Carbohydrate, by difference	g	23.10		0	NC	4		26.57	240.98	
Fiber, total dietary	g	2.1	0.179	3	A	1		2.4	21.6	
Sugars, total	g	3.74	0.059	3	A	1		4.30	38.98	
Sucrose	g	0.00	0.000	3	A	1		0.00	0.00	
Glucose (dextrose)	g	1.09	0.107	3	A	1		1.25	11.33	
Fructose	g	0.92	0.047	3	A	1		1.06	9.63	
Lactose	g	0.07	0.000	3	A	1		0.09	0.78	
Maltose	g	1.52	0.211	3	A	1		1.75	15.85	
Galactose	g	0.13	0.009	3	A	1		0.15	1.39	
Starch	g	16.13	0.960	3	A	1		18.55	168.27	
Minerals:										
Calcium, Ca	mg	167	10.440	3	A	1		192	1742	
Iron, Fe	mg	2.11	0.057	3	A	1		2.43	22.04	
Magnesium, Mg	mg	24	0.636	3	A	1		28	251	
Phosphorus, P	mg	207	3.844	3	A	1		238	2156	
Potassium, K	mg	195	6.692	3	A	1		224	2030	
Sodium, Na	mg	578	9.821	3	A	1		664	6025	
Zinc, Zn	mg	1.55	0.026	3	A	1		1.78	16.13	
Copper, Cu	mg	0.142	0.012	3	A	1		0.164	1.484	
Manganese, Mn	mg	0.265	0.021	3	A	1		0.304	2.760	
Selenium, Se	mcg	27.1	0.833	3	A	1		31.2	282.7	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0	0.000	3	A	1		0.0	0.0	
Thiamin	mg	0.286	0.011	3	A	1		0.329	2.982	
Riboflavin	mg	0.263	0.009	3	A	1		0.303	2.746	
Niacin	mg	3.567	0.203	3	A	1		4.102	37.200	
Pantothenic acid	mg	0.573	0.038	3	A	1		0.659	5.979	
Vitamin B-6	mg									
Folate, total	mcg									
Folate, DFE	mcg_DFE									
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	0.61	0.046	3	A	1		0.70	6.33	
Vitamin A, RAE	mcg_RAE	48		0	AS	1		56	506	
Vitamin A, IU	IU	211		0	AS	1		243	2200	
Lycopene	mcg									
Lutein + zeaxanthin	mcg									
Vitamin E (alpha-tocopherol)	mg	0.90	0.118	3	A	1		1.04	9.42	
Tocopherol, beta	mg	0.04	0.010	3	A	1		0.05	0.42	
Tocopherol, gamma	mg	0.73	0.069	3	A	1		0.84	7.61	
Tocopherol, delta	mg	0.22	0.003	3	A	1		0.25	2.26	
Vitamin D (D2 + D3)	mcg									
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	5.7	0.379	3	A	1		6.6	59.5	
Dihydrophylloquinone	mcg	0.0	0.000	3	A	1		0.0	0.0	
Menaquinone-4	mcg									
Lipids:										
Fatty acids, total saturated	g	4.561		0	NC	4		5.245	47.566	
4:0	g									

NDB No. 21289

LITTLE CAESARS 14" Original Round Meat and Vegetable Pizza, Regular Crust

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g									
8:0 g	0.048	0.000	3	A	1		0.055	0.501	
10:0 g	0.108	0.001	3	A	1		0.124	1.126	
12:0 g	0.123	0.000	3	A	1		0.141	1.279	
13:0 g									
14:0 g	0.486	0.002	3	A	1		0.559	5.072	
15:0 g	0.049	0.000	3	A	1		0.057	0.514	
16:0 g	2.509	0.059	3	A	1		2.885	26.168	
17:0 g	0.051	0.001	3	A	1		0.059	0.531	
18:0 g	1.167	0.032	3	A	1		1.342	12.175	
20:0 g	0.019	0.000	3	A	1		0.022	0.201	
22:0 g	0.000	0.000	3	A	1		0.000	0.000	
24:0 g									
Fatty acids, total monounsaturated g	4.063		0	NC	4		4.673	42.378	
14:1 g	0.043	0.001	3	A	1		0.050	0.452	
15:1 g	0.000	0.000	3	A	1		0.000	0.000	
16:1 undifferentiated g	0.214	0.006	3	A	1		0.246	2.234	
17:1 g	0.000	0.000	3	A	1		0.000	0.000	
18:1 undifferentiated g	3.757	0.117	3	A	1		4.321	39.189	
20:1 g	0.048	0.000	3	A	1		0.056	0.504	
22:1 undifferentiated g									
24:1 c g									
Fatty acids, total polyunsaturated g	1.720		0	NC	4		1.979	17.944	
18:2 undifferentiated g	1.525	0.041	3	A	1		1.754	15.909	
18:3 undifferentiated g	0.149		0	AS	1		0.171	1.550	
18:3 n-3 c,c,c (ALA) g	0.149	0.004	3	A	1		0.171	1.550	
18:3 n-6 c,c,c g	0.000	0.000	3	A	1		0.000	0.000	
18:3i g									
18:4 g									
20:2 n-6 c,c g	0.024	0.001	3	A	1		0.028	0.254	
20:3 undifferentiated g	0.000	0.000	3	A	1		0.000	0.000	
20:3 n-3 g									
20:3 n-6 g									
20:4 undifferentiated g	0.022	0.001	3	A	1		0.026	0.232	
20:4 n-3 g									
20:4 n-6 g									
20:5 n-3 (EPA) g									
21:5 g									
22:4 g									
22:5 n-3 (DPA) g									
22:6 n-3 (DHA) g									
Fatty acids, total trans g									
Cholesterol mg	31	2.691	3	A	1		36	323	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.113		0	A	1		0.130	1.180	
Threonine g	0.393		0	A	1		0.452	4.103	
Isoleucine g	0.554		0	A	1		0.637	5.776	
Leucine g	1.024		0	A	1		1.177	10.678	
Lysine g	0.576		0	A	1		0.663	6.011	
Methionine g	0.280		0	A	1		0.322	2.922	
Cystine g	0.345		0	A	1		0.396	3.593	
Phenylalanine g	0.604		0	A	1		0.694	6.295	
Tyrosine g	0.447		0	A	1		0.514	4.663	
Valine g	0.647		0	A	1		0.744	6.748	
Arginine g	0.577		0	A	1		0.664	6.022	
Histidine g	0.350		0	A	1		0.403	3.655	
Alanine g	0.474		0	A	1		0.545	4.940	
Aspartic acid g	0.934		0	A	1		1.074	9.740	
Glutamic acid g	3.152		0	A	1		3.624	32.872	
Glycine g	0.468		0	A	1		0.538	4.878	
Proline g	0.952		0	A	1		1.095	9.932	
Serine g	0.691		0	A	1		0.794	7.204	

NDB No. 21289

LITTLE CAESARS 14" Original Round Meat and Vegetable Pizza, Regular Crust

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 115g: 1 slice

Measure 2 = 1043g: 1 pie

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2010)

NDB No. 21288

LITTLE CAESARS 14" Original Round Pepperoni Pizza, Regular Crust

Little Caesar's Pizza

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	42.57	1.011	8	A	1		38.31	362.67	
Energy....kcal	273		0	NC	4		246	2325	
Energy....kJ	1142		0	NC	4		1028	9730	
Protein....g	13.59	0.243	8	A	1		12.23	115.76	
Total lipid (fat)....g	10.50	0.287	8	A	1		9.45	89.50	
Ash....g	2.33	0.035	8	A	1		2.10	19.84	
Carbohydrate, by difference....g	31.01		0	NC	4		27.91	264.23	
Fiber, total dietary....g	1.7	0.175	8	A	1		1.5	14.5	
Sugars, total....g	3.76	0.123	8	A	1		3.39	32.07	
Sucrose....g	0.00	0.000	8	A	1		0.00	0.00	
Glucose (dextrose)....g	0.98	0.046	8	A	1		0.88	8.36	
Fructose....g	1.12	0.060	8	A	1		1.00	9.51	
Lactose....g	0.07	0.000	8	A	1		0.07	0.63	
Maltose....g	1.45	0.072	8	A	1		1.31	12.37	
Galactose....g	0.14	0.017	8	A	1		0.13	1.19	
Starch....g	24.52	0.852	8	A	1		22.07	208.95	
Minerals:									
Calcium, Ca....mg	210	10.232	8	A	1		189	1790	
Iron, Fe....mg	2.34	0.068	8	A	1		2.11	19.95	
Magnesium, Mg....mg	28	0.610	8	A	1		25	235	
Phosphorus, P....mg	224	4.762	8	A	1		202	1908	
Potassium, K....mg	178	5.428	8	A	1		161	1520	
Sodium, Na....mg	518	6.193	8	A	1		466	4411	
Zinc, Zn....mg	1.66	0.040	8	A	1		1.50	14.17	
Copper, Cu....mg	0.125	0.003	8	A	1		0.112	1.061	
Manganese, Mn....mg	0.338	0.022	8	A	1		0.304	2.878	
Selenium, Se....mcg	32.0	1.899	3	A	1		28.8	272.9	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0	0.000	3	A	1		0.0	0.0	
Thiamin....mg	0.338	0.015	8	A	1		0.304	2.882	
Riboflavin....mg	0.311	0.007	8	A	1		0.280	2.652	
Niacin....mg	3.737	0.143	8	A	1		3.364	31.843	
Pantothenic acid....mg	0.530	0.021	3	A	1		0.477	4.516	
Vitamin B-6....mg									
Folate, total....mcg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.52	0.047	8	A	1		0.47	4.45	
Vitamin A, RAE....mcg_RAE	71		0	AS	1		64	605	
Vitamin A, IU....IU	331		0	AS	1		298	2818	
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg	0.76	0.063	3	A	1		0.69	6.50	
Tocopherol, beta....mg	0.04	0.007	3	A	1		0.04	0.37	
Tocopherol, gamma....mg	1.05	0.019	3	A	1		0.95	8.97	
Tocopherol, delta....mg	0.31	0.033	3	A	1		0.28	2.67	
Vitamin D (D2 + D3)....mcg	0.0	0.000	3	A	1		0.0	0.0	
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU	0	0.000	3	A	1		0	0	
Vitamin K (phylloquinone)....mcg	5.9	0.503	3	A	1		5.3	50.3	
Dihydrophylloquinone....mcg	0.0	0.000	3	A	1		0.0	0.0	
Menaquinone-4....mcg									
Lipids:									
Fatty acids, total saturated....g	4.541		0	NC	4		4.087	38.690	
4:0....g									

NDB No. 21288

LITTLE CAESARS 14" Original Round Pepperoni Pizza, Regular Crust

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g									
8:0 g	0.065	0.004	8	A	1		0.059	0.555	
10:0 g	0.146	0.009	8	A	1		0.131	1.241	
12:0 g	0.167	0.010	8	A	1		0.151	1.426	
13:0 g									
14:0 g	0.599	0.034	8	A	1		0.539	5.106	
15:0 g	0.061	0.003	8	A	1		0.055	0.517	
16:0 g	2.370	0.091	8	A	1		2.133	20.191	
17:0 g	0.047	0.002	8	A	1		0.043	0.404	
18:0 g	1.060	0.044	8	A	1		0.954	9.031	
20:0 g	0.017	0.001	8	A	1		0.016	0.148	
22:0 g	0.008	0.001	8	A	1		0.007	0.071	
24:0 g									
Fatty acids, total monounsaturated g	3.108		0	NC	4		2.797	26.476	
14:1 g	0.050	0.002	8	A	1		0.045	0.426	
15:1 g	0.000	0.000	8	A	1		0.000	0.000	
16:1 undifferentiated g	0.162	0.006	8	A	1		0.146	1.381	
17:1 g	0.000	0.000	8	A	1		0.000	0.000	
18:1 undifferentiated g	2.862	0.094	8	A	1		2.575	24.381	
20:1 g	0.034	0.001	8	A	1		0.030	0.288	
22:1 undifferentiated g									
24:1 c g									
Fatty acids, total polyunsaturated g	1.603		0	NC	4		1.443	13.660	
18:2 undifferentiated g	1.420	0.056	8	A	1		1.278	12.095	
18:3 undifferentiated g	0.158		0	AS	1		0.142	1.344	
18:3 n-3 c,c,c (ALA) g	0.158	0.006	8	A	1		0.142	1.344	
18:3 n-6 c,c,c g	0.000	0.000	8	A	1		0.000	0.000	
18:3i g									
18:4 g									
20:2 n-6 c,c g	0.010	0.002	8	A	1		0.009	0.082	
20:3 undifferentiated g	0.000	0.000	8	A	1		0.000	0.000	
20:3 n-3 g									
20:3 n-6 g									
20:4 undifferentiated g	0.016	0.001	8	A	1		0.015	0.139	
20:4 n-3 g									
20:4 n-6 g									
20:5 n-3 (EPA) g									
21:5 g									
22:4 g									
22:5 n-3 (DPA) g									
22:6 n-3 (DHA) g									
Fatty acids, total trans g									
Cholesterol mg	28	1.233	8	A	1		25	236	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.130		0	A	1		0.117	1.107	
Threonine g	0.430		0	A	1		0.387	3.663	
Isoleucine g	0.623		0	A	1		0.561	5.311	
Leucine g	1.220		0	A	1		1.098	10.394	
Lysine g	0.927		0	A	1		0.834	7.894	
Methionine g	0.323		0	A	1		0.291	2.755	
Cystine g	0.353		0	A	1		0.318	3.009	
Phenylalanine g	0.753		0	A	1		0.678	6.418	
Tyrosine g	0.497		0	A	1		0.447	4.230	
Valine g	0.777		0	A	1		0.699	6.617	
Arginine g	0.603		0	A	1		0.543	5.140	
Histidine g	0.393		0	A	1		0.354	3.350	
Alanine g	0.293		0	A	1		0.264	2.498	
Aspartic acid g	0.980		0	A	1		0.882	8.349	
Glutamic acid g	4.107		0	A	1		3.696	34.988	
Glycine g	0.440		0	A	1		0.396	3.748	
Proline g	1.430		0	A	1		1.287	12.184	
Serine g	0.823		0	A	1		0.741	7.015	

NDB No. 21288
LITTLE CAESARS 14" Original Round Pepperoni Pizza, Regular Crust

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 90g: 1 slice

Measure 2 = 852g: 1 pie

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2010)

NDB No. 21291

LITTLE CAESARS 14" Pepperoni Pizza, Large Deep Dish Crust

Little Caesar's Pizza

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	44.98	1.806	3	A	1		46.77	421.87	
Energy ... kcal	265		0	NC	4		276	2487	
Energy ... kJ	1109		0	NC	4		1154	10406	
Protein ... g	12.93	0.793	3	A	1		13.45	121.30	
Total lipid (fat) ... g	10.81	1.217	3	A	1		11.24	101.39	
Ash ... g	2.25	0.127	3	A	1		2.34	21.12	
Carbohydrate, by difference ... g	29.03		0	NC	4		30.19	272.32	
Fiber, total dietary ... g	1.5	0.065	3	A	1		1.5	13.8	
Sugars, total ... g	3.39	0.248	3	A	1		3.52	31.79	
Sucrose ... g	0.00	0.000	3	A	1		0.00	0.00	
Glucose (dextrose) ... g	0.86	0.119	3	A	1		0.90	8.10	
Fructose ... g	0.97	0.163	3	A	1		1.01	9.13	
Lactose ... g	0.07	0.000	3	A	1		0.08	0.70	
Maltose ... g	1.35	0.054	3	A	1		1.40	12.63	
Galactose ... g	0.13	0.029	3	A	1		0.14	1.23	
Starch ... g	22.30	1.419	3	A	1		23.19	209.17	
Minerals:									
Calcium, Ca ... mg	201	34.429	3	A	1		209	1885	
Iron, Fe ... mg	2.30	0.120	3	A	1		2.39	21.57	
Magnesium, Mg ... mg	27	1.115	3	A	1		28	254	
Phosphorus, P ... mg	215	18.977	3	A	1		223	2014	
Potassium, K ... mg	173	15.431	3	A	1		180	1626	
Sodium, Na ... mg	492	27.168	3	A	1		511	4612	
Zinc, Zn ... mg	1.57	0.124	3	A	1		1.63	14.69	
Copper, Cu ... mg	0.121	0.001	3	A	1		0.126	1.137	
Manganese, Mn ... mg	0.316	0.018	3	A	1		0.329	2.967	
Selenium, Se ... mcg	30.9	1.097	3	A	1		32.1	289.5	
Vitamins:									
Vitamin C, total ascorbic acid ... mg	0.0	0.000	3	A	1		0.0	0.0	
Thiamin ... mg	0.373	0.026	3	A	1		0.388	3.495	
Riboflavin ... mg	0.280	0.010	3	A	1		0.291	2.625	
Niacin ... mg	3.767	0.176	3	A	1		3.917	35.331	
Pantothenic acid ... mg	0.483	0.029	3	A	1		0.503	4.533	
Vitamin B-6 ... mg									
Folate, total ... mcg									
Folate, DFE ... mcg_DFE									
Choline, total ... mg									
Betaine ... mg									
Vitamin B-12 ... mcg	0.46	0.035	3	A	1		0.48	4.31	
Vitamin A, RAE ... mcg_RAE	65		0	AS	1		68	612	
Vitamin A, IU ... IU	315		0	AS	1		327	2952	
Lycopene ... mcg									
Lutein + zeaxanthin ... mcg									
Vitamin E (alpha-tocopherol) ... mg	0.81	0.067	3	A	1		0.84	7.57	
Tocopherol, beta ... mg	0.05	0.010	3	A	1		0.05	0.47	
Tocopherol, gamma ... mg	1.13	0.148	3	A	1		1.18	10.63	
Tocopherol, delta ... mg	0.34	0.034	3	A	1		0.36	3.22	
Vitamin D (D2 + D3) ... mcg									
Vitamin D2 (ergocalciferol) ... mcg									
Vitamin D3 (cholecalciferol) ... mcg									
Vitamin D ... IU									
Vitamin K (phylloquinone) ... mcg	7.1	0.839	3	A	1		7.4	66.6	
Dihydrophylloquinone ... mcg	0.0	0.000	3	A	1		0.0	0.0	
Menaquinone-4 ... mcg									
Lipids:									
Fatty acids, total saturated ... g	4.314		0	NC	4		4.487	40.467	
4:0 ... g									

NDB No. 21291
LITTLE CAESARS 14" Pepperoni Pizza, Large Deep Dish Crust

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g									
8:0 g	0.061	0.010	3	A	1		0.063	0.572	
10:0 g	0.138	0.026	3	A	1		0.143	1.291	
12:0 g	0.158	0.031	3	A	1		0.165	1.485	
13:0 g									
14:0 g	0.560	0.105	3	A	1		0.582	5.249	
15:0 g	0.056	0.010	3	A	1		0.059	0.528	
16:0 g	2.274	0.342	3	A	1		2.365	21.326	
17:0 g	0.043	0.007	3	A	1		0.045	0.406	
18:0 g	0.997	0.160	3	A	1		1.037	9.352	
20:0 g	0.019	0.001	3	A	1		0.019	0.174	
22:0 g	0.009	0.002	3	A	1		0.009	0.084	
24:0 g									
Fatty acids, total monounsaturated g	3.151		0	NC	4		3.277	29.552	
14:1 g	0.046	0.008	3	A	1		0.047	0.427	
15:1 g	0.000	0.000	3	A	1		0.000	0.000	
16:1 undifferentiated g	0.148	0.020	3	A	1		0.154	1.388	
17:1 g	0.000	0.000	3	A	1		0.000	0.000	
18:1 undifferentiated g	2.925	0.351	3	A	1		3.042	27.440	
20:1 g	0.032	0.001	3	A	1		0.033	0.297	
22:1 undifferentiated g									
24:1 c g									
Fatty acids, total polyunsaturated g	1.756		0	NC	4		1.826	16.469	
18:2 undifferentiated g	1.557	0.098	3	A	1		1.619	14.601	
18:3 undifferentiated g	0.177		0	AS	1		0.184	1.662	
18:3 n-3 c,c,c (ALA) g	0.177	0.011	3	A	1		0.184	1.662	
18:3 n-6 c,c,c g	0.000	0.000	3	A	1		0.000	0.000	
18:3i g									
18:4 g									
20:2 n-6 c,c g	0.008	0.004	3	A	1		0.008	0.072	
20:3 undifferentiated g	0.000	0.000	3	A	1		0.000	0.000	
20:3 n-3 g									
20:3 n-6 g									
20:4 undifferentiated g	0.014	0.003	3	A	1		0.015	0.134	
20:4 n-3 g									
20:4 n-6 g									
20:5 n-3 (EPA) g									
21:5 g									
22:4 g									
22:5 n-3 (DPA) g									
22:6 n-3 (DHA) g									
Fatty acids, total trans g									
Cholesterol mg	26	4.071	3	A	1		27	245	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.110		0	A	1		0.114	1.033	
Threonine g	0.369		0	A	1		0.384	3.462	
Isoleucine g	0.515		0	A	1		0.535	4.828	
Leucine g	1.066		0	A	1		1.108	9.995	
Lysine g	0.795		0	A	1		0.827	7.458	
Methionine g	0.275		0	A	1		0.286	2.579	
Cystine g	0.463		0	A	1		0.482	4.347	
Phenylalanine g	0.661		0	A	1		0.688	6.204	
Tyrosine g	0.456		0	A	1		0.474	4.275	
Valine g	0.640		0	A	1		0.666	6.005	
Arginine g	0.520		0	A	1		0.540	4.874	
Histidine g	0.342		0	A	1		0.356	3.211	
Alanine g	0.403		0	A	1		0.420	3.785	
Aspartic acid g	0.842		0	A	1		0.875	7.894	
Glutamic acid g	3.689		0	A	1		3.837	34.604	
Glycine g	0.384		0	A	1		0.399	3.601	
Proline g	1.026		0	A	1		1.067	9.626	
Serine g	0.751		0	A	1		0.781	7.043	

NDB No. 21291
LITTLE CAESARS 14" Pepperoni Pizza, Large Deep Dish Crust

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 104g: 1 slice

Measure 2 = 938g: 1 pie

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2010)

NDB No. 21413
Light Ice Cream, soft serve, blended with cookie pieces

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	63.90		0	RKA	1		215.36		
Energy....kcal	169		0	RKI	6		570		
Energy....kJ	707		0	RKI	6		2383		
Protein....g	3.97		0	RKA	1		13.37		
Total lipid (fat)....g	5.66		0	RKA	1		19.08		
Ash....g	0.92		0	RKA	1		3.09		
Carbohydrate, by difference....g	25.55		0	RKI	6		86.10		
Fiber, total dietary....g	0.1		0	RKA	1		0.5		
Sugars, total....g	21.19		0	RKA	1		71.40		
Sucrose....g	14.20		0	RKA	1		47.87		
Glucose (dextrose)....g	0.89		0	RKA	1		3.01		
Fructose....g	0.18		0	RKA	1		0.61		
Lactose....g	5.62		0	RKA	1		18.94		
Maltose....g	0.28		0	RKA	1		0.96		
Galactose....g	0.00		0	RKA	1		0.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	129		0	RKA	1		436		
Iron, Fe....mg	0.61		0	RKA	1		2.06		
Magnesium, Mg....mg	14		0	RKA	1		48		
Phosphorus, P....mg	111		0	RKA	1		373		
Potassium, K....mg	198		0	RKA	1		667		
Sodium, Na....mg	75		0	RKA	1		251		
Zinc, Zn....mg	0.50		0	RKA	1		1.67		
Copper, Cu....mg	0.030		0	RKA	1		0.100		
Manganese, Mn....mg	0.042		0	RKA	1		0.143		
Selenium, Se....mcg	4.0		0	FLA	4		13.6		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.8		0	FLA	4		2.7		
Thiamin....mg	0.048		0	RKA	1		0.163		
Riboflavin....mg	0.229		0	RKA	1		0.773		
Niacin....mg	0.264		0	RKA	1		0.889		
Pantothenic acid....mg	0.722		0	RKA	1		2.433		
Vitamin B-6....mg	0.058		0	RKA	1		0.196		
Folate, total....mcg	10		0	FLA	4		33		
Folic acid....mcg	5		0	FLA	4		16		
Folate, food....mcg	5		0	FLA	4		17		
Folate, DFE....mcg_DFE	13		0	NC	4		44		
Choline, total....mg	18.6		0	FLA	4		62.7		
Betaine....mg									
Vitamin B-12....mcg	0.58		0	RKA	1		1.95		
Vitamin B-12, added....mcg	0.00		0	FLA	4		0.00		
Vitamin A, RAE....mcg_RAE	26		0	FLA	4		87		
Retinol....mcg	25		0	FLA	4		86		
Carotene, beta....mcg	5		0	FLA	4		16		
Carotene, alpha....mcg	0		0	FLA	4		0		
Cryptoxanthin, beta....mcg	0		0	FLA	4		0		
Vitamin A, IU....IU	93		0	NC	4		313		
Lycopene....mcg	0		0	FLA	4		0		
Lutein + zeaxanthin....mcg	0		0	FLA	4		1		
Vitamin E (alpha-tocopherol)....mg	0.09		0	RKA	1		0.30		
Vitamin E, added....mg	0.00		0	FLA	4		0.00		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	0.0		0	Z	7		0.0		
Vitamin D2 (ergocalciferol)....mcg									

NDB No. 21413

Light Ice Cream, soft serve, blended with cookie pieces

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU	0		0	Z	7		0		
Vitamin K (phylloquinone)....mcg	3.3		0	FLA	4		11.0		
Dihydrophylloquinone....mcg									
Menaquinone-4....mcg									
Lipids:									
Fatty acids, total saturated....g	2.754		0	NC	4		9.279		
4:0....g	0.114		0	FLA	4		0.383		
6:0....g	0.063		0	FLA	4		0.213		
8:0....g	0.038		0	RKA	1		0.126		
10:0....g	0.087		0	RKA	1		0.295		
12:0....g	0.102		0	RKA	1		0.343		
13:0....g									
14:0....g	0.367		0	RKA	1		1.236		
15:0....g	0.038		0	RKA	1		0.127		
16:0....g	1.254		0	RKA	1		4.226		
17:0....g	0.025		0	RKA	1		0.083		
18:0....g	0.653		0	RKA	1		2.202		
20:0....g	0.010		0	RKA	1		0.034		
22:0....g	0.003		0	RKA	1		0.011		
24:0....g									
Fatty acids, total monounsaturated....g	1.716		0	NC	4		5.784		
14:1....g	0.025		0	RKA	1		0.085		
15:1....g	0.000		0	RKA	1		0.000		
16:1 undifferentiated....g	0.042		0	RKA	1		0.143		
17:1....g	0.008		0	RKA	1		0.027		
18:1 undifferentiated....g	1.639		0	RKA	1		5.524		
20:1....g	0.002		0	RKA	1		0.006		
22:1 undifferentiated....g	0.000		0	FLA	4		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.364		0	NC	4		1.227		
18:2 undifferentiated....g	0.339		0	RKA	1		1.141		
18:3 undifferentiated....g	0.020		0	RKA	1		0.067		
18:4....g	0.000		0	FLA	4		0.000		
20:2 n-6 c,c....g	0.000		0	RKA	1		0.000		
20:3 undifferentiated....g	0.000		0	RKA	1		0.000		
20:4 undifferentiated....g	0.005		0	RKA	1		0.018		
20:5 n-3 (EPA)....g	0.000		0	FLA	4		0.000		
22:5 n-3 (DPA)....g	0.000		0	FLA	4		0.000		
22:6 n-3 (DHA)....g	0.000		0	FLA	4		0.000		
Fatty acids, total trans....g									
Cholesterol....mg	15		0	RKA	1		52		
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	FLA	4		0.0		
Caffeine....mg	1		0	FLA	4		4		
Theobromine....mg	43		0	FLA	4		145		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 337g: 12 fl oz cup

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2010)

NDB No. 21412

Light Ice Cream, soft serve, blended with milk chocolate candies

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
		Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	61.74		0	RKA	1		214.84		
Energy	kcal	182		0	RKI	6		632		
Energy	kJ	760		0	RKI	6		2643		
Protein	g	4.02		0	RKA	1		13.99		
Total lipid (fat)	g	6.46		0	RKA	1		22.49		
Ash	g	0.96		0	RKA	1		3.33		
Carbohydrate, by difference	g	26.82		0	RKI	6		93.35		
Fiber, total dietary	g	0.2		0	RKA	1		0.7		
Sugars, total	g	24.37		0	RKA	1		84.81		
Sucrose	g	16.90		0	RKA	1		58.82		
Glucose (dextrose)	g	0.75		0	RKA	1		2.62		
Fructose	g	0.21		0	RKA	1		0.74		
Lactose	g	6.23		0	RKA	1		21.66		
Maltose	g	0.28		0	RKA	1		0.96		
Galactose	g	0.00		0	RKA	1		0.00		
Starch	g									
Minerals:										
Calcium, Ca	mg	135		0	RKA	1		470		
Iron, Fe	mg	0.27		0	RKA	1		0.94		
Magnesium, Mg	mg	17		0	RKA	1		59		
Phosphorus, P	mg	116		0	RKA	1		402		
Potassium, K	mg	208		0	RKA	1		725		
Sodium, Na	mg	54		0	RKA	1		188		
Zinc, Zn	mg	0.54		0	RKA	1		1.86		
Copper, Cu	mg	0.044		0	RKA	1		0.155		
Manganese, Mn	mg	0.046		0	RKA	1		0.158		
Selenium, Se	mcg	3.6		0	FLA	4		12.4		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.9		0	FLA	4		3.0		
Thiamin	mg	0.051		0	RKA	1		0.177		
Riboflavin	mg	0.243		0	RKA	1		0.847		
Niacin	mg	0.139		0	RKA	1		0.484		
Pantothenic acid	mg	0.730		0	RKA	1		2.541		
Vitamin B-6	mg	0.053		0	RKA	1		0.185		
Folate, total	mcg	3		0	RKA	1		9		
Folic acid	mcg	0		0	FLA	4		0		
Folate, food	mcg	3		0	RKA	1		9		
Folate, DFE	mcg_DFE	3		0	NC	4		9		
Choline, total	mg	20.4		0	FLA	4		71.2		
Betaine	mg	0.1		0	FLA	4		0.3		
Vitamin B-12	mcg	0.60		0	RKA	1		2.08		
Vitamin B-12, added	mcg	0.00		0	FLA	4		0.00		
Vitamin A, RAE	mcg_RAE	31		0	NC	4		109		
Retinol	mcg	31		0	FLA	4		108		
Carotene, beta	mcg	5		0	FLA	4		16		
Carotene, alpha	mcg	0		0	FLA	4		0		
Cryptoxanthin, beta	mcg	0		0	FLA	4		0		
Vitamin A, IU	IU	111		0	NC	4		388		
Lycopene	mcg	0		0	FLA	4		0		
Lutein + zeaxanthin	mcg	0		0	FLA	4		0		
Vitamin E (alpha-tocopherol)	mg	0.08		0	RKA	1		0.26		
Vitamin E, added	mg	0.00		0	FLA	4		0.00		
Tocopherol, beta	mg	0.00		0	FLA	4		0.00		
Tocopherol, gamma	mg	0.06		0	FLA	4		0.22		
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg	0.0		0	Z	7		0.0		
Vitamin D2 (ergocalciferol)	mcg									

NDB No. 21412

Light Ice Cream, soft serve, blended with milk chocolate candies

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU	0		0	Z	7		0		
Vitamin K (phylloquinone)....mcg	0.7		0	FLA	4		2.6		
Dihydrophylloquinone....mcg									
Menaquinone-4....mcg									
Lipids:									
Fatty acids, total saturated....g	3.633		0	NC	4		12.644		
4:0....g	0.156		0	FLA	4		0.543		
6:0....g	0.076		0	FLA	4		0.263		
8:0....g	0.040		0	RKA	1		0.141		
10:0....g	0.094		0	RKA	1		0.326		
12:0....g	0.109		0	RKA	1		0.379		
13:0....g									
14:0....g	0.392		0	RKA	1		1.366		
15:0....g	0.041		0	RKA	1		0.143		
16:0....g	1.577		0	RKA	1		5.487		
17:0....g	0.028		0	RKA	1		0.097		
18:0....g	1.095		0	RKA	1		3.810		
20:0....g	0.022		0	RKA	1		0.078		
22:0....g	0.003		0	RKA	1		0.011		
24:0....g									
Fatty acids, total monounsaturated....g	1.670		0	NC	4		5.811		
14:1....g	0.028		0	RKA	1		0.096		
15:1....g	0.000		0	RKA	1		0.000		
16:1 undifferentiated....g	0.049		0	RKA	1		0.170		
17:1....g	0.008		0	RKA	1		0.027		
18:1 undifferentiated....g	1.586		0	RKA	1		5.518		
20:1....g	0.000		0	RKA	1		0.000		
22:1 undifferentiated....g	0.000		0	FLA	4		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.282		0	NC	4		0.981		
18:2 undifferentiated....g	0.254		0	RKA	1		0.884		
18:3 undifferentiated....g	0.023		0	RKA	1		0.078		
18:4....g	0.000		0	FLA	4		0.000		
20:2 n-6 c,c....g	0.000		0	RKA	1		0.000		
20:3 undifferentiated....g	0.000		0	RKA	1		0.000		
20:4 undifferentiated....g	0.005		0	RKA	1		0.018		
20:5 n-3 (EPA)....g	0.000		0	FLA	4		0.000		
22:5 n-3 (DPA)....g	0.000		0	FLA	4		0.000		
22:6 n-3 (DHA)....g	0.000		0	FLA	4		0.000		
Fatty acids, total trans....g									
Cholesterol....mg	16		0	RKA	1		56		
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	FLA	4		0.0		
Caffeine....mg	1		0	FLA	4		5		
Theobromine....mg	14		0	FLA	4		50		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 348g: 12 fl oz cup

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2010)

NDB No. 21377

McDONALD'S Bacon Ranch Salad with Crispy Chicken

McDonald's Corporation

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	77.38		0	RKI	6		264.65		
Energy ... kcal	110		0	MC	9		376		
Energy ... kJ	460		0	MC	9		1573		
Protein ... g	8.82		0	RKI	6		30.17		
Total lipid (fat) ... g	6.30		0	RKI	6		21.56		
Ash ... g	1.41		0	RKI	6		4.82		
Carbohydrate, by difference ... g	6.08		0	RKI	6		20.81		
Fiber, total dietary ... g	1.0		0	RKI	6		3.5		
Sugars, total ... g	1.53		0	RKI	6		5.22		
Starch ... g									
Minerals:									
Calcium, Ca ... mg	46		0	RKI	6		156		
Iron, Fe ... mg	0.61		0	RKI	6		2.10		
Magnesium, Mg ... mg									
Phosphorus, P ... mg									
Potassium, K ... mg									
Sodium, Na ... mg	295		0	RKI	6		1007		
Zinc, Zn ... mg									
Copper, Cu ... mg									
Manganese, Mn ... mg									
Selenium, Se ... mcg									
Vitamins:									
Vitamin C, total ascorbic acid ... mg	9.7		0	RKI	6		33.1		
Thiamin ... mg	0.060		0	RKI	6		0.204		
Riboflavin ... mg	0.071		0	RKI	6		0.241		
Niacin ... mg	3.025		0	RKI	6		10.346		
Pantothenic acid ... mg	0.561		0	RKI	6		1.920		
Vitamin B-6 ... mg									
Folate, total ... mcg									
Folate, DFE ... mcg_DFE									
Choline, total ... mg									
Betaine ... mg									
Vitamin B-12 ... mcg									
Vitamin A, RAE ... mcg_RAE									
Vitamin A, IU ... IU	2485		0	RKI	6		8499		
Lycopene ... mcg									
Lutein + zeaxanthin ... mcg									
Vitamin E (alpha-tocopherol) ... mg									
Tocopherol, beta ... mg									
Tocopherol, gamma ... mg									
Tocopherol, delta ... mg									
Vitamin D (D2 + D3) ... mcg									
Vitamin D ... IU									
Vitamin K (phylloquinone) ... mcg									
Dihydrophylloquinone ... mcg									
Menaquinone-4 ... mcg									
Lipids:									
Fatty acids, total saturated ... g	1.622		0	RKI	6		5.548		
Fatty acids, total monounsaturated ... g	2.467		0	RKI	6		8.438		
Fatty acids, total polyunsaturated ... g	1.619		0	RKI	6		5.538		
Fatty acids, total trans ... g	0.105		0	RKI	6		0.360		
Cholesterol ... mg	22		0	RKI	6		76		
Phytosterols ... mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 21377

McDONALD'S Bacon Ranch Salad with Crispy Chicken

Common Measures:

Measure 1 = 342g: 1 item 11.4 oz

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2010)

NDB No. 21342
McDONALD'S, Apple Dippers
McDonald's Corporation

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	87.50		1	MA	12		59.50		
Energy	kcal	48		0	NC	4		33		
Energy	kJ	203		0	NC	4		138		
Protein (N x 6.25)	g	0.00		1	MA	12		0.00		
Total lipid (fat)	g	0.00		1	MA	12		0.00		
Ash	g	0.40		1	MA	12		0.27		
Carbohydrate, by difference	g	12.10		0	NC	4		8.23		
Fiber, total dietary	g									
Sugars, total	g	9.20		1	MA	12		6.26		
Sucrose	g	3.30		1	MA	12		2.24		
Glucose (dextrose)	g	0.90		1	MA	12		0.61		
Fructose	g	5.00		1	MA	12		3.40		
Lactose	g	0.00		1	MA	12		0.00		
Maltose	g	0.00		1	MA	12		0.00		
Galactose	g	0.00		1	MA	12		0.00		
Starch	g									
Minerals:										
Calcium, Ca	mg	62		1	MA	12		42		
Iron, Fe	mg	0.10		1	MA	12		0.07		
Magnesium, Mg	mg									
Phosphorus, P	mg									
Potassium, K	mg									
Sodium, Na	mg	0		1	MA	12		0		
Zinc, Zn	mg									
Copper, Cu	mg									
Manganese, Mn	mg									
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	277.0		1	MA	12		188.4		
Thiamin	mg									
Riboflavin	mg									
Niacin	mg									
Pantothenic acid	mg									
Vitamin B-6	mg									
Folate, total	mcg									
Folate, DFE	mcg_DFE									
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	0.00		1	MA	12		0.00		
Vitamin A, RAE	mcg_RAE	2		0	NC	4		1		
Vitamin A, IU	IU	7		0	NC	4		5		
Lycopene	mcg									
Lutein + zeaxanthin	mcg									
Vitamin E (alpha-tocopherol)	mg	0.08		1	MA	12		0.05		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg									
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Dihydrophylloquinone	mcg									
Menaquinone-4	mcg									
Lipids:										
Fatty acids, total saturated	g									
Fatty acids, total monounsaturated	g									

NDB No. 21342
McDONALD'S, Apple Dippers

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g	0.000		0	MC	9		0.000		
Cholesterol.....mg									
Phytosterols.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 68g: 1 package

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2010)

NDB No. 21366

McDONALD'S, Apple Dippers with Low Fat Caramel Sauce

McDonald's Corporation

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	72.16		0	RKA	1		64.23		
Energy	kcal	111		0	MC	9		99		
Energy	kJ	464		0	MC	9		413		
Protein	g	0.45		0	RKA	1		0.40		
Total lipid (fat)	g	0.77		0	RKA	1		0.68		
Ash	g	0.50		0	RKA	1		0.44		
Carbohydrate, by difference	g	26.12		0	RKI	6		23.25		
Fiber, total dietary	g									
Sugars, total	g	17.22		0	RKA	1		15.33		
Sucrose	g	5.25		0	RKA	1		4.68		
Glucose (dextrose)	g	4.07		0	RKA	1		3.62		
Fructose	g	5.21		0	RKA	1		4.64		
Lactose	g	0.71		0	RKA	1		0.63		
Maltose	g	1.91		0	RKA	1		1.70		
Galactose	g	0.06		0	RKA	1		0.06		
Starch	g									
Minerals:										
Calcium, Ca	mg	64		0	RKA	1		57		
Iron, Fe	mg	0.11		0	RKA	1		0.10		
Magnesium, Mg	mg									
Phosphorus, P	mg									
Potassium, K	mg									
Sodium, Na	mg	40		0	MC	9		36		
Zinc, Zn	mg	0.07		0	RKA	1		0.06		
Copper, Cu	mg									
Manganese, Mn	mg									
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	211.6		0	RKA	1		188.4		
Thiamin	mg	0.018		0	RKA	1		0.016		
Riboflavin	mg	0.032		0	RKA	1		0.028		
Niacin	mg	0.001		0	RKA	1		0.001		
Pantothenic acid	mg	0.094		0	RKA	1		0.084		
Vitamin B-6	mg	0.006		0	RKA	1		0.006		
Folate, total	mcg	0		0	RKA	1		0		
Folic acid	mcg									
Folate, food	mcg	0		0	RKA	1		0		
Folate, DFE	mcg_DFE									
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	0.00		0	RKA	1		0.00		
Vitamin A, RAE	mcg_RAE	12		0	RKI	6		11		
Retinol	mcg	12		0	RKA	1		11		
Carotene, beta	mcg									
Carotene, alpha	mcg									
Cryptoxanthin, beta	mcg									
Vitamin A, IU	IU	40		0	RKI	6		35		
Lycopene	mcg									
Lutein + zeaxanthin	mcg									
Vitamin E (alpha-tocopherol)	mg	0.06		0	RKA	1		0.05		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg									
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									

NDB No. 21366
McDONALD'S, Apple Dippers with Low Fat Caramel Sauce

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Dihydrophylloquinone....mcg									
Menaquinone-4....mcg									
Lipids:									
Fatty acids, total saturated....g	0.418		0	RKI	6		0.372		
4:0....g									
6:0....g									
8:0....g	0.008		0	RKA	1		0.007		
10:0....g	0.018		0	RKA	1		0.016		
12:0....g	0.020		0	RKA	1		0.018		
13:0....g									
14:0....g	0.069		0	RKA	1		0.061		
15:0....g	0.007		0	RKA	1		0.006		
16:0....g	0.198		0	RKA	1		0.176		
17:0....g	0.005		0	RKA	1		0.004		
18:0....g	0.094		0	RKA	1		0.083		
20:0....g	0.000		0	RKA	1		0.000		
22:0....g	0.000		0	RKA	1		0.000		
24:0....g									
Fatty acids, total monounsaturated....g	0.182		0	RKI	6		0.162		
14:1....g	0.005		0	RKA	1		0.005		
15:1....g	0.000		0	RKA	1		0.000		
16:1 undifferentiated....g	0.009		0	RKA	1		0.008		
17:1....g	0.000		0	RKA	1		0.000		
18:1 undifferentiated....g	0.168		0	RKA	1		0.149		
20:1....g	0.000		0	RKA	1		0.000		
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.033		0	RKI	6		0.029		
18:2 undifferentiated....g	0.030		0	RKA	1		0.026		
18:3 undifferentiated....g	0.003		0	RKA	1		0.003		
18:4....g									
20:2 n-6 c,c....g	0.000		0	RKA	1		0.000		
20:3 undifferentiated....g	0.000		0	RKA	1		0.000		
20:4 undifferentiated....g	0.000		0	RKA	1		0.000		
20:5 n-3 (EPA)....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g	0.009		0	RKI	6		0.008		
Cholesterol....mg	3		0	RKA	1		3		
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 89g: 1 item

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2010)

NDB No. 21351
McDONALD'S, BIG 'N TASTY
McDonald's Corporation

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	57.71		0	RKI	6		133.88		
Energy....kcal	226		0	MC	9		525		
Energy....kJ	946		0	MC	9		2196		
Protein....g	10.64		0	RKI	6		24.69		
Total lipid (fat)....g	13.68		0	RKI	6		31.74		
Ash....g	1.37		0	RKI	6		3.17		
Carbohydrate, by difference....g	16.60		0	RKI	6		38.52		
Fiber, total dietary....g	1.4		0	RKI	6		3.2		
Sugars, total....g	3.79		0	RKI	6		8.79		
Sucrose....g	0.24		0	RKI	6		0.55		
Glucose (dextrose)....g	1.35		0	RKI	6		3.14		
Fructose....g	1.70		0	RKI	6		3.95		
Lactose....g	0.05		0	RKI	6		0.12		
Maltose....g	0.46		0	RKI	6		1.07		
Galactose....g	0.00		0	RKI	6		0.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	65		0	RKI	6		152		
Iron, Fe....mg	1.88		0	RKI	6		4.35		
Magnesium, Mg....mg	18		0	RKI	6		42		
Phosphorus, P....mg	98		0	RKI	6		227		
Potassium, K....mg	200		0	RKI	6		463		
Sodium, Na....mg	317		0	MC	9		736		
Zinc, Zn....mg	2.06		0	RKI	6		4.79		
Copper, Cu....mg	0.090		0	RKI	6		0.209		
Manganese, Mn....mg	0.182		0	RKI	6		0.423		
Selenium, Se....mcg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	1.9		0	RKA	1		4.4		
Thiamin....mg	0.143		0	RKI	6		0.333		
Riboflavin....mg	0.260		0	RKI	6		0.603		
Niacin....mg	3.325		0	RKI	6		7.714		
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....mcg	48		0	RKA	1		110		
Folic acid....mcg									
Folate, food....mcg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.98		0	RKI	6		2.26		
Vitamin A, RAE....mcg_RAE									
Retinol....mcg									
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	160		0	RKA	1		371		
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									

NDB No. 21351
McDONALD'S, BIG 'N TASTY

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Dihydrophylloquinone.....mcg									
Menaquinone-4.....mcg									
Lipids:									
Fatty acids, total saturated.....g	3.726		0	RKI	6		8.644		
Fatty acids, total monounsaturated.....g	4.195		0	RKI	6		9.733		
Fatty acids, total polyunsaturated.....g	2.995		0	RKI	6		6.949		
Fatty acids, total trans.....g	0.554		0	MC	9		1.285		
Cholesterol.....mg	33		0	RKI	6		78		
Phytosterols.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 232g: 1 item

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2010)

NDB No. 21352

McDONALD'S, BIG 'N TASTY (without mayonnaise)

McDonald's Corporation

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	60.77		0	RKI	6		132.48		
Energy	kcal	192		0	MC	9		419		
Energy	kJ	803		0	MC	9		1751		
Protein	g	11.25		0	RKI	6		24.52		
Total lipid (fat)	g	9.11		0	RKI	6		19.87		
Ash	g	1.42		0	RKI	6		3.10		
Carbohydrate, by difference	g	17.44		0	RKI	6		38.02		
Fiber, total dietary	g	1.5		0	RKI	6		3.2		
Sugars, total	g	3.96		0	RKI	6		8.63		
Sucrose	g	0.18		0	RKI	6		0.40		
Glucose (dextrose)	g	1.44		0	RKI	6		3.14		
Fructose	g	1.81		0	RKI	6		3.95		
Lactose	g	0.05		0	RKI	6		0.12		
Maltose	g	0.49		0	RKI	6		1.07		
Galactose	g	0.00		0	RKI	6		0.00		
Starch	g									
Minerals:										
Calcium, Ca	mg	69		0	RKI	6		150		
Iron, Fe	mg	1.97		0	RKI	6		4.30		
Magnesium, Mg	mg	19		0	RKI	6		41		
Phosphorus, P	mg	102		0	RKI	6		222		
Potassium, K	mg	212		0	RKI	6		461		
Sodium, Na	mg	309		0	MC	9		674		
Zinc, Zn	mg	2.18		0	RKI	6		4.74		
Copper, Cu	mg	0.093		0	RKI	6		0.204		
Manganese, Mn	mg	0.192		0	RKI	6		0.420		
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	2.0		0	RKA	1		4.4		
Thiamin	mg	0.152		0	RKI	6		0.330		
Riboflavin	mg	0.273		0	RKI	6		0.595		
Niacin	mg	3.539		0	RKI	6		7.714		
Pantothenic acid	mg									
Vitamin B-6	mg									
Folate, total	mcg	49		0	RKA	1		107		
Folic acid	mcg									
Folate, food	mcg									
Folate, DFE	mcg_DFE									
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	1.01		0	RKI	6		2.20		
Vitamin A, RAE	mcg_RAE									
Retinol	mcg									
Carotene, beta	mcg									
Carotene, alpha	mcg									
Cryptoxanthin, beta	mcg									
Vitamin A, IU	IU	167		0	RKA	1		364		
Lycopene	mcg									
Lutein + zeaxanthin	mcg									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg									
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									

NDB No. 21352
McDONALD'S, BIG 'N TASTY (without mayonnaise)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Dihydrophylloquinone.....mcg									
Menaquinone-4.....mcg									
Lipids:									
Fatty acids, total saturated.....g	3.155		0	RKI	6		6.878		
Fatty acids, total monounsaturated.....g	3.304		0	RKI	6		7.203		
Fatty acids, total polyunsaturated.....g	0.231		0	RKI	6		0.504		
Fatty acids, total trans.....g	0.568		0	MC	9		1.238		
Cholesterol.....mg	31		0	RKI	6		68		
Phytosterols.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 218g: 1 item

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2010)

NDB No. 21353
McDONALD'S, BIG 'N TASTY with Cheese
McDonald's Corporation

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	56.74		0	RKI	6		140.14		
Energy	kcal	232		0	MC	9		574		
Energy	kJ	972		0	MC	9		2400		
Protein	g	11.00		0	RKI	6		27.17		
Total lipid (fat)	g	14.58		0	RKI	6		36.02		
Ash	g	1.62		0	RKI	6		3.99		
Carbohydrate, by difference	g	16.06		0	RKI	6		39.67		
Fiber, total dietary	g	1.3		0	RKI	6		3.2		
Sugars, total	g	3.83		0	RKI	6		9.47		
Sucrose	g	0.22		0	RKI	6		0.55		
Glucose (dextrose)	g	1.31		0	RKI	6		3.24		
Fructose	g	1.63		0	RKI	6		4.02		
Lactose	g	0.25		0	RKI	6		0.61		
Maltose	g	0.45		0	RKI	6		1.10		
Galactose	g	0.00		0	RKI	6		0.00		
Starch	g									
Minerals:										
Calcium, Ca	mg	91		0	RKI	6		224		
Iron, Fe	mg	1.78		0	RKI	6		4.39		
Magnesium, Mg	mg	18		0	RKI	6		45		
Phosphorus, P	mg	114		0	RKI	6		282		
Potassium, K	mg	199		0	RKI	6		491		
Sodium, Na	mg	387		0	MC	9		957		
Zinc, Zn	mg	2.07		0	RKI	6		5.10		
Copper, Cu	mg	0.087		0	RKI	6		0.215		
Manganese, Mn	mg	0.173		0	RKI	6		0.427		
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	1.8		0	RKA	1		4.4		
Thiamin	mg	0.137		0	RKI	6		0.340		
Riboflavin	mg	0.268		0	RKI	6		0.662		
Niacin	mg	3.138		0	RKI	6		7.751		
Pantothenic acid	mg									
Vitamin B-6	mg									
Folate, total	mcg	46		0	RKA	1		114		
Folic acid	mcg									
Folate, food	mcg									
Folate, DFE	mcg_DFE									
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	0.98		0	RKI	6		2.42		
Vitamin A, RAE	mcg_RAE									
Retinol	mcg									
Carotene, beta	mcg									
Carotene, alpha	mcg									
Cryptoxanthin, beta	mcg									
Vitamin A, IU	IU	246		0	RKA	1		608		
Lycopene	mcg									
Lutein + zeaxanthin	mcg									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg									
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									

NDB No. 21353
McDONALD'S, BIG 'N TASTY with Cheese

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Dihydrophylloquinone.....mcg									
Menaquinone-4.....mcg									
Lipids:									
Fatty acids, total saturated.....g	4.387		0	RKI	6		10.837		
Fatty acids, total monounsaturated.....g	4.343		0	RKI	6		10.728		
Fatty acids, total polyunsaturated.....g	2.891		0	RKI	6		7.140		
Fatty acids, total trans.....g	0.611		0	MC	9		1.509		
Cholesterol.....mg	37		0	RKI	6		90		
Phytosterols.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 247g: 1 item

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2010)

NDB No. 21354

McDONALD'S, BIG 'N TASTY with Cheese (without mayonnaise)

McDonald's Corporation

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	59.55		0	RKI	6		138.75		
Energy	kcal	201		0	MC	9		468		
Energy	kJ	841		0	MC	9		1959		
Protein	g	11.59		0	RKI	6		27.00		
Total lipid (fat)	g	10.36		0	RKI	6		24.15		
Ash	g	1.68		0	RKI	6		3.92		
Carbohydrate, by difference	g	16.81		0	RKI	6		39.18		
Fiber, total dietary	g	1.4		0	RKI	6		3.2		
Sugars, total	g	4.00		0	RKI	6		9.31		
Sucrose	g	0.17		0	RKI	6		0.40		
Glucose (dextrose)	g	1.39		0	RKI	6		3.24		
Fructose	g	1.72		0	RKI	6		4.02		
Lactose	g	0.26		0	RKI	6		0.61		
Maltose	g	0.47		0	RKI	6		1.10		
Galactose	g	0.00		0	RKI	6		0.00		
Starch	g									
Minerals:										
Calcium, Ca	mg	95		0	RKI	6		222		
Iron, Fe	mg	1.86		0	RKI	6		4.33		
Magnesium, Mg	mg	19		0	RKI	6		45		
Phosphorus, P	mg	119		0	RKI	6		277		
Potassium, K	mg	210		0	RKI	6		489		
Sodium, Na	mg	382		0	MC	9		889		
Zinc, Zn	mg	2.17		0	RKI	6		5.06		
Copper, Cu	mg	0.090		0	RKI	6		0.210		
Manganese, Mn	mg	0.182		0	RKI	6		0.424		
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	1.9		0	RKA	1		4.4		
Thiamin	mg	0.145		0	RKI	6		0.337		
Riboflavin	mg	0.281		0	RKI	6		0.655		
Niacin	mg	3.327		0	RKI	6		7.751		
Pantothenic acid	mg									
Vitamin B-6	mg									
Folate, total	mcg	47		0	RKA	1		110		
Folic acid	mcg									
Folate, food	mcg									
Folate, DFE	mcg_DFE									
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	1.01		0	RKI	6		2.36		
Vitamin A, RAE	mcg_RAE									
Retinol	mcg									
Carotene, beta	mcg									
Carotene, alpha	mcg									
Cryptoxanthin, beta	mcg									
Vitamin A, IU	IU	258		0	RKA	1		600		
Lycopene	mcg									
Lutein + zeaxanthin	mcg									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg									
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									

NDB No. 21354
McDONALD'S, BIG 'N TASTY with Cheese (without mayonnaise)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Dihydrophylloquinone.....mcg									
Menaquinone-4.....mcg									
Lipids:									
Fatty acids, total saturated.....g	3.893		0	RKI	6		9.071		
Fatty acids, total monounsaturated.....g	3.518		0	RKI	6		8.198		
Fatty acids, total polyunsaturated.....g	0.298		0	RKI	6		0.693		
Fatty acids, total trans.....g	0.630		0	MC	9		1.468		
Cholesterol.....mg	34		0	RKI	6		80		
Phytosterols.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 233g: 1 item

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2010)

NDB No. 21341
McDONALD'S, BIG BREAKFAST
McDonald's Corporation

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	50.68		0	RKA	1		136.34		
Energy....kcal	285		0	RKI	6		766		
Energy....kJ	1192		0	RKI	6		3207		
Protein....g	10.16		0	RKA	1		27.32		
Total lipid (fat)....g	19.37		0	RKA	1		52.09		
Ash....g	2.30		0	RKA	1		6.18		
Carbohydrate, by difference....g	17.50		0	RKI	6		47.07		
Fiber, total dietary....g	1.1		0	RKA	1		2.9		
Sugars, total....g	0.93		0	RKA	1		2.50		
Starch....g									
Minerals:									
Calcium, Ca....mg	51		0	RKA	1		137		
Iron, Fe....mg	1.74		0	RKA	1		4.69		
Magnesium, Mg....mg	15		0	RKA	1		39		
Phosphorus, P....mg	256		0	RKA	1		687		
Potassium, K....mg	207		0	RKA	1		557		
Sodium, Na....mg	549		0	RKA	1		1476		
Zinc, Zn....mg	0.97		0	RKA	1		2.61		
Copper, Cu....mg	0.082		0	RKA	1		0.222		
Manganese, Mn....mg	0.119		0	RKA	1		0.320		
Selenium, Se....mcg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.4		0	RKA	1		0.9		
Thiamin....mg	0.229		0	RKA	1		0.615		
Riboflavin....mg	0.352		0	RKA	1		0.946		
Niacin....mg	2.273		0	RKA	1		6.113		
Pantothenic acid....mg	0.745		0	RKA	1		2.005		
Vitamin B-6....mg	0.174		0	RKA	1		0.467		
Folate, total....mcg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.57		0	RKA	1		1.54		
Vitamin A, RAE....mcg_RAE	70		0	RKA	1		189		
Vitamin A, IU....IU	234		0	RKA	1		630		
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Dihydrophylloquinone....mcg									
Menaquinone-4....mcg									
Lipids:									
Fatty acids, total saturated....g	6.405		0	RKI	6		17.230		
4:0....g									
6:0....g									
8:0....g	0.047		0	RKA	1		0.127		
10:0....g	0.039		0	RKA	1		0.105		
12:0....g	0.462		0	RKA	1		1.244		
13:0....g									
14:0....g	0.267		0	RKA	1		0.717		
15:0....g	0.002		0	RKA	1		0.005		
16:0....g	4.030		0	RKA	1		10.841		

NDB No. 21341
McDONALD'S, BIG BREAKFAST

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:0....g	0.035		0	RKA	1		0.095		
18:0....g	1.447		0	RKA	1		3.891		
20:0....g	0.043		0	RKA	1		0.117		
22:0....g	0.017		0	RKA	1		0.046		
24:0....g									
Fatty acids, total monounsaturated....g	7.372		0	RKI	6		19.830		
14:1....g	0.000		0	RKA	1		0.000		
15:1....g	0.000		0	RKA	1		0.000		
16:1 undifferentiated....g	0.245		0	RKA	1		0.659		
17:1....g	0.000		0	RKA	1		0.000		
18:1 undifferentiated....g	7.029		0	RKA	1		18.908		
20:1....g	0.098		0	RKA	1		0.264		
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	3.195		0	RKI	6		8.594		
18:2 undifferentiated....g	2.915		0	RKA	1		7.841		
18:3 undifferentiated....g	0.193		0	RKA	1		0.520		
18:4....g									
20:2 n-6 c,c....g	0.045		0	RKA	1		0.121		
20:3 undifferentiated....g	0.000		0	RKA	1		0.000		
20:4 undifferentiated....g	0.042		0	RKA	1		0.112		
20:5 n-3 (EPA)....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g									
Cholesterol....mg	173		0	RKA	1		466		
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 269g: 1 item 9.5 oz

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2010)

NDB No. 21237
McDONALD'S, BIG MAC
McDonald's Corporation

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	51.30		0	RKI	6		112.34		
Energy	kcal	257		0	MC	9		563		
Energy	kJ	1076		0	MC	9		2357		
Protein	g	11.82		0	RKI	6		25.89		
Total lipid (fat)	g	14.96		0	RKI	6		32.77		
Ash	g	1.87		0	RKA	1		4.10		
Carbohydrate, by difference	g	20.08		0	RKI	6		43.97		
Fiber, total dietary	g	1.6		0	RKA	1		3.4		
Sugars, total	g	3.97		0	RKA	1		8.70		
Sucrose	g	0.46		0	RKA	1		1.00		
Glucose (dextrose)	g	1.04		0	RKA	1		2.27		
Fructose	g	1.69		0	RKA	1		3.71		
Lactose	g	0.32		0	RKA	1		0.71		
Maltose	g	0.49		0	RKA	1		1.07		
Galactose	g	0.00		0	RKI	6		0.00		
Starch	g									
Minerals:										
Calcium, Ca	mg	116		0	RKA	1		255		
Iron, Fe	mg	2.00		0	RKA	1		4.39		
Magnesium, Mg	mg	20		0	RKA	1		44		
Phosphorus, P	mg	122		0	RKA	1		268		
Potassium, K	mg	181		0	RKA	1		396		
Sodium, Na	mg	460		0	MC	9		1008		
Zinc, Zn	mg	1.91		0	RKA	1		4.19		
Copper, Cu	mg	0.098		0	RKA	1		0.215		
Manganese, Mn	mg	0.206		0	RKA	1		0.451		
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.4		0	RKA	1		0.8		
Thiamin	mg	0.176		0	RKA	1		0.385		
Riboflavin	mg	0.209		0	RKA	1		0.458		
Niacin	mg	3.384		0	RKA	1		7.412		
Pantothenic acid	mg									
Vitamin B-6	mg									
Folate, total	mcg	46		0	RKA	1		100		
Folic acid	mcg									
Folate, food	mcg									
Folate, DFE	mcg_DFE									
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	0.88		0	RKI	6		1.93		
Vitamin A, RAE	mcg_RAE									
Retinol	mcg									
Carotene, beta	mcg									
Carotene, alpha	mcg									
Cryptoxanthin, beta	mcg									
Vitamin A, IU	IU	188		0	RKA	1		412		
Lycopene	mcg									
Lutein + zeaxanthin	mcg									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg									
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									

NDB No. 21237
McDONALD'S, BIG MAC

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Dihydrophylloquinone....mcg									
Menaquinone-4....mcg									
Lipids:									
Fatty acids, total saturated....g	3.803		0	RKI	6		8.328		
Fatty acids, total monounsaturated....g	3.474		0	RKI	6		7.607		
Fatty acids, total polyunsaturated....g	0.306		0	RKI	6		0.669		
18:2 undifferentiated....g									
18:3 undifferentiated....g									
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g	0.588		0	MC	9		1.288		
Cholesterol....mg	36		0	RKI	6		79		
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 219g: 1 item

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2010)

NDB No. 21350

McDONALD'S, BIG MAC (without Big Mac Sauce)

McDonald's Corporation

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	52.76		0	RKI	6		105.52		
Energy	kcal	234		0	MC	9		468		
Energy	kJ	978		0	MC	9		1956		
Protein	g	12.79		0	RKI	6		25.58		
Total lipid (fat)	g	11.57		0	RKI	6		23.13		
Ash	g	1.91		0	RKA	1		3.81		
Carbohydrate, by difference	g	21.01		0	RKI	6		42.02		
Fiber, total dietary	g	1.7		0	RKA	1		3.4		
Sugars, total	g	3.70		0	RKA	1		7.41		
Sucrose	g	0.21		0	RKA	1		0.41		
Glucose (dextrose)	g	0.96		0	RKA	1		1.93		
Fructose	g	1.74		0	RKA	1		3.48		
Lactose	g	0.35		0	RKA	1		0.71		
Maltose	g	0.47		0	RKA	1		0.94		
Galactose	g	0.00		0	RKI	6		0.00		
Starch	g									
Minerals:										
Calcium, Ca	mg	124		0	RKA	1		247		
Iron, Fe	mg	2.14		0	RKA	1		4.27		
Magnesium, Mg	mg	21		0	RKA	1		42		
Phosphorus, P	mg	130		0	RKA	1		259		
Potassium, K	mg	192		0	RKA	1		385		
Sodium, Na	mg	454		0	MC	9		908		
Zinc, Zn	mg	2.07		0	RKA	1		4.13		
Copper, Cu	mg	0.105		0	RKA	1		0.210		
Manganese, Mn	mg	0.218		0	RKA	1		0.436		
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.4		0	RKA	1		0.8		
Thiamin	mg	0.190		0	RKA	1		0.379		
Riboflavin	mg	0.223		0	RKA	1		0.447		
Niacin	mg	3.693		0	RKA	1		7.386		
Pantothenic acid	mg									
Vitamin B-6	mg									
Folate, total	mcg	50		0	RKA	1		99		
Folic acid	mcg									
Folate, food	mcg									
Folate, DFE	mcg_DFE									
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	0.94		0	RKI	6		1.89		
Vitamin A, RAE	mcg_RAE									
Retinol	mcg									
Carotene, beta	mcg									
Carotene, alpha	mcg									
Cryptoxanthin, beta	mcg									
Vitamin A, IU	IU	186		0	RKA	1		373		
Lycopene	mcg									
Lutein + zeaxanthin	mcg									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg									
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									

NDB No. 21350
McDONALD'S, BIG MAC (without Big Mac Sauce)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Dihydrophylloquinone.....mcg									
Menaquinone-4.....mcg									
Lipids:									
Fatty acids, total saturated.....g	4.162		0	RKI	6		8.324		
Fatty acids, total monounsaturated.....g	3.802		0	RKI	6		7.604		
Fatty acids, total polyunsaturated.....g	0.334		0	RKI	6		0.669		
Fatty acids, total trans.....g	0.644		0	MC	9		1.288		
Cholesterol.....mg	35		0	RKI	6		69		
Phytosterols.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 200g: 1 item

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2010)

NDB No. 21360

McDONALD'S, Bacon Egg & Cheese Biscuit

McDonald's Corporation

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	42.29		0	RKA	1		60.05		
Energy....kcal	304		0	MC	9		432		
Energy....kJ	1272		0	MC	9		1806		
Protein....g	13.45		0	RKA	1		19.10		
Total lipid (fat)....g	18.77		0	RKA	1		26.66		
Ash....g	3.23		0	RKA	1		4.59		
Carbohydrate, by difference....g	22.26		0	RKI	6		31.60		
Fiber, total dietary....g	0.9		0	RKA	1		1.3		
Sugars, total....g	2.18		0	RKA	1		3.09		
Starch....g									
Minerals:									
Calcium, Ca....mg	109		0	RKA	1		155		
Iron, Fe....mg	2.13		0	RKA	1		3.02		
Magnesium, Mg....mg	12		0	RKA	1		17		
Phosphorus, P....mg	335		0	RKA	1		475		
Potassium, K....mg	121		0	RKA	1		172		
Sodium, Na....mg	863		0	RKA	1		1226		
Zinc, Zn....mg	0.90		0	RKA	1		1.29		
Copper, Cu....mg	0.073		0	RKA	1		0.104		
Manganese, Mn....mg	0.137		0	RKA	1		0.195		
Selenium, Se....mcg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	2.1		0	RKA	1		3.0		
Thiamin....mg	0.262		0	RKA	1		0.371		
Riboflavin....mg	0.416		0	RKA	1		0.591		
Niacin....mg	1.959		0	RKA	1		2.781		
Pantothenic acid....mg	0.642		0	RKA	1		0.911		
Vitamin B-6....mg	0.093		0	RKA	1		0.132		
Folate, total....mcg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg									
Vitamin A, RAE....mcg_RAE									
Vitamin A, IU....IU	399		0	RKA	1		566		
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Dihydrophylloquinone....mcg									
Menaquinone-4....mcg									
Lipids:									
Fatty acids, total saturated....g	8.262		0	RKI	6		11.732		
Fatty acids, total monounsaturated....g	5.546		0	RKI	6		7.875		
Fatty acids, total polyunsaturated....g	2.625		0	RKI	6		3.728		
Fatty acids, total trans....g	0.395		0	RKI	6		0.560		
Cholesterol....mg	167		0	RKA	1		238		
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 21360
McDONALD'S, Bacon Egg & Cheese Biscuit

Common Measures:

Measure 1 = 142g: 1 item 5 oz

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2010)

NDB No. 21376

McDONALD'S, Bacon Ranch Salad with Grilled Chicken

McDonald's Corporation

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
		Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	81.42		0	RKI	6		261.36		
Energy	kcal	81		0	MC	9		260		
Energy	kJ	339		0	MC	9		1088		
Protein	g	10.28		0	RKI	6		32.99		
Total lipid (fat)	g	3.14		0	RKI	6		10.10		
Ash	g	1.52		0	RKI	6		4.88		
Carbohydrate, by difference	g	3.64		0	RKI	6		11.67		
Fiber, total dietary	g	1.0		0	RKI	6		3.3		
Sugars, total	g	1.73		0	RKA	1		5.55		
Sucrose	g	0.49		0	RKI	6		1.56		
Glucose (dextrose)	g	0.55		0	RKI	6		1.76		
Fructose	g	0.68		0	RKI	6		2.20		
Lactose	g	0.01		0	RKI	6		0.02		
Maltose	g	0.00		0	RKI	6		0.00		
Galactose	g	0.00		0	RKI	6		0.00		
Starch	g									
Minerals:										
Calcium, Ca	mg	48		0	RKI	6		155		
Iron, Fe	mg	0.65		0	RKI	6		2.10		
Magnesium, Mg	mg									
Phosphorus, P	mg									
Potassium, K	mg									
Sodium, Na	mg	313		0	RKI	6		1004		
Zinc, Zn	mg									
Copper, Cu	mg									
Manganese, Mn	mg									
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	10.2		0	RKI	6		32.8		
Thiamin	mg	0.056		0	RKI	6		0.179		
Riboflavin	mg	0.083		0	RKI	6		0.268		
Niacin	mg	3.703		0	RKI	6		11.886		
Pantothenic acid	mg	0.487		0	RKI	6		1.562		
Vitamin B-6	mg									
Folate, total	mcg									
Folate, DFE	mcg_DFE									
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg									
Vitamin A, RAE	mcg_RAE									
Vitamin A, IU	IU	2012		0	RKI	6		6458		
Lycopene	mcg									
Lutein + zeaxanthin	mcg									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Dihydrophylloquinone	mcg									
Menaquinone-4	mcg									
Lipids:										
Fatty acids, total saturated	g	1.235		0	RKI	6		3.965		
Fatty acids, total monounsaturated	g	1.014		0	RKI	6		3.254		
Fatty acids, total polyunsaturated	g	0.431		0	RKI	6		1.385		
Fatty acids, total trans	g	0.091		0	RKI	6		0.293		

NDB No. 21376
McDONALD'S, Bacon Ranch Salad with Grilled Chicken

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Cholesterol.....mg	28		0	RKI	6		90		
Phytosterols.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 321g: 1 item 11.2 oz

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2010)

NDB No. 21378

McDONALD'S, Bacon Ranch Salad without chicken

McDonald's Corporation

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	87.20		0	RKI	6		194.45		
Energy	kcal	61		0	MC	9		135		
Energy	kJ	253		0	MC	9		564		
Protein	g	4.14		0	RKI	6		9.24		
Total lipid (fat)	g	3.64		0	RKI	6		8.12		
Ash	g	0.96		0	RKI	6		2.14		
Carbohydrate, by difference	g	4.20		0	RKI	6		9.36		
Fiber, total dietary	g	1.5		0	RKI	6		3.3		
Sugars, total	g	2.14		0	NR	4		4.77		
Sucrose	g	0.35		0	RKI	6		0.78		
Glucose (dextrose)	g	0.79		0	RKI	6		1.76		
Fructose	g	0.98		0	RKI	6		2.20		
Lactose	g	0.01		0	RKI	6		0.02		
Maltose	g	0.00		0	RKI	6		0.00		
Galactose	g	0.00		0	RKI	6		0.00		
Starch	g									
Minerals:										
Calcium, Ca	mg	63		0	RKI	6		139		
Iron, Fe	mg	0.67		0	RKI	6		1.50		
Magnesium, Mg	mg	10		0	RKI	6		22		
Phosphorus, P	mg	45		0	RKI	6		100		
Potassium, K	mg	201		0	RKI	6		448		
Sodium, Na	mg	132		0	RKI	6		294		
Zinc, Zn	mg									
Copper, Cu	mg									
Manganese, Mn	mg									
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	13.5		0	RKI	6		30.0		
Thiamin	mg	0.044		0	RKI	6		0.097		
Riboflavin	mg	0.058		0	RKI	6		0.130		
Niacin	mg	0.206		0	RKI	6		0.459		
Pantothenic acid	mg									
Vitamin B-6	mg									
Folate, total	mcg	53		0	RKI	6		118		
Folic acid	mcg									
Folate, food	mcg									
Folate, DFE	mcg_DFE									
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	0.10		0	RKI	6		0.21		
Vitamin A, RAE	mcg_RAE									
Retinol	mcg									
Carotene, beta	mcg									
Carotene, alpha	mcg									
Cryptoxanthin, beta	mcg									
Vitamin A, IU	IU	2891		0	RKI	6		6448		
Lycopene	mcg									
Lutein + zeaxanthin	mcg									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg									
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									

NDB No. 21378
McDONALD'S, Bacon Ranch Salad without chicken

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Dihydrophylloquinone.....mcg									
Menaquinone-4.....mcg									
Lipids:									
Fatty acids, total saturated.....g	1.507		0	RKI	6		3.360		
Fatty acids, total monounsaturated.....g	1.057		0	RKI	6		2.357		
Fatty acids, total polyunsaturated.....g	0.327		0	RKI	6		0.728		
Fatty acids, total trans.....g	0.111		0	MC	9		0.248		
Cholesterol.....mg	12		0	RKI	6		26		
Phytosterols.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 223g: 1 item

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2010)

NDB No. 21327

McDONALD'S, Bacon, Egg & Cheese McGRIDDLES

McDonald's Corporation

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	45.85		0	RKA	1		77.03		
Energy....kcal	272		0	RKI	6		456		
Energy....kJ	1137		0	RKI	6		1910		
Protein....g	12.03		0	RKA	1		20.22		
Total lipid (fat)....g	13.19		0	RKA	1		22.17		
Ash....g	2.73		0	RKA	1		4.58		
Carbohydrate, by difference....g	26.19		0	RKI	6		44.00		
Fiber, total dietary....g	0.8		0	RKA	1		1.3		
Sugars, total....g	9.56		0	RKA	1		16.07		
Sucrose....g	5.22		0	RKA	1		8.76		
Glucose (dextrose)....g	3.13		0	RKA	1		5.26		
Fructose....g	0.11		0	RKA	1		0.18		
Lactose....g	0.73		0	RKA	1		1.22		
Maltose....g	0.38		0	RKA	1		0.64		
Galactose....g	0.00		0	RKI	6		0.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	109		0	RKA	1		183		
Iron, Fe....mg	1.65		0	RKA	1		2.77		
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg									
Sodium, Na....mg	752		0	RKA	1		1263		
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....mcg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	1.8		0	RKA	1		3.1		
Thiamin....mg	0.126		0	RKA	1		0.212		
Riboflavin....mg	0.300		0	RKA	1		0.505		
Niacin....mg	1.319		0	RKA	1		2.215		
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....mcg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg									
Vitamin A, RAE....mcg_RAE									
Vitamin A, IU....IU	313		0	RKA	1		526		
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Dihydrophylloquinone....mcg									
Menaquinone-4....mcg									
Lipids:									
Fatty acids, total saturated....g	4.201		0	RKI	6		7.057		
Fatty acids, total monounsaturated....g	4.686		0	RKI	6		7.872		
Fatty acids, total polyunsaturated....g	1.775		0	RKI	6		2.982		
Fatty acids, total trans....g	0.903		0	RKI	6		1.517		

NDB No. 21327
McDONALD'S, Bacon, Egg & Cheese McGRIDDLES

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Cholesterol.....mg	147		0	RKA	1		246		
Phytosterols.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 168g: 1 item 5.9 oz

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2010)

NDB No. 21324
McDONALD'S, Baked Apple Pie
McDonald's Corporation

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	36.98		1	A	1		28.48		
Energy....kcal	323		0	MC	9		248		
Energy....kJ	1349		0	MC	9		1039		
Protein (N x 6.25)....g	3.07		1	A	1		2.36		
Total lipid (fat)....g	15.66		1	A	1		12.06		
Ash....g	0.67		1	A	1		0.52		
Carbohydrate, by difference....g	43.62		0	NC	4		33.59		
Fiber, total dietary....g	2.0		1	A	1		1.6		
Sugars, total....g	17.25		1	A	1		13.28		
Sucrose....g	7.86		1	A	1		6.05		
Glucose (dextrose)....g	4.57		1	A	1		3.52		
Fructose....g	4.30		1	A	1		3.31		
Lactose....g	0.20		1	A	1		0.15		
Maltose....g	0.31		1	A	1		0.24		
Galactose....g	0.00		1	A	1		0.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	19		1	A	1		15		
Iron, Fe....mg	1.99		1	A	1		1.53		
Magnesium, Mg....mg	7		1	A	1		5		
Phosphorus, P....mg	36		1	A	1		27		
Potassium, K....mg	63		1	A	1		49		
Sodium, Na....mg	199		1	A	1		153		
Zinc, Zn....mg	0.23		1	A	1		0.17		
Copper, Cu....mg	0.056		1	A	1		0.043		
Manganese, Mn....mg	0.176		1	A	1		0.135		
Selenium, Se....mcg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	32.3		1	A	1		24.9		
Thiamin....mg	0.296		1	A	1		0.228		
Riboflavin....mg	0.213		1	A	1		0.164		
Niacin....mg	2.640		1	A	1		2.033		
Pantothenic acid....mg	0.237		1	A	1		0.182		
Vitamin B-6....mg	0.049		1	A	1		0.037		
Folate, total....mcg	113		1	A	1		87		
Folic acid....mcg									
Folate, food....mcg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg									
Vitamin A, RAE....mcg_RAE									
Retinol....mcg									
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU									
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg	1.94		1	A	1		1.49		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									

NDB No. 21324
McDONALD'S, Baked Apple Pie

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Dihydrophylloquinone....mcg									
Menaquinone-4....mcg									
Lipids:									
Fatty acids, total saturated....g	3.995		0	NC	4		3.076		
4:0....g									
6:0....g									
8:0....g	0.000		1	A	1		0.000		
10:0....g	0.000		1	A	1		0.000		
12:0....g	0.000		1	A	1		0.000		
13:0....g									
14:0....g	0.025		1	A	1		0.019		
15:0....g	0.000		1	A	1		0.000		
16:0....g	1.614		1	A	1		1.243		
17:0....g	0.000		1	A	1		0.000		
18:0....g	2.246		1	A	1		1.729		
20:0....g	0.058		1	A	1		0.044		
22:0....g	0.053		1	A	1		0.041		
24:0....g									
Fatty acids, total monounsaturated....g	9.183		0	NC	4		7.071		
14:1....g	0.000		1	A	1		0.000		
15:1....g	0.000		1	A	1		0.000		
16:1 undifferentiated....g	0.000		1	A	1		0.000		
17:1....g	0.000		1	A	1		0.000		
18:1 undifferentiated....g	9.183		0	A	1		7.071		
18:1 c....g	3.754		1	A	1		2.891		
18:1-11c (18:1c n-7)....g									
18:1 t....g	5.429		1	A	1		4.180		
18:1-11t (18:1t n-7)....g									
20:1....g	0.000		1	A	1		0.000		
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.038		0	NC	4		0.799		
18:2 undifferentiated....g	1.038		0	AS	1		0.799		
18:2 n-6 c,c....g	0.341		1	A	1		0.262		
18:2 CLAs....g									
18:2 c,t....g									
18:2 t,c....g									
18:2 t,t....g	0.697		1	A	1		0.537		
18:2 i....g									
18:2 t not further defined....g									
18:3 undifferentiated....g	0.000		0	AS	1		0.000		
18:3 n-3 c,c,c (ALA)....g	0.000		1	A	1		0.000		
18:3 n-6 c,c,c....g	0.000		1	A	1		0.000		
18:3i....g									
18:4....g									
20:2 n-6 c,c....g	0.000		1	A	1		0.000		
20:3 undifferentiated....g	0.000		1	A	1		0.000		
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.000		1	A	1		0.000		
20:4 n-3....g									
20:4 n-6....g									
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g	6.126		0	NC	4		4.717		
Fatty acids, total trans-monoenoic....g	5.429		0	NC	4		4.180		
Fatty acids, total trans-polyenoic....g	0.697		0	NC	4		0.537		
Cholesterol....mg									
Phytosterols....mg									

NDB No. 21324
McDONALD'S, Baked Apple Pie

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 77g: 2.7 oz

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2010)

NDB No. 21310
McDONALD'S, Barbeque Sauce
McDonald's Corporation

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	57.68		1	A	1		16.15		
Energy	kcal	165		0	NC	4		46		
Energy	kJ	690		0	NC	4		193		
Protein (N x 6.25)	g	1.55		1	A	1		0.43		
Total lipid (fat)	g	1.22		1	A	1		0.34		
Ash	g	2.63		1	A	1		0.74		
Carbohydrate, by difference	g	36.93		0	NC	4		10.34		
Fiber, total dietary	g	1.3		1	A	1		0.4		
Sugars, total	g	34.31		1	A	1		9.61		
Sucrose	g	0.15		1	A	1		0.04		
Glucose (dextrose)	g	18.27		1	A	1		5.11		
Fructose	g	15.44		1	A	1		4.32		
Lactose	g	0.00		1	A	1		0.00		
Maltose	g	0.45		1	A	1		0.13		
Galactose	g	0.00		1	A	1		0.00		
Starch	g									
Minerals:										
Calcium, Ca	mg	11		1	A	1		3		
Iron, Fe	mg	0.40		1	A	1		0.11		
Magnesium, Mg	mg	13		1	A	1		4		
Phosphorus, P	mg	30		1	A	1		8		
Potassium, K	mg	197		1	A	1		55		
Sodium, Na	mg	910		1	A	1		255		
Zinc, Zn	mg	0.17		1	A	1		0.05		
Copper, Cu	mg	0.037		1	A	1		0.010		
Manganese, Mn	mg	0.097		1	A	1		0.027		
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		1	A	1		0.0		
Thiamin	mg	0.022		1	A	1		0.006		
Riboflavin	mg	0.043		1	A	1		0.012		
Niacin	mg	0.690		1	A	1		0.193		
Pantothenic acid	mg	0.196		1	A	1		0.055		
Vitamin B-6	mg	0.083		1	A	1		0.023		
Folate, total	mcg	8		1	A	1		2		
Folic acid	mcg									
Folate, food	mcg	8		1	A	1		2		
Folate, DFE	mcg_DFE									
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg									
Vitamin A, RAE	mcg_RAE	12		0	AS	1		3		
Retinol	mcg									
Carotene, beta	mcg	142		1	A	1		40		
Carotene, alpha	mcg									
Cryptoxanthin, beta	mcg									
Vitamin A, IU	IU	237		0	AS	1		66		
Lycopene	mcg									
Lutein + zeaxanthin	mcg									
Vitamin E (alpha-tocopherol)	mg	1.07		1	A	1		0.30		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg									
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									

NDB No. 21310
McDONALD'S, Barbeque Sauce

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Dihydrophylloquinone....mcg									
Menaquinone-4....mcg									
Lipids:									
Fatty acids, total saturated....g	0.140		0	NC	4		0.039		
4:0....g									
6:0....g									
8:0....g	0.000		1	A	1		0.000		
10:0....g	0.000		1	A	1		0.000		
12:0....g	0.000		1	A	1		0.000		
13:0....g									
14:0....g	0.000		1	A	1		0.000		
15:0....g	0.000		1	A	1		0.000		
16:0....g	0.091		1	A	1		0.026		
17:0....g	0.000		1	A	1		0.000		
18:0....g	0.038		1	A	1		0.011		
20:0....g	0.006		1	A	1		0.002		
22:0....g	0.005		1	A	1		0.001		
24:0....g									
Fatty acids, total monounsaturated....g	0.271		0	NC	4		0.076		
14:1....g	0.000		1	A	1		0.000		
15:1....g	0.000		1	A	1		0.000		
16:1 undifferentiated....g	0.000		1	A	1		0.000		
17:1....g	0.000		1	A	1		0.000		
18:1 undifferentiated....g	0.235		0	A	1		0.066		
18:1 c....g	0.235		1	A	1		0.066		
18:1-11c (18:1c n-7)....g									
18:1 t....g	0.000		1	A	1		0.000		
18:1-11t (18:1t n-7)....g									
20:1....g	0.036		1	A	1		0.010		
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.504		0	NC	4		0.141		
18:2 undifferentiated....g	0.425		0	AS	1		0.119		
18:2 n-6 c,c....g	0.420		1	A	1		0.118		
18:2 CLAs....g									
18:2 c,t....g									
18:2 t,c....g									
18:2 t,t....g	0.005		1	A	1		0.001		
18:2 i....g									
18:2 t not further defined....g									
18:3 undifferentiated....g	0.076		0	AS	1		0.021		
18:3 n-3 c,c,c (ALA)....g	0.076		1	A	1		0.021		
18:3 n-6 c,c,c....g	0.000		1	A	1		0.000		
18:3i....g									
18:4....g									
20:2 n-6 c,c....g	0.003		1	A	1		0.001		
20:3 undifferentiated....g	0.000		1	A	1		0.000		
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.000		1	A	1		0.000		
20:4 n-3....g									
20:4 n-6....g									
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g	0.005		0	NC	4		0.001		
Fatty acids, total trans-monoenoic....g	0.000		0	NC	4		0.000		
Fatty acids, total trans-polyenoic....g	0.005		0	NC	4		0.001		
Cholesterol....mg									
Phytosterols....mg									

NDB No. 21310
McDONALD'S, Barbeque Sauce

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28g: 1 package

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2010)

NDB No. 21460
McDONALD'S, Biscuit, large size
McDonald's Corporation

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	30.71		0	RKA	1		27.64		
Energy....kcal	344		0	RKI	6		309		
Energy....kJ	1438		0	RKI	6		1294		
Protein....g	6.16		0	RKA	1		5.54		
Total lipid (fat)....g	16.01		0	RKA	1		14.40		
Ash....g	3.36		0	RKI	6		3.03		
Carbohydrate, by difference....g	43.76		0	RKI	6		39.39		
Fiber, total dietary....g	2.0		0	RKA	1		1.8		
Sugars, total....g	2.96		0	RKA	1		2.66		
Starch....g									
Minerals:									
Calcium, Ca....mg	76		0	RKA	1		68		
Iron, Fe....mg	2.73		0	RKA	1		2.46		
Magnesium, Mg....mg	11		0	RKA	1		10		
Phosphorus, P....mg	442		0	RKA	1		398		
Potassium, K....mg	120		0	RKA	1		108		
Sodium, Na....mg	974		0	RKA	1		877		
Zinc, Zn....mg	0.42		0	RKA	1		0.38		
Copper, Cu....mg	0.082		0	RKA	1		0.074		
Manganese, Mn....mg	0.264		0	RKA	1		0.238		
Selenium, Se....mcg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	RKA	1		0.0		
Thiamin....mg	0.477		0	RKA	1		0.429		
Riboflavin....mg	0.356		0	RKA	1		0.320		
Niacin....mg	4.103		0	RKA	1		3.692		
Pantothenic acid....mg	0.417		0	RKA	1		0.375		
Vitamin B-6....mg	0.041		0	RKA	1		0.037		
Folate, total....mcg	150		0	RKA	1		135		
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.12		0	RKA	1		0.11		
Vitamin A, RAE....mcg_RAE	6		0	RKA	1		5		
Vitamin A, IU....IU	20		0	RKA	1		18		
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg	1.18		0	RKA	1		1.06		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Dihydrophylloquinone....mcg									
Menaquinone-4....mcg									
Lipids:									
Fatty acids, total saturated....g	9.260		0	RKI	6		8.334		
4:0....g	0.000		0	RKA	1		0.000		
6:0....g	0.016		0	RKA	1		0.014		
8:0....g	0.186		0	RKA	1		0.167		
10:0....g	0.154		0	RKA	1		0.138		
12:0....g	1.824		0	RKA	1		1.642		
13:0....g									
14:0....g	0.679		0	RKA	1		0.611		

NDB No. 21460
McDONALD'S, Biscuit, large size

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
15:0 ... g	0.008		0	RKA	1		0.007		
16:0 ... g	5.621		0	RKA	1		5.059		
17:0 ... g	0.015		0	RKA	1		0.013		
18:0 ... g	0.684		0	RKA	1		0.616		
20:0 ... g	0.043		0	RKA	1		0.039		
22:0 ... g	0.017		0	RKA	1		0.015		
24:0 ... g	0.014		0	RKA	1		0.013		
Fatty acids, total monounsaturated ... g	3.749		0	RKI	6		3.374		
14:1 ... g	0.000		0	RKA	1		0.000		
15:1 ... g	0.000		0	RKA	1		0.000		
16:1 undifferentiated ... g	0.012		0	RKA	1		0.011		
17:1 ... g	0.000		0	RKA	1		0.000		
18:1 undifferentiated ... g	3.715		0	RKA	1		3.343		
18:1 c ... g	3.632		0	RKA	1		3.268		
18:1-11c (18:1c n-7) ... g									
18:1 t ... g	0.083		0	RKA	1		0.075		
18:1-11t (18:1t n-7) ... g									
20:1 ... g	0.022		0	RKA	1		0.020		
22:1 undifferentiated ... g	0.000		0	RKA	1		0.000		
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	2.227		0	RKI	6		2.004		
18:2 undifferentiated ... g	2.070		0	RKA	1		1.863		
18:2 n-6 c,c ... g	2.028		0	RKA	1		1.826		
18:2 CLAs ... g									
18:2 c,t ... g									
18:2 t,c ... g									
18:2 t,t ... g	0.042		0	RKA	1		0.038		
18:2 i ... g									
18:2 t not further defined ... g									
18:3 undifferentiated ... g	0.157		0	RKA	1		0.141		
18:3 n-3 c,c,c (ALA) ... g	0.157		0	RKA	1		0.141		
18:3 n-6 c,c,c ... g	0.000		0	RKA	1		0.000		
18:3i ... g									
18:4 ... g									
20:2 n-6 c,c ... g	0.000		0	RKA	1		0.000		
20:3 undifferentiated ... g	0.000		0	RKA	1		0.000		
20:3 n-3 ... g									
20:3 n-6 ... g									
20:4 undifferentiated ... g	0.000		0	RKA	1		0.000		
20:4 n-3 ... g									
20:4 n-6 ... g									
20:5 n-3 (EPA) ... g									
21:5 ... g									
22:4 ... g									
22:5 n-3 (DPA) ... g									
22:6 n-3 (DHA) ... g									
Fatty acids, total trans ... g	0.125		0	RKI	6		0.112		
Fatty acids, total trans-monoenoic ... g	0.083		0	RKI	6		0.075		
Fatty acids, total trans-polyenoic ... g	0.042		0	RKI	6		0.038		
Cholesterol ... mg	0		0	RKA	1		0		
Phytosterols ... mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 90g: 1 item 3.2 oz

Calories Factors: Protein **Fat** **Carbohydrate**

NDB No. 21460
McDONALD'S, Biscuit, large size

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2010)

NDB No. 21317
McDONALD'S, Biscuit, regular size
McDonald's Corporation

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	30.71		0	RKA	1		23.34		
Energy....kcal	344		0	RKI	6		261		
Energy....kJ	1438		0	RKI	6		1093		
Protein (N x 6.25)....g	6.16		0	RKA	1		4.68		
Total lipid (fat)....g	16.00		0	RKA	1		12.16		
Ash....g	3.36		0	RKI	6		2.56		
Carbohydrate, by difference....g	43.77		0	RKI	6		33.26		
Fiber, total dietary....g	2.0		0	RKA	1		1.5		
Sugars, total....g	2.96		0	RKA	1		2.25		
Starch....g									
Minerals:									
Calcium, Ca....mg	76		0	RKA	1		58		
Iron, Fe....mg	2.73		0	RKA	1		2.08		
Magnesium, Mg....mg	11		0	RKA	1		9		
Phosphorus, P....mg	442		0	RKA	1		336		
Potassium, K....mg	120		0	RKA	1		91		
Sodium, Na....mg	974		0	RKA	1		740		
Zinc, Zn....mg	0.42		0	RKA	1		0.32		
Copper, Cu....mg	0.082		0	RKA	1		0.063		
Manganese, Mn....mg	0.264		0	RKA	1		0.201		
Selenium, Se....mcg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	RKA	1		0.0		
Thiamin....mg	0.477		0	RKA	1		0.362		
Riboflavin....mg	0.356		0	RKA	1		0.270		
Niacin....mg	4.103		0	RKA	1		3.118		
Pantothenic acid....mg	0.417		0	RKA	1		0.317		
Vitamin B-6....mg	0.041		0	RKA	1		0.031		
Folate, total....mcg	150		0	RKA	1		114		
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.12		0	RKA	1		0.09		
Vitamin A, RAE....mcg_RAE	6		0	RKA	1		4		
Vitamin A, IU....IU	20		0	RKA	1		15		
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg	1.18		0	RKA	1		0.90		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Dihydrophylloquinone....mcg									
Menaquinone-4....mcg									
Lipids:									
Fatty acids, total saturated....g	9.260		0	RKI	6		7.038		
4:0....g	0.000		0	RKA	1		0.000		
6:0....g	0.016		0	RKA	1		0.012		
8:0....g	0.186		0	RKA	1		0.141		
10:0....g	0.154		0	RKA	1		0.117		
12:0....g	1.824		0	RKA	1		1.386		
13:0....g									
14:0....g	0.679		0	RKA	1		0.516		

NDB No. 21317
McDONALD'S, Biscuit, regular size

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
15:0....g	0.008		0	RKA	1		0.006		
16:0....g	5.621		0	RKA	1		4.272		
17:0....g	0.015		0	RKA	1		0.011		
18:0....g	0.684		0	RKA	1		0.520		
20:0....g	0.043		0	RKA	1		0.033		
22:0....g	0.017		0	RKA	1		0.013		
24:0....g	0.014		0	RKA	1		0.011		
Fatty acids, total monounsaturated....g	3.748		0	RKI	6		2.848		
14:1....g	0.000		0	RKA	1		0.000		
15:1....g	0.000		0	RKA	1		0.000		
16:1 undifferentiated....g	0.012		0	RKA	1		0.009		
17:1....g	0.000		0	RKA	1		0.000		
18:1 undifferentiated....g	3.713		0	RKA	1		2.822		
18:1 c....g	3.630		0	RKA	1		2.759		
18:1-11c (18:1c n-7)....g									
18:1 t....g	0.083		0	RKA	1		0.063		
18:1-11t (18:1t n-7)....g									
20:1....g	0.022		0	RKA	1		0.017		
22:1 undifferentiated....g	0.000		0	RKA	1		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	2.223		0	RKI	6		1.690		
18:2 undifferentiated....g	2.067		0	RKA	1		1.571		
18:2 n-6 c,c....g	2.025		0	RKA	1		1.539		
18:2 CLAs....g									
18:2 c,t....g									
18:2 t,c....g									
18:2 t,t....g	0.042		0	RKA	1		0.032		
18:2 i....g									
18:2 t not further defined....g									
18:3 undifferentiated....g	0.156		0	RKA	1		0.119		
18:3 n-3 c,c,c (ALA)....g	0.156		0	RKA	1		0.119		
18:3 n-6 c,c,c....g	0.000		0	RKA	1		0.000		
18:3i....g									
18:4....g									
20:2 n-6 c,c....g	0.000		0	RKA	1		0.000		
20:3 undifferentiated....g	0.000		0	RKA	1		0.000		
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.000		0	RKA	1		0.000		
20:4 n-3....g									
20:4 n-6....g									
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g	0.125		0	RKI	6		0.095		
Fatty acids, total trans-monoenoic....g	0.083		0	RKI	6		0.063		
Fatty acids, total trans-polyenoic....g	0.042		0	RKI	6		0.032		
Cholesterol....mg	0		0	RKA	1		0		
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 76g: 1 item 2.7 oz

Calories Factors: Protein **Fat** **Carbohydrate**

NDB No. 21317
McDONALD'S, Biscuit, regular size

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2010)

NDB No. 21371

McDONALD'S, Caesar Salad with Crispy Chicken

McDonald's Corporation

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	78.77		0	RKI	6		247.35		
Energy....kcal	104		0	RKI	6		328		
Energy....kJ	437		0	RKI	6		1371		
Protein....g	8.32		0	RKI	6		26.12		
Total lipid (fat)....g	5.31		0	RKI	6		16.67		
Ash....g	1.40		0	RKI	6		4.39		
Carbohydrate, by difference....g	6.20		0	RKI	6		19.47		
Fiber, total dietary....g	1.1		0	RKI	6		3.3		
Sugars, total....g	1.47		0	RKI	6		4.61		
Starch....g									
Minerals:									
Calcium, Ca....mg	61		0	RKI	6		192		
Iron, Fe....mg	0.57		0	RKI	6		1.79		
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg	254		0	RKI	6		798		
Sodium, Na....mg	267		0	RKI	6		838		
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....mcg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	10.0		0	RKI	6		31.3		
Thiamin....mg	0.060		0	RKI	6		0.188		
Riboflavin....mg	0.056		0	RKI	6		0.176		
Niacin....mg	3.120		0	RKI	6		9.796		
Pantothenic acid....mg	0.570		0	RKI	6		1.788		
Vitamin B-6....mg									
Folate, total....mcg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg									
Vitamin A, RAE....mcg_RAE									
Vitamin A, IU....IU	2562		0	RKI	6		8045		
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Dihydrophylloquinone....mcg									
Menaquinone-4....mcg									
Lipids:									
Fatty acids, total saturated....g	1.406		0	RKI	6		4.415		
Fatty acids, total monounsaturated....g	2.110		0	RKI	6		6.624		
Fatty acids, total polyunsaturated....g	1.521		0	RKI	6		4.776		
Fatty acids, total trans....g	0.068		0	RKI	6		0.213		
Cholesterol....mg	18		0	RKI	6		58		
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 21371

McDONALD'S, Caesar Salad with Crispy Chicken

Common Measures:

Measure 1 = 314g: 1 item 11.1 oz

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2010)

NDB No. 21370

McDONALD'S, Caesar Salad with Grilled Chicken

McDonald's Corporation

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	82.95		0	RKI	6		257.99		
Energy	kcal	71		0	MC	9		219		
Energy	kJ	295		0	MC	9		917		
Protein	g	9.82		0	RKI	6		30.53		
Total lipid (fat)	g	2.04		0	RKI	6		6.34		
Ash	g	1.51		0	RKI	6		4.71		
Carbohydrate, by difference	g	3.67		0	RKI	6		11.43		
Fiber, total dietary	g	1.1		0	RKI	6		3.3		
Sugars, total	g	1.61		0	RKA	1		5.02		
Sucrose	g	0.39		0	RKI	6		1.21		
Glucose (dextrose)	g	0.54		0	RKI	6		1.69		
Fructose	g	0.68		0	RKI	6		2.12		
Lactose	g	0.00		0	RKI	6		0.00		
Maltose	g									
Galactose	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	64		0	RKI	6		199		
Iron, Fe	mg	0.61		0	RKI	6		1.89		
Magnesium, Mg	mg									
Phosphorus, P	mg									
Potassium, K	mg	255		0	RKI	6		794		
Sodium, Na	mg	285		0	RKI	6		887		
Zinc, Zn	mg									
Copper, Cu	mg									
Manganese, Mn	mg									
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	10.6		0	RKI	6		32.8		
Thiamin	mg	0.056		0	RKI	6		0.174		
Riboflavin	mg	0.069		0	RKI	6		0.215		
Niacin	mg	3.820		0	RKI	6		11.880		
Pantothenic acid	mg	0.492		0	RKI	6		1.532		
Vitamin B-6	mg									
Folate, total	mcg									
Folate, DFE	mcg_DFE									
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg									
Vitamin A, RAE	mcg_RAE									
Vitamin A, IU	IU	2074		0	RKI	6		6451		
Lycopene	mcg									
Lutein + zeaxanthin	mcg									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Dihydrophylloquinone	mcg									
Menaquinone-4	mcg									
Lipids:										
Fatty acids, total saturated	g	1.005		0	RKI	6		3.124		
Fatty acids, total monounsaturated	g	0.606		0	RKI	6		1.885		
Fatty acids, total polyunsaturated	g	0.294		0	RKI	6		0.914		
Fatty acids, total trans	g	0.053		0	RKI	6		0.166		

NDB No. 21370
McDONALD'S, Caesar Salad with Grilled Chicken

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Cholesterol.....mg	24		0	RKI	6		76		
Phytosterols.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 311g: 1 item 10.9 oz

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2010)

NDB No. 21372

McDONALD'S, Caesar Salad without chicken

McDonald's Corporation

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	89.71		0	RKI	6		191.08		
Energy	kcal	44		0	MC	9		94		
Energy	kJ	184		0	MC	9		392		
Protein	g	3.18		0	RKI	6		6.78		
Total lipid (fat)	g	2.05		0	RKI	6		4.37		
Ash	g	0.92		0	RKI	6		1.96		
Carbohydrate, by difference	g	4.28		0	RKI	6		9.11		
Fiber, total dietary	g	1.6		0	RKI	6		3.3		
Sugars, total	g	2.08		0	NR	4		4.43		
Sucrose	g	0.22		0	RKI	6		0.47		
Glucose (dextrose)	g	0.82		0	RKI	6		1.76		
Fructose	g	1.03		0	RKI	6		2.20		
Lactose	g	0.00		0	RKI	6		0.00		
Maltose	g	0.00		0	RKI	6		0.00		
Galactose	g	0.00		0	RKI	6		0.00		
Starch	g									
Minerals:										
Calcium, Ca	mg	86		0	RKI	6		183		
Iron, Fe	mg	0.61		0	RKI	6		1.30		
Magnesium, Mg	mg	9		0	RKI	6		19		
Phosphorus, P	mg	79		0	RKI	6		167		
Potassium, K	mg	216		0	RKI	6		460		
Sodium, Na	mg	83		0	RKI	6		177		
Zinc, Zn	mg									
Copper, Cu	mg									
Manganese, Mn	mg									
Selenium, Se	mcg	0.2		0	RKI	6		0.4		
Vitamins:										
Vitamin C, total ascorbic acid	mg	14.1		0	RKI	6		30.0		
Thiamin	mg	0.043		0	RKI	6		0.092		
Riboflavin	mg	0.037		0	RKI	6		0.078		
Niacin	mg	0.213		0	RKI	6		0.453		
Pantothenic acid	mg									
Vitamin B-6	mg									
Folate, total	mcg	54		0	RKI	6		115		
Folic acid	mcg									
Folate, food	mcg									
Folate, DFE	mcg_DFE									
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	0.00		0	RKI	6		0.00		
Vitamin A, RAE	mcg_RAE									
Retinol	mcg									
Carotene, beta	mcg									
Carotene, alpha	mcg									
Cryptoxanthin, beta	mcg									
Vitamin A, IU	IU	3024		0	RKI	6		6441		
Lycopene	mcg									
Lutein + zeaxanthin	mcg									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg									
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									

NDB No. 21372
McDONALD'S, Caesar Salad without chicken

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Dihydrophylloquinone.....mcg									
Menaquinone-4.....mcg									
Lipids:									
Fatty acids, total saturated.....g	1.182		0	RKI	6		2.518		
Fatty acids, total monounsaturated.....g	0.461		0	RKI	6		0.982		
Fatty acids, total polyunsaturated.....g	0.143		0	RKI	6		0.304		
Fatty acids, total trans.....g	0.057		0	RKI	6		0.121		
Cholesterol.....mg	5		0	RKI	6		11		
Phytosterols.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 213g: 1 item

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2010)

NDB No. 21233
McDONALD'S, Cheeseburger
McDonald's Corporation

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	45.00		0	RKA	1		53.55		
Energy	kcal	263		0	MC	9		313		
Energy	kJ	1100		0	MC	9		1309		
Protein	g	12.97		0	RKA	1		15.43		
Total lipid (fat)	g	11.79		0	RKA	1		14.03		
Ash	g	2.45		0	RKA	1		2.92		
Carbohydrate, by difference	g	27.81		0	RKI	6		33.10		
Fiber, total dietary	g	1.1		0	RKA	1		1.4		
Sugars, total	g	6.22		0	RKA	1		7.40		
Sucrose	g	0.24		0	RKA	1		0.28		
Glucose (dextrose)	g	2.01		0	RKA	1		2.39		
Fructose	g	2.59		0	RKA	1		3.08		
Lactose	g	0.54		0	RKA	1		0.65		
Maltose	g	0.84		0	RKA	1		0.99		
Galactose	g	0.00		0	RKI	6		0.00		
Starch	g									
Minerals:										
Calcium, Ca	mg	167		0	RKA	1		199		
Iron, Fe	mg	2.35		0	RKA	1		2.80		
Magnesium, Mg	mg	20		0	RKA	1		24		
Phosphorus, P	mg	140		0	RKA	1		167		
Potassium, K	mg	200		0	RKA	1		238		
Sodium, Na	mg	626		0	MC	9		744		
Zinc, Zn	mg	1.91		0	RKA	1		2.27		
Copper, Cu	mg	0.097		0	RKA	1		0.116		
Manganese, Mn	mg	0.230		0	RKA	1		0.273		
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.6		0	RKA	1		0.7		
Thiamin	mg	0.223		0	RKA	1		0.266		
Riboflavin	mg	0.260		0	RKA	1		0.310		
Niacin	mg	4.026		0	RKA	1		4.791		
Pantothenic acid	mg									
Vitamin B-6	mg									
Folate, total	mcg	59		0	RKA	1		70		
Folic acid	mcg									
Folate, food	mcg									
Folate, DFE	mcg_DFE									
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	0.86		0	RKA	1		1.03		
Vitamin A, RAE	mcg_RAE									
Retinol	mcg									
Carotene, beta	mcg									
Carotene, alpha	mcg									
Cryptoxanthin, beta	mcg									
Vitamin A, IU	IU	243		0	RKA	1		290		
Lycopene	mcg									
Lutein + zeaxanthin	mcg									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg									
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									

NDB No. 21233
McDONALD'S, Cheeseburger

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Dihydrophylloquinone.....mcg									
Menaquinone-4.....mcg									
Lipids:									
Fatty acids, total saturated.....g	4.435		0	RKI	6		5.277		
Fatty acids, total monounsaturated.....g	3.631		0	RKI	6		4.321		
Fatty acids, total polyunsaturated.....g	0.355		0	RKI	6		0.423		
Fatty acids, total trans.....g	0.647		0	MC	9		0.770		
Cholesterol.....mg	35		0	RKA	1		41		
Phytosterols.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 119g: 1 item

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2010)

NDB No. 21309
McDONALD'S, Chicken McNUGGETS
McDonald's Corporation

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	47.44	0.322	9	A	1		30.36	45.07	75.44
Energy....kcal	291		0	NC	4		187	277	463
Energy....kJ	1219		0	NC	4		780	1158	1939
Protein (N x 6.25)....g	14.97	0.264	12	A	1		9.58	14.23	23.81
Total lipid (fat)....g	18.07	0.250	12	A	1		11.57	17.17	28.74
Ash....g	2.29		0	NC	4		1.46	2.17	3.64
Carbohydrate, by difference....g	17.22		0	NC	4		11.02	16.36	27.37
Fiber, total dietary....g	0.8	0.047	12	A	1		0.5	0.8	1.3
Sugars, total....g	0.00	0.000	12	A	1		0.00	0.00	0.00
Starch....g									
Minerals:									
Calcium, Ca....mg	14	0.308	12	A	1		9	13	22
Iron, Fe....mg	0.91	0.018	12	A	1		0.58	0.87	1.45
Magnesium, Mg....mg	22		1	A	1		14	21	35
Phosphorus, P....mg	332		1	A	1		212	315	528
Potassium, K....mg	251		1	A	1		161	238	399
Sodium, Na....mg	632	23.462	12	A	1		404	600	1005
Zinc, Zn....mg	0.59		1	A	1		0.38	0.56	0.93
Copper, Cu....mg	0.037		1	A	1		0.024	0.035	0.059
Manganese, Mn....mg	0.103		1	A	1		0.066	0.098	0.164
Selenium, Se....mcg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	1.2	0.083	12	A	1		0.7	1.1	1.8
Thiamin....mg	0.160		1	A	1		0.102	0.152	0.254
Riboflavin....mg	0.110		1	A	1		0.070	0.104	0.175
Niacin....mg	7.400		1	A	1		4.736	7.030	11.766
Pantothenic acid....mg	0.880		1	A	1		0.563	0.836	1.399
Vitamin B-6....mg	0.398		1	A	1		0.255	0.378	0.633
Folate, total....mcg	28		1	A	1		18	26	44
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.33		1	A	1		0.21	0.31	0.52
Vitamin A, RAE....mcg_RAE									
Vitamin A, IU....IU	0	0.000	12	A	1		0	0	0
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Dihydrophylloquinone....mcg									
Menaquinone-4....mcg									
Lipids:									
Fatty acids, total saturated....g	3.133		0	NC	4		2.005	2.976	4.981
4:0....g	0.000	0.000	11	A	1		0.000	0.000	0.000
6:0....g	0.000	0.000	11	A	1		0.000	0.000	0.000
8:0....g	0.005	0.001	11	A	1		0.003	0.005	0.008
10:0....g	0.000	0.000	11	A	1		0.000	0.000	0.000
12:0....g	0.000	0.000	11	A	1		0.000	0.000	0.000
13:0....g									
14:0....g	0.030	0.001	11	A	1		0.019	0.029	0.048
15:0....g	0.000	0.000	11	A	1		0.000	0.000	0.000
16:0....g	1.921	0.021	11	A	1		1.230	1.825	3.055

NDB No. 21309
McDONALD'S, Chicken McNUGGETS

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:0 g	0.014	0.000	11	A	1		0.009	0.013	0.022
18:0 g	0.994	0.015	11	A	1		0.636	0.945	1.581
20:0 g	0.077	0.001	11	A	1		0.049	0.073	0.122
22:0 g	0.044	0.001	11	A	1		0.028	0.041	0.069
24:0 g	0.047	0.023	11	A	1		0.030	0.045	0.075
Fatty acids, total monounsaturated g	8.177		0	NC	4		5.233	7.768	13.002
14:1 g	0.006	0.001	11	A	1		0.004	0.006	0.009
15:1 g	0.000	0.000	11	A	1		0.000	0.000	0.000
16:1 undifferentiated g	0.267	0.007	11	A	1		0.171	0.253	0.424
17:1 g	0.000	0.000	11	A	1		0.000	0.000	0.000
18:1 undifferentiated g	7.764	0.111	11	AS	1		4.969	7.376	12.345
18:1 c g	7.682	0.109	11	A	1		4.917	7.298	12.214
18:1-11c (18:1c n-7) g									
18:1 t g	0.082	0.004	11	A	1		0.053	0.078	0.131
18:1-11t (18:1t n-7) g									
20:1 g	0.140	0.003	11	A	1		0.090	0.133	0.223
22:1 undifferentiated g	0.000	0.000	11	AS	1		0.000	0.000	0.000
22:1 c g	0.000	0.000	11	A	1		0.000	0.000	0.000
22:1 t g									
24:1 c g									
Fatty acids, total polyunsaturated g	5.896		0	NC	4		3.774	5.601	9.375
18:2 undifferentiated g	5.534	0.094	11	AS	1		3.542	5.258	8.800
18:2 n-6 c,c g	5.452	0.093	11	A	1		3.489	5.180	8.669
18:2 CLAs g									
18:2 c,t g									
18:2 t,c g									
18:2 t,t g	0.082	0.003	11	A	1		0.053	0.078	0.130
18:2 i g									
18:2 t not further defined g									
18:3 undifferentiated g	0.307	0.009	11	AS	1		0.196	0.291	0.487
18:3 n-3 c,c,c (ALA) g	0.298	0.009	11	A	1		0.191	0.283	0.474
18:3 n-6 c,c,c g	0.009	0.000	11	A	1		0.005	0.008	0.014
18:3i g									
18:4 g									
20:2 n-6 c,c g	0.015	0.000	11	A	1		0.010	0.014	0.024
20:3 undifferentiated g	0.000	0.000	11	A	1		0.000	0.000	0.000
20:3 n-3 g									
20:3 n-6 g									
20:4 undifferentiated g	0.040	0.001	11	A	1		0.026	0.038	0.064
20:4 n-3 g									
20:4 n-6 g									
20:5 n-3 (EPA) g									
21:5 g									
22:4 g									
22:5 n-3 (DPA) g									
22:6 n-3 (DHA) g									
Fatty acids, total trans g	0.164		0	NC	4		0.105	0.156	0.261
Fatty acids, total trans-monoenoic g									
Fatty acids, total trans-polyenoic g									
Cholesterol mg	44	0.758	12	A	1		28	42	70
Phytosterols mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 64g: 4 pieces 2.3 oz

Measure 2 = 95g: 6 pieces 3.4 oz

Measure 3 = 159g: 10 pieces 5.6 oz

NDB No. 21309
McDONALD'S, Chicken McNUGGETS

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2010)

NDB No. 21308

McDONALD'S, Chicken SELECTS Premium Breast Strips

McDonald's Corporation

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	44.12		1	A	1		57.79	96.62	
Energy....kcal	303		0	NC	4		397	664	
Energy....kJ	1268		0	NC	4		1661	2777	
Protein (N x 6.25)....g	17.23		1	A	1		22.58	37.74	
Total lipid (fat)....g	18.08		1	A	1		23.69	39.60	
Ash....g	2.73		0	NC	4		3.58	5.99	
Carbohydrate, by difference....g	17.83		0	NC	4		23.36	39.06	
Fiber, total dietary....g	0.2		1	A	1		0.3	0.5	
Sugars, total....g	0.00		1	A	1		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	20		1	A	1		27	45	
Iron, Fe....mg	0.60		1	A	1		0.78	1.31	
Magnesium, Mg....mg	24		1	A	1		31	52	
Phosphorus, P....mg	275		1	A	1		360	602	
Potassium, K....mg	291		1	A	1		381	637	
Sodium, Na....mg	767		1	A	1		1004	1679	
Zinc, Zn....mg	0.52		1	A	1		0.68	1.14	
Copper, Cu....mg	0.058		1	A	1		0.076	0.127	
Manganese, Mn....mg	0.171		1	A	1		0.224	0.374	
Selenium, Se....mcg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		1	A	1		0.0	0.0	
Thiamin....mg	0.060		1	A	1		0.078	0.131	
Riboflavin....mg	0.096		1	A	1		0.126	0.210	
Niacin....mg	8.420		1	A	1		11.030	18.440	
Pantothenic acid....mg	1.290		1	A	1		1.690	2.825	
Vitamin B-6....mg	0.520		1	A	1		0.681	1.139	
Folate, total....mcg	40		1	A	1		53	88	
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.19		1	A	1		0.25	0.42	
Vitamin A, RAE....mcg_RAE									
Vitamin A, IU....IU	20		1	A	1		26	43	
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Dihydrophylloquinone....mcg									
Menaquinone-4....mcg									
Lipids:									
Fatty acids, total saturated....g	2.575		0	NC	4		3.373	5.638	
4:0....g	0.000		1	A	1		0.000	0.000	
6:0....g	0.000		1	A	1		0.000	0.000	
8:0....g	0.000		1	A	1		0.000	0.000	
10:0....g	0.000		1	A	1		0.000	0.000	
12:0....g	0.000		1	A	1		0.000	0.000	
13:0....g									
14:0....g	0.013		1	A	1		0.016	0.027	
15:0....g	0.000		1	A	1		0.000	0.000	
16:0....g	1.402		1	A	1		1.836	3.069	

NDB No. 21308
McDONALD'S, Chicken SELECTS Premium Breast Strips

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:0 g	0.013		1	A	1		0.017	0.028	
18:0 g	0.972		1	A	1		1.273	2.128	
20:0 g	0.093		1	A	1		0.121	0.203	
22:0 g	0.055		1	A	1		0.072	0.120	
24:0 g	0.029		1	A	1		0.038	0.064	
Fatty acids, total monounsaturated g	8.129		0	NC	4		10.649	17.802	
14:1 g	0.000		1	A	1		0.000	0.000	
15:1 g	0.000		1	A	1		0.000	0.000	
16:1 undifferentiated g	0.065		1	A	1		0.085	0.142	
17:1 g	0.000		1	A	1		0.000	0.000	
18:1 undifferentiated g	7.910		0	AS	1		10.362	17.323	
18:1 c g	7.860		1	A	1		10.296	17.212	
18:1-11c (18:1c n-7) g									
18:1 t g	0.050		1	A	1		0.066	0.110	
18:1-11t (18:1t n-7) g									
20:1 g	0.154		1	A	1		0.202	0.337	
22:1 undifferentiated g	0.000		0	AS	1		0.000	0.000	
22:1 c g	0.000		1	A	1		0.000	0.000	
22:1 t g									
24:1 c g									
Fatty acids, total polyunsaturated g	6.597		0	NC	4		8.642	14.448	
18:2 undifferentiated g	6.173		0	AS	1		8.086	13.518	
18:2 n-6 c,c g	6.107		1	A	1		8.000	13.374	
18:2 CLAs g									
18:2 c,t g									
18:2 t,c g									
18:2 t,t g	0.066		1	A	1		0.086	0.145	
18:2 i g									
18:2 t not further defined g									
18:3 undifferentiated g	0.365		0	AS	1		0.478	0.799	
18:3 n-3 c,c,c (ALA) g	0.365		1	A	1		0.478	0.799	
18:3 n-6 c,c,c g	0.000		1	A	1		0.000	0.000	
18:3i g									
18:4 g									
20:2 n-6 c,c g	0.014		1	A	1		0.018	0.031	
20:3 undifferentiated g	0.000		1	A	1		0.000	0.000	
20:3 n-3 g									
20:3 n-6 g									
20:4 undifferentiated g	0.046		1	A	1		0.060	0.100	
20:4 n-3 g									
20:4 n-6 g									
20:5 n-3 (EPA) g									
21:5 g									
22:4 g									
22:5 n-3 (DPA) g									
22:6 n-3 (DHA) g									
Fatty acids, total trans g	0.116		0	NC	4		0.152	0.255	
Fatty acids, total trans-monoenoic g									
Fatty acids, total trans-polyenoic g									
Cholesterol mg	40		1	A	1		52	87	
Phytosterols mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 131g: 3 pieces 4.6 oz

Measure 2 = 219g: 5 pieces 7.7 oz

Calories Factors:

NDB No. 21308
McDONALD'S, Chicken SELECTS Premium Breast Strips

Protein	Fat	Carbohydrate

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2010)

NDB No. 21331

McDONALD'S, Chocolate TRIPLE THICK Shake

McDonald's Corporation

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	62.98		0	RKA	1		168.15	224.20	297.89
Energy....kcal	163		0	MC	9		436	581	772
Energy....kJ	683		0	MC	9		1824	2432	3232
Protein....g	3.69		0	RKA	1		9.85	13.14	17.45
Total lipid (fat)....g	4.51		0	RKA	1		12.05	16.07	21.35
Ash....g	0.95		0	RKA	1		2.53	3.38	4.48
Carbohydrate, by difference....g	27.87		0	RKI	6		74.41	99.21	131.82
Fiber, total dietary....g	0.2		0	RKA	1		0.7	0.9	1.2
Sugars, total....g	23.63		0	RKA	1		63.09	84.12	111.76
Sucrose....g	12.06		0	RKA	1		32.21	42.95	57.07
Glucose (dextrose)....g	3.45		0	RKA	1		9.22	12.29	16.33
Fructose....g	1.65		0	RKA	1		4.41	5.88	7.81
Lactose....g	5.32		0	RKA	1		14.20	18.93	25.15
Maltose....g	1.14		0	RKA	1		3.05	4.07	5.41
Galactose....g	0.00		0	RKA	1		0.00	0.00	0.00
Starch....g									
Minerals:									
Calcium, Ca....mg	122		0	RKA	1		325	433	575
Iron, Fe....mg	0.54		0	RKA	1		1.44	1.92	2.55
Magnesium, Mg....mg	16		0	RKA	1		44	58	77
Phosphorus, P....mg	105		0	RKA	1		281	375	498
Potassium, K....mg	226		0	RKA	1		602	803	1067
Sodium, Na....mg	71		0	RKA	1		190	253	337
Zinc, Zn....mg	0.50		0	RKA	1		1.33	1.78	2.36
Copper, Cu....mg	0.049		0	RKA	1		0.131	0.175	0.232
Manganese, Mn....mg	0.050		0	RKA	1		0.133	0.177	0.236
Selenium, Se....mcg									
Vitamins:									
Vitamin C, total ascorbic acid....mg									
Thiamin....mg	0.039		0	RKA	1		0.104	0.139	0.184
Riboflavin....mg	0.214		0	RKA	1		0.571	0.761	1.011
Niacin....mg	0.132		0	RKA	1		0.352	0.470	0.624
Pantothenic acid....mg	0.671		0	RKA	1		1.792	2.390	3.175
Vitamin B-6....mg	0.050		0	RKA	1		0.133	0.178	0.236
Folate, total....mcg	1		0	RKA	1		2	2	3
Folic acid....mcg									
Folate, food....mcg	1		0	RKA	1		2	2	3
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.54		0	RKA	1		1.45	1.93	2.56
Vitamin A, RAE....mcg_RAE	91		0	AS	1		242	323	429
Retinol....mcg	91		0	RKA	1		242	323	429
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	302		0	RKA	1		807	1076	1429
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg	0.00		0	RKA	1		0.00	0.00	0.00
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									

NDB No. 21331
McDONALD'S, Chocolate TRIPLE THICK Shake

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Dihydrophylloquinone....mcg									
Menaquinone-4....mcg									
Lipids:									
Fatty acids, total saturated....g	2.302		0	RKI	6		6.145	8.193	10.886
4:0....g									
6:0....g									
8:0....g	0.035		0	RKA	1		0.094	0.125	0.166
10:0....g	0.082		0	RKA	1		0.219	0.291	0.387
12:0....g	0.095		0	RKA	1		0.254	0.339	0.451
13:0....g									
14:0....g	0.343		0	RKA	1		0.917	1.222	1.624
15:0....g	0.035		0	RKA	1		0.094	0.126	0.167
16:0....g	1.104		0	RKA	1		2.947	3.929	5.220
17:0....g	0.022		0	RKA	1		0.059	0.079	0.105
18:0....g	0.577		0	RKA	1		1.541	2.055	2.731
20:0....g	0.007		0	RKA	1		0.019	0.025	0.034
22:0....g	0.000		0	RKA	1		0.001	0.001	0.001
24:0....g									
Fatty acids, total monounsaturated....g	1.122		0	RKI	6		2.995	3.993	5.305
14:1....g	0.024		0	RKA	1		0.063	0.084	0.111
15:1....g	0.000		0	RKA	1		0.000	0.000	0.000
16:1 undifferentiated....g	0.040		0	RKA	1		0.107	0.142	0.189
17:1....g	0.008		0	RKA	1		0.020	0.027	0.036
18:1 undifferentiated....g	1.051		0	RKA	1		2.805	3.740	4.969
20:1....g	0.000		0	RKA	1		0.000	0.000	0.000
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.212		0	RKI	6		0.565	0.754	1.001
18:2 undifferentiated....g	0.190		0	RKA	1		0.508	0.678	0.900
18:3 undifferentiated....g	0.016		0	RKA	1		0.043	0.058	0.077
18:4....g									
20:2 n-6 c,c....g	0.000		0	RKA	1		0.000	0.000	0.000
20:3 undifferentiated....g	0.000		0	RKA	1		0.000	0.000	0.000
20:4 undifferentiated....g	0.005		0	RKA	1		0.014	0.018	0.024
20:5 n-3 (EPA)....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g	0.249		0	RKI	6		0.665	0.887	1.178
Cholesterol....mg	14		0	RKA	1		38	51	68
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 267g: 12 fl oz cup child size

Measure 2 = 356g: 16 fl oz cup small

Measure 3 = 473g: 21 fl oz cup medium

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2010)

NDB No. 21311
McDONALD'S, Creamy Ranch Sauce
McDonald's Corporation

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	41.36		1	A	1		17.79		
Energy	kcal	468		0	MC	9		201		
Energy	kJ	1958		0	MC	9		842		
Protein (N x 6.25)	g	1.11		1	A	1		0.48		
Total lipid (fat)	g	52.03		1	A	1		22.37		
Ash	g	2.01		1	A	1		0.86		
Carbohydrate, by difference	g	3.49		0	NC	4		1.50		
Fiber, total dietary	g	0.0		1	A	1		0.0		
Sugars, total	g	3.45		1	A	1		1.48		
Sucrose	g	2.33		1	A	1		1.00		
Glucose (dextrose)	g	0.10		1	A	1		0.04		
Fructose	g	0.10		1	A	1		0.04		
Lactose	g	0.91		1	A	1		0.39		
Maltose	g	0.00		1	A	1		0.00		
Galactose	g	0.00		1	A	1		0.00		
Starch	g									
Minerals:										
Calcium, Ca	mg	29		1	A	1		12		
Iron, Fe	mg	0.25		1	A	1		0.11		
Magnesium, Mg	mg	3		1	A	1		1		
Phosphorus, P	mg	30		1	A	1		13		
Potassium, K	mg	78		1	A	1		33		
Sodium, Na	mg	708		1	A	1		304		
Zinc, Zn	mg	0.13		1	A	1		0.06		
Copper, Cu	mg	0.037		1	A	1		0.016		
Manganese, Mn	mg	0.022		1	A	1		0.010		
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		1	A	1		0.0		
Thiamin	mg	0.031		1	A	1		0.013		
Riboflavin	mg	0.079		1	A	1		0.034		
Niacin	mg	0.033		1	A	1		0.014		
Pantothenic acid	mg	0.189		1	A	1		0.081		
Vitamin B-6	mg	0.040		1	A	1		0.017		
Folate, total	mcg	0		1	A	1		0		
Folic acid	mcg									
Folate, food	mcg	0		1	A	1		0		
Folate, DFE	mcg_DFE									
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	0.23		1	A	1		0.10		
Vitamin A, RAE	mcg_RAE	0		0	AS	1		0		
Retinol	mcg	0		1	A	1		0		
Carotene, beta	mcg	0		1	A	1		0		
Carotene, alpha	mcg									
Cryptoxanthin, beta	mcg									
Vitamin A, IU	IU	0		0	AS	1		0		
Lycopene	mcg									
Lutein + zeaxanthin	mcg									
Vitamin E (alpha-tocopherol)	mg	3.42		1	A	1		1.47		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg									
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									

NDB No. 21311
McDONALD'S, Creamy Ranch Sauce

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Dihydrophylloquinone....mcg									
Menaquinone-4....mcg									
Lipids:									
Fatty acids, total saturated....g	7.894		0	NC	4		3.394		
4:0....g									
6:0....g									
8:0....g	0.000		1	A	1		0.000		
10:0....g	0.000		1	A	1		0.000		
12:0....g	0.000		1	A	1		0.000		
13:0....g									
14:0....g	0.059		1	A	1		0.025		
15:0....g	0.000		1	A	1		0.000		
16:0....g	5.199		1	A	1		2.236		
17:0....g	0.050		1	A	1		0.021		
18:0....g	2.232		1	A	1		0.960		
20:0....g	0.173		1	A	1		0.074		
22:0....g	0.181		1	A	1		0.078		
24:0....g									
Fatty acids, total monounsaturated....g	11.094		0	NC	4		4.771		
14:1....g	0.000		1	A	1		0.000		
15:1....g	0.000		1	A	1		0.000		
16:1 undifferentiated....g	0.057		1	A	1		0.025		
17:1....g	0.000		1	A	1		0.000		
18:1 undifferentiated....g	10.928		0	A	1		4.699		
18:1 c....g	10.928		1	A	1		4.699		
18:1-11c (18:1c n-7)....g									
18:1 t....g	0.000		1	A	1		0.000		
18:1-11t (18:1t n-7)....g									
20:1....g	0.110		1	A	1		0.047		
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	28.178		0	NC	4		12.117		
18:2 undifferentiated....g	24.943		0	AS	1		10.725		
18:2 n-6 c,c....g	24.752		1	A	1		10.643		
18:2 CLAs....g									
18:2 c,t....g									
18:2 t,c....g									
18:2 t,t....g	0.191		1	A	1		0.082		
18:2 i....g									
18:2 t not further defined....g									
18:3 undifferentiated....g	3.235		0	AS	1		1.391		
18:3 n-3 c,c,c (ALA)....g	3.235		1	A	1		1.391		
18:3 n-6 c,c,c....g	0.000		1	A	1		0.000		
18:3i....g									
18:4....g									
20:2 n-6 c,c....g	0.000		1	A	1		0.000		
20:3 undifferentiated....g	0.000		1	A	1		0.000		
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.000		1	A	1		0.000		
20:4 n-3....g									
20:4 n-6....g									
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g	0.191		0	NC	4		0.082		
Fatty acids, total trans-monoenoic....g	0.000		0	NC	4		0.000		
Fatty acids, total trans-polyenoic....g	0.191		0	NC	4		0.082		
Cholesterol....mg	21		1	A	1		9		
Phytosterols....mg									

NDB No. 21311
McDONALD'S, Creamy Ranch Sauce

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 43g: 1.5 oz

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2010)

NDB No. 21345

McDONALD'S, DOUBLE QUARTER POUNDER with Cheese

McDonald's Corporation

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	50.34		0	RKI	6		140.96		
Energy	kcal	262		0	MC	9		734		
Energy	kJ	1096		0	MC	9		3069		
Protein	g	16.96		0	RKI	6		47.49		
Total lipid (fat)	g	16.22		0	RKI	6		45.41		
Ash	g	2.05		0	RKI	6		5.73		
Carbohydrate, by difference	g	14.43		0	RKI	6		40.41		
Fiber, total dietary	g	1.0		0	RKI	6		2.7		
Sugars, total	g	3.49		0	RKI	6		9.79		
Sucrose	g	0.14		0	RKI	6		0.38		
Glucose (dextrose)	g	1.17		0	RKI	6		3.28		
Fructose	g	1.35		0	RKI	6		3.78		
Lactose	g	0.39		0	RKI	6		1.10		
Maltose	g	0.45		0	RKI	6		1.25		
Galactose	g	0.00		0	RKI	6		0.00		
Starch	g									
Minerals:										
Calcium, Ca	mg	106		0	RKI	6		297		
Iron, Fe	mg	2.18		0	RKI	6		6.11		
Magnesium, Mg	mg	21		0	RKI	6		60		
Phosphorus, P	mg	165		0	RKI	6		463		
Potassium, K	mg	242		0	RKI	6		678		
Sodium, Na	mg	476		0	MC	9		1332		
Zinc, Zn	mg	3.33		0	RKI	6		9.31		
Copper, Cu	mg	0.091		0	RKI	6		0.254		
Manganese, Mn	mg	0.133		0	RKI	6		0.373		
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.6		0	RKA	1		1.6		
Thiamin	mg	0.127		0	RKI	6		0.355		
Riboflavin	mg	0.303		0	RKI	6		0.848		
Niacin	mg	4.213		0	RKI	6		11.797		
Pantothenic acid	mg									
Vitamin B-6	mg									
Folate, total	mcg	45		0	RKA	1		126		
Folic acid	mcg									
Folate, food	mcg									
Folate, DFE	mcg_DFE									
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	1.68		0	RKI	6		4.72		
Vitamin A, RAE	mcg_RAE									
Retinol	mcg									
Carotene, beta	mcg									
Carotene, alpha	mcg									
Cryptoxanthin, beta	mcg									
Vitamin A, IU	IU	200		0	RKA	1		559		
Lycopene	mcg									
Lutein + zeaxanthin	mcg									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg									
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									

NDB No. 21345
McDONALD'S, DOUBLE QUARTER POUNDER with Cheese

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Dihydrophylloquinone.....mcg									
Menaquinone-4.....mcg									
Lipids:									
Fatty acids, total saturated.....g	6.473		0	RKI	6		18.125		
Fatty acids, total monounsaturated.....g	5.855		0	RKI	6		16.394		
Fatty acids, total polyunsaturated.....g	0.480		0	RKI	6		1.345		
Fatty acids, total trans.....g	1.027		0	MC	9		2.876		
Cholesterol.....mg	57		0	RKI	6		161		
Phytosterols.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 280g: 1 item

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2010)

NDB No. 21363

McDONALD'S, Deluxe Breakfast, with syrup and margarine

McDonald's Corporation

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	45.91		0	RKA	1		192.82		
Energy....kcal	285		0	RKI	6		1198		
Energy....kJ	1193		0	RKI	6		5012		
Protein....g	7.56		0	RKA	1		31.77		
Total lipid (fat)....g	15.23		0	RKA	1		63.95		
Ash....g	1.82		0	RKA	1		7.66		
Carbohydrate, by difference....g	29.48		0	RKI	6		123.80		
Fiber, total dietary....g	1.0		0	RKA	1		4.1		
Sugars, total....g	9.88		0	RKA	1		41.51		
Starch....g									
Minerals:									
Calcium, Ca....mg	50		0	RKA	1		211		
Iron, Fe....mg	1.50		0	RKA	1		6.30		
Magnesium, Mg....mg	13		0	RKA	1		57		
Phosphorus, P....mg	216		0	RKA	1		905		
Potassium, K....mg	170		0	RKA	1		713		
Sodium, Na....mg	437		0	RKA	1		1835		
Zinc, Zn....mg	0.69		0	RKA	1		2.90		
Copper, Cu....mg	0.073		0	RKA	1		0.308		
Manganese, Mn....mg	0.130		0	RKA	1		0.545		
Selenium, Se....mcg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.2		0	RKA	1		0.9		
Thiamin....mg	0.207		0	RKA	1		0.871		
Riboflavin....mg	0.275		0	RKA	1		1.156		
Niacin....mg	1.879		0	RKA	1		7.892		
Pantothenic acid....mg	0.616		0	RKA	1		2.589		
Vitamin B-6....mg	0.124		0	RKA	1		0.519		
Folate, total....mcg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.35		0	RKA	1		1.48		
Vitamin A, RAE....mcg_RAE									
Vitamin A, IU....IU	258		0	RKA	1		1082		
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Dihydrophylloquinone....mcg									
Menaquinone-4....mcg									
Lipids:									
Fatty acids, total saturated....g	4.642		0	RKI	6		19.498		
Fatty acids, total monounsaturated....g	5.217		0	RKI	6		21.910		
Fatty acids, total polyunsaturated....g	2.811		0	RKI	6		11.806		
Fatty acids, total trans....g	1.053		0	RKI	6		4.422		
Cholesterol....mg	109		0	RKA	1		458		
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 21363

McDONALD'S, Deluxe Breakfast, with syrup and margarine

Common Measures:

Measure 1 = 420g: 1 item 14.8 oz

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2010)

NDB No. 21318

McDONALD'S, Deluxe Warm Cinnamon Roll

McDonald's Corporation

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	24.97		1	A	1		40.45		
Energy	kcal	367		0	MC	9		595		
Energy	kJ	1536		0	MC	9		2488		
Protein (N x 6.25)	g	5.62		1	A	1		9.10		
Total lipid (fat)	g	16.24		1	A	1		26.31		
Ash	g	1.37		1	A	1		2.22		
Carbohydrate, by difference	g	51.80		0	NC	4		83.91		
Fiber, total dietary	g	2.5		1	A	1		4.1		
Sugars, total	g	22.23		1	A	1		36.02		
Sucrose	g	14.34		1	A	1		23.23		
Glucose (dextrose)	g	3.42		1	A	1		5.54		
Fructose	g	3.07		1	A	1		4.97		
Lactose	g	0.23		1	A	1		0.38		
Maltose	g	1.18		1	A	1		1.90		
Galactose	g	0.00		1	A	1		0.00		
Starch	g									
Minerals:										
Calcium, Ca	mg	48		1	A	1		77		
Iron, Fe	mg	2.02		1	A	1		3.27		
Magnesium, Mg	mg	12		1	A	1		20		
Phosphorus, P	mg	65		1	A	1		106		
Potassium, K	mg	94		1	A	1		153		
Sodium, Na	mg	407		1	A	1		659		
Zinc, Zn	mg	0.44		1	A	1		0.72		
Copper, Cu	mg	0.068		1	A	1		0.110		
Manganese, Mn	mg	0.483		1	A	1		0.782		
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		1	A	1		0.0		
Thiamin	mg	0.296		1	A	1		0.480		
Riboflavin	mg	0.240		1	A	1		0.389		
Niacin	mg	2.460		1	A	1		3.985		
Pantothenic acid	mg	0.460		1	A	1		0.745		
Vitamin B-6	mg	0.069		1	A	1		0.112		
Folate, total	mcg	99		1	A	1		161		
Folic acid	mcg									
Folate, food	mcg									
Folate, DFE	mcg_DFE									
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg									
Vitamin A, RAE	mcg_RAE	74		0	AS	1		119		
Retinol	mcg	55		1	A	1		89		
Carotene, beta	mcg	226		1	A	1		366		
Carotene, alpha	mcg									
Cryptoxanthin, beta	mcg									
Vitamin A, IU	IU	560		0	AS	1		907		
Lycopene	mcg									
Lutein + zeaxanthin	mcg									
Vitamin E (alpha-tocopherol)	mg	1.65		1	A	1		2.67		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg									
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									

NDB No. 21318
McDONALD'S, Deluxe Warm Cinnamon Roll

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Dihydrophylloquinone....mcg									
Menaquinone-4....mcg									
Lipids:									
Fatty acids, total saturated....g	4.606		0	NC	4		7.462		
4:0....g									
6:0....g									
8:0....g	0.000		1	A	1		0.000		
10:0....g	0.034		1	A	1		0.056		
12:0....g	0.040		1	A	1		0.066		
13:0....g									
14:0....g	0.151		1	A	1		0.244		
15:0....g	0.000		1	A	1		0.000		
16:0....g	2.037		1	A	1		3.300		
17:0....g	0.025		1	A	1		0.040		
18:0....g	2.228		1	A	1		3.609		
20:0....g	0.049		1	A	1		0.079		
22:0....g	0.042		1	A	1		0.069		
24:0....g									
Fatty acids, total monounsaturated....g	7.452		0	NC	4		12.072		
14:1....g	0.000		1	A	1		0.000		
15:1....g	0.000		1	A	1		0.000		
16:1 undifferentiated....g	0.046		1	A	1		0.074		
17:1....g	0.000		1	A	1		0.000		
18:1 undifferentiated....g	7.385		0	A	1		11.964		
18:1 c....g	4.010		1	A	1		6.496		
18:1-11c (18:1c n-7)....g									
18:1 t....g	3.375		1	A	1		5.468		
18:1-11t (18:1t n-7)....g									
20:1....g	0.021		1	A	1		0.034		
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.985		0	NC	4		3.216		
18:2 undifferentiated....g	1.906		0	AS	1		3.087		
18:2 n-6 c,c....g	1.340		1	A	1		2.171		
18:2 CLAs....g									
18:2 c,t....g									
18:2 t,c....g									
18:2 t,t....g	0.565		1	A	1		0.916		
18:2 i....g									
18:2 t not further defined....g									
18:3 undifferentiated....g	0.079		0	AS	1		0.128		
18:3 n-3 c,c,c (ALA)....g	0.079		1	A	1		0.128		
18:3 n-6 c,c,c....g	0.000		1	A	1		0.000		
18:3i....g									
18:4....g									
20:2 n-6 c,c....g	0.000		1	A	1		0.000		
20:3 undifferentiated....g	0.000		1	A	1		0.000		
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.000		1	A	1		0.000		
20:4 n-3....g									
20:4 n-6....g									
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g	3.941		0	NC	4		6.384		
Fatty acids, total trans-monoenoic....g									
Fatty acids, total trans-polyenoic....g									
Cholesterol....mg	34		1	A	1		55		
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based.

NDB No. 21318
McDONALD'S, Deluxe Warm Cinnamon Roll

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 162g: 5.7 oz

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2010)

NDB No. 21344
McDONALD'S, Double Cheeseburger
McDonald's Corporation

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	47.77		0	RKA	1		82.64		
Energy	kcal	265		0	MC	9		458		
Energy	kJ	1109		0	MC	9		1918		
Protein	g	14.89		0	RKA	1		25.76		
Total lipid (fat)	g	14.97		0	RKA	1		25.90		
Ash	g	2.58		0	RKA	1		4.46		
Carbohydrate, by difference	g	19.83		0	RKI	6		34.31		
Fiber, total dietary	g	0.8		0	RKA	1		1.4		
Sugars, total	g	4.66		0	RKA	1		8.06		
Sucrose	g	0.16		0	RKA	1		0.28		
Glucose (dextrose)	g	1.44		0	RKA	1		2.49		
Fructose	g	1.81		0	RKA	1		3.13		
Lactose	g	0.66		0	RKA	1		1.14		
Maltose	g	0.59		0	RKA	1		1.02		
Galactose	g	0.00		0	RKI	6		0.00		
Starch	g									
Minerals:										
Calcium, Ca	mg	160		0	RKA	1		278		
Iron, Fe	mg	2.13		0	RKA	1		3.68		
Magnesium, Mg	mg	20		0	RKA	1		34		
Phosphorus, P	mg	162		0	RKA	1		281		
Potassium, K	mg	217		0	RKA	1		375		
Sodium, Na	mg	657		0	MC	9		1136		
Zinc, Zn	mg	2.40		0	RKA	1		4.15		
Copper, Cu	mg	0.093		0	RKA	1		0.161		
Manganese, Mn	mg	0.168		0	RKA	1		0.291		
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.4		0	RKA	1		0.7		
Thiamin	mg	0.162		0	RKA	1		0.281		
Riboflavin	mg	0.247		0	RKA	1		0.428		
Niacin	mg	3.860		0	RKA	1		6.678		
Pantothenic acid	mg									
Vitamin B-6	mg									
Folate, total	mcg	45		0	RKA	1		78		
Folic acid	mcg									
Folate, food	mcg									
Folate, DFE	mcg_DFE									
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	1.18		0	RKA	1		2.05		
Vitamin A, RAE	mcg_RAE									
Retinol	mcg									
Carotene, beta	mcg									
Carotene, alpha	mcg									
Cryptoxanthin, beta	mcg									
Vitamin A, IU	IU	304		0	RKA	1		526		
Lycopene	mcg									
Lutein + zeaxanthin	mcg									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg									
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									

NDB No. 21344
McDONALD'S, Double Cheeseburger

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Dihydrophylloquinone.....mcg									
Menaquinone-4.....mcg									
Lipids:									
Fatty acids, total saturated.....g	6.088		0	RKI	6		10.532		
Fatty acids, total monounsaturated.....g	4.983		0	RKI	6		8.620		
Fatty acids, total polyunsaturated.....g	0.486		0	RKI	6		0.842		
Fatty acids, total trans.....g	0.857		0	MC	9		1.483		
Cholesterol.....mg	48		0	RKA	1		82		
Phytosterols.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 173g: 1 item

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2010)

NDB No. 21357
McDONALD'S, Egg McMUFFIN
McDonald's Corporation

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	55.24		0	RKA	1		76.78		
Energy	kcal	215		0	RKI	6		298		
Energy	kJ	898		0	RKI	6		1249		
Protein	g	12.65		0	RKA	1		17.58		
Total lipid (fat)	g	9.11		0	RKA	1		12.66		
Ash	g	2.46		0	RKA	1		3.43		
Carbohydrate, by difference	g	20.54		0	RKI	6		28.55		
Fiber, total dietary	g	1.1		0	RKA	1		1.6		
Sugars, total	g	2.01		0	RKA	1		2.79		
Sucrose	g	0.22		0	RKA	1		0.30		
Glucose (dextrose)	g	0.48		0	RKA	1		0.66		
Fructose	g	0.28		0	RKA	1		0.39		
Lactose	g	0.39		0	RKA	1		0.54		
Maltose	g	0.60		0	RKA	1		0.83		
Galactose	g	0.04		0	RKI	6		0.06		
Starch	g									
Minerals:										
Calcium, Ca	mg	198		0	RKA	1		276		
Iron, Fe	mg	2.15		0	RKA	1		2.98		
Magnesium, Mg	mg	19		0	RKA	1		27		
Phosphorus, P	mg	194		0	RKA	1		269		
Potassium, K	mg	157		0	RKA	1		218		
Sodium, Na	mg	619		0	RKA	1		860		
Zinc, Zn	mg	1.15		0	RKA	1		1.59		
Copper, Cu	mg	0.102		0	RKA	1		0.141		
Manganese, Mn	mg	0.216		0	RKA	1		0.301		
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	1.2		0	RKA	1		1.6		
Thiamin	mg	0.262		0	RKA	1		0.364		
Riboflavin	mg	0.368		0	RKA	1		0.511		
Niacin	mg	3.102		0	RKA	1		4.312		
Pantothenic acid	mg	0.836		0	RKA	1		1.162		
Vitamin B-6	mg	0.145		0	RKA	1		0.201		
Folate, total	mcg	79		0	RKA	1		109		
Folic acid	mcg									
Folate, food	mcg									
Folate, DFE	mcg_DFE	79		0	NC	4		109		
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	0.66		0	RKA	1		0.92		
Vitamin A, RAE	mcg_RAE									
Retinol	mcg									
Carotene, beta	mcg									
Carotene, alpha	mcg									
Cryptoxanthin, beta	mcg									
Vitamin A, IU	IU	397		0	RKA	1		552		
Lycopene	mcg									
Lutein + zeaxanthin	mcg									
Vitamin E (alpha-tocopherol)	mg	0.59		0	RKA	1		0.83		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg									
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									

NDB No. 21357
McDONALD'S, Egg McMUFFIN

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Dihydrophylloquinone.....mcg									
Menaquinone-4.....mcg									
Lipids:									
Fatty acids, total saturated.....g	3.222		0	RKI	6		4.479		
Fatty acids, total monounsaturated.....g	2.722		0	RKI	6		3.784		
Fatty acids, total polyunsaturated.....g	1.812		0	RKI	6		2.518		
Fatty acids, total trans.....g	0.281		0	RKI	6		0.391		
Cholesterol.....mg	165		0	RKA	1		230		
Phytosterols.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 139g: 1 item 4.8 oz

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2010)

NDB No. 21408
McDONALD'S, English Muffin
McDonald's Corporation

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	36.26		0	RKA	1		20.67		
Energy....kcal	285		0	NC	4		163		
Energy....kJ	1194		0	NC	4		681		
Protein....g	9.26		0	RKA	1		5.28		
Total lipid (fat)....g	7.87		0	RKA	1		4.49		
Ash....g	2.25		0	RKA	1		1.28		
Carbohydrate, by difference....g	44.36		0	RKI	6		25.29		
Fiber, total dietary....g	2.6		0	RKA	1		1.5		
Sugars, total....g	2.57		0	RKA	1		1.46		
Sucrose....g	0.07		0	RKA	1		0.04		
Glucose (dextrose)....g	0.65		0	RKA	1		0.37		
Fructose....g	0.56		0	RKA	1		0.32		
Lactose....g	0.00		0	RKA	1		0.00		
Maltose....g	1.30		0	RKA	1		0.74		
Galactose....g	0.00		0	RKI	6		0.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	292		0	RKA	1		167		
Iron, Fe....mg	3.19		0	RKA	1		1.82		
Magnesium, Mg....mg	23		0	RKA	1		13		
Phosphorus, P....mg	120		0	RKA	1		69		
Potassium, K....mg	128		0	RKA	1		73		
Sodium, Na....mg	485		0	RKA	1		276		
Zinc, Zn....mg	0.81		0	RKA	1		0.46		
Copper, Cu....mg	0.123		0	RKA	1		0.070		
Manganese, Mn....mg	0.457		0	RKA	1		0.261		
Selenium, Se....mcg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0		
Thiamin....mg	0.444		0	RKA	1		0.253		
Riboflavin....mg	0.333		0	RKA	1		0.190		
Niacin....mg	4.654		0	RKA	1		2.653		
Pantothenic acid....mg	0.453		0	RKA	1		0.258		
Vitamin B-6....mg	0.074		0	RKA	1		0.042		
Folate, total....mcg	127		0	RKA	1		72		
Folic acid....mcg									
Folate, food....mcg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.00		0	RKA	1		0.00		
Vitamin A, RAE....mcg_RAE									
Retinol....mcg									
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	226		0	RKA	1		129		
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg	0.44		0	RKA	1		0.25		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									

NDB No. 21408
McDONALD'S, English Muffin

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Dihydrophylloquinone.....mcg									
Menaquinone-4.....mcg									
Lipids:									
Fatty acids, total saturated.....g	1.554		0	RKI	6		0.886		
Fatty acids, total monounsaturated.....g	1.936		0	RKI	6		1.104		
Fatty acids, total polyunsaturated.....g	4.092		0	RKI	6		2.332		
Fatty acids, total trans.....g	0.331		0	RKI	6		0.189		
Cholesterol.....mg	0		0	RKA	1		0		
Phytosterols.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 57g: 1 item 2 oz

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2010)

NDB No. 21232
McDONALD'S, FILET-O-FISH
McDonald's Corporation

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	46.18		0	RKA	1		65.57		
Energy....kcal	275		0	RKI	6		390		
Energy....kJ	1150		0	RKI	6		1634		
Protein (N x 6.25)....g	10.99		0	RKA	1		15.61		
Total lipid (fat)....g	13.47		0	RKA	1		19.12		
Ash....g	1.92		0	RKI	6		2.72		
Carbohydrate, by difference....g	27.45		0	RKI	6		38.97		
Fiber, total dietary....g	1.0		0	RKA	1		1.4		
Sugars, total....g	2.65		0	RKA	1		3.77		
Starch....g									
Minerals:									
Calcium, Ca....mg	115		0	RKA	1		164		
Iron, Fe....mg	1.48		0	RKA	1		2.11		
Magnesium, Mg....mg	20		0	RKA	1		29		
Phosphorus, P....mg	118		0	RKA	1		168		
Potassium, K....mg	175		0	RKA	1		249		
Sodium, Na....mg	485		0	RKA	1		689		
Zinc, Zn....mg	0.50		0	RKA	1		0.71		
Copper, Cu....mg	0.062		0	RKA	1		0.087		
Manganese, Mn....mg	0.203		0	RKA	1		0.289		
Selenium, Se....mcg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.1		0	RKA	1		0.1		
Thiamin....mg	0.251		0	RKA	1		0.357		
Riboflavin....mg	0.182		0	RKA	1		0.258		
Niacin....mg	2.399		0	RKA	1		3.406		
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....mcg	49		0	RKA	1		70		
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.74		0	RKA	1		1.05		
Vitamin A, RAE....mcg_RAE									
Vitamin A, IU....IU	88		0	RKA	1		125		
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Dihydrophylloquinone....mcg									
Menaquinone-4....mcg									
Lipids:									
Fatty acids, total saturated....g	2.597		0	RKI	6		3.688		
Fatty acids, total monounsaturated....g	3.850		0	RKI	6		5.467		
Fatty acids, total polyunsaturated....g	5.633		0	RKI	6		7.999		
Fatty acids, total trans....g	0.186		0	RKI	6		0.264		
Cholesterol....mg	28		0	RKA	1		40		
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 21232
McDONALD'S, FILET-O-FISH

Common Measures:

Measure 1 = 142g: 1 item

Calories Factors: Protein 4 **Fat** 9 **Carbohydrate** 4

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2010)

NDB No. 21382

McDONALD'S, FILET-O-FISH (without tartar sauce)

McDonald's Corporation

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	46.90		0	RKA	1		58.15		
Energy	kcal	243		0	RKI	6		301		
Energy	kJ	1016		0	RKI	6		1260		
Protein	g	12.47		0	RKA	1		15.47		
Total lipid (fat)	g	7.62		0	RKA	1		9.45		
Ash	g	1.93		0	RKI	6		2.40		
Carbohydrate, by difference	g	31.08		0	RKI	6		38.54		
Fiber, total dietary	g	1.0		0	RKA	1		1.2		
Sugars, total	g	4.27		0	RKA	1		5.30		
Starch	g									
Minerals:										
Calcium, Ca	mg	128		0	RKA	1		159		
Iron, Fe	mg	1.64		0	RKA	1		2.03		
Magnesium, Mg	mg	23		0	RKA	1		28		
Phosphorus, P	mg	131		0	RKA	1		163		
Potassium, K	mg	194		0	RKA	1		241		
Sodium, Na	mg	464		0	RKA	1		576		
Zinc, Zn	mg	0.54		0	RKA	1		0.67		
Copper, Cu	mg	0.065		0	RKA	1		0.081		
Manganese, Mn	mg	0.230		0	RKA	1		0.285		
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.1		0	RKA	1		0.1		
Thiamin	mg	0.283		0	RKA	1		0.351		
Riboflavin	mg	0.201		0	RKA	1		0.249		
Niacin	mg	2.748		0	RKA	1		3.407		
Pantothenic acid	mg									
Vitamin B-6	mg									
Folate, total	mcg	57		0	RKA	1		70		
Folate, DFE	mcg_DFE									
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	0.81		0	RKA	1		1.01		
Vitamin A, RAE	mcg_RAE									
Vitamin A, IU	IU	93		0	RKA	1		115		
Lycopene	mcg									
Lutein + zeaxanthin	mcg									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Dihydrophylloquinone	mcg									
Menaquinone-4	mcg									
Lipids:										
Fatty acids, total saturated	g	1.773		0	RKI	6		2.198		
Fatty acids, total monounsaturated	g	2.768		0	RKI	6		3.433		
Fatty acids, total polyunsaturated	g	2.323		0	RKI	6		2.881		
Fatty acids, total trans	g	0.160		0	RKI	6		0.198		
Cholesterol	mg	25		0	RKA	1		31		
Phytosterols	mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 21382

McDONALD'S, FILET-O-FISH (without tartar sauce)

Common Measures:

Measure 1 = 124g: 1 item

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2010)

NDB No. 21238
McDONALD'S, French Fries
McDonald's Corporation

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	39.76		1	A	1		28.23	46.52	61.23
Energy....kcal	316		0	NC	4		225	370	487
Energy....kJ	1324		0	NC	4		940	1549	2039
Protein (N x 6.25)....g	3.81		1	A	1		2.71	4.46	5.87
Total lipid (fat)....g	16.12		1	A	1		11.44	18.86	24.82
Ash....g	1.29		1	A	1		0.92	1.51	1.99
Carbohydrate, by difference....g	39.02		0	NC	4		27.71	45.66	60.10
Fiber, total dietary....g	4.2		1	A	1		3.0	4.9	6.5
Sugars, total....g	0.20		1	A	1		0.14	0.23	0.31
Starch....g									
Minerals:									
Calcium, Ca....mg	17		1	A	1		12	20	27
Iron, Fe....mg	0.86		1	A	1		0.61	1.01	1.33
Magnesium, Mg....mg	32		1	A	1		23	37	49
Phosphorus, P....mg	132		1	A	1		94	154	203
Potassium, K....mg	560		1	A	1		398	655	862
Sodium, Na....mg	227		1	A	1		161	265	349
Zinc, Zn....mg	0.44		1	A	1		0.31	0.51	0.67
Copper, Cu....mg	0.118		1	A	1		0.084	0.138	0.182
Manganese, Mn....mg	0.224		1	A	1		0.159	0.262	0.345
Selenium, Se....mcg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	7.3		1	A	1		5.2	8.6	11.3
Thiamin....mg	0.328		1	A	1		0.233	0.384	0.505
Riboflavin....mg	0.036		1	A	1		0.026	0.042	0.056
Niacin....mg	2.760		1	A	1		1.960	3.229	4.250
Pantothenic acid....mg	0.644		1	A	1		0.457	0.753	0.992
Vitamin B-6....mg	0.521		1	A	1		0.370	0.610	0.802
Folate, total....mcg	60		1	A	1		42	70	92
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg									
Vitamin A, RAE....mcg_RAE									
Vitamin A, IU....IU	0		1	A	1		0	0	0
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Dihydrophylloquinone....mcg									
Menaquinone-4....mcg									
Lipids:									
Fatty acids, total saturated....g	2.084		0	NC	4		1.479	2.438	3.209
4:0....g	0.000	0.000	12	A	1		0.000	0.000	0.000
6:0....g	0.000	0.000	12	A	1		0.000	0.000	0.000
8:0....g	0.000	0.000	12	A	1		0.000	0.000	0.000
10:0....g	0.000	0.000	12	A	1		0.000	0.000	0.000
12:0....g	0.000	0.000	12	A	1		0.000	0.000	0.000
13:0....g									
14:0....g	0.009	0.001	12	A	1		0.007	0.011	0.015
15:0....g	0.000	0.000	12	A	1		0.000	0.000	0.000
16:0....g	0.920	0.017	12	A	1		0.653	1.076	1.416

NDB No. 21238
McDONALD'S, French Fries

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:0 ... g	0.010	0.000	12	A	1		0.007	0.012	0.016
18:0 ... g	0.979	0.023	12	A	1		0.695	1.145	1.507
20:0 ... g	0.088	0.002	12	A	1		0.062	0.102	0.135
22:0 ... g	0.048	0.001	12	A	1		0.034	0.056	0.074
24:0 ... g	0.030	0.001	12	A	1		0.021	0.035	0.046
Fatty acids, total monounsaturated ... g	7.805		0	NC	4		5.542	9.132	12.020
14:1 ... g	0.000	0.000	12	A	1		0.000	0.000	0.000
15:1 ... g	0.000	0.000	12	A	1		0.000	0.000	0.000
16:1 undifferentiated ... g	0.027	0.001	12	A	1		0.020	0.032	0.042
17:1 ... g	0.000	0.000	12	A	1		0.000	0.000	0.000
18:1 undifferentiated ... g	7.625	0.147	12	AS	1		5.414	8.921	11.742
18:1 c ... g	7.563	0.147	12	A	1		5.369	8.848	11.646
18:1-11c (18:1c n-7) ... g									
18:1 t ... g	0.062	0.008	12	A	1		0.044	0.073	0.096
18:1-11t (18:1t n-7) ... g									
20:1 ... g	0.153	0.003	12	A	1		0.108	0.178	0.235
22:1 undifferentiated ... g	0.000	0.000	12	AS	1		0.000	0.000	0.000
22:1 c ... g	0.000	0.000	12	A	1		0.000	0.000	0.000
22:1 t ... g									
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	4.664		0	NC	4		3.311	5.457	7.182
18:2 undifferentiated ... g	4.299	0.059	12	AS	1		3.052	5.030	6.620
18:2 n-6 c,c ... g	4.230	0.078	12	A	1		3.003	4.949	6.514
18:2 CLAs ... g									
18:2 c,t ... g									
18:2 t,c ... g									
18:2 t,t ... g	0.069	0.027	12	A	1		0.049	0.080	0.106
18:2 i ... g									
18:2 t not further defined ... g									
18:3 undifferentiated ... g	0.355	0.006	12	AS	1		0.252	0.416	0.547
18:3 n-3 c,c,c (ALA) ... g	0.355	0.006	12	A	1		0.252	0.416	0.547
18:3 n-6 c,c,c ... g	0.000	0.000	12	A	1		0.000	0.000	0.000
18:3i ... g									
18:4 ... g									
20:2 n-6 c,c ... g	0.010	0.000	12	A	1		0.007	0.011	0.015
20:3 undifferentiated ... g	0.000	0.000	12	A	1		0.000	0.000	0.000
20:3 n-3 ... g									
20:3 n-6 ... g									
20:4 undifferentiated ... g	0.000	0.000	12	A	1		0.000	0.000	0.000
20:4 n-3 ... g									
20:4 n-6 ... g									
20:5 n-3 (EPA) ... g									
21:5 ... g									
22:4 ... g									
22:5 n-3 (DPA) ... g									
22:6 n-3 (DHA) ... g									
Fatty acids, total trans ... g	0.131		0	NC	4		0.093	0.153	0.202
Fatty acids, total trans-monoenoic ... g	0.062		0	NC	4		0.044	0.073	0.096
Fatty acids, total trans-polyenoic ... g	0.069		0	NC	4		0.049	0.080	0.106
Cholesterol ... mg	0		1	A	1		0	0	0
Phytosterols ... mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 71g: 1 small serving

Measure 2 = 117g: 1 medium serving

Measure 3 = 154g: 1 large serving

NDB No. 21238
McDONALD'S, French Fries

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2010)

NDB No. 21369

McDONALD'S, Fruit & Walnut Salad

McDonald's Corporation

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	75.95		0	RKA	1		200.52		
Energy....kcal	118		0	MC	9		310		
Energy....kJ	492		0	MC	9		1298		
Protein....g	1.81		0	RKA	1		4.78		
Total lipid (fat)....g	5.05		0	RKA	1		13.34		
Ash....g	0.59		0	RKA	1		1.55		
Carbohydrate, by difference....g	16.60		0	RKI	6		43.82		
Fiber, total dietary....g									
Sugars, total....g	12.45		0	RKA	1		32.88		
Starch....g									
Minerals:									
Calcium, Ca....mg	65		0	RKA	1		173		
Iron, Fe....mg	0.34		0	RKA	1		0.89		
Magnesium, Mg....mg	13		0	RKA	1		36		
Phosphorus, P....mg	49		0	RKA	1		130		
Potassium, K....mg									
Sodium, Na....mg	32		0	RKA	1		83		
Zinc, Zn....mg	0.28		0	RKA	1		0.73		
Copper, Cu....mg	0.122		0	RKA	1		0.323		
Manganese, Mn....mg									
Selenium, Se....mcg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	145.3		0	RKA	1		383.6		
Thiamin....mg	0.036		0	RKA	1		0.095		
Riboflavin....mg	0.056		0	RKA	1		0.148		
Niacin....mg	0.103		0	RKA	1		0.271		
Pantothenic acid....mg	0.160		0	RKA	1		0.422		
Vitamin B-6....mg	0.095		0	RKA	1		0.250		
Folate, total....mcg	5		0	RKA	1		13		
Folic acid....mcg									
Folate, food....mcg	5		0	RKA	1		13		
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.06		0	RKI	6		0.17		
Vitamin A, RAE....mcg_RAE									
Retinol....mcg									
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	32		0	RKI	6		83		
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Dihydrophylloquinone....mcg									
Menaquinone-4....mcg									
Lipids:									
Fatty acids, total saturated....g	0.699		0	RKI	6		1.846		
Fatty acids, total monounsaturated....g	0.810		0	RKI	6		2.139		

NDB No. 21369
McDONALD'S, Fruit & Walnut Salad

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total polyunsaturated.....g	3.204		0	RKI	6		8.457		
Fatty acids, total trans.....g	0.021		0	RKA	1		0.055		
Cholesterol.....mg	2		0	RKI	6		4		
Phytosterols.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 264g: 1 item

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2010)

NDB No. 21380
McDONALD'S, Fruit 'n Yogurt Parfait
McDonald's Corporation

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	74.61		0	RKA	1		111.17		
Energy	kcal	105		0	RKI	6		156		
Energy	kJ	439		0	RKI	6		655		
Protein	g	2.73		0	RKA	1		4.07		
Total lipid (fat)	g	1.30		0	RKA	1		1.94		
Ash	g	0.64		0	RKA	1		0.95		
Carbohydrate, by difference	g	20.72		0	RKI	6		30.87		
Fiber, total dietary	g	1.0		0	RKI	6		1.5		
Sugars, total	g	12.83		0	RKI	6		19.12		
Sucrose	g	7.92		0	RKA	1		11.80		
Glucose (dextrose)	g	0.78		0	RKA	1		1.17		
Fructose	g	1.76		0	RKA	1		2.63		
Lactose	g	2.11		0	RKA	1		3.15		
Maltose	g	0.07		0	RKA	1		0.11		
Galactose	g	0.17		0	RKA	1		0.26		
Starch	g									
Minerals:										
Calcium, Ca	mg	86		0	RKA	1		128		
Iron, Fe	mg	0.45		0	RKA	1		0.67		
Magnesium, Mg	mg	14		0	RKA	1		21		
Phosphorus, P	mg	84		0	RKA	1		125		
Potassium, K	mg	167		0	RKA	1		249		
Sodium, Na	mg	58		0	MC	9		87		
Zinc, Zn	mg	0.36		0	RKA	1		0.54		
Copper, Cu	mg	0.051		0	RKA	1		0.076		
Manganese, Mn	mg	0.203		0	RKA	1		0.303		
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	13.9		0	RKA	1		20.6		
Thiamin	mg	0.046		0	RKA	1		0.069		
Riboflavin	mg	0.115		0	RKA	1		0.171		
Niacin	mg	0.237		0	RKA	1		0.354		
Pantothenic acid	mg	0.418		0	RKA	1		0.622		
Vitamin B-6	mg									
Folate, total	mcg	13		0	RKA	1		20		
Folic acid	mcg									
Folate, food	mcg	13		0	RKA	1		20		
Folate, DFE	mcg_DFE									
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	0.19		0	RKI	6		0.29		
Vitamin A, RAE	mcg_RAE									
Retinol	mcg									
Carotene, beta	mcg									
Carotene, alpha	mcg									
Cryptoxanthin, beta	mcg									
Vitamin A, IU	IU	59		0	RKI	6		88		
Lycopene	mcg									
Lutein + zeaxanthin	mcg									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg									
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									

NDB No. 21380
McDONALD'S, Fruit 'n Yogurt Parfait

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Dihydrophylloquinone.....mcg									
Menaquinone-4.....mcg									
Lipids:									
Fatty acids, total saturated.....g	0.041		0	RKI	6		0.060		
Fatty acids, total monounsaturated.....g	0.106		0	RKI	6		0.158		
Fatty acids, total polyunsaturated.....g	0.095		0	RKI	6		0.142		
Fatty acids, total trans.....g	0.052		0	MC	9		0.077		
Cholesterol.....mg	5		0	RKI	6		7		
Phytosterols.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 149g: 1 item

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2010)

NDB No. 21381

McDONALD'S, Fruit 'n Yogurt Parfait (without granola)

McDonald's Corporation

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	78.18		0	RKA	1		111.01		
Energy	kcal	90		0	RKI	6		128		
Energy	kJ	377		0	RKI	6		535		
Protein	g	2.47		0	RKA	1		3.50		
Total lipid (fat)	g	1.13		0	RKA	1		1.60		
Ash	g	0.56		0	RKA	1		0.79		
Carbohydrate, by difference	g	17.67		0	RKI	6		25.09		
Fiber, total dietary	g	0.9		0	RKI	6		1.2		
Sugars, total	g	11.90		0	RKI	6		16.90		
Sucrose	g	6.97		0	RKA	1		9.89		
Glucose (dextrose)	g	0.75		0	RKA	1		1.07		
Fructose	g	1.78		0	RKA	1		2.53		
Lactose	g	2.22		0	RKA	1		3.15		
Maltose	g	0.00		0	RKA	1		0.00		
Galactose	g	0.18		0	RKA	1		0.26		
Starch	g									
Minerals:										
Calcium, Ca	mg	87		0	RKA	1		124		
Iron, Fe	mg	0.36		0	RKA	1		0.51		
Magnesium, Mg	mg	12		0	RKA	1		16		
Phosphorus, P	mg	71		0	RKA	1		100		
Potassium, K	mg	165		0	RKA	1		234		
Sodium, Na	mg	38		0	RKA	1		54		
Zinc, Zn	mg	0.30		0	RKA	1		0.43		
Copper, Cu	mg	0.041		0	RKA	1		0.058		
Manganese, Mn	mg	0.122		0	RKA	1		0.173		
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	14.5		0	RKA	1		20.7		
Thiamin	mg	0.033		0	RKA	1		0.047		
Riboflavin	mg	0.117		0	RKA	1		0.166		
Niacin	mg	0.188		0	RKA	1		0.267		
Pantothenic acid	mg	0.398		0	RKA	1		0.565		
Vitamin B-6	mg									
Folate, total	mcg	11		0	RKA	1		16		
Folic acid	mcg									
Folate, food	mcg	11		0	RKA	1		16		
Folate, DFE	mcg_DFE									
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	0.20		0	RKI	6		0.29		
Vitamin A, RAE	mcg_RAE									
Retinol	mcg									
Carotene, beta	mcg									
Carotene, alpha	mcg									
Cryptoxanthin, beta	mcg									
Vitamin A, IU	IU	62		0	RKI	6		89		
Lycopene	mcg									
Lutein + zeaxanthin	mcg									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg									
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									

NDB No. 21381
McDONALD'S, Fruit 'n Yogurt Parfait (without granola)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Dihydrophylloquinone.....mcg									
Menaquinone-4.....mcg									
Lipids:									
Fatty acids, total saturated.....g	0.004		0	RKI	6		0.005		
Fatty acids, total monounsaturated.....g	0.010		0	RKI	6		0.014		
Fatty acids, total polyunsaturated.....g	0.033		0	RKI	6		0.047		
Fatty acids, total trans.....g	0.054		0	RKA	1		0.077		
Cholesterol.....mg	5		0	RKI	6		7		
Phytosterols.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 142g: 1 item

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2010)

NDB No. 21228
McDONALD'S, Hamburger
McDonald's Corporation

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	45.67		0	RKA	1		47.95		
Energy	kcal	252		0	MC	9		264		
Energy	kJ	1053		0	MC	9		1106		
Protein	g	12.36		0	RKA	1		12.98		
Total lipid (fat)	g	9.29		0	RKA	1		9.75		
Ash	g	2.03		0	RKA	1		2.13		
Carbohydrate, by difference	g	30.69		0	RKI	6		32.22		
Fiber, total dietary	g	1.3		0	RKA	1		1.4		
Sugars, total	g	6.58		0	RKA	1		6.91		
Sucrose	g	0.27		0	RKA	1		0.28		
Glucose (dextrose)	g	2.28		0	RKA	1		2.39		
Fructose	g	2.93		0	RKA	1		3.08		
Lactose	g	0.15		0	RKA	1		0.16		
Maltose	g	0.95		0	RKA	1		0.99		
Galactose	g	0.00		0	RKI	6		0.00		
Starch	g									
Minerals:										
Calcium, Ca	mg	121		0	RKA	1		127		
Iron, Fe	mg	2.64		0	RKA	1		2.77		
Magnesium, Mg	mg	20		0	RKA	1		21		
Phosphorus, P	mg	107		0	RKA	1		113		
Potassium, K	mg	203		0	RKA	1		213		
Sodium, Na	mg	507		0	MC	9		533		
Zinc, Zn	mg	1.87		0	RKA	1		1.96		
Copper, Cu	mg	0.105		0	RKA	1		0.111		
Manganese, Mn	mg	0.257		0	RKA	1		0.270		
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.6		0	RKA	1		0.7		
Thiamin	mg	0.247		0	RKA	1		0.259		
Riboflavin	mg	0.239		0	RKA	1		0.251		
Niacin	mg	4.544		0	RKA	1		4.772		
Pantothenic acid	mg									
Vitamin B-6	mg									
Folate, total	mcg	64		0	RKA	1		67		
Folic acid	mcg									
Folate, food	mcg									
Folate, DFE	mcg_DFE									
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	0.83		0	RKA	1		0.87		
Vitamin A, RAE	mcg_RAE	0		0	RKA	1		0		
Retinol	mcg									
Carotene, beta	mcg									
Carotene, alpha	mcg									
Cryptoxanthin, beta	mcg									
Vitamin A, IU	IU	55		0	RKA	1		58		
Lycopene	mcg									
Lutein + zeaxanthin	mcg									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg									
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									

NDB No. 21228
McDONALD'S, Hamburger

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Dihydrophylloquinone.....mcg									
Menaquinone-4.....mcg									
Lipids:									
Fatty acids, total saturated.....g	2.938		0	RKI	6		3.085		
Fatty acids, total monounsaturated.....g	3.170		0	RKI	6		3.328		
Fatty acids, total polyunsaturated.....g	0.223		0	RKI	6		0.234		
Fatty acids, total trans.....g	0.518		0	MC	9		0.544		
Cholesterol.....mg	27		0	RKA	1		29		
Phytosterols.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 105g: 1 item

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2010)

NDB No. 21319
McDONALD'S, Hash Browns
McDonald's Corporation

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	52.73		1	A	1		29.53		
Energy....kcal	262		0	NC	4		147		
Energy....kJ	1098		0	NC	4		615		
Protein (N x 6.25)....g	2.26		1	A	1		1.26		
Total lipid (fat)....g	16.46		1	A	1		9.22		
Ash....g	2.26		1	A	1		1.27		
Carbohydrate, by difference....g	26.30		0	NC	4		14.73		
Fiber, total dietary....g	2.8		1	A	1		1.6		
Sugars, total....g	0.06		1	A	1		0.03		
Starch....g									
Minerals:									
Calcium, Ca....mg	14		1	A	1		8		
Iron, Fe....mg	0.57		1	A	1		0.32		
Magnesium, Mg....mg	21		1	A	1		12		
Phosphorus, P....mg	107		1	A	1		60		
Potassium, K....mg	391		1	A	1		219		
Sodium, Na....mg	548		1	A	1		307		
Zinc, Zn....mg	0.34		1	A	1		0.19		
Copper, Cu....mg	0.086		1	A	1		0.048		
Manganese, Mn....mg	0.166		1	A	1		0.093		
Selenium, Se....mcg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	1.7		1	A	1		0.9		
Thiamin....mg	0.116		1	A	1		0.065		
Riboflavin....mg	0.025		1	A	1		0.014		
Niacin....mg	2.250		1	A	1		1.260		
Pantothenic acid....mg	0.438		1	A	1		0.245		
Vitamin B-6....mg	0.250		1	A	1		0.140		
Folate, total....mcg	38		1	A	1		21		
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg									
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0		
Vitamin A, IU....IU	0		0	AS	1		0		
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Dihydrophylloquinone....mcg									
Menaquinone-4....mcg									
Lipids:									
Fatty acids, total saturated....g	2.263		0	NC	4		1.268		
4:0....g	0.000	0.000	9	A	1		0.000		
6:0....g	0.000	0.000	9	A	1		0.000		
8:0....g	0.001	0.001	9	A	1		0.000		
10:0....g	0.000	0.000	9	A	1		0.000		
12:0....g	0.000	0.000	9	A	1		0.000		
13:0....g									
14:0....g	0.012	0.000	9	A	1		0.007		
15:0....g	0.000	0.000	9	A	1		0.000		
16:0....g	0.987	0.035	9	A	1		0.553		

NDB No. 21319
McDONALD'S, Hash Browns

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:0 ... g	0.011	0.000	9	A	1		0.006		
18:0 ... g	1.073	0.044	9	A	1		0.601		
20:0 ... g	0.095	0.004	9	A	1		0.053		
22:0 ... g	0.052	0.002	9	A	1		0.029		
24:0 ... g	0.032	0.001	9	A	1		0.018		
Fatty acids, total monounsaturated ... g	8.525		0	NC	4		4.774		
14:1 ... g	0.000	0.000	9	A	1		0.000		
15:1 ... g	0.000	0.000	9	A	1		0.000		
16:1 undifferentiated ... g	0.030	0.001	9	A	1		0.017		
17:1 ... g	0.000	0.000	9	A	1		0.000		
18:1 undifferentiated ... g	8.328	0.333	9	AS	1		4.664		
18:1 c ... g	8.266	0.333	9	A	1		4.629		
18:1-11c (18:1c n-7) ... g									
18:1 t ... g	0.062	0.004	9	A	1		0.035		
18:1-11t (18:1t n-7) ... g									
20:1 ... g	0.167	0.007	9	A	1		0.093		
22:1 undifferentiated ... g	0.000	0.000	9	AS	1		0.000		
22:1 c ... g	0.000	0.000	9	A	1		0.000		
22:1 t ... g									
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	4.945		0	NC	4		2.769		
18:2 undifferentiated ... g	4.558	0.171	9	AS	1		2.552		
18:2 n-6 c,c ... g	4.513	0.169	9	A	1		2.528		
18:2 CLAs ... g									
18:2 c,t ... g									
18:2 t,c ... g									
18:2 t,t ... g	0.044	0.002	9	A	1		0.025		
18:2 i ... g									
18:2 t not further defined ... g									
18:3 undifferentiated ... g	0.378	0.014	9	AS	1		0.212		
18:3 n-3 c,c,c (ALA) ... g	0.378	0.014	9	A	1		0.212		
18:3 n-6 c,c,c ... g	0.000	0.000	9	A	1		0.000		
18:3i ... g									
18:4 ... g									
20:2 n-6 c,c ... g	0.009	0.001	9	A	1		0.005		
20:3 undifferentiated ... g	0.000	0.000	9	A	1		0.000		
20:3 n-3 ... g									
20:3 n-6 ... g									
20:4 undifferentiated ... g	0.000	0.000	9	A	1		0.000		
20:4 n-3 ... g									
20:4 n-6 ... g									
20:5 n-3 (EPA) ... g									
21:5 ... g									
22:4 ... g									
22:5 n-3 (DPA) ... g									
22:6 n-3 (DHA) ... g									
Fatty acids, total trans ... g	0.106		0	NC	4		0.059		
Fatty acids, total trans-monoenoic ... g	0.062		0	NC	4		0.035		
Fatty acids, total trans-polyenoic ... g	0.044		0	NC	4		0.025		
Cholesterol ... mg	0		1	A	1		0		
Phytosterols ... mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 56g: 2 oz

Calories Factors: Protein **Fat** **Carbohydrate**

NDB No. 21319
McDONALD'S, Hash Browns

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2010)

NDB No. 21312
McDONALD'S, Honey
McDonald's Corporation

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	13.40		1	A	1		1.88		
Energy....kcal	351		0	MC	9		49		
Energy....kJ	1469		0	MC	9		206		
Protein (N x 6.25)....g	0.09		1	A	1		0.01		
Total lipid (fat)....g	0.00		1	A	1		0.00		
Ash....g	0.07		1	A	1		0.01		
Carbohydrate, by difference....g	86.44		0	NC	4		12.10		
Fiber, total dietary....g									
Sugars, total....g	74.32		1	A	1		10.40		
Sucrose....g	0.99		1	A	1		0.14		
Glucose (dextrose)....g	32.55		1	A	1		4.56		
Fructose....g	37.88		1	A	1		5.30		
Lactose....g	0.23		1	A	1		0.03		
Maltose....g	2.68		1	A	1		0.37		
Galactose....g	0.00		1	A	1		0.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	5		1	A	1		1		
Iron, Fe....mg	0.27		1	A	1		0.04		
Magnesium, Mg....mg	1		1	A	1		0		
Phosphorus, P....mg	4		1	A	1		1		
Potassium, K....mg	30		1	A	1		4		
Sodium, Na....mg	7		1	A	1		1		
Zinc, Zn....mg	0.14		1	A	1		0.02		
Copper, Cu....mg	0.037		1	A	1		0.005		
Manganese, Mn....mg	0.080		1	A	1		0.011		
Selenium, Se....mcg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.7		1	A	1		0.1		
Thiamin....mg	0.095		1	A	1		0.013		
Riboflavin....mg	0.030		1	A	1		0.004		
Niacin....mg	0.158		1	A	1		0.022		
Pantothenic acid....mg	0.071		1	A	1		0.010		
Vitamin B-6....mg	0.061		1	A	1		0.009		
Folate, total....mcg	0		1	A	1		0		
Folic acid....mcg									
Folate, food....mcg	0		1	A	1		0		
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg									
Vitamin A, RAE....mcg_RAE									
Retinol....mcg									
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU									
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									

NDB No. 21312
McDONALD'S, Honey

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Dihydrophylloquinone....mcg									
Menaquinone-4....mcg									
Lipids:									
Fatty acids, total saturated....g	0.000		0	NC	4		0.000		
4:0....g									
6:0....g									
8:0....g	0.000		1	A	1		0.000		
10:0....g	0.000		1	A	1		0.000		
12:0....g	0.000		1	A	1		0.000		
13:0....g									
14:0....g	0.000		1	A	1		0.000		
15:0....g	0.000		1	A	1		0.000		
16:0....g	0.000		1	A	1		0.000		
17:0....g	0.000		1	A	1		0.000		
18:0....g	0.000		1	A	1		0.000		
20:0....g	0.000		1	A	1		0.000		
22:0....g	0.000		1	A	1		0.000		
24:0....g									
Fatty acids, total monounsaturated....g	0.000		0	NC	4		0.000		
14:1....g	0.000		1	A	1		0.000		
15:1....g	0.000		1	A	1		0.000		
16:1 undifferentiated....g	0.000		1	A	1		0.000		
17:1....g	0.000		1	A	1		0.000		
18:1 undifferentiated....g	0.000		1	A	1		0.000		
18:1 c....g									
18:1-11c (18:1c n-7)....g									
18:1 t....g	0.000		1	A	1		0.000		
18:1-11t (18:1t n-7)....g									
20:1....g	0.000		1	A	1		0.000		
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.000		0	NC	4		0.000		
18:2 undifferentiated....g	0.000		1	A	1		0.000		
18:2 n-6 c,c....g									
18:2 CLAs....g									
18:2 c,t....g									
18:2 t,c....g									
18:2 t,t....g	0.000		1	A	1		0.000		
18:2 i....g									
18:2 t not further defined....g									
18:3 undifferentiated....g	0.000		0	AS	1		0.000		
18:3 n-3 c,c,c (ALA)....g	0.000		1	A	1		0.000		
18:3 n-6 c,c,c....g	0.000		1	A	1		0.000		
18:3i....g									
18:4....g									
20:2 n-6 c,c....g	0.000		1	A	1		0.000		
20:3 undifferentiated....g	0.000		1	A	1		0.000		
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.000		1	A	1		0.000		
20:4 n-3....g									
20:4 n-6....g									
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g	0.000		1	A	1		0.000		
Fatty acids, total trans-monoenoic....g	0.000		0	NC	4		0.000		
Fatty acids, total trans-polyenoic....g	0.000		0	NC	4		0.000		
Cholesterol....mg									
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based.

NDB No. 21312
McDONALD'S, Honey

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 14.0g: 1 package

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2010)

NDB No. 21335
McDONALD'S, Hot Caramel Sundae
McDonald's Corporation

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	57.27		0	RKA	1		104.22		
Energy	kcal	188		0	MC	9		342		
Energy	kJ	787		0	MC	9		1432		
Protein	g	3.58		0	RKA	1		6.51		
Total lipid (fat)	g	4.89		0	RKA	1		8.91		
Ash	g	0.90		0	RKA	1		1.64		
Carbohydrate, by difference	g	33.36		0	RKI	6		60.72		
Fiber, total dietary	g	0.0		0	RKA	1		0.0		
Sugars, total	g	23.54		0	RKA	1		42.85		
Sucrose	g	12.67		0	RKA	1		23.07		
Glucose (dextrose)	g	3.00		0	RKA	1		5.46		
Fructose	g	0.78		0	RKA	1		1.42		
Lactose	g	5.46		0	RKA	1		9.93		
Maltose	g	1.64		0	RKA	1		2.98		
Galactose	g	0.00		0	RKA	1		0.00		
Starch	g									
Minerals:										
Calcium, Ca	mg	127		0	RKA	1		232		
Iron, Fe	mg	0.08		0	RKA	1		0.14		
Magnesium, Mg	mg	12		0	RKA	1		22		
Phosphorus, P	mg	112		0	RKA	1		204		
Potassium, K	mg	186		0	RKA	1		339		
Sodium, Na	mg	80		0	RKA	1		145		
Zinc, Zn	mg	0.45		0	RKA	1		0.82		
Copper, Cu	mg	0.015		0	RKA	1		0.027		
Manganese, Mn	mg	0.009		0	RKA	1		0.017		
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg									
Thiamin	mg	0.037		0	RKA	1		0.067		
Riboflavin	mg	0.223		0	RKA	1		0.406		
Niacin	mg	0.114		0	RKA	1		0.208		
Pantothenic acid	mg	0.681		0	RKA	1		1.240		
Vitamin B-6	mg	0.049		0	RKA	1		0.090		
Folate, total	mcg	2		0	RKA	1		4		
Folic acid	mcg									
Folate, food	mcg	2		0	RKA	1		4		
Folate, DFE	mcg_DFE									
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	0.51		0	RKA	1		0.93		
Vitamin A, RAE	mcg_RAE	92		0	RKA	1		167		
Retinol	mcg	92		0	RKA	1		167		
Carotene, beta	mcg									
Carotene, alpha	mcg									
Cryptoxanthin, beta	mcg									
Vitamin A, IU	IU	307		0	RKA	1		558		
Lycopene	mcg									
Lutein + zeaxanthin	mcg									
Vitamin E (alpha-tocopherol)	mg	0.01		0	RKA	1		0.01		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg									
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									

NDB No. 21335
McDONALD'S, Hot Caramel Sundae

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Dihydrophylloquinone....mcg									
Menaquinone-4....mcg									
Lipids:									
Fatty acids, total saturated....g	2.468		0	RKI	6		4.492		
4:0....g									
6:0....g									
8:0....g	0.040		0	RKA	1		0.072		
10:0....g	0.093		0	RKA	1		0.169		
12:0....g	0.108		0	RKA	1		0.197		
13:0....g									
14:0....g	0.385		0	RKA	1		0.701		
15:0....g	0.040		0	RKA	1		0.073		
16:0....g	1.184		0	RKA	1		2.156		
17:0....g	0.025		0	RKA	1		0.046		
18:0....g	0.586		0	RKA	1		1.066		
20:0....g	0.007		0	RKA	1		0.012		
22:0....g	0.000		0	RKA	1		0.000		
24:0....g									
Fatty acids, total monounsaturated....g	1.210		0	RKI	6		2.202		
14:1....g	0.027		0	RKA	1		0.049		
15:1....g	0.000		0	RKA	1		0.000		
16:1 undifferentiated....g	0.046		0	RKA	1		0.084		
17:1....g	0.007		0	RKA	1		0.012		
18:1 undifferentiated....g	1.130		0	RKA	1		2.057		
20:1....g	0.000		0	RKA	1		0.000		
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.232		0	RKI	6		0.423		
18:2 undifferentiated....g	0.208		0	RKA	1		0.379		
18:3 undifferentiated....g	0.018		0	RKA	1		0.033		
18:4....g									
20:2 n-6 c,c....g	0.000		0	RKA	1		0.000		
20:3 undifferentiated....g	0.000		0	RKA	1		0.000		
20:4 undifferentiated....g	0.006		0	RKA	1		0.011		
20:5 n-3 (EPA)....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g	0.271		0	RKI	6		0.493		
Cholesterol....mg	16		0	RKA	1		29		
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 182g: 1 item 6.42 oz

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2010)

NDB No. 21336
McDONALD'S, Hot Fudge Sundae
McDonald's Corporation

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	58.81		0	RKA	1		105.27		
Energy....kcal	186		0	MC	9		333		
Energy....kJ	778		0	MC	9		1393		
Protein....g	4.14		0	RKA	1		7.41		
Total lipid (fat)....g	5.91		0	RKA	1		10.57		
Ash....g	1.09		0	RKA	1		1.96		
Carbohydrate, by difference....g	30.05		0	RKI	6		53.78		
Fiber, total dietary....g	0.4		0	RKA	1		0.6		
Sugars, total....g	26.89		0	RKA	1		48.12		
Sucrose....g	19.69		0	RKA	1		35.24		
Glucose (dextrose)....g	0.79		0	RKA	1		1.41		
Fructose....g	0.22		0	RKA	1		0.40		
Lactose....g	5.86		0	RKA	1		10.49		
Maltose....g	0.32		0	RKA	1		0.58		
Galactose....g	0.00		0	RKA	1		0.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	139		0	RKA	1		248		
Iron, Fe....mg	0.83		0	RKA	1		1.49		
Magnesium, Mg....mg	19		0	RKA	1		33		
Phosphorus, P....mg	128		0	RKA	1		229		
Potassium, K....mg	246		0	RKA	1		441		
Sodium, Na....mg	94		0	RKA	1		168		
Zinc, Zn....mg	0.56		0	RKA	1		1.01		
Copper, Cu....mg	0.051		0	RKA	1		0.092		
Manganese, Mn....mg	0.066		0	RKA	1		0.118		
Selenium, Se....mcg									
Vitamins:									
Vitamin C, total ascorbic acid....mg									
Thiamin....mg	0.042		0	RKA	1		0.076		
Riboflavin....mg	0.226		0	RKA	1		0.405		
Niacin....mg	0.151		0	RKA	1		0.270		
Pantothenic acid....mg	0.749		0	RKA	1		1.341		
Vitamin B-6....mg	0.052		0	RKA	1		0.092		
Folate, total....mcg	0		0	RKA	1		0		
Folic acid....mcg									
Folate, food....mcg	0		0	RKA	1		0		
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.55		0	RKA	1		0.98		
Vitamin A, RAE....mcg_RAE	81		0	RKA	1		145		
Retinol....mcg	81		0	RKA	1		145		
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	270		0	RKA	1		483		
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg	0.19		0	RKA	1		0.34		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									

NDB No. 21336
McDONALD'S, Hot Fudge Sundae

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Dihydrophylloquinone....mcg									
Menaquinone-4....mcg									
Lipids:									
Fatty acids, total saturated....g	3.592		0	RKI	6		6.430		
4:0....g									
6:0....g									
8:0....g	0.086		0	RKA	1		0.153		
10:0....g	0.125		0	RKA	1		0.224		
12:0....g	0.799		0	RKA	1		1.430		
13:0....g									
14:0....g	0.550		0	RKA	1		0.984		
15:0....g	0.032		0	RKA	1		0.057		
16:0....g	1.135		0	RKA	1		2.032		
17:0....g	0.020		0	RKA	1		0.035		
18:0....g	0.836		0	RKA	1		1.497		
20:0....g	0.010		0	RKA	1		0.018		
22:0....g	0.000		0	RKA	1		0.000		
24:0....g									
Fatty acids, total monounsaturated....g	1.045		0	RKI	6		1.870		
14:1....g	0.021		0	RKA	1		0.038		
15:1....g	0.000		0	RKA	1		0.000		
16:1 undifferentiated....g	0.035		0	RKA	1		0.063		
17:1....g	0.007		0	RKA	1		0.012		
18:1 undifferentiated....g	0.981		0	RKA	1		1.757		
20:1....g	0.000		0	RKA	1		0.000		
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.220		0	RKI	6		0.394		
18:2 undifferentiated....g	0.198		0	RKA	1		0.354		
18:3 undifferentiated....g	0.018		0	RKA	1		0.032		
18:4....g									
20:2 n-6 c,c....g	0.000		0	RKA	1		0.000		
20:3 undifferentiated....g	0.000		0	RKA	1		0.000		
20:4 undifferentiated....g	0.005		0	RKA	1		0.008		
20:5 n-3 (EPA)....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g	0.242		0	RKI	6		0.434		
Cholesterol....mg	13		0	RKA	1		24		
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 179g: 1 item 6.314 oz

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2010)

NDB No. 21313
McDONALD'S, Hot Mustard Sauce
McDonald's Corporation

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	58.65		1	A	1		16.42		
Energy	kcal	190		0	MC	9		53		
Energy	kJ	795		0	MC	9		223		
Protein (N x 6.25)	g	2.60		1	A	1		0.73		
Total lipid (fat)	g	7.31		1	A	1		2.05		
Ash	g	2.36		1	A	1		0.66		
Carbohydrate, by difference	g	29.08		0	NC	4		8.14		
Fiber, total dietary	g	5.0		1	A	1		1.4		
Sugars, total	g	21.76		1	A	1		6.09		
Sucrose	g	0.70		1	A	1		0.20		
Glucose (dextrose)	g	11.20		1	A	1		3.14		
Fructose	g	9.57		1	A	1		2.68		
Lactose	g	0.00		1	A	1		0.00		
Maltose	g	0.29		1	A	1		0.08		
Galactose	g	0.00		1	A	1		0.00		
Starch	g									
Minerals:										
Calcium, Ca	mg	32		1	A	1		9		
Iron, Fe	mg	0.86		1	A	1		0.24		
Magnesium, Mg	mg	24		1	A	1		7		
Phosphorus, P	mg	57		1	A	1		16		
Potassium, K	mg	83		1	A	1		23		
Sodium, Na	mg	902		1	A	1		253		
Zinc, Zn	mg	0.36		1	A	1		0.10		
Copper, Cu	mg	0.037		1	A	1		0.010		
Manganese, Mn	mg	0.220		1	A	1		0.062		
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		1	A	1		0.0		
Thiamin	mg	0.048		1	A	1		0.013		
Riboflavin	mg	0.056		1	A	1		0.016		
Niacin	mg	0.402		1	A	1		0.113		
Pantothenic acid	mg	0.175		1	A	1		0.049		
Vitamin B-6	mg	0.060		1	A	1		0.017		
Folate, total	mcg	0		1	A	1		0		
Folic acid	mcg									
Folate, food	mcg	0		1	A	1		0		
Folate, DFE	mcg_DFE									
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	0.23		1	A	1		0.06		
Vitamin A, RAE	mcg_RAE	0		0	AS	1		0		
Retinol	mcg	0		1	A	1		0		
Carotene, beta	mcg	0		1	A	1		0		
Carotene, alpha	mcg									
Cryptoxanthin, beta	mcg									
Vitamin A, IU	IU	0		0	AS	1		0		
Lycopene	mcg									
Lutein + zeaxanthin	mcg									
Vitamin E (alpha-tocopherol)	mg	0.86		1	A	1		0.24		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg									
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									

NDB No. 21313
McDONALD'S, Hot Mustard Sauce

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Dihydrophylloquinone....mcg									
Menaquinone-4....mcg									
Lipids:									
Fatty acids, total saturated....g	0.987		0	NC	4		0.276		
4:0....g									
6:0....g									
8:0....g	0.000		1	A	1		0.000		
10:0....g	0.000		1	A	1		0.000		
12:0....g	0.000		1	A	1		0.000		
13:0....g									
14:0....g	0.000		1	A	1		0.000		
15:0....g	0.000		1	A	1		0.000		
16:0....g	0.654		1	A	1		0.183		
17:0....g	0.000		1	A	1		0.000		
18:0....g	0.280		1	A	1		0.079		
20:0....g	0.027		1	A	1		0.008		
22:0....g	0.026		1	A	1		0.007		
24:0....g									
Fatty acids, total monounsaturated....g	1.724		0	NC	4		0.483		
14:1....g	0.000		1	A	1		0.000		
15:1....g	0.000		1	A	1		0.000		
16:1 undifferentiated....g	0.011		1	A	1		0.003		
17:1....g	0.000		1	A	1		0.000		
18:1 undifferentiated....g	1.591		0	AS	1		0.446		
18:1 c....g	1.591		1	A	1		0.446		
18:1-11c (18:1c n-7)....g									
18:1 t....g	0.000		1	A	1		0.000		
18:1-11t (18:1t n-7)....g									
20:1....g	0.121		1	A	1		0.034		
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	3.406		0	NC	4		0.954		
18:2 undifferentiated....g	2.979		0	AS	1		0.834		
18:2 n-6 c,c....g	2.937		1	A	1		0.822		
18:2 CLAs....g									
18:2 c,t....g									
18:2 t,c....g									
18:2 t,t....g	0.042		1	A	1		0.012		
18:2 i....g									
18:2 t not further defined....g									
18:3 undifferentiated....g	0.427		0	AS	1		0.120		
18:3 n-3 c,c,c (ALA)....g	0.427		1	A	1		0.120		
18:3 n-6 c,c,c....g	0.000		1	A	1		0.000		
18:3i....g									
18:4....g									
20:2 n-6 c,c....g	0.000		1	A	1		0.000		
20:3 undifferentiated....g	0.000		1	A	1		0.000		
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.000		1	A	1		0.000		
20:4 n-3....g									
20:4 n-6....g									
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g	0.042		0	NC	4		0.012		
Fatty acids, total trans-monoenoic....g									
Fatty acids, total trans-polyenoic....g									
Cholesterol....mg									
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based.

NDB No. 21313
McDONALD'S, Hot Mustard Sauce

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28g: 1 package

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2010)

NDB No. 21321
McDONALD'S, Hotcakes (plain)
McDonald's Corporation

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	48.24		1	A	1		71.87		
Energy	kcal	228		0	MC	9		340		
Energy	kJ	954		0	MC	9		1421		
Protein (N x 6.25)	g	6.00		1	A	1		8.94		
Total lipid (fat)	g	5.84		1	A	1		8.71		
Ash	g	1.65		1	A	1		2.46		
Carbohydrate, by difference	g	38.27		0	NC	4		57.02		
Fiber, total dietary	g	1.4		1	A	1		2.1		
Sugars, total	g	8.84		1	A	1		13.18		
Sucrose	g	3.90		1	A	1		5.81		
Glucose (dextrose)	g	1.05		1	A	1		1.56		
Fructose	g	0.24		1	A	1		0.35		
Lactose	g	3.34		1	A	1		4.98		
Maltose	g	0.32		1	A	1		0.47		
Galactose	g	0.00		1	A	1		0.00		
Starch	g									
Minerals:										
Calcium, Ca	mg	84		1	A	1		125		
Iron, Fe	mg	1.83		1	A	1		2.73		
Magnesium, Mg	mg	19		1	A	1		28		
Phosphorus, P	mg	260		1	A	1		387		
Potassium, K	mg	173		1	A	1		258		
Sodium, Na	mg	358		1	A	1		533		
Zinc, Zn	mg	0.42		1	A	1		0.62		
Copper, Cu	mg	0.091		1	A	1		0.135		
Manganese, Mn	mg	0.253		1	A	1		0.377		
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg									
Thiamin	mg	0.299		1	A	1		0.445		
Riboflavin	mg	0.267		1	A	1		0.398		
Niacin	mg	2.170		1	A	1		3.233		
Pantothenic acid	mg	0.711		1	A	1		1.059		
Vitamin B-6	mg	0.077		1	A	1		0.115		
Folate, total	mcg	96		1	A	1		142		
Folic acid	mcg									
Folate, food	mcg									
Folate, DFE	mcg_DFE									
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg									
Vitamin A, RAE	mcg_RAE	3		0	AS	1		4		
Retinol	mcg	0		1	A	1		0		
Carotene, beta	mcg	34		1	A	1		51		
Carotene, alpha	mcg									
Cryptoxanthin, beta	mcg									
Vitamin A, IU	IU	57		0	AS	1		84		
Lycopene	mcg									
Lutein + zeaxanthin	mcg									
Vitamin E (alpha-tocopherol)	mg	0.70		1	A	1		1.05		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg									
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									

NDB No. 21321
McDONALD'S, Hotcakes (plain)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Dihydrophylloquinone....mcg									
Menaquinone-4....mcg									
Lipids:									
Fatty acids, total saturated....g	1.158		0	NC	4		1.725		
4:0....g									
6:0....g									
8:0....g	0.000		1	A	1		0.000		
10:0....g	0.000		1	A	1		0.000		
12:0....g	0.000		1	A	1		0.000		
13:0....g									
14:0....g	0.000		1	A	1		0.000		
15:0....g	0.000		1	A	1		0.000		
16:0....g	0.678		1	A	1		1.011		
17:0....g	0.000		1	A	1		0.000		
18:0....g	0.443		1	A	1		0.660		
20:0....g	0.019		1	A	1		0.028		
22:0....g	0.017		1	A	1		0.026		
24:0....g									
Fatty acids, total monounsaturated....g	1.236		0	NC	4		1.842		
14:1....g	0.000		1	A	1		0.000		
15:1....g	0.000		1	A	1		0.000		
16:1 undifferentiated....g	0.014		1	A	1		0.021		
17:1....g	0.000		1	A	1		0.000		
18:1 undifferentiated....g	1.210		0	A	1		1.802		
18:1 c....g	1.197		1	A	1		1.784		
18:1-11c (18:1c n-7)....g									
18:1 t....g	0.012		1	A	1		0.019		
18:1-11t (18:1t n-7)....g									
20:1....g	0.012		1	A	1		0.019		
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	2.978		0	NC	4		4.437		
18:2 undifferentiated....g	2.657		0	AS	1		3.958		
18:2 n-6 c,c....g	2.638		1	A	1		3.931		
18:2 CLAs....g									
18:2 c,t....g									
18:2 t,c....g									
18:2 t,t....g	0.018		1	A	1		0.027		
18:2 i....g									
18:2 t not further defined....g									
18:3 undifferentiated....g	0.321		0	AS	1		0.479		
18:3 n-3 c,c,c (ALA)....g	0.321		1	A	1		0.479		
18:3 n-6 c,c,c....g	0.000		1	A	1		0.000		
18:3i....g									
18:4....g									
20:2 n-6 c,c....g	0.000		1	A	1		0.000		
20:3 undifferentiated....g	0.000		1	A	1		0.000		
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.000		1	A	1		0.000		
20:4 n-3....g									
20:4 n-6....g									
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g	0.031		0	NC	4		0.045		
Fatty acids, total trans-monoenoic....g	0.012		0	NC	4		0.019		
Fatty acids, total trans-polyenoic....g	0.018		0	NC	4		0.027		
Cholesterol....mg	13		1	A	1		19		
Phytosterols....mg									

NDB No. 21321
McDONALD'S, Hotcakes (plain)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 149g: 3 hotcakes

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2010)

NDB No. 21365

McDONALD'S, Hotcakes (with 2 pats margarine & syrup)

McDonald's Corporation

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	40.60		0	RKA	1		89.73		
Energy	kcal	272		0	MC	9		601		
Energy	kJ	1138		0	MC	9		2515		
Protein	g	4.05		0	RKA	1		8.95		
Total lipid (fat)	g	8.06		0	RKA	1		17.82		
Ash	g	1.21		0	RKA	1		2.67		
Carbohydrate, by difference	g	46.08		0	RKI	6		101.83		
Fiber, total dietary	g	0.9		0	RKA	1		2.1		
Sugars, total	g	20.58		0	RKA	1		45.49		
Sucrose	g	7.75		0	RKA	1		17.12		
Glucose (dextrose)	g	5.06		0	RKA	1		11.19		
Fructose	g	0.18		0	RKA	1		0.40		
Lactose	g	2.38		0	RKA	1		5.27		
Maltose	g	5.20		0	RKA	1		11.49		
Galactose	g	0.00		0	RKA	1		0.00		
Starch	g									
Minerals:										
Calcium, Ca	mg	57		0	RKA	1		126		
Iron, Fe	mg	1.28		0	RKA	1		2.82		
Magnesium, Mg	mg	13		0	RKA	1		30		
Phosphorus, P	mg	177		0	RKA	1		391		
Potassium, K	mg	125		0	RKA	1		276		
Sodium, Na	mg	283		0	RKA	1		624		
Zinc, Zn	mg	0.29		0	RKA	1		0.64		
Copper, Cu	mg	0.066		0	RKA	1		0.147		
Manganese, Mn	mg	0.171		0	RKA	1		0.377		
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	RKA	1		0.0		
Thiamin	mg	0.202		0	RKA	1		0.446		
Riboflavin	mg	0.180		0	RKA	1		0.398		
Niacin	mg	1.464		0	RKA	1		3.236		
Pantothenic acid	mg	0.480		0	RKA	1		1.061		
Vitamin B-6	mg	0.052		0	RKA	1		0.115		
Folate, total	mcg	65		0	RKA	1		143		
Folic acid	mcg									
Folate, food	mcg									
Folate, DFE	mcg_DFE									
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	0.01		0	RKA	1		0.01		
Vitamin A, RAE	mcg_RAE									
Retinol	mcg									
Carotene, beta	mcg									
Carotene, alpha	mcg									
Cryptoxanthin, beta	mcg									
Vitamin A, IU	IU	241		0	RKA	1		533		
Lycopene	mcg									
Lutein + zeaxanthin	mcg									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg									
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									

NDB No. 21365
McDONALD'S, Hotcakes (with 2 pats margarine & syrup)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Dihydrophylloquinone.....mcg									
Menaquinone-4.....mcg									
Lipids:									
Fatty acids, total saturated.....g	0.818		0	RKI	6		1.808		
Fatty acids, total monounsaturated.....g	0.863		0	RKI	6		1.907		
Fatty acids, total polyunsaturated.....g	2.087		0	RKI	6		4.613		
Fatty acids, total trans.....g	1.788		0	MC	9		3.951		
Cholesterol.....mg	9		0	RKA	1		19		
Phytosterols.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 221g: 1 item

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2010)

NDB No. 21364
McDONALD'S, Hotcakes and Sausage
McDonald's Corporation

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	40.70		0	RKA	1		107.45		
Energy	kcal	294		0	MC	9		775		
Energy	kJ	1228		0	MC	9		3242		
Protein	g	5.87		0	RKA	1		15.49		
Total lipid (fat)	g	13.21		0	RKA	1		34.86		
Ash	g	1.44		0	RKA	1		3.80		
Carbohydrate, by difference	g	38.79		0	RKI	6		102.40		
Fiber, total dietary	g	0.8		0	RKA	1		2.1		
Sugars, total	g	17.30		0	RKA	1		45.66		
Sucrose	g	6.50		0	RKA	1		17.17		
Glucose (dextrose)	g	4.29		0	RKA	1		11.32		
Fructose	g	0.15		0	RKA	1		0.40		
Lactose	g	2.00		0	RKA	1		5.27		
Maltose	g	4.35		0	RKA	1		11.49		
Galactose	g	0.00		0	RKA	1		0.00		
Starch	g									
Minerals:										
Calcium, Ca	mg	51		0	RKA	1		136		
Iron, Fe	mg	1.22		0	RKA	1		3.21		
Magnesium, Mg	mg	14		0	RKA	1		37		
Phosphorus, P	mg	171		0	RKA	1		451		
Potassium, K	mg	148		0	RKA	1		391		
Sodium, Na	mg	354		0	RKA	1		935		
Zinc, Zn	mg	0.50		0	RKA	1		1.31		
Copper, Cu	mg	0.066		0	RKA	1		0.173		
Manganese, Mn	mg	0.148		0	RKA	1		0.391		
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	RKA	1		0.0		
Thiamin	mg	0.216		0	RKA	1		0.571		
Riboflavin	mg	0.178		0	RKA	1		0.470		
Niacin	mg	1.979		0	RKA	1		5.225		
Pantothenic acid	mg	0.514		0	RKA	1		1.358		
Vitamin B-6	mg	0.087		0	RKA	1		0.230		
Folate, total	mcg	54		0	RKA	1		143		
Folic acid	mcg									
Folate, food	mcg									
Folate, DFE	mcg_DFE									
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	0.14		0	RKA	1		0.37		
Vitamin A, RAE	mcg_RAE									
Retinol	mcg									
Carotene, beta	mcg									
Carotene, alpha	mcg									
Cryptoxanthin, beta	mcg									
Vitamin A, IU	IU	202		0	RKA	1		533		
Lycopene	mcg									
Lutein + zeaxanthin	mcg									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg									
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									

NDB No. 21364
McDONALD'S, Hotcakes and Sausage

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Dihydrophylloquinone.....mcg									
Menaquinone-4.....mcg									
Lipids:									
Fatty acids, total saturated.....g	2.747		0	RKI	6		7.253		
Fatty acids, total monounsaturated.....g	3.426		0	RKI	6		9.044		
Fatty acids, total polyunsaturated.....g	2.468		0	RKI	6		6.516		
Fatty acids, total trans.....g	1.561		0	MC	9		4.121		
Cholesterol.....mg	19		0	RKA	1		51		
Phytosterols.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 264g: 1 item

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2010)

NDB No. 21343

McDONALD'S, Low Fat Caramel Sauce

McDonald's Corporation

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	22.50		1	A	1		4.73		
Energy	kcal	313		0	MC	9		66		
Energy	kJ	1310		0	MC	9		275		
Protein (N x 6.25)	g	1.89		1	A	1		0.40		
Total lipid (fat)	g	3.25		1	A	1		0.68		
Ash	g	0.82		1	A	1		0.17		
Carbohydrate, by difference	g	71.53		0	NC	4		15.02		
Fiber, total dietary	g									
Sugars, total	g	43.21		1	A	1		9.07		
Sucrose	g	11.58		1	A	1		2.43		
Glucose (dextrose)	g	14.34		1	A	1		3.01		
Fructose	g	5.89		1	A	1		1.24		
Lactose	g	3.01		1	A	1		0.63		
Maltose	g	8.11		1	A	1		1.70		
Galactose	g	0.27		1	A	1		0.06		
Starch	g									
Minerals:										
Calcium, Ca	mg	71		1	A	1		15		
Iron, Fe	mg	0.16		1	A	1		0.03		
Magnesium, Mg	mg	8		1	A	1		2		
Phosphorus, P	mg	89		1	A	1		19		
Potassium, K	mg	119		1	A	1		25		
Sodium, Na	mg	170		1	A	1		36		
Zinc, Zn	mg	0.28		1	A	1		0.06		
Copper, Cu	mg	0.018		1	A	1		0.004		
Manganese, Mn	mg	0.011		1	A	1		0.002		
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg									
Thiamin	mg	0.075		1	A	1		0.016		
Riboflavin	mg	0.134		1	A	1		0.028		
Niacin	mg	0.006		1	A	1		0.001		
Pantothenic acid	mg	0.398		1	A	1		0.084		
Vitamin B-6	mg	0.026		1	A	1		0.006		
Folate, total	mcg	0		1	A	1		0		
Folic acid	mcg									
Folate, food	mcg	0		1	A	1		0		
Folate, DFE	mcg_DFE									
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	0.00		1	A	1		0.00		
Vitamin A, RAE	mcg_RAE	45		0	AS	1		9		
Retinol	mcg	45		1	A	1		9		
Carotene, beta	mcg									
Carotene, alpha	mcg									
Cryptoxanthin, beta	mcg									
Vitamin A, IU	IU	147		1	A	1		31		
Lycopene	mcg									
Lutein + zeaxanthin	mcg									
Vitamin E (alpha-tocopherol)	mg	0.00		1	A	1		0.00		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg									
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									

NDB No. 21343
McDONALD'S, Low Fat Caramel Sauce

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Dihydrophylloquinone....mcg									
Menaquinone-4....mcg									
Lipids:									
Fatty acids, total saturated....g	1.772		0	NC	4		0.372		
4:0....g									
6:0....g									
8:0....g	0.032		1	A	1		0.007		
10:0....g	0.075		1	A	1		0.016		
12:0....g	0.087		1	A	1		0.018		
13:0....g									
14:0....g	0.291		1	A	1		0.061		
15:0....g	0.030		1	A	1		0.006		
16:0....g	0.840		1	A	1		0.176		
17:0....g	0.020		1	A	1		0.004		
18:0....g	0.396		1	A	1		0.083		
20:0....g	0.000		1	A	1		0.000		
22:0....g	0.000		1	A	1		0.000		
24:0....g									
Fatty acids, total monounsaturated....g	0.771		0	NC	4		0.162		
14:1....g	0.023		1	A	1		0.005		
15:1....g	0.000		1	A	1		0.000		
16:1 undifferentiated....g	0.038		1	A	1		0.008		
17:1....g	0.000		1	A	1		0.000		
18:1 undifferentiated....g	0.710		0	AS	1		0.149		
18:1 c....g	0.700		1	A	1		0.147		
18:1-11c (18:1c n-7)....g									
18:1 t....g	0.011		1	A	1		0.002		
18:1-11t (18:1t n-7)....g									
20:1....g	0.000		1	A	1		0.000		
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.139		0	NC	4		0.029		
18:2 undifferentiated....g	0.126		0	AS	1		0.026		
18:2 n-6 c,c....g	0.099		1	A	1		0.021		
18:2 CLAs....g									
18:2 c,t....g									
18:2 t,c....g									
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.027		1	A	1		0.006		
18:3 undifferentiated....g	0.013		0	AS	1		0.003		
18:3 n-3 c,c,c (ALA)....g	0.013		1	A	1		0.003		
18:3 n-6 c,c,c....g	0.000		1	A	1		0.000		
18:3i....g									
18:4....g									
20:2 n-6 c,c....g	0.000		1	A	1		0.000		
20:3 undifferentiated....g	0.000		1	A	1		0.000		
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.000		1	A	1		0.000		
20:4 n-3....g									
20:4 n-6....g									
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g	0.037		0	NC	4		0.008		
Fatty acids, total trans-monoenoic....g	0.011		0	NC	4		0.002		
Fatty acids, total trans-polyenoic....g	0.027		0	NC	4		0.006		
Cholesterol....mg	12		1	A	1		3		
Phytosterols....mg									

NDB No. 21343
McDONALD'S, Low Fat Caramel Sauce

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 21g: .8 oz

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2010)

NDB No. 21356

McDONALD'S, McCHICKEN Sandwich (without mayonnaise)

McDonald's Corporation

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	47.43		0	RKI	6		65.46		
Energy....kcal	240		0	MC	9		331		
Energy....kJ	1004		0	MC	9		1386		
Protein....g	11.08		0	RKI	6		15.28		
Total lipid (fat)....g	8.46		0	RKI	6		11.68		
Ash....g	2.08		0	RKI	6		2.87		
Carbohydrate, by difference....g	30.95		0	RKI	6		42.71		
Fiber, total dietary....g	1.4		0	RKA	1		1.9		
Sugars, total....g	4.16		0	RKA	1		5.74		
Starch....g									
Minerals:									
Calcium, Ca....mg	96		0	RKA	1		133		
Iron, Fe....mg	1.78		0	RKA	1		2.46		
Magnesium, Mg....mg	20		0	RKA	1		28		
Phosphorus, P....mg	150		0	RKA	1		207		
Potassium, K....mg	184		0	RKA	1		254		
Sodium, Na....mg	571		0	RKA	1		789		
Zinc, Zn....mg	0.75		0	RKA	1		1.04		
Copper, Cu....mg	0.073		0	RKA	1		0.101		
Manganese, Mn....mg	0.294		0	RKA	1		0.406		
Selenium, Se....mcg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.9		0	RKA	1		1.2		
Thiamin....mg	0.234		0	RKA	1		0.323		
Riboflavin....mg	0.216		0	RKA	1		0.297		
Niacin....mg	4.371		0	RKA	1		6.032		
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....mcg	72		0	RKA	1		99		
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.17		0	RKI	6		0.23		
Vitamin A, RAE....mcg_RAE									
Vitamin A, IU....IU	55		0	RKA	1		76		
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Dihydrophylloquinone....mcg									
Menaquinone-4....mcg									
Lipids:									
Fatty acids, total saturated....g	1.636		0	RKI	6		2.258		
Fatty acids, total monounsaturated....g	3.405		0	RKI	6		4.699		
Fatty acids, total polyunsaturated....g	2.881		0	RKI	6		3.975		
Fatty acids, total trans....g	0.103		0	RKI	6		0.143		
Cholesterol....mg	22		0	RKI	6		31		
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 21356

McDONALD'S, McCHICKEN Sandwich (without mayonnaise)

Common Measures:

Measure 1 = 138g: 1 item

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2010)

NDB No. 21325

McDONALD'S, McDONALDLAND Chocolate Chip Cookies

McDonald's Corporation

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	4.19		1	A	1		2.35		
Energy	kcal	480		0	MC	9		269		
Energy	kJ	2008		0	MC	9		1125		
Protein (N x 6.25)	g	5.56		1	A	1		3.11		
Total lipid (fat)	g	22.79		1	A	1		12.76		
Ash	g	1.23		1	A	1		0.69		
Carbohydrate, by difference	g	66.24		0	NC	4		37.09		
Fiber, total dietary	g	2.0		1	A	1		1.1		
Sugars, total	g	33.86		1	A	1		18.96		
Sucrose	g	32.10		1	A	1		17.98		
Glucose (dextrose)	g	0.81		1	A	1		0.45		
Fructose	g	0.19		1	A	1		0.11		
Lactose	g	0.76		1	A	1		0.43		
Maltose	g	0.00		1	A	1		0.00		
Galactose	g	0.00		1	A	1		0.00		
Starch	g									
Minerals:										
Calcium, Ca	mg	34		1	A	1		19		
Iron, Fe	mg	3.89		1	A	1		2.18		
Magnesium, Mg	mg	40		1	A	1		22		
Phosphorus, P	mg	105		1	A	1		59		
Potassium, K	mg	194		1	A	1		109		
Sodium, Na	mg	293		1	A	1		164		
Zinc, Zn	mg	0.77		1	A	1		0.43		
Copper, Cu	mg	0.276		1	A	1		0.155		
Manganese, Mn	mg	0.555		1	A	1		0.311		
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg									
Thiamin	mg	0.227		1	A	1		0.127		
Riboflavin	mg	0.220		1	A	1		0.123		
Niacin	mg	1.970		1	A	1		1.103		
Pantothenic acid	mg	0.540		1	A	1		0.302		
Vitamin B-6	mg	0.098		1	A	1		0.055		
Folate, total	mcg	88		1	A	1		49		
Folic acid	mcg									
Folate, food	mcg									
Folate, DFE	mcg_DFE									
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	0.20		1	A	1		0.11		
Vitamin A, RAE	mcg_RAE	129		0	AS	1		72		
Retinol	mcg	129		1	A	1		72		
Carotene, beta	mcg									
Carotene, alpha	mcg									
Cryptoxanthin, beta	mcg									
Vitamin A, IU	IU	430		0	AS	1		241		
Lycopene	mcg									
Lutein + zeaxanthin	mcg									
Vitamin E (alpha-tocopherol)	mg	0.74		1	A	1		0.41		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg									
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									

NDB No. 21325
McDONALD'S, McDONALDLAND Chocolate Chip Cookies

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Dihydrophylloquinone....mcg									
Menaquinone-4....mcg									
Lipids:									
Fatty acids, total saturated....g	11.373		0	NC	4		6.369		
4:0....g									
6:0....g									
8:0....g	0.145		1	A	1		0.081		
10:0....g	0.337		1	A	1		0.189		
12:0....g	0.387		1	A	1		0.217		
13:0....g									
14:0....g	1.323		1	A	1		0.741		
15:0....g	0.132		1	A	1		0.074		
16:0....g	5.268		1	A	1		2.950		
17:0....g	0.093		1	A	1		0.052		
18:0....g	3.606		1	A	1		2.019		
20:0....g	0.081		1	A	1		0.045		
22:0....g	0.000		1	A	1		0.000		
24:0....g									
Fatty acids, total monounsaturated....g	5.894		0	NC	4		3.301		
14:1....g	0.098		1	A	1		0.055		
15:1....g	0.000		1	A	1		0.000		
16:1 undifferentiated....g	0.190		1	A	1		0.106		
17:1....g	0.000		1	A	1		0.000		
18:1 undifferentiated....g	5.606		0	A	1		3.139		
18:1 c....g	4.965		1	A	1		2.780		
18:1-11c (18:1c n-7)....g									
18:1 t....g	0.641		1	A	1		0.359		
18:1-11t (18:1t n-7)....g									
20:1....g	0.000		1	A	1		0.000		
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.305		0	NC	4		0.731		
18:2 undifferentiated....g	1.167		0	AS	1		0.654		
18:2 n-6 c,c....g	0.923		1	A	1		0.517		
18:2 CLAs....g									
18:2 c,t....g									
18:2 t,c....g									
18:2 t,t....g	0.244		1	A	1		0.137		
18:2 i....g									
18:2 t not further defined....g									
18:3 undifferentiated....g	0.103		0	AS	1		0.058		
18:3 n-3 c,c,c (ALA)....g	0.083		1	A	1		0.047		
18:3 n-6 c,c,c....g	0.020		1	A	1		0.011		
18:3i....g									
18:4....g									
20:2 n-6 c,c....g	0.000		1	A	1		0.000		
20:3 undifferentiated....g	0.000		1	A	1		0.000		
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.034		1	A	1		0.019		
20:4 n-3....g									
20:4 n-6....g									
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g	0.885		0	NC	4		0.496		
Fatty acids, total trans-monoenoic....g									
Fatty acids, total trans-polyenoic....g									
Cholesterol....mg	65		1	A	1		36		
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based.

NDB No. 21325
McDONALD'S, McDONALDLAND Chocolate Chip Cookies

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:
Measure 1 = 56g: 2 oz

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2010)

NDB No. 21326
McDONALD'S, McDONALDLAND Cookies
McDonald's Corporation

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	3.97		1	A	1		2.26		
Energy	kcal	447		0	MC	9		255		
Energy	kJ	1870		0	MC	9		1066		
Protein (N x 6.25)	g	6.56		1	A	1		3.74		
Total lipid (fat)	g	15.35		1	A	1		8.75		
Ash	g	1.37		1	A	1		0.78		
Carbohydrate, by difference	g	72.75		0	NC	4		41.47		
Fiber, total dietary	g	1.6		1	A	1		0.9		
Sugars, total	g	24.13		1	A	1		13.75		
Sucrose	g	21.76		1	A	1		12.40		
Glucose (dextrose)	g	1.08		1	A	1		0.61		
Fructose	g	1.11		1	A	1		0.63		
Lactose	g	0.00		1	A	1		0.00		
Maltose	g	0.19		1	A	1		0.11		
Galactose	g	0.00		1	A	1		0.00		
Starch	g									
Minerals:										
Calcium, Ca	mg	17		1	A	1		10		
Iron, Fe	mg	3.37		1	A	1		1.92		
Magnesium, Mg	mg	17		1	A	1		10		
Phosphorus, P	mg	111		1	A	1		63		
Potassium, K	mg	98		1	A	1		56		
Sodium, Na	mg	483		1	A	1		275		
Zinc, Zn	mg	0.60		1	A	1		0.34		
Copper, Cu	mg	0.097		1	A	1		0.055		
Manganese, Mn	mg	0.515		1	A	1		0.293		
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg									
Thiamin	mg	0.364		1	A	1		0.207		
Riboflavin	mg	0.296		1	A	1		0.169		
Niacin	mg	3.620		1	A	1		2.063		
Pantothenic acid	mg	0.430		1	A	1		0.245		
Vitamin B-6	mg	0.129		1	A	1		0.073		
Folate, total	mcg	102		1	A	1		58		
Folic acid	mcg									
Folate, food	mcg									
Folate, DFE	mcg_DFE									
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg									
Vitamin A, RAE	mcg_RAE	0		0	AS	1		0		
Retinol	mcg	0		1	A	1		0		
Carotene, beta	mcg									
Carotene, alpha	mcg									
Cryptoxanthin, beta	mcg									
Vitamin A, IU	IU	0		0	AS	1		0		
Lycopene	mcg									
Lutein + zeaxanthin	mcg									
Vitamin E (alpha-tocopherol)	mg	2.00		1	A	1		1.14		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg									
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									

NDB No. 21326
McDONALD'S, McDONALDLAND Cookies

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Dihydrophylloquinone....mcg									
Menaquinone-4....mcg									
Lipids:									
Fatty acids, total saturated....g	3.244		0	NC	4		1.849		
4:0....g									
6:0....g									
8:0....g	0.000		1	A	1		0.000		
10:0....g	0.000		1	A	1		0.000		
12:0....g	0.000		1	A	1		0.000		
13:0....g									
14:0....g	0.000		1	A	1		0.000		
15:0....g	0.000		1	A	1		0.000		
16:0....g	1.710		1	A	1		0.975		
17:0....g	0.000		1	A	1		0.000		
18:0....g	1.437		1	A	1		0.819		
20:0....g	0.048		1	A	1		0.027		
22:0....g	0.048		1	A	1		0.027		
24:0....g									
Fatty acids, total monounsaturated....g	8.087		0	NC	4		4.609		
14:1....g	0.000		1	A	1		0.000		
15:1....g	0.000		1	A	1		0.000		
16:1 undifferentiated....g	0.000		1	A	1		0.000		
17:1....g	0.000		1	A	1		0.000		
18:1 undifferentiated....g	8.061		0	A	1		4.595		
18:1 c....g	4.477		1	A	1		2.552		
18:1-11c (18:1c n-7)....g									
18:1 t....g	3.584		1	A	1		2.043		
18:1-11t (18:1t n-7)....g									
20:1....g	0.026		1	A	1		0.015		
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	2.151		0	NC	4		1.226		
18:2 undifferentiated....g	2.097		0	AS	1		1.195		
18:2 n-6 c,c....g	1.352		1	A	1		0.770		
18:2 CLAs....g									
18:2 c,t....g									
18:2 t,c....g									
18:2 t,t....g	0.745		1	A	1		0.425		
18:2 i....g									
18:2 t not further defined....g									
18:3 undifferentiated....g	0.055		0	AS	1		0.031		
18:3 n-3 c,c,c (ALA)....g	0.055		1	A	1		0.031		
18:3 n-6 c,c,c....g	0.000		1	A	1		0.000		
18:3i....g									
18:4....g									
20:2 n-6 c,c....g	0.000		1	A	1		0.000		
20:3 undifferentiated....g	0.000		1	A	1		0.000		
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.000		1	A	1		0.000		
20:4 n-3....g									
20:4 n-6....g									
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g	4.329		0	NC	4		2.468		
Fatty acids, total trans-monoenoic....g									
Fatty acids, total trans-polyenoic....g									
Cholesterol....mg									
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based.

NDB No. 21326
McDONALD'S, McDONALDLAND Cookies

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:
Measure 1 = 57g: 2 oz

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2010)

NDB No. 21338

McDONALD'S, McFLURRY with M&M'S CANDIES

McDonald's Corporation

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	61.74		0	RKA	1		214.84	311.15	
Energy	kcal	177		0	MC	9		617	893	
Energy	kJ	741		0	MC	9		2580	3737	
Protein	g	4.02		0	RKA	1		13.99	20.26	
Total lipid (fat)	g	6.46		0	RKA	1		22.49	32.57	
Ash	g	0.96		0	RKA	1		3.33	4.83	
Carbohydrate, by difference	g	26.82		0	RKI	6		93.35	135.19	
Fiber, total dietary	g	0.2		0	RKA	1		0.7	1.1	
Sugars, total	g	24.37		0	RKA	1		84.81	122.82	
Sucrose	g	16.90		0	RKA	1		58.82	85.19	
Glucose (dextrose)	g	0.75		0	RKA	1		2.62	3.79	
Fructose	g	0.21		0	RKA	1		0.74	1.08	
Lactose	g	6.23		0	RKA	1		21.66	31.38	
Maltose	g	0.28		0	RKA	1		0.96	1.39	
Galactose	g	0.00		0	RKA	1		0.00	0.00	
Starch	g									
Minerals:										
Calcium, Ca	mg	135		0	RKA	1		470	681	
Iron, Fe	mg	0.27		0	RKA	1		0.94	1.36	
Magnesium, Mg	mg	17		0	RKA	1		59	85	
Phosphorus, P	mg	116		0	RKA	1		402	582	
Potassium, K	mg	208		0	RKA	1		725	1051	
Sodium, Na	mg	54		0	RKA	1		188	273	
Zinc, Zn	mg	0.54		0	RKA	1		1.86	2.70	
Copper, Cu	mg	0.044		0	RKA	1		0.155	0.224	
Manganese, Mn	mg	0.046		0	RKA	1		0.158	0.229	
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg									
Thiamin	mg	0.051		0	RKA	1		0.177	0.257	
Riboflavin	mg	0.243		0	RKA	1		0.847	1.227	
Niacin	mg	0.139		0	RKA	1		0.484	0.701	
Pantothenic acid	mg	0.730		0	RKA	1		2.541	3.680	
Vitamin B-6	mg	0.053		0	RKA	1		0.185	0.268	
Folate, total	mcg	3		0	RKA	1		9	13	
Folic acid	mcg									
Folate, food	mcg	3		0	RKA	1		9	13	
Folate, DFE	mcg_DFE									
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	0.60		0	RKA	1		2.08	3.01	
Vitamin A, RAE	mcg_RAE									
Retinol	mcg									
Carotene, beta	mcg									
Carotene, alpha	mcg									
Cryptoxanthin, beta	mcg									
Vitamin A, IU	IU	312		0	RKA	1		1087	1574	
Lycopene	mcg									
Lutein + zeaxanthin	mcg									
Vitamin E (alpha-tocopherol)	mg	0.08		0	RKA	1		0.26	0.38	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg									
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									

NDB No. 21338
McDONALD'S, McFLURRY with M&M'S CANDIES

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Dihydrophylloquinone....mcg									
Menaquinone-4....mcg									
Lipids:									
Fatty acids, total saturated....g	3.402		0	RKI	6		11.839	17.146	
4:0....g									
6:0....g									
8:0....g	0.040		0	RKA	1		0.141	0.204	
10:0....g	0.094		0	RKA	1		0.326	0.472	
12:0....g	0.109		0	RKA	1		0.379	0.549	
13:0....g									
14:0....g	0.392		0	RKA	1		1.366	1.978	
15:0....g	0.041		0	RKA	1		0.143	0.207	
16:0....g	1.577		0	RKA	1		5.487	7.947	
17:0....g	0.028		0	RKA	1		0.097	0.141	
18:0....g	1.095		0	RKA	1		3.810	5.517	
20:0....g	0.022		0	RKA	1		0.078	0.113	
22:0....g	0.003		0	RKA	1		0.011	0.017	
24:0....g									
Fatty acids, total monounsaturated....g	1.670		0	RKI	6		5.811	8.417	
14:1....g	0.028		0	RKA	1		0.096	0.139	
15:1....g	0.000		0	RKA	1		0.000	0.000	
16:1 undifferentiated....g	0.049		0	RKA	1		0.170	0.246	
17:1....g	0.008		0	RKA	1		0.027	0.039	
18:1 undifferentiated....g	1.586		0	RKA	1		5.518	7.992	
20:1....g	0.000		0	RKA	1		0.000	0.000	
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.282		0	RKI	6		0.981	1.421	
18:2 undifferentiated....g	0.254		0	RKA	1		0.884	1.281	
18:3 undifferentiated....g	0.023		0	RKA	1		0.078	0.113	
18:4....g									
20:2 n-6 c,c....g	0.000		0	RKA	1		0.000	0.000	
20:3 undifferentiated....g	0.000		0	RKA	1		0.000	0.000	
20:4 undifferentiated....g	0.005		0	RKA	1		0.018	0.027	
20:5 n-3 (EPA)....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g	0.281		0	RKI	6		0.979	1.418	
Cholesterol....mg	16		0	RKA	1		56	81	
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 348g: 12 fl oz cup regular

Measure 2 = 504g: 16 fl oz cup large

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2010)

NDB No. 21339

McDONALD'S, McFLURRY with OREO cookies

McDonald's Corporation

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	63.90		0	RKA	1		215.36	311.21	
Energy	kcal	165		0	MC	9		556	804	
Energy	kJ	690		0	MC	9		2327	3362	
Protein	g	3.97		0	RKA	1		13.37	19.32	
Total lipid (fat)	g	5.66		0	RKA	1		19.08	27.58	
Ash	g	0.92		0	RKA	1		3.09	4.47	
Carbohydrate, by difference	g	25.55		0	RKI	6		86.10	124.42	
Fiber, total dietary	g	0.1		0	RKA	1		0.5	0.7	
Sugars, total	g	21.19		0	RKA	1		71.40	103.18	
Sucrose	g	14.20		0	RKA	1		47.87	69.18	
Glucose (dextrose)	g	0.89		0	RKA	1		3.01	4.36	
Fructose	g	0.18		0	RKA	1		0.61	0.89	
Lactose	g	5.62		0	RKA	1		18.94	27.37	
Maltose	g	0.28		0	RKA	1		0.96	1.39	
Galactose	g	0.00		0	RKA	1		0.00	0.00	
Starch	g									
Minerals:										
Calcium, Ca	mg	129		0	RKA	1		436	630	
Iron, Fe	mg	0.61		0	RKA	1		2.06	2.97	
Magnesium, Mg	mg	14		0	RKA	1		48	70	
Phosphorus, P	mg	111		0	RKA	1		373	539	
Potassium, K	mg	198		0	RKA	1		667	963	
Sodium, Na	mg	75		0	RKA	1		251	363	
Zinc, Zn	mg	0.50		0	RKA	1		1.67	2.41	
Copper, Cu	mg	0.030		0	RKA	1		0.100	0.145	
Manganese, Mn	mg	0.042		0	RKA	1		0.143	0.207	
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg									
Thiamin	mg	0.048		0	RKA	1		0.163	0.236	
Riboflavin	mg	0.229		0	RKA	1		0.773	1.116	
Niacin	mg	0.264		0	RKA	1		0.889	1.285	
Pantothenic acid	mg	0.722		0	RKA	1		2.433	3.517	
Vitamin B-6	mg	0.058		0	RKA	1		0.196	0.283	
Folate, total	mcg	5		0	RKA	1		15	22	
Folic acid	mcg									
Folate, food	mcg	5		0	RKA	1		15	22	
Folate, DFE	mcg_DFE									
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	0.58		0	RKA	1		1.95	2.82	
Vitamin A, RAE	mcg_RAE									
Retinol	mcg									
Carotene, beta	mcg									
Carotene, alpha	mcg									
Cryptoxanthin, beta	mcg									
Vitamin A, IU	IU	323		0	RKA	1		1088	1573	
Lycopene	mcg									
Lutein + zeaxanthin	mcg									
Vitamin E (alpha-tocopherol)	mg	0.09		0	RKA	1		0.30	0.43	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg									
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									

NDB No. 21339
McDONALD'S, McFLURRY with OREO cookies

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Dihydrophylloquinone....mcg									
Menaquinone-4....mcg									
Lipids:									
Fatty acids, total saturated....g	2.577		0	RKI	6		8.683	12.548	
4:0....g									
6:0....g									
8:0....g	0.038		0	RKA	1		0.126	0.183	
10:0....g	0.087		0	RKA	1		0.295	0.426	
12:0....g	0.102		0	RKA	1		0.343	0.496	
13:0....g									
14:0....g	0.367		0	RKA	1		1.236	1.787	
15:0....g	0.038		0	RKA	1		0.127	0.184	
16:0....g	1.254		0	RKA	1		4.226	6.107	
17:0....g	0.025		0	RKA	1		0.083	0.120	
18:0....g	0.653		0	RKA	1		2.202	3.182	
20:0....g	0.010		0	RKA	1		0.034	0.049	
22:0....g	0.003		0	RKA	1		0.011	0.015	
24:0....g									
Fatty acids, total monounsaturated....g	1.716		0	RKI	6		5.784	8.359	
14:1....g	0.025		0	RKA	1		0.085	0.123	
15:1....g	0.000		0	RKA	1		0.000	0.000	
16:1 undifferentiated....g	0.042		0	RKA	1		0.143	0.207	
17:1....g	0.008		0	RKA	1		0.027	0.039	
18:1 undifferentiated....g	1.639		0	RKA	1		5.524	7.982	
20:1....g	0.002		0	RKA	1		0.006	0.008	
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.364		0	RKI	6		1.227	1.773	
18:2 undifferentiated....g	0.339		0	RKA	1		1.141	1.649	
18:3 undifferentiated....g	0.020		0	RKA	1		0.067	0.097	
18:4....g									
20:2 n-6 c,c....g	0.000		0	RKA	1		0.000	0.000	
20:3 undifferentiated....g	0.000		0	RKA	1		0.000	0.000	
20:4 undifferentiated....g	0.005		0	RKA	1		0.018	0.027	
20:5 n-3 (EPA)....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g	0.565		0	RKI	6		1.904	2.752	
Cholesterol....mg	15		0	RKA	1		52	74	
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 337g: 12 fl oz cup regular

Measure 2 = 487g: 16 fl oz cup large

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2010)

NDB No. 21346
McDONALD'S, NEWMAN'S OWN Cobb Dressing
McDonald's Corporation

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	66.41		1	MA	12		41.17		
Energy....kcal	196		0	MC	9		122		
Energy....kJ	820		0	MC	9		508		
Protein (N x 6.25)....g	1.69		1	MA	12		1.05		
Total lipid (fat)....g	14.45		1	MA	12		8.96		
Ash....g	1.96		1	MA	12		1.22		
Carbohydrate, by difference....g	15.49		0	NC	4		9.61		
Fiber, total dietary....g	0.3		1	MA	12		0.2		
Sugars, total....g	7.79		1	MA	12		4.83		
Starch....g									
Minerals:									
Calcium, Ca....mg	50		1	MA	12		31		
Iron, Fe....mg	0.20		1	MA	12		0.12		
Magnesium, Mg....mg	3		1	MA	12		2		
Phosphorus, P....mg	31		1	MA	12		19		
Potassium, K....mg	20		1	MA	12		13		
Sodium, Na....mg	709		1	MA	12		439		
Zinc, Zn....mg	0.30		1	MA	12		0.19		
Copper, Cu....mg	0.000		1	MA	12		0.000		
Manganese, Mn....mg	0.000		1	MA	12		0.000		
Selenium, Se....mcg	0.3		1	MA	12		0.2		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.5		1	MA	12		0.3		
Thiamin....mg	0.010		1	MA	12		0.006		
Riboflavin....mg	0.020		1	MA	12		0.012		
Niacin....mg	0.010		1	MA	12		0.006		
Pantothenic acid....mg	0.020		1	MA	12		0.012		
Vitamin B-6....mg	0.000		1	MA	12		0.000		
Folate, total....mcg	0		1	MA	12		0		
Folic acid....mcg									
Folate, food....mcg	0		1	MA	12		0		
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.05		1	MA	12		0.03		
Vitamin A, RAE....mcg_RAE									
Retinol....mcg									
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	93		1	MA	12		58		
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg	0.00		1	MA	12		0.00		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	0.0		0	Z	7		0.0		
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU	0		1	MA	12		0		
Vitamin K (phylloquinone)....mcg									
Dihydrophylloquinone....mcg									
Menaquinone-4....mcg									
Lipids:									
Fatty acids, total saturated....g	2.770		1	MA	12		1.717		
Fatty acids, total monounsaturated....g	3.670		1	MA	12		2.275		

NDB No. 21346
McDONALD'S, NEWMAN'S OWN Cobb Dressing

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total polyunsaturated.....g	7.910		1	MA	12		4.904		
Fatty acids, total trans.....g	0.010		1	MA	12		0.006		
Cholesterol.....mg	13		1	MA	12		8		
Phytosterols.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 62g: 2 fl oz

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2010)

NDB No. 21347

McDONALD'S, NEWMAN'S OWN Creamy Caesar Dressing

McDonald's Corporation

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	54.90		1	MA	12		32.39		
Energy....kcal	319		0	MC	9		188		
Energy....kJ	1335		0	MC	9		787		
Protein (N x 6.25)....g	3.56		1	MA	12		2.10		
Total lipid (fat)....g	31.50		1	MA	12		18.59		
Ash....g	3.19		0	NR	4		1.88		
Carbohydrate, by difference....g	6.85		0	NC	4		4.04		
Fiber, total dietary....g	0.1		1	MA	12		0.1		
Sugars, total....g	3.00		1	MA	12		1.77		
Starch....g									
Minerals:									
Calcium, Ca....mg	104		1	MA	12		61		
Iron, Fe....mg	0.28		1	MA	12		0.17		
Magnesium, Mg....mg	5		1	MA	12		3		
Phosphorus, P....mg	65		1	MA	12		39		
Potassium, K....mg	27		1	MA	12		16		
Sodium, Na....mg	851		1	MA	12		502		
Zinc, Zn....mg	0.34		1	MA	12		0.20		
Copper, Cu....mg	0.120		1	MA	12		0.071		
Manganese, Mn....mg									
Selenium, Se....mcg	0.2		1	MA	12		0.1		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		1	MA	12		0.0		
Thiamin....mg	0.010		1	MA	12		0.006		
Riboflavin....mg	0.040		1	MA	12		0.024		
Niacin....mg	0.020		1	MA	12		0.012		
Pantothenic acid....mg	0.110		1	MA	12		0.065		
Vitamin B-6....mg	1.090		1	MA	12		0.643		
Folate, total....mcg	4		1	MA	12		2		
Folic acid....mcg									
Folate, food....mcg	4		1	MA	12		2		
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.09		1	MA	12		0.05		
Vitamin A, RAE....mcg_RAE									
Retinol....mcg									
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	143		1	MA	12		84		
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg	26.10		1	MA	12		15.40		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Dihydrophylloquinone....mcg									
Menaquinone-4....mcg									
Lipids:									
Fatty acids, total saturated....g	5.860		1	MA	12		3.457		
Fatty acids, total monounsaturated....g	7.750		1	MA	12		4.573		

NDB No. 21347
McDONALD'S, NEWMAN'S OWN Creamy Caesar Dressing

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total polyunsaturated.....g	16.300		1	MA	12		9.617		
Fatty acids, total trans.....g	0.490		1	MA	12		0.289		
Cholesterol.....mg	35		1	MA	12		21		
Phytosterols.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 59g: 2 fl oz

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2010)

NDB No. 21348

McDONALD'S, NEWMAN'S OWN Low Fat Balsamic Vinaigrette

McDonald's Corporation

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	66.05		1	MA	12		31.04		
Energy ... kcal	86		0	MC	9		40		
Energy ... kJ	360		0	MC	9		169		
Protein (N x 6.25) ... g	0.19		1	MA	12		0.09		
Total lipid (fat) ... g	5.94		1	MA	12		2.79		
Ash ... g	3.17		1	MA	12		1.49		
Carbohydrate, by difference ... g	24.65		0	NC	4		11.59		
Fiber, total dietary ... g	0.4		1	MA	12		0.2		
Sugars, total ... g	6.74		1	MA	12		3.17		
Starch ... g									
Minerals:									
Calcium, Ca ... mg	8		1	MA	12		4		
Iron, Fe ... mg	0.28		1	MA	12		0.13		
Magnesium, Mg ... mg	3		1	MA	12		1		
Phosphorus, P ... mg	1		1	MA	12		1		
Potassium, K ... mg	20		1	MA	12		9		
Sodium, Na ... mg	1562		1	MA	12		734		
Zinc, Zn ... mg	0.03		1	MA	12		0.01		
Copper, Cu ... mg	0.010		1	MA	12		0.005		
Manganese, Mn ... mg	0.040		1	MA	12		0.019		
Selenium, Se ... mcg	0.1		1	MA	12		0.1		
Vitamins:									
Vitamin C, total ascorbic acid ... mg	4.0		1	MA	12		1.9		
Thiamin ... mg	0.000		1	MA	12		0.000		
Riboflavin ... mg	0.000		1	MA	12		0.000		
Niacin ... mg	0.010		1	MA	12		0.005		
Pantothenic acid ... mg	0.000		1	MA	12		0.000		
Vitamin B-6 ... mg	0.000		1	MA	12		0.000		
Folate, total ... mcg	0		1	MA	12		0		
Folic acid ... mcg									
Folate, food ... mcg	0		1	MA	12		0		
Folate, DFE ... mcg_DFE									
Choline, total ... mg									
Betaine ... mg									
Vitamin B-12 ... mcg	0.00		1	MA	12		0.00		
Vitamin A, RAE ... mcg_RAE									
Retinol ... mcg									
Carotene, beta ... mcg									
Carotene, alpha ... mcg									
Cryptoxanthin, beta ... mcg									
Vitamin A, IU ... IU	110		1	MA	12		52		
Lycopene ... mcg									
Lutein + zeaxanthin ... mcg									
Vitamin E (alpha-tocopherol) ... mg	0.01		1	MA	12		0.00		
Tocopherol, beta ... mg									
Tocopherol, gamma ... mg									
Tocopherol, delta ... mg									
Vitamin D (D2 + D3) ... mcg	0.0		0	Z	7		0.0		
Vitamin D2 (ergocalciferol) ... mcg									
Vitamin D3 (cholecalciferol) ... mcg									
Vitamin D ... IU	0		1	MA	12		0		
Vitamin K (phylloquinone) ... mcg									
Dihydrophylloquinone ... mcg									
Menaquinone-4 ... mcg									
Lipids:									
Fatty acids, total saturated ... g	0.870		1	MA	12		0.409		
Fatty acids, total monounsaturated ... g	2.190		1	MA	12		1.029		

NDB No. 21348
McDONALD'S, NEWMAN'S OWN Low Fat Balsamic Vinaigrette

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total polyunsaturated.....g	2.800		1	MA	12		1.316		
Fatty acids, total trans.....g	0.020		1	MA	12		0.009		
Cholesterol.....mg	0		1	MA	12		0		
Phytosterols.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 47g: 2 fl oz

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2010)

NDB No. 21349

McDONALD'S, NEWMAN'S OWN Ranch Dressing

McDonald's Corporation

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	51.35		0	NR	4		28.76		
Energy....kcal	313		0	MC	9		175		
Energy....kJ	1310		0	MC	9		733		
Protein (N x 6.25)....g	2.62		1	MA	12		1.47		
Total lipid (fat)....g	26.57		1	MA	12		14.88		
Ash....g	2.71		0	O	4		1.52		
Carbohydrate, by difference....g	16.75		0	NC	4		9.38		
Fiber, total dietary....g	0.3		1	MA	12		0.2		
Sugars, total....g	6.57		1	MA	12		3.68		
Starch....g									
Minerals:									
Calcium, Ca....mg	77		1	MA	12		43		
Iron, Fe....mg	0.25		1	MA	12		0.14		
Magnesium, Mg....mg	3		1	MA	12		2		
Phosphorus, P....mg	76		1	MA	12		42		
Potassium, K....mg	120		1	MA	12		67		
Sodium, Na....mg	954		1	MA	12		534		
Zinc, Zn....mg	0.06		1	MA	12		0.03		
Copper, Cu....mg	0.010		1	MA	12		0.006		
Manganese, Mn....mg	0.020		1	MA	12		0.011		
Selenium, Se....mcg	0.4		1	MA	12		0.2		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.8		1	MA	12		0.4		
Thiamin....mg	0.010		1	MA	12		0.006		
Riboflavin....mg	0.140		1	MA	12		0.078		
Niacin....mg	0.010		1	MA	12		0.006		
Pantothenic acid....mg	0.110		1	MA	12		0.062		
Vitamin B-6....mg	0.040		1	MA	12		0.022		
Folate, total....mcg	1		1	MA	12		1		
Folic acid....mcg									
Folate, food....mcg	1		1	MA	12		1		
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.00		1	MA	12		0.00		
Vitamin A, RAE....mcg_RAE									
Retinol....mcg									
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	68		1	MA	12		38		
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Dihydrophylloquinone....mcg									
Menaquinone-4....mcg									
Lipids:									
Fatty acids, total saturated....g	4.360		1	MA	12		2.442		
Fatty acids, total monounsaturated....g	15.350		1	MA	12		8.596		

NDB No. 21349
McDONALD'S, NEWMAN'S OWN Ranch Dressing

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total polyunsaturated.....g	6.350		1	MA	12		3.556		
Fatty acids, total trans.....g	0.380		1	MA	12		0.213		
Cholesterol.....mg	32		1	MA	12		18		
Phytosterols.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 56g: 2 fl oz

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2010)

NDB No. 21337

McDONALD'S, Peanuts (for Sundaes)

McDonald's Corporation

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	0.56		1	A	1		0.04		
Energy	kcal	640		0	MC	9		45		
Energy	kJ	2678		0	MC	9		187		
Protein (N x 6.25)	g	28.04		1	A	1		1.96		
Total lipid (fat)	g	52.91		1	A	1		3.70		
Ash	g	2.26		1	A	1		0.16		
Carbohydrate, by difference	g	16.23		0	NC	4		1.14		
Fiber, total dietary	g									
Sugars, total	g	4.15		1	A	1		0.29		
Sucrose	g	4.15		1	A	1		0.29		
Glucose (dextrose)	g	0.00		1	A	1		0.00		
Fructose	g	0.00		1	A	1		0.00		
Lactose	g	0.00		1	A	1		0.00		
Maltose	g	0.00		1	A	1		0.00		
Galactose	g	0.00		1	A	1		0.00		
Starch	g									
Minerals:										
Calcium, Ca	mg	46		1	A	1		3		
Iron, Fe	mg	1.45		1	A	1		0.10		
Magnesium, Mg	mg	193		1	A	1		14		
Phosphorus, P	mg	364		1	A	1		25		
Potassium, K	mg	634		1	A	1		44		
Sodium, Na	mg	0		1	A	1		0		
Zinc, Zn	mg	2.78		1	A	1		0.19		
Copper, Cu	mg	0.408		1	A	1		0.029		
Manganese, Mn	mg	2.000		1	A	1		0.140		
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg									
Thiamin	mg	0.075		1	A	1		0.005		
Riboflavin	mg	0.111		1	A	1		0.008		
Niacin	mg	16.500		1	A	1		1.155		
Pantothenic acid	mg	1.020		1	A	1		0.071		
Vitamin B-6	mg	0.728		1	A	1		0.051		
Folate, total	mcg	159		1	A	1		11		
Folic acid	mcg									
Folate, food	mcg	159		1	A	1		11		
Folate, DFE	mcg_DFE									
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg									
Vitamin A, RAE	mcg_RAE									
Retinol	mcg									
Carotene, beta	mcg									
Carotene, alpha	mcg									
Cryptoxanthin, beta	mcg									
Vitamin A, IU	IU									
Lycopene	mcg									
Lutein + zeaxanthin	mcg									
Vitamin E (alpha-tocopherol)	mg	8.24		1	A	1		0.58		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg									
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									

NDB No. 21337
McDONALD'S, Peanuts (for Sundaes)

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Dihydrophylloquinone....mcg									
Menaquinone-4....mcg									
Lipids:									
Fatty acids, total saturated....g	8.305		0	NC	4		0.581		
4:0....g									
6:0....g									
8:0....g	0.000		1	A	1		0.000		
10:0....g	0.000		1	A	1		0.000		
12:0....g	0.000		1	A	1		0.000		
13:0....g									
14:0....g	0.000		1	A	1		0.000		
15:0....g	0.000		1	A	1		0.000		
16:0....g	4.907		1	A	1		0.344		
17:0....g	0.056		1	A	1		0.004		
18:0....g	1.273		1	A	1		0.089		
20:0....g	0.653		1	A	1		0.046		
22:0....g	1.415		1	A	1		0.099		
24:0....g									
Fatty acids, total monounsaturated....g	25.749		0	NC	4		1.802		
14:1....g	0.000		1	A	1		0.000		
15:1....g	0.000		1	A	1		0.000		
16:1 undifferentiated....g	0.000		1	A	1		0.000		
17:1....g	0.000		1	A	1		0.000		
18:1 undifferentiated....g	25.117		0	A	1		1.758		
18:1 c....g	25.117		1	A	1		1.758		
18:1-11c (18:1c n-7)....g									
18:1 t....g	0.000		1	A	1		0.000		
18:1-11t (18:1t n-7)....g									
20:1....g	0.631		1	A	1		0.044		
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	13.979		0	NC	4		0.979		
18:2 undifferentiated....g	13.979		0	AS	1		0.979		
18:2 n-6 c,c....g	13.979		1	A	1		0.979		
18:2 CLAs....g									
18:2 c,t....g									
18:2 t,c....g									
18:2 t,t....g	0.000		1	A	1		0.000		
18:2 i....g									
18:2 t not further defined....g									
18:3 undifferentiated....g	0.000		0	AS	1		0.000		
18:3 n-3 c,c,c (ALA)....g	0.000		1	A	1		0.000		
18:3 n-6 c,c,c....g	0.000		1	A	1		0.000		
18:3i....g									
18:4....g									
20:2 n-6 c,c....g	0.000		1	A	1		0.000		
20:3 undifferentiated....g	0.000		1	A	1		0.000		
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.000		1	A	1		0.000		
20:4 n-3....g									
20:4 n-6....g									
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g	0.000		0	NC	4		0.000		
Fatty acids, total trans-monoenoic....g	0.000		0	NC	4		0.000		
Fatty acids, total trans-polyenoic....g	0.000		0	NC	4		0.000		
Cholesterol....mg									
Phytosterols....mg									

NDB No. 21337
McDONALD'S, Peanuts (for Sundaes)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 7.0g: .3 oz

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2010)

NDB No. 21403

McDONALD'S, Premium Crispy Chicken Classic Sandwich

McDonald's Corporation

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	51.98		0	RKI	6		119.56		
Energy....kcal	228		0	RKI	6		524		
Energy....kJ	953		0	RKI	6		2192		
Protein....g	12.08		0	RKI	6		27.79		
Total lipid (fat)....g	8.68		0	RKI	6		19.95		
Ash....g	1.80		0	RKI	6		4.14		
Carbohydrate, by difference....g	25.46		0	RKI	6		58.56		
Fiber, total dietary....g	1.4		0	RKA	1		3.3		
Sugars, total....g	5.37		0	RKI	6		12.34		
Starch....g									
Minerals:									
Calcium, Ca....mg	34		0	RKA	1		77		
Iron, Fe....mg	1.42		0	RKA	1		3.26		
Magnesium, Mg....mg	27		0	RKA	1		62		
Phosphorus, P....mg	161		0	RKA	1		370		
Potassium, K....mg	227		0	RKA	1		523		
Sodium, Na....mg	512		0	RKA	1		1177		
Zinc, Zn....mg	0.66		0	RKA	1		1.52		
Copper, Cu....mg	0.087		0	RKA	1		0.201		
Manganese, Mn....mg	0.430		0	RKA	1		0.989		
Selenium, Se....mcg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	2.5		0	RKA	1		5.8		
Thiamin....mg	0.199		0	RKA	1		0.459		
Riboflavin....mg	0.171		0	RKA	1		0.393		
Niacin....mg	5.542		0	RKA	1		12.747		
Pantothenic acid....mg	1.026		0	RKA	1		2.359		
Vitamin B-6....mg									
Folate, total....mcg	45		0	RKA	1		104		
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg									
Vitamin A, RAE....mcg_RAE	18		0	RKA	1		42		
Vitamin A, IU....IU	330		0	RKA	1		758		
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Dihydrophylloquinone....mcg									
Menaquinone-4....mcg									
Lipids:									
Fatty acids, total saturated....g	1.409		0	RKI	6		3.240		
4:0....g									
6:0....g									
8:0....g	0.000		0	RKA	1		0.000		
10:0....g	0.000		0	RKA	1		0.000		
12:0....g	0.000		0	RKA	1		0.000		
13:0....g									
14:0....g	0.007		0	RKA	1		0.017		
15:0....g									
16:0....g	0.905		0	RKA	1		2.082		

NDB No. 21403
McDONALD'S, Premium Crispy Chicken Classic Sandwich

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
17:0	g									
18:0	g	0.430		0	RKA	1		0.988		
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	3.179		0	RKI	6		7.311		
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.077		0	RKA	1		0.178		
17:1	g									
18:1 undifferentiated	g	3.037		0	RKA	1		6.984		
20:1	g	0.052		0	RKA	1		0.119		
22:1 undifferentiated	g	0.013		0	RKA	1		0.030		
22:1 c	g	0.013		0	RKA	1		0.030		
22:1 t	g									
24:1 c	g									
Fatty acids, total polyunsaturated	g	3.708		0	RKI	6		8.527		
18:2 undifferentiated	g	3.367		0	RKA	1		7.743		
18:3 undifferentiated	g	0.302		0	RKA	1		0.695		
18:4	g									
20:2 n-6 c,c	g									
20:3 undifferentiated	g									
20:4 undifferentiated	g	0.033		0	RKA	1		0.075		
20:5 n-3 (EPA)	g	0.000		0	RKA	1		0.000		
22:5 n-3 (DPA)	g	0.000		0	RKA	1		0.000		
22:6 n-3 (DHA)	g									
Fatty acids, total trans	g	0.069		0	RKI	6		0.159		
Cholesterol	mg	26		0	RKI	6		60		
Phytosterols	mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 230g: 1 item 8.1 oz

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2010)

NDB No. 21405

McDONALD'S, Premium Crispy Chicken Club Sandwich

McDonald's Corporation

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	48.02		0	RKI	6		121.96		
Energy....kcal	250		0	MC	9		635		
Energy....kJ	1046		0	MC	9		2657		
Protein....g	15.38		0	RKI	6		39.06		
Total lipid (fat)....g	11.76		0	RKI	6		29.87		
Ash....g	2.23		0	RKI	6		5.68		
Carbohydrate, by difference....g	22.61		0	RKI	6		57.43		
Fiber, total dietary....g	1.2		0	RKI	6		3.1		
Sugars, total....g	4.99		0	RKI	6		12.66		
Starch....g									
Minerals:									
Calcium, Ca....mg	92		0	RKA	1		233		
Iron, Fe....mg	1.32		0	RKA	1		3.34		
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg									
Sodium, Na....mg	605		0	RKA	1		1536		
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....mcg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	3.8		0	RKA	1		9.8		
Thiamin....mg	0.176		0	RKA	1		0.446		
Riboflavin....mg	0.169		0	RKA	1		0.430		
Niacin....mg	4.748		0	RKA	1		12.060		
Pantothenic acid....mg	0.911		0	RKA	1		2.314		
Vitamin B-6....mg									
Folate, total....mcg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg									
Vitamin A, RAE....mcg_RAE									
Vitamin A, IU....IU	347		0	RKI	6		881		
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Dihydrophylloquinone....mcg									
Menaquinone-4....mcg									
Lipids:									
Fatty acids, total saturated....g	3.333		0	RKI	6		8.465		
Fatty acids, total monounsaturated....g	4.223		0	RKI	6		10.727		
Fatty acids, total polyunsaturated....g	3.557		0	RKI	6		9.034		
Fatty acids, total trans....g	0.087		0	RKI	6		0.222		
Cholesterol....mg	38		0	RKI	6		98		
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 21405

McDONALD'S, Premium Crispy Chicken Club Sandwich

Common Measures:

Measure 1 = 254g: 1 item 9 oz

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2010)

NDB No. 21407

McDONALD'S, Premium Crispy Chicken Ranch BLT Sandwich

McDonald's Corporation

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	48.61		0	RKI	6		116.66		
Energy....kcal	244		0	NC	4		587		
Energy....kJ	1023		0	NC	4		2455		
Protein....g	14.70		0	RKI	6		35.29		
Total lipid (fat)....g	9.55		0	RKI	6		22.93		
Ash....g	2.21		0	RKI	6		5.30		
Carbohydrate, by difference....g	24.93		0	RKI	6		59.82		
Fiber, total dietary....g	1.4		0	RKA	1		3.3		
Sugars, total....g	5.53		0	RKI	6		13.27		
Starch....g									
Minerals:									
Calcium, Ca....mg	35		0	RKA	1		83		
Iron, Fe....mg	1.42		0	RKA	1		3.41		
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg									
Sodium, Na....mg	637		0	RKA	1		1530		
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....mcg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	4.3		0	RKA	1		10.2		
Thiamin....mg	0.190		0	RKA	1		0.456		
Riboflavin....mg	0.165		0	RKA	1		0.396		
Niacin....mg	5.254		0	RKA	1		12.609		
Pantothenic acid....mg	0.964		0	RKA	1		2.313		
Vitamin B-6....mg									
Folate, total....mcg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg									
Vitamin A, RAE....mcg_RAE									
Vitamin A, IU....IU	306		0	RKA	1		735		
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Dihydrophylloquinone....mcg									
Menaquinone-4....mcg									
Lipids:									
Fatty acids, total saturated....g	1.971		0	RKI	6		4.731		
Fatty acids, total monounsaturated....g	3.773		0	RKI	6		9.054		
Fatty acids, total polyunsaturated....g	3.231		0	RKI	6		7.754		
Fatty acids, total trans....g	0.090		0	RKI	6		0.217		
Cholesterol....mg	30		0	RKI	6		72		
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 21407

McDONALD'S, Premium Crispy Chicken Ranch BLT Sandwich

Common Measures:

Measure 1 = 240g: 1 item 8.5 oz

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2010)

NDB No. 21402

McDONALD'S, Premium Grilled Chicken Classic Sandwich

McDonald's Corporation

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	57.30		0	RKI	6		131.22		
Energy	kcal	183		0	MC	9		420		
Energy	kJ	767		0	MC	9		1756		
Protein	g	14.16		0	RKI	6		32.42		
Total lipid (fat)	g	4.29		0	RKI	6		9.83		
Ash	g	1.96		0	RKA	1		4.49		
Carbohydrate, by difference	g	22.28		0	RKI	6		51.03		
Fiber, total dietary	g	1.4		0	RKA	1		3.3		
Sugars, total	g	5.01		0	RKI	6		11.48		
Sucrose	g	0.44		0	RKA	1		1.01		
Glucose (dextrose)	g	1.70		0	RKA	1		3.89		
Fructose	g	2.09		0	RKA	1		4.79		
Lactose	g	0.00		0	RKA	1		0.00		
Maltose	g	0.78		0	RKA	1		1.79		
Galactose	g	0.00		0	RKA	1		0.00		
Starch	g									
Minerals:										
Calcium, Ca	mg	37		0	RKA	1		85		
Iron, Fe	mg	1.48		0	RKA	1		3.39		
Magnesium, Mg	mg	28		0	RKA	1		63		
Phosphorus, P	mg	195		0	RKA	1		447		
Potassium, K	mg	228		0	RKA	1		523		
Sodium, Na	mg	540		0	RKA	1		1237		
Zinc, Zn	mg	0.69		0	RKA	1		1.59		
Copper, Cu	mg	0.073		0	RKA	1		0.168		
Manganese, Mn	mg	0.357		0	RKA	1		0.818		
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	3.2		0	RKA	1		7.3		
Thiamin	mg	0.196		0	RKA	1		0.449		
Riboflavin	mg	0.190		0	RKA	1		0.436		
Niacin	mg	6.521		0	RKA	1		14.932		
Pantothenic acid	mg	0.927		0	RKA	1		2.123		
Vitamin B-6	mg	0.306		0	RKA	1		0.701		
Folate, total	mcg									
Folate, DFE	mcg_DFE									
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	0.15		0	RKI	6		0.34		
Vitamin A, RAE	mcg_RAE									
Vitamin A, IU	IU	339		0	RKA	1		776		
Lycopene	mcg									
Lutein + zeaxanthin	mcg									
Vitamin E (alpha-tocopherol)	mg	0.53		0	RKI	6		1.21		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg									
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Dihydrophylloquinone	mcg									
Menaquinone-4	mcg									
Lipids:										
Fatty acids, total saturated	g	0.865		0	RKI	6		1.982		
4:0	g									

NDB No. 21402
McDONALD'S, Premium Grilled Chicken Classic Sandwich

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g									
8:0....g	0.000		0	RKA	1		0.000		
10:0....g	0.000		0	RKA	1		0.000		
12:0....g	0.000		0	RKA	1		0.000		
13:0....g									
14:0....g	0.005		0	RKA	1		0.011		
15:0....g									
16:0....g	0.608		0	RKA	1		1.391		
17:0....g									
18:0....g	0.232		0	RKA	1		0.531		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	1.157		0	RKI	6		2.649		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.057		0	RKA	1		0.130		
17:1....g									
18:1 undifferentiated....g	1.092		0	RKA	1		2.500		
20:1....g	0.008		0	RKA	1		0.019		
22:1 undifferentiated....g	0.000		0	RKA	1		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	2.074		0	RKI	6		4.750		
18:2 undifferentiated....g	1.834		0	RKA	1		4.200		
18:3 undifferentiated....g	0.211		0	RKA	1		0.484		
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.029		0	RKA	1		0.066		
20:5 n-3 (EPA)....g	0.000		0	RKA	1		0.000		
22:5 n-3 (DPA)....g	0.000		0	RKA	1		0.000		
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g	0.049		0	RKI	6		0.113		
Cholesterol....mg	34		0	RKI	6		78		
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 229g: 1 item 8 oz

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2010)

NDB No. 21404

McDONALD'S, Premium Grilled Chicken Club Sandwich

McDonald's Corporation

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	52.52		0	RKI	6		141.27		
Energy	kcal	221		0	MC	9		594		
Energy	kJ	925		0	MC	9		2487		
Protein	g	17.19		0	RKI	6		46.24		
Total lipid (fat)	g	8.05		0	RKI	6		21.65		
Ash	g	2.38		0	RKA	1		6.39		
Carbohydrate, by difference	g	19.87		0	RKI	6		53.45		
Fiber, total dietary	g	1.2		0	RKI	6		3.3		
Sugars, total	g	4.68		0	RKI	6		12.59		
Sucrose	g	0.68		0	RKA	1		1.84		
Glucose (dextrose)	g	1.49		0	RKA	1		4.00		
Fructose	g									
Lactose	g	0.00		0	RKA	1		0.01		
Maltose	g	0.72		0	RKA	1		1.93		
Galactose	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	95		0	RKA	1		257		
Iron, Fe	mg	1.37		0	RKA	1		3.69		
Magnesium, Mg	mg									
Phosphorus, P	mg									
Potassium, K	mg									
Sodium, Na	mg	630		0	RKA	1		1694		
Zinc, Zn	mg									
Copper, Cu	mg									
Manganese, Mn	mg									
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	4.4		0	RKA	1		12.0		
Thiamin	mg	0.172		0	RKA	1		0.463		
Riboflavin	mg	0.186		0	RKA	1		0.500		
Niacin	mg	5.575		0	RKA	1		14.997		
Pantothenic acid	mg	0.826		0	RKA	1		2.221		
Vitamin B-6	mg									
Folate, total	mcg									
Folate, DFE	mcg_DFE									
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg									
Vitamin A, RAE	mcg_RAE									
Vitamin A, IU	IU	355		0	RKI	6		955		
Lycopene	mcg									
Lutein + zeaxanthin	mcg									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Dihydrophylloquinone	mcg									
Menaquinone-4	mcg									
Lipids:										
Fatty acids, total saturated	g	2.890		0	RKI	6		7.773		
Fatty acids, total monounsaturated	g	2.508		0	RKI	6		6.747		
Fatty acids, total polyunsaturated	g	2.160		0	RKI	6		5.811		
Fatty acids, total trans	g	0.071		0	RKI	6		0.190		

NDB No. 21404
McDONALD'S, Premium Grilled Chicken Club Sandwich

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Cholesterol.....mg	46		0	RKI	6		122		
Phytosterols.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 269g: 1 item 9.4 oz

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2010)

NDB No. 21406

McDONALD'S, Premium Grilled Chicken Ranch BLT Sandwich

McDonald's Corporation

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	53.61		0	RKI	6		129.73		
Energy	kcal	204		0	MC	9		494		
Energy	kJ	854		0	MC	9		2066		
Protein	g	16.70		0	RKI	6		40.42		
Total lipid (fat)	g	5.41		0	RKI	6		13.10		
Ash	g	2.37		0	RKA	1		5.73		
Carbohydrate, by difference	g	21.91		0	RKI	6		53.03		
Fiber, total dietary	g	1.4		0	RKA	1		3.4		
Sugars, total	g	5.20		0	RKI	6		12.58		
Sucrose	g	0.71		0	RKA	1		1.73		
Glucose (dextrose)	g	1.63		0	RKA	1		3.95		
Fructose	g	1.99		0	RKA	1		4.81		
Lactose	g	0.11		0	RKA	1		0.26		
Maltose	g	0.76		0	RKA	1		1.83		
Galactose	g	0.00		0	RKA	1		0.00		
Starch	g									
Minerals:										
Calcium, Ca	mg	38		0	RKA	1		92		
Iron, Fe	mg	1.48		0	RKA	1		3.59		
Magnesium, Mg	mg									
Phosphorus, P	mg									
Potassium, K	mg									
Sodium, Na	mg	666		0	RKA	1		1611		
Zinc, Zn	mg									
Copper, Cu	mg									
Manganese, Mn	mg									
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	4.9		0	RKA	1		11.9		
Thiamin	mg	0.187		0	RKA	1		0.452		
Riboflavin	mg	0.183		0	RKA	1		0.444		
Niacin	mg	6.177		0	RKA	1		14.949		
Pantothenic acid	mg	0.869		0	RKA	1		2.104		
Vitamin B-6	mg									
Folate, total	mcg									
Folate, DFE	mcg_DFE									
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg									
Vitamin A, RAE	mcg_RAE									
Vitamin A, IU	IU	315		0	RKA	1		762		
Lycopene	mcg									
Lutein + zeaxanthin	mcg									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Dihydrophylloquinone	mcg									
Menaquinone-4	mcg									
Lipids:										
Fatty acids, total saturated	g	1.463		0	RKI	6		3.541		
Fatty acids, total monounsaturated	g	1.865		0	RKI	6		4.513		
14:1	g									
15:1	g									

NDB No. 21406
McDONALD'S, Premium Grilled Chicken Ranch BLT Sandwich

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated....g									
17:1....g									
18:1 undifferentiated....g									
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.678		0	RKI	6		4.062		
18:2 undifferentiated....g									
18:3 undifferentiated....g									
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g	0.072		0	RKI	6		0.174		
Cholesterol....mg	38		0	RKI	6		91		
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 242g: 1 item 8.5 oz

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2010)

NDB No. 21234
McDONALD'S, QUARTER POUNDER
McDonald's Corporation

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	50.37		0	RKI	6		86.14		
Energy	kcal	244		0	MC	9		417		
Energy	kJ	1021		0	MC	9		1746		
Protein	g	14.10		0	RKI	6		24.11		
Total lipid (fat)	g	11.55		0	RKI	6		19.75		
Ash	g	1.81		0	RKI	6		3.10		
Carbohydrate, by difference	g	22.17		0	RKI	6		37.90		
Fiber, total dietary	g	1.6		0	RKI	6		2.7		
Sugars, total	g	5.13		0	RKI	6		8.78		
Sucrose	g	0.22		0	RKI	6		0.38		
Glucose (dextrose)	g	1.91		0	RKI	6		3.27		
Fructose	g	2.20		0	RKI	6		3.77		
Lactose	g	0.07		0	RKI	6		0.12		
Maltose	g	0.73		0	RKI	6		1.25		
Galactose	g	0.00		0	RKI	6		0.00		
Starch	g									
Minerals:										
Calcium, Ca	mg	84		0	RKI	6		143		
Iron, Fe	mg	2.41		0	RKI	6		4.12		
Magnesium, Mg	mg	22		0	RKI	6		38		
Phosphorus, P	mg	124		0	RKI	6		212		
Potassium, K	mg	227		0	RKI	6		388		
Sodium, Na	mg	427		0	MC	9		730		
Zinc, Zn	mg	2.69		0	RKI	6		4.61		
Copper, Cu	mg	0.107		0	RKI	6		0.183		
Manganese, Mn	mg	0.199		0	RKI	6		0.340		
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.9		0	RKA	1		1.6		
Thiamin	mg	0.183		0	RKI	6		0.313		
Riboflavin	mg	0.344		0	RKI	6		0.588		
Niacin	mg	4.452		0	RKI	6		7.614		
Pantothenic acid	mg									
Vitamin B-6	mg									
Folate, total	mcg	56		0	RKA	1		96		
Folic acid	mcg									
Folate, food	mcg									
Folate, DFE	mcg_DFE									
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	1.28		0	RKI	6		2.20		
Vitamin A, RAE	mcg_RAE									
Retinol	mcg									
Carotene, beta	mcg									
Carotene, alpha	mcg									
Cryptoxanthin, beta	mcg									
Vitamin A, IU	IU	56		0	RKA	1		96		
Lycopene	mcg									
Lutein + zeaxanthin	mcg									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg									
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									

NDB No. 21234
McDONALD'S, QUARTER POUNDER

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Dihydrophylloquinone.....mcg									
Menaquinone-4.....mcg									
Lipids:									
Fatty acids, total saturated.....g	4.008		0	RKI	6		6.853		
Fatty acids, total monounsaturated.....g	4.202		0	RKI	6		7.185		
Fatty acids, total polyunsaturated.....g	0.283		0	RKI	6		0.485		
Fatty acids, total trans.....g	0.724		0	MC	9		1.238		
Cholesterol.....mg	39		0	RKI	6		67		
Phytosterols.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 171g: 1 item

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2010)

NDB No. 21235

McDONALD'S, QUARTER POUNDER with Cheese

McDonald's Corporation

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	48.90		0	RKI	6		97.31		
Energy....kcal	258		0	MC	9		513		
Energy....kJ	1079		0	MC	9		2148		
Protein....g	14.59		0	RKI	6		29.03		
Total lipid (fat)....g	14.22		0	RKI	6		28.29		
Ash....g	2.35		0	RKI	6		4.67		
Carbohydrate, by difference....g	19.95		0	RKI	6		39.69		
Fiber, total dietary....g	1.4		0	RKI	6		2.7		
Sugars, total....g	4.91		0	RKI	6		9.76		
Sucrose....g	0.19		0	RKI	6		0.38		
Glucose (dextrose)....g	1.64		0	RKI	6		3.27		
Fructose....g	1.89		0	RKI	6		3.77		
Lactose....g	0.55		0	RKI	6		1.10		
Maltose....g	0.63		0	RKI	6		1.25		
Galactose....g	0.00		0	RKI	6		0.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	144		0	RKI	6		287		
Iron, Fe....mg	2.10		0	RKI	6		4.18		
Magnesium, Mg....mg	22		0	RKI	6		44		
Phosphorus, P....mg	161		0	RKI	6		321		
Potassium, K....mg	219		0	RKI	6		437		
Sodium, Na....mg	579		0	MC	9		1153		
Zinc, Zn....mg	2.63		0	RKI	6		5.23		
Copper, Cu....mg	0.097		0	RKI	6		0.194		
Manganese, Mn....mg	0.174		0	RKI	6		0.347		
Selenium, Se....mcg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.8		0	RKA	1		1.6		
Thiamin....mg	0.164		0	RKI	6		0.327		
Riboflavin....mg	0.354		0	RKI	6		0.705		
Niacin....mg	3.850		0	RKI	6		7.661		
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....mcg	51		0	RKA	1		102		
Folic acid....mcg									
Folate, food....mcg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	1.26		0	RKI	6		2.51		
Vitamin A, RAE....mcg_RAE									
Retinol....mcg									
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	280		0	RKA	1		557		
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									

NDB No. 21235
McDONALD'S, QUARTER POUNDER with Cheese

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Dihydrophylloquinone....mcg									
Menaquinone-4....mcg									
Lipids:									
Fatty acids, total saturated....g	5.643		0	RKI	6		11.229		
Fatty acids, total monounsaturated....g	4.608		0	RKI	6		9.170		
Fatty acids, total polyunsaturated....g	0.433		0	RKI	6		0.862		
Fatty acids, total trans....g	0.849		0	MC	9		1.690		
Cholesterol....mg	47		0	RKI	6		93		
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 199g: 1 item

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2010)

NDB No. 21361
McDONALD'S, Sausage Biscuit
McDonald's Corporation

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	34.71		0	RKA	1		40.61		
Energy	kcal	376		0	NC	4		440		
Energy	kJ	1573		0	NC	4		1840		
Protein	g	9.62		0	RKA	1		11.26		
Total lipid (fat)	g	25.40		0	RKA	1		29.72		
Ash	g	3.07		0	RKA	1		3.59		
Carbohydrate, by difference	g	27.20		0	RKI	6		31.82		
Fiber, total dietary	g	1.2		0	RKA	1		1.4		
Sugars, total	g	1.97		0	RKA	1		2.30		
Starch	g									
Minerals:										
Calcium, Ca	mg	55		0	RKA	1		65		
Iron, Fe	mg	2.01		0	RKA	1		2.36		
Magnesium, Mg	mg	13		0	RKA	1		15		
Phosphorus, P	mg	323		0	RKA	1		378		
Potassium, K	mg	177		0	RKA	1		207		
Sodium, Na	mg	875		0	RKA	1		1024		
Zinc, Zn	mg	0.86		0	RKA	1		1.01		
Copper, Cu	mg	0.074		0	RKA	1		0.086		
Manganese, Mn	mg	0.174		0	RKA	1		0.203		
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	RKA	1		0.0		
Thiamin	mg	0.403		0	RKA	1		0.472		
Riboflavin	mg	0.281		0	RKA	1		0.329		
Niacin	mg	4.284		0	RKA	1		5.013		
Pantothenic acid	mg	0.521		0	RKA	1		0.609		
Vitamin B-6	mg	0.128		0	RKA	1		0.150		
Folate, total	mcg	91		0	RKA	1		107		
Folate, DFE	mcg_DFE									
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	0.39		0	RKA	1		0.46		
Vitamin A, RAE	mcg_RAE	8		0	RKA	1		9		
Vitamin A, IU	IU	26		0	RKA	1		30		
Lycopene	mcg									
Lutein + zeaxanthin	mcg									
Vitamin E (alpha-tocopherol)	mg	0.75		0	RKA	1		0.87		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg									
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Dihydrophylloquinone	mcg									
Menaquinone-4	mcg									
Lipids:										
Fatty acids, total saturated	g	10.659		0	RKI	6		12.471		
4:0	g	0.000		0	RKA	1		0.000		
6:0	g	0.010		0	RKA	1		0.011		
8:0	g	0.113		0	RKA	1		0.133		
10:0	g	0.094		0	RKA	1		0.109		
12:0	g	1.111		0	RKA	1		1.300		
13:0	g									
14:0	g	0.598		0	RKA	1		0.700		

NDB No. 21361
McDONALD'S, Sausage Biscuit

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
15:0....g	0.005		0	RKA	1		0.006		
16:0....g	6.601		0	RKA	1		7.723		
17:0....g	0.054		0	RKA	1		0.064		
18:0....g	1.999		0	RKA	1		2.339		
20:0....g	0.054		0	RKA	1		0.063		
22:0....g	0.011		0	RKA	1		0.013		
24:0....g									
Fatty acids, total monounsaturated....g	8.832		0	RKI	6		10.333		
14:1....g	0.000		0	RKA	1		0.000		
15:1....g	0.000		0	RKA	1		0.000		
16:1 undifferentiated....g	0.337		0	RKA	1		0.394		
17:1....g	0.000		0	RKA	1		0.000		
18:1 undifferentiated....g	8.372		0	RKA	1		9.795		
20:1....g	0.123		0	RKA	1		0.144		
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	3.420		0	RKI	6		4.001		
18:2 undifferentiated....g	3.123		0	RKA	1		3.654		
18:3 undifferentiated....g	0.193		0	RKA	1		0.226		
18:4....g									
20:2 n-6 c,c....g	0.070		0	RKA	1		0.081		
20:3 undifferentiated....g	0.000		0	RKA	1		0.000		
20:4 undifferentiated....g	0.033		0	RKA	1		0.039		
20:5 n-3 (EPA)....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g	0.237		0	RKI	6		0.278		
Cholesterol....mg	29		0	RKA	1		34		
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 117g: 1 item 4.1 oz

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2010)

NDB No. 21362

McDONALD'S, Sausage Biscuit with Egg

McDonald's Corporation

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	44.62		0	RKA	1		72.72		
Energy....kcal	311		0	MC	9		507		
Energy....kJ	1301		0	MC	9		2121		
Protein....g	11.27		0	RKA	1		18.37		
Total lipid (fat)....g	22.26		0	RKA	1		36.29		
Ash....g	2.57		0	RKA	1		4.19		
Carbohydrate, by difference....g	19.28		0	RKI	6		31.43		
Fiber, total dietary....g	0.8		0	RKA	1		1.4		
Sugars, total....g	1.43		0	RKA	1		2.34		
Starch....g									
Minerals:									
Calcium, Ca....mg	58		0	RKA	1		95		
Iron, Fe....mg	2.03		0	RKA	1		3.31		
Magnesium, Mg....mg	13		0	RKA	1		21		
Phosphorus, P....mg	303		0	RKA	1		494		
Potassium, K....mg	165		0	RKA	1		268		
Sodium, Na....mg	664		0	RKA	1		1082		
Zinc, Zn....mg	1.04		0	RKA	1		1.69		
Copper, Cu....mg	0.078		0	RKA	1		0.128		
Manganese, Mn....mg	0.130		0	RKA	1		0.211		
Selenium, Se....mcg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	RKA	1		0.0		
Thiamin....mg	0.308		0	RKA	1		0.501		
Riboflavin....mg	0.381		0	RKA	1		0.621		
Niacin....mg	2.968		0	RKA	1		4.838		
Pantothenic acid....mg	0.716		0	RKA	1		1.167		
Vitamin B-6....mg	0.144		0	RKA	1		0.235		
Folate, total....mcg	85		0	RKA	1		138		
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.60		0	RKA	1		0.98		
Vitamin A, RAE....mcg_RAE	64		0	RKA	1		105		
Vitamin A, IU....IU	214		0	RKA	1		349		
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg	0.98		0	RKA	1		1.60		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Dihydrophylloquinone....mcg									
Menaquinone-4....mcg									
Lipids:									
Fatty acids, total saturated....g	8.628		0	RKI	6		14.064		
4:0....g	0.000		0	RKA	1		0.000		
6:0....g	0.007		0	RKA	1		0.011		
8:0....g	0.078		0	RKA	1		0.127		
10:0....g	0.064		0	RKA	1		0.105		
12:0....g	0.764		0	RKA	1		1.245		
13:0....g									
14:0....g	0.425		0	RKA	1		0.692		

NDB No. 21362
McDONALD'S, Sausage Biscuit with Egg

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
15:0....g	0.003		0	RKA	1		0.005		
16:0....g	5.466		0	RKA	1		8.910		
17:0....g	0.046		0	RKA	1		0.076		
18:0....g	1.718		0	RKA	1		2.800		
20:0....g	0.039		0	RKA	1		0.064		
22:0....g	0.010		0	RKA	1		0.017		
24:0....g									
Fatty acids, total monounsaturated....g	7.748		0	RKI	6		12.630		
14:1....g	0.000		0	RKA	1		0.000		
15:1....g	0.000		0	RKA	1		0.000		
16:1 undifferentiated....g	0.313		0	RKA	1		0.510		
17:1....g	0.000		0	RKA	1		0.000		
18:1 undifferentiated....g	7.340		0	RKA	1		11.964		
20:1....g	0.095		0	RKA	1		0.156		
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	3.169		0	RKI	6		5.166		
18:2 undifferentiated....g	2.880		0	RKA	1		4.694		
18:3 undifferentiated....g	0.184		0	RKA	1		0.300		
18:4....g									
20:2 n-6 c,c....g	0.060		0	RKA	1		0.097		
20:3 undifferentiated....g	0.000		0	RKA	1		0.000		
20:4 undifferentiated....g	0.046		0	RKA	1		0.074		
20:5 n-3 (EPA)....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g	0.287		0	RKI	6		0.469		
Cholesterol....mg	152		0	RKA	1		247		
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 163g: 1 item 5.7 oz

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2010)

NDB No. 21340
McDONALD'S, Sausage Burrito
McDonald's Corporation

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	49.41		0	RKA	1		55.83		
Energy....kcal	262		0	MC	9		296		
Energy....kJ	1096		0	MC	9		1239		
Protein....g	11.54		0	RKA	1		13.04		
Total lipid (fat)....g	15.15		0	RKA	1		17.12		
Ash....g	2.52		0	RKA	1		2.84		
Carbohydrate, by difference....g	21.39		0	RKI	6		24.17		
Fiber, total dietary....g	1.1		0	RKA	1		1.3		
Sugars, total....g	1.25		0	RKA	1		1.42		
Sucrose....g	0.07		0	RKA	1		0.08		
Glucose (dextrose)....g	0.04		0	RKA	1		0.04		
Fructose....g	0.07		0	RKA	1		0.07		
Lactose....g	0.56		0	RKA	1		0.64		
Maltose....g	0.51		0	RKA	1		0.58		
Galactose....g	0.00		0	RKA	1		0.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	180		0	RKA	1		203		
Iron, Fe....mg	1.63		0	RKA	1		1.84		
Magnesium, Mg....mg	17		0	RKA	1		20		
Phosphorus, P....mg	219		0	RKA	1		247		
Potassium, K....mg	137		0	RKA	1		155		
Sodium, Na....mg	675		0	RKA	1		763		
Zinc, Zn....mg	1.18		0	RKA	1		1.33		
Copper, Cu....mg	0.081		0	RKA	1		0.091		
Manganese, Mn....mg	0.190		0	RKA	1		0.215		
Selenium, Se....mcg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.8		0	RKA	1		0.9		
Thiamin....mg	0.161		0	RKA	1		0.182		
Riboflavin....mg	0.290		0	RKA	1		0.328		
Niacin....mg	1.702		0	RKA	1		1.923		
Pantothenic acid....mg	0.776		0	RKA	1		0.877		
Vitamin B-6....mg	0.361		0	RKA	1		0.407		
Folate, total....mcg	62		0	RKA	1		70		
Folic acid....mcg									
Folate, food....mcg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.54		0	RKA	1		0.61		
Vitamin A, RAE....mcg_RAE	86		0	RKA	1		97		
Retinol....mcg	83		0	RKA	1		94		
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	338		0	RKA	1		381		
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg	0.19		0	RKA	1		0.21		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									

NDB No. 21340
McDONALD'S, Sausage Burrito

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Dihydrophylloquinone....mcg									
Menaquinone-4....mcg									
Lipids:									
Fatty acids, total saturated....g	5.361		0	RKI	6		6.058		
4:0....g									
6:0....g									
8:0....g	0.053		0	RKA	1		0.060		
10:0....g	0.105		0	RKA	1		0.119		
12:0....g	0.101		0	RKA	1		0.114		
13:0....g									
14:0....g	0.405		0	RKA	1		0.458		
15:0....g	0.034		0	RKA	1		0.039		
16:0....g	3.033		0	RKA	1		3.427		
17:0....g	0.041		0	RKA	1		0.046		
18:0....g	1.550		0	RKA	1		1.751		
20:0....g	0.028		0	RKA	1		0.032		
22:0....g	0.010		0	RKA	1		0.011		
24:0....g									
Fatty acids, total monounsaturated....g	5.735		0	RKI	6		6.480		
14:1....g	0.026		0	RKA	1		0.029		
15:1....g	0.000		0	RKA	1		0.000		
16:1 undifferentiated....g	0.210		0	RKA	1		0.237		
17:1....g	0.017		0	RKA	1		0.019		
18:1 undifferentiated....g	5.431		0	RKA	1		6.138		
20:1....g	0.051		0	RKA	1		0.058		
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	2.109		0	RKI	6		2.383		
18:2 undifferentiated....g	1.898		0	RKA	1		2.144		
18:3 undifferentiated....g	0.094		0	RKA	1		0.107		
18:4....g									
20:2 n-6 c,c....g	0.033		0	RKA	1		0.037		
20:3 undifferentiated....g	0.000		0	RKA	1		0.000		
20:4 undifferentiated....g	0.084		0	RKA	1		0.095		
20:5 n-3 (EPA)....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g	1.060		0	RKI	6		1.198		
Cholesterol....mg	153		0	RKA	1		173		
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 113g: 1 item 3.993 oz

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2010)

NDB No. 21328
McDONALD'S, Sausage McGRIDDLES
McDonald's Corporation

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	40.11		0	RKA	1		54.15		
Energy	kcal	312		0	MC	9		421		
Energy	kJ	1305		0	MC	9		1762		
Protein	g	8.41		0	RKA	1		11.35		
Total lipid (fat)	g	17.76		0	RKA	1		23.97		
Ash	g	2.47		0	RKA	1		3.34		
Carbohydrate, by difference	g	31.25		0	RKI	6		42.19		
Fiber, total dietary	g	1.0		0	RKA	1		1.3		
Sugars, total	g	11.23		0	RKA	1		15.16		
Sucrose	g	6.16		0	RKA	1		8.32		
Glucose (dextrose)	g	3.91		0	RKA	1		5.28		
Fructose	g	0.14		0	RKA	1		0.18		
Lactose	g	0.54		0	RKA	1		0.73		
Maltose	g	0.48		0	RKA	1		0.64		
Galactose	g	0.00		0	RKI	6		0.00		
Starch	g									
Minerals:										
Calcium, Ca	mg	63		0	RKA	1		85		
Iron, Fe	mg	1.42		0	RKA	1		1.92		
Magnesium, Mg	mg	14		0	RKA	1		19		
Phosphorus, P	mg	316		0	RKA	1		426		
Potassium, K	mg	145		0	RKA	1		196		
Sodium, Na	mg	737		0	RKA	1		995		
Zinc, Zn	mg	0.76		0	RKA	1		1.02		
Copper, Cu	mg	0.079		0	RKA	1		0.106		
Manganese, Mn	mg	0.198		0	RKA	1		0.267		
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	RKA	1		0.0		
Thiamin	mg	0.209		0	RKA	1		0.282		
Riboflavin	mg	0.156		0	RKA	1		0.210		
Niacin	mg	3.082		0	RKA	1		4.161		
Pantothenic acid	mg	0.384		0	RKA	1		0.518		
Vitamin B-6	mg	0.108		0	RKA	1		0.145		
Folate, total	mcg	37		0	RKA	1		49		
Folic acid	mcg									
Folate, food	mcg									
Folate, DFE	mcg_DFE									
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	0.27		0	RKA	1		0.36		
Vitamin A, RAE	mcg_RAE									
Retinol	mcg									
Carotene, beta	mcg									
Carotene, alpha	mcg									
Cryptoxanthin, beta	mcg									
Vitamin A, IU	IU	0		0	RKA	1		0		
Lycopene	mcg									
Lutein + zeaxanthin	mcg									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg									
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									

NDB No. 21328
McDONALD'S, Sausage McGRIDDLES

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Dihydrophylloquinone....mcg									
Menaquinone-4....mcg									
Lipids:									
Fatty acids, total saturated....g	5.435		0	RKI	6		7.337		
4:0....g									
6:0....g									
8:0....g									
10:0....g									
12:0....g									
13:0....g									
14:0....g									
15:0....g									
16:0....g									
17:0....g									
18:0....g									
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	7.532		0	RKI	6		10.168		
14:1....g									
15:1....g									
16:1 undifferentiated....g									
17:1....g									
18:1 undifferentiated....g									
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	2.591		0	RKI	6		3.498		
18:2 undifferentiated....g									
18:3 undifferentiated....g									
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g	0.956		0	RKI	6		1.291		
Cholesterol....mg	24		0	RKA	1		32		
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 135g: 1 item 4.744 oz

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2010)

NDB No. 21358
McDONALD'S, Sausage McMUFFIN
McDonald's Corporation

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	38.94		0	RKA	1		44.78		
Energy	kcal	333		0	RKI	6		383		
Energy	kJ	1395		0	RKI	6		1604		
Protein	g	12.66		0	RKA	1		14.56		
Total lipid (fat)	g	21.06		0	RKA	1		24.22		
Ash	g	2.81		0	RKA	1		3.23		
Carbohydrate, by difference	g	24.52		0	RKI	6		28.20		
Fiber, total dietary	g	1.4		0	RKA	1		1.6		
Sugars, total	g	1.93		0	RKA	1		2.22		
Sucrose	g	0.08		0	RKA	1		0.09		
Glucose (dextrose)	g	0.46		0	RKA	1		0.53		
Fructose	g	0.29		0	RKA	1		0.33		
Lactose	g	0.43		0	RKA	1		0.49		
Maltose	g	0.68		0	RKA	1		0.78		
Galactose	g	0.00		0	RKI	6		0.00		
Starch	g									
Minerals:										
Calcium, Ca	mg	224		0	RKA	1		258		
Iron, Fe	mg	2.04		0	RKA	1		2.34		
Magnesium, Mg	mg	21		0	RKA	1		24		
Phosphorus, P	mg	163		0	RKA	1		187		
Potassium, K	mg	188		0	RKA	1		216		
Sodium, Na	mg	693		0	RKA	1		797		
Zinc, Zn	mg	1.28		0	RKA	1		1.47		
Copper, Cu	mg	0.091		0	RKA	1		0.105		
Manganese, Mn	mg	0.254		0	RKA	1		0.293		
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	RKA	1		0.0		
Thiamin	mg	0.347		0	RKA	1		0.400		
Riboflavin	mg	0.288		0	RKA	1		0.331		
Niacin	mg	4.184		0	RKA	1		4.811		
Pantothenic acid	mg	0.554		0	RKA	1		0.637		
Vitamin B-6	mg	0.153		0	RKA	1		0.176		
Folate, total	mcg	69		0	RKA	1		80		
Folic acid	mcg									
Folate, food	mcg									
Folate, DFE	mcg_DFE									
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	0.45		0	RKA	1		0.51		
Vitamin A, RAE	mcg_RAE									
Retinol	mcg									
Carotene, beta	mcg									
Carotene, alpha	mcg									
Cryptoxanthin, beta	mcg									
Vitamin A, IU	IU	260		0	RKA	1		299		
Lycopene	mcg									
Lutein + zeaxanthin	mcg									
Vitamin E (alpha-tocopherol)	mg	0.28		0	RKA	1		0.32		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg									
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									

NDB No. 21358
McDONALD'S, Sausage McMUFFIN

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Dihydrophylloquinone.....mcg									
Menaquinone-4.....mcg									
Lipids:									
Fatty acids, total saturated.....g	7.253		0	RKI	6		8.341		
Fatty acids, total monounsaturated.....g	7.749		0	RKI	6		8.911		
Fatty acids, total polyunsaturated.....g	3.234		0	RKI	6		3.719		
Fatty acids, total trans.....g	0.481		0	RKI	6		0.554		
Cholesterol.....mg	39		0	RKA	1		45		
Phytosterols.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 115g: 1 item 4 oz

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2010)

NDB No. 21359

McDONALD'S, Sausage McMuffin with Egg

McDonald's Corporation

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	49.96		0	RKA	1		82.43		
Energy....kcal	274		0	RKI	6		452		
Energy....kJ	1146		0	RKI	6		1892		
Protein....g	12.59		0	RKA	1		20.78		
Total lipid (fat)....g	17.83		0	RKA	1		29.43		
Ash....g	2.34		0	RKA	1		3.86		
Carbohydrate, by difference....g	17.28		0	RKI	6		28.51		
Fiber, total dietary....g	0.9		0	RKA	1		1.6		
Sugars, total....g	1.57		0	RKA	1		2.60		
Sucrose....g	0.09		0	RKA	1		0.15		
Glucose (dextrose)....g	0.38		0	RKA	1		0.63		
Fructose....g	0.24		0	RKA	1		0.39		
Lactose....g	0.33		0	RKA	1		0.54		
Maltose....g	0.51		0	RKA	1		0.83		
Galactose....g	0.03		0	RKI	6		0.06		
Starch....g									
Minerals:									
Calcium, Ca....mg	172		0	RKA	1		284		
Iron, Fe....mg	1.97		0	RKA	1		3.25		
Magnesium, Mg....mg	18		0	RKA	1		30		
Phosphorus, P....mg	171		0	RKA	1		282		
Potassium, K....mg	171		0	RKA	1		282		
Sodium, Na....mg	572		0	RKA	1		944		
Zinc, Zn....mg	1.22		0	RKA	1		2.02		
Copper, Cu....mg	0.094		0	RKA	1		0.156		
Manganese, Mn....mg	0.189		0	RKA	1		0.311		
Selenium, Se....mcg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	RKA	1		0.0		
Thiamin....mg	0.262		0	RKA	1		0.433		
Riboflavin....mg	0.344		0	RKA	1		0.568		
Niacin....mg	2.930		0	RKA	1		4.834		
Pantothenic acid....mg	0.818		0	RKA	1		1.350		
Vitamin B-6....mg	0.149		0	RKA	1		0.246		
Folate, total....mcg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.70		0	RKA	1		1.15		
Vitamin A, RAE....mcg_RAE									
Vitamin A, IU....IU	335		0	RKA	1		552		
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg	0.50		0	RKA	1		0.83		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Dihydrophylloquinone....mcg									
Menaquinone-4....mcg									
Lipids:									
Fatty acids, total saturated....g	6.008		0	RKI	6		9.914		
Fatty acids, total monounsaturated....g	6.581		0	RKI	6		10.859		

NDB No. 21359
McDONALD'S, Sausage McMuffin with Egg

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total polyunsaturated.....g	2.768		0	RKI	6		4.567		
Fatty acids, total trans.....g	0.339		0	RKI	6		0.559		
Cholesterol.....mg	154		0	RKA	1		255		
Phytosterols.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 165g: 1 item 5.7 oz

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2010)

NDB No. 21323
McDONALD'S, Sausage Patty
McDonald's Corporation

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	41.21		1	A	1		17.72		
Energy....kcal	405		0	MC	9		174		
Energy....kJ	1695		0	MC	9		729		
Protein (N x 6.25)....g	15.19		1	A	1		6.53		
Total lipid (fat)....g	39.58		1	A	1		17.02		
Ash....g	2.62		1	A	1		1.13		
Carbohydrate, by difference....g	1.40		0	NC	4		0.60		
Fiber, total dietary....g									
Sugars, total....g	0.43		1	A	1		0.19		
Sucrose....g	0.12		1	A	1		0.05		
Glucose (dextrose)....g	0.32		1	A	1		0.14		
Fructose....g	0.00		1	A	1		0.00		
Lactose....g	0.00		1	A	1		0.00		
Maltose....g	0.00		1	A	1		0.00		
Galactose....g	0.00		1	A	1		0.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	23		1	A	1		10		
Iron, Fe....mg	0.91		1	A	1		0.39		
Magnesium, Mg....mg	16		1	A	1		7		
Phosphorus, P....mg	140		1	A	1		60		
Potassium, K....mg	268		1	A	1		115		
Sodium, Na....mg	721		1	A	1		310		
Zinc, Zn....mg	1.57		1	A	1		0.68		
Copper, Cu....mg	0.061		1	A	1		0.026		
Manganese, Mn....mg	0.033		1	A	1		0.014		
Selenium, Se....mcg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		1	A	1		0.0		
Thiamin....mg	0.292		1	A	1		0.126		
Riboflavin....mg	0.168		1	A	1		0.072		
Niacin....mg	4.620		1	A	1		1.987		
Pantothenic acid....mg	0.690		1	A	1		0.297		
Vitamin B-6....mg	0.267		1	A	1		0.115		
Folate, total....mcg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.83		1	A	1		0.36		
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0		
Vitamin A, IU....IU	0		0	AS	1		0		
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg	0.00		1	A	1		0.00		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Dihydrophylloquinone....mcg									
Menaquinone-4....mcg									
Lipids:									
Fatty acids, total saturated....g	12.830		0	NC	4		5.517		
4:0....g									

NDB No. 21323
McDONALD'S, Sausage Patty

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g									
8:0....g	0.000		1	A	1		0.000		
10:0....g	0.000		1	A	1		0.000		
12:0....g	0.000		1	A	1		0.000		
13:0....g									
14:0....g	0.477		1	A	1		0.205		
15:0....g	0.000		1	A	1		0.000		
16:0....g	8.123		1	A	1		3.493		
17:0....g	0.117		1	A	1		0.050		
18:0....g	4.045		1	A	1		1.740		
20:0....g	0.068		1	A	1		0.029		
22:0....g	0.000		1	A	1		0.000		
24:0....g									
Fatty acids, total monounsaturated....g	16.719		0	NC	4		7.189		
14:1....g	0.000		1	A	1		0.000		
15:1....g	0.000		1	A	1		0.000		
16:1 undifferentiated....g	0.851		1	A	1		0.366		
17:1....g	0.000		1	A	1		0.000		
18:1 undifferentiated....g	15.585		0	AS	1		6.701		
18:1 c....g	15.324		1	A	1		6.590		
18:1-11c (18:1c n-7)....g									
18:1 t....g	0.260		1	A	1		0.112		
18:1-11t (18:1t n-7)....g									
20:1....g	0.282		1	A	1		0.121		
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	4.824		0	NC	4		2.074		
18:2 undifferentiated....g	4.361		0	AS	1		1.875		
18:2 n-6 c,c....g	4.225		1	A	1		1.817		
18:2 CLAs....g									
18:2 c,t....g									
18:2 t,c....g									
18:2 t,t....g	0.136		1	A	1		0.058		
18:2 i....g									
18:2 t not further defined....g									
18:3 undifferentiated....g	0.197		0	AS	1		0.085		
18:3 n-3 c,c,c (ALA)....g	0.197		1	A	1		0.085		
18:3 n-6 c,c,c....g	0.000		1	A	1		0.000		
18:3i....g									
18:4....g									
20:2 n-6 c,c....g	0.180		1	A	1		0.077		
20:3 undifferentiated....g	0.000		1	A	1		0.000		
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.086		1	A	1		0.037		
20:4 n-3....g									
20:4 n-6....g									
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g	0.396		0	NC	4		0.170		
Fatty acids, total trans-monoenoic....g	0.260		0	NC	4		0.112		
Fatty acids, total trans-polyenoic....g	0.136		0	NC	4		0.058		
Cholesterol....mg	74		1	A	1		32		
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

NDB No. 21323
McDONALD'S, Sausage Patty

Measure 1 = 43g: 1.5 oz

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2010)

NDB No. 21329

McDONALD'S, Sausage, Egg & Cheese McGRIDDLES

McDonald's Corporation

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	47.03		0	RKA	1		93.58		
Energy....kcal	283		0	RKI	6		563		
Energy....kJ	1183		0	RKI	6		2354		
Protein....g	10.77		0	RKA	1		21.43		
Total lipid (fat)....g	17.73		0	RKA	1		35.27		
Ash....g	2.44		0	RKA	1		4.85		
Carbohydrate, by difference....g	22.04		0	RKI	6		43.86		
Fiber, total dietary....g	0.6		0	RKA	1		1.3		
Sugars, total....g	7.90		0	RKA	1		15.72		
Sucrose....g	4.16		0	RKA	1		8.28		
Glucose (dextrose)....g	2.71		0	RKA	1		5.39		
Fructose....g	0.09		0	RKA	1		0.18		
Lactose....g	0.61		0	RKA	1		1.22		
Maltose....g	0.32		0	RKA	1		0.64		
Galactose....g	0.00		0	RKI	6		0.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	96		0	RKA	1		191		
Iron, Fe....mg	1.51		0	RKA	1		3.00		
Magnesium, Mg....mg	14		0	RKA	1		29		
Phosphorus, P....mg	307		0	RKA	1		612		
Potassium, K....mg	146		0	RKA	1		291		
Sodium, Na....mg	652		0	RKA	1		1298		
Zinc, Zn....mg	1.03		0	RKA	1		2.06		
Copper, Cu....mg	0.079		0	RKA	1		0.156		
Manganese, Mn....mg	0.143		0	RKA	1		0.285		
Selenium, Se....mcg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	RKA	1		0.0		
Thiamin....mg	0.170		0	RKA	1		0.338		
Riboflavin....mg	0.290		0	RKA	1		0.577		
Niacin....mg	2.111		0	RKA	1		4.202		
Pantothenic acid....mg	0.590		0	RKA	1		1.173		
Vitamin B-6....mg									
Folate, total....mcg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.53		0	RKA	1		1.06		
Vitamin A, RAE....mcg_RAE									
Vitamin A, IU....IU	264		0	RKA	1		526		
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Dihydrophylloquinone....mcg									
Menaquinone-4....mcg									
Lipids:									
Fatty acids, total saturated....g	5.649		0	RKI	6		11.242		
Fatty acids, total monounsaturated....g	6.718		0	RKI	6		13.369		
Fatty acids, total polyunsaturated....g	2.260		0	RKI	6		4.497		
Fatty acids, total trans....g	0.822		0	RKI	6		1.636		

NDB No. 21329
McDONALD'S, Sausage, Egg & Cheese McGRIDDLES

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Cholesterol.....mg	132		0	RKA	1		262		
Phytosterols.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 199g: 1 item 7 oz

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2010)

NDB No. 21320
McDONALD'S, Scrambled Eggs
McDonald's Corporation

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	66.94		0	RKA	1		68.28		
Energy	kcal	193		0	RKI	6		197		
Energy	kJ	807		0	RKI	6		823		
Protein (N x 6.25)	g	15.06		0	RKA	1		15.36		
Total lipid (fat)	g	14.69		0	RKA	1		14.99		
Ash	g	1.46		0	RKA	1		1.49		
Carbohydrate, by difference	g	1.85		0	RKI	6		1.89		
Fiber, total dietary	g									
Sugars, total	g	0.26		0	RKA	1		0.27		
Sucrose	g	0.00		0	RKA	1		0.00		
Glucose (dextrose)	g	0.26		0	RKA	1		0.27		
Fructose	g	0.00		0	RKA	1		0.00		
Lactose	g	0.00		0	RKA	1		0.00		
Maltose	g	0.00		0	RKA	1		0.00		
Galactose	g	0.00		0	RKA	1		0.00		
Starch	g									
Minerals:										
Calcium, Ca	mg	66		0	RKA	1		67		
Iron, Fe	mg	2.08		0	RKA	1		2.12		
Magnesium, Mg	mg	12		0	RKA	1		13		
Phosphorus, P	mg	261		0	RKA	1		266		
Potassium, K	mg	139		0	RKA	1		141		
Sodium, Na	mg	192		0	RKI	6		196		
Zinc, Zn	mg	1.43		0	RKA	1		1.46		
Copper, Cu	mg	0.089		0	RKA	1		0.091		
Manganese, Mn	mg	0.032		0	RKA	1		0.033		
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg									
Thiamin	mg	0.098		0	RKA	1		0.100		
Riboflavin	mg	0.606		0	RKA	1		0.619		
Niacin	mg	0.069		0	RKA	1		0.070		
Pantothenic acid	mg	1.158		0	RKA	1		1.181		
Vitamin B-6	mg	0.182		0	RKA	1		0.185		
Folate, total	mcg	70		0	RKA	1		72		
Folic acid	mcg									
Folate, food	mcg	70		0	RKA	1		72		
Folate, DFE	mcg_DFE									
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	1.08		0	RKA	1		1.10		
Vitamin A, RAE	mcg_RAE	182		0	RKA	1		185		
Retinol	mcg	182		0	RKA	1		185		
Carotene, beta	mcg									
Carotene, alpha	mcg									
Cryptoxanthin, beta	mcg									
Vitamin A, IU	IU	606		0	RKA	1		618		
Lycopene	mcg									
Lutein + zeaxanthin	mcg									
Vitamin E (alpha-tocopherol)	mg	1.46		0	RKA	1		1.49		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg									
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									

NDB No. 21320
McDONALD'S, Scrambled Eggs

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Dihydrophylloquinone....mcg									
Menaquinone-4....mcg									
Lipids:									
Fatty acids, total saturated....g	4.062		0	RKI	6		4.143		
4:0....g									
6:0....g									
8:0....g	0.000		0	RKA	1		0.000		
10:0....g	0.000		0	RKA	1		0.000		
12:0....g	0.000		0	RKA	1		0.000		
13:0....g									
14:0....g	0.042		0	RKA	1		0.043		
15:0....g	0.000		0	RKA	1		0.000		
16:0....g	2.913		0	RKA	1		2.971		
17:0....g	0.029		0	RKA	1		0.029		
18:0....g	1.066		0	RKA	1		1.088		
20:0....g	0.005		0	RKA	1		0.005		
22:0....g	0.005		0	RKA	1		0.005		
24:0....g									
Fatty acids, total monounsaturated....g	5.220		0	RKI	6		5.324		
14:1....g	0.000		0	RKA	1		0.000		
15:1....g	0.000		0	RKA	1		0.000		
16:1 undifferentiated....g	0.263		0	RKA	1		0.268		
17:1....g	0.000		0	RKA	1		0.000		
18:1 undifferentiated....g	4.924		0	RKA	1		5.022		
20:1....g	0.033		0	RKA	1		0.034		
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	2.195		0	RKI	6		2.238		
18:2 undifferentiated....g	1.968		0	RKA	1		2.007		
18:3 undifferentiated....g	0.115		0	RKA	1		0.117		
18:4....g									
20:2 n-6 c,c....g	0.038		0	RKA	1		0.039		
20:3 undifferentiated....g	0.000		0	RKA	1		0.000		
20:4 undifferentiated....g	0.073		0	RKA	1		0.075		
20:5 n-3 (EPA)....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g	0.384		0	RKI	6		0.391		
Cholesterol....mg	427		0	RKA	1		435		
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 102g: 2 eggs 3.6 oz

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2010)

NDB No. 21379
McDONALD'S, Side Salad
McDonald's Corporation

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	93.93		0	RKI	6		81.72		
Energy	kcal	20		0	MC	9		18		
Energy	kJ	85		0	MC	9		74		
Protein	g	1.03		0	RKI	6		0.90		
Total lipid (fat)	g	0.19		0	RKI	6		0.17		
Ash	g	0.54		0	RKI	6		0.47		
Carbohydrate, by difference	g	4.30		0	RKI	6		3.74		
Fiber, total dietary	g	1.6		0	RKI	6		1.4		
Sugars, total	g	2.24		0	NR	4		1.95		
Sucrose	g	0.17		0	RKI	6		0.15		
Glucose (dextrose)	g	0.92		0	RKI	6		0.80		
Fructose	g	1.15		0	RKI	6		1.00		
Lactose	g	0.00		0	RKI	6		0.00		
Maltose	g	0.00		0	RKI	6		0.00		
Galactose	g	0.00		0	RKI	6		0.00		
Starch	g									
Minerals:										
Calcium, Ca	mg	24		0	RKI	6		21		
Iron, Fe	mg	0.65		0	RKI	6		0.57		
Magnesium, Mg	mg									
Phosphorus, P	mg									
Potassium, K	mg	220		0	RKI	6		191		
Sodium, Na	mg	12		0	RKI	6		11		
Zinc, Zn	mg									
Copper, Cu	mg									
Manganese, Mn	mg									
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	15.7		0	RKI	6		13.6		
Thiamin	mg	0.045		0	RKI	6		0.039		
Riboflavin	mg	0.038		0	RKI	6		0.033		
Niacin	mg	0.208		0	RKI	6		0.181		
Pantothenic acid	mg									
Vitamin B-6	mg									
Folate, total	mcg	57		0	RKI	6		50		
Folic acid	mcg									
Folate, food	mcg	57		0	RKI	6		50		
Folate, DFE	mcg_DFE									
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	0.00		0	RKI	6		0.00		
Vitamin A, RAE	mcg_RAE									
Retinol	mcg									
Carotene, beta	mcg									
Carotene, alpha	mcg									
Cryptoxanthin, beta	mcg									
Vitamin A, IU	IU	2850		0	RKI	6		2479		
Lycopene	mcg									
Lutein + zeaxanthin	mcg									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg									
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									

NDB No. 21379
McDONALD'S, Side Salad

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Dihydrophylloquinone.....mcg									
Menaquinone-4.....mcg									
Lipids:									
Fatty acids, total saturated.....g	0.020		0	RKI	6		0.017		
Fatty acids, total monounsaturated.....g	0.006		0	RKI	6		0.006		
Fatty acids, total polyunsaturated.....g	0.079		0	RKI	6		0.069		
Fatty acids, total trans.....g	0.000		0	RKI	6		0.000		
Cholesterol.....mg	0		0	RKI	6		0		
Phytosterols.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 87g: 1 item

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2010)

NDB No. 21314

McDONALD'S, Spicy Buffalo Sauce

McDonald's Corporation

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	76.00		1	A	1		32.68		
Energy	kcal	142		0	MC	9		61		
Energy	kJ	594		0	MC	9		255		
Protein (N x 6.25)	g	0.54		1	A	1		0.23		
Total lipid (fat)	g	15.45		1	A	1		6.64		
Ash	g	6.20		1	A	1		2.67		
Carbohydrate, by difference	g	1.81		0	NC	4		0.78		
Fiber, total dietary	g	1.5		1	A	1		0.6		
Sugars, total	g	0.00		1	A	1		0.00		
Sucrose	g	0.00		1	A	1		0.00		
Glucose (dextrose)	g	0.00		1	A	1		0.00		
Fructose	g	0.00		1	A	1		0.00		
Lactose	g	0.00		1	A	1		0.00		
Maltose	g	0.00		1	A	1		0.00		
Galactose	g	0.00		1	A	1		0.00		
Starch	g									
Minerals:										
Calcium, Ca	mg	9		1	A	1		4		
Iron, Fe	mg	0.35		1	A	1		0.15		
Magnesium, Mg	mg	6		1	A	1		3		
Phosphorus, P	mg	11		1	A	1		5		
Potassium, K	mg	100		1	A	1		43		
Sodium, Na	mg	2140		1	A	1		920		
Zinc, Zn	mg	0.06		1	A	1		0.02		
Copper, Cu	mg	0.037		1	A	1		0.016		
Manganese, Mn	mg	0.046		1	A	1		0.020		
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		1	A	1		0.0		
Thiamin	mg	0.028		1	A	1		0.012		
Riboflavin	mg	0.055		1	A	1		0.024		
Niacin	mg	0.406		1	A	1		0.175		
Pantothenic acid	mg	0.104		1	A	1		0.045		
Vitamin B-6	mg	0.236		1	A	1		0.101		
Folate, total	mcg	0		1	A	1		0		
Folic acid	mcg									
Folate, food	mcg	0		1	A	1		0		
Folate, DFE	mcg_DFE									
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	0.00		1	A	1		0.00		
Vitamin A, RAE	mcg_RAE	51		0	AS	1		22		
Retinol	mcg									
Carotene, beta	mcg	617		1	A	1		265		
Carotene, alpha	mcg									
Cryptoxanthin, beta	mcg									
Vitamin A, IU	IU	1028		0	AS	1		442		
Lycopene	mcg									
Lutein + zeaxanthin	mcg									
Vitamin E (alpha-tocopherol)	mg	2.71		1	A	1		1.17		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg									
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									

NDB No. 21314
McDONALD'S, Spicy Buffalo Sauce

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Dihydrophylloquinone....mcg									
Menaquinone-4....mcg									
Lipids:									
Fatty acids, total saturated....g	2.277		0	NC	4		0.979		
4:0....g									
6:0....g									
8:0....g	0.000		1	A	1		0.000		
10:0....g	0.000		1	A	1		0.000		
12:0....g	0.000		1	A	1		0.000		
13:0....g									
14:0....g	0.000		1	A	1		0.000		
15:0....g	0.000		1	A	1		0.000		
16:0....g	1.527		1	A	1		0.657		
17:0....g	0.000		1	A	1		0.000		
18:0....g	0.641		1	A	1		0.276		
20:0....g	0.052		1	A	1		0.022		
22:0....g	0.056		1	A	1		0.024		
24:0....g									
Fatty acids, total monounsaturated....g	3.222		0	NC	4		1.386		
14:1....g	0.000		1	A	1		0.000		
15:1....g	0.000		1	A	1		0.000		
16:1 undifferentiated....g	0.000		1	A	1		0.000		
17:1....g	0.000		1	A	1		0.000		
18:1 undifferentiated....g	3.190		0	A	1		1.372		
18:1 c....g	3.190		1	A	1		1.372		
18:1-11c (18:1c n-7)....g									
18:1 t....g	0.000		1	A	1		0.000		
18:1-11t (18:1t n-7)....g									
20:1....g	0.033		1	A	1		0.014		
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	8.433		0	NC	4		3.626		
18:2 undifferentiated....g	7.471		0	AS	1		3.212		
18:2 n-6 c,c....g	7.414		1	A	1		3.188		
18:2 CLAs....g									
18:2 c,t....g									
18:2 t,c....g									
18:2 t,t....g	0.056		1	A	1		0.024		
18:2 i....g									
18:2 t not further defined....g									
18:3 undifferentiated....g	0.962		0	AS	1		0.414		
18:3 n-3 c,c,c (ALA)....g	0.962		1	A	1		0.414		
18:3 n-6 c,c,c....g	0.000		1	A	1		0.000		
18:3i....g									
18:4....g									
20:2 n-6 c,c....g	0.000		1	A	1		0.000		
20:3 undifferentiated....g	0.000		1	A	1		0.000		
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.000		1	A	1		0.000		
20:4 n-3....g									
20:4 n-6....g									
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g	0.056		0	NC	4		0.024		
Fatty acids, total trans-monoenoic....g	0.000		0	NC	4		0.000		
Fatty acids, total trans-polyenoic....g	0.056		0	NC	4		0.024		
Cholesterol....mg	0		1	A	1		0		
Phytosterols....mg									

NDB No. 21314
McDONALD'S, Spicy Buffalo Sauce

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 43g: 1.5 oz

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2010)

NDB No. 21334
McDONALD'S, Strawberry Sundae
McDonald's Corporation

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	64.02		0	RKA	1		113.96		
Energy	kcal	158		0	MC	9		280		
Energy	kJ	659		0	MC	9		1173		
Protein	g	3.19		0	RKA	1		5.68		
Total lipid (fat)	g	3.95		0	RKA	1		7.03		
Ash	g	0.75		0	RKA	1		1.33		
Carbohydrate, by difference	g	28.09		0	RKI	6		50.00		
Fiber, total dietary	g	0.0		0	RKA	1		0.0		
Sugars, total	g	25.32		0	RKA	1		45.07		
Sucrose	g	16.53		0	RKA	1		29.42		
Glucose (dextrose)	g	2.17		0	RKA	1		3.87		
Fructose	g	1.61		0	RKA	1		2.87		
Lactose	g	4.72		0	RKA	1		8.41		
Maltose	g	0.29		0	RKA	1		0.51		
Galactose	g	0.00		0	RKA	1		0.00		
Starch	g									
Minerals:										
Calcium, Ca	mg	110		0	RKA	1		196		
Iron, Fe	mg	0.10		0	RKA	1		0.18		
Magnesium, Mg	mg	11		0	RKA	1		20		
Phosphorus, P	mg	91		0	RKA	1		162		
Potassium, K	mg	173		0	RKA	1		307		
Sodium, Na	mg	47		0	RKA	1		83		
Zinc, Zn	mg	0.39		0	RKA	1		0.70		
Copper, Cu	mg	0.015		0	RKA	1		0.027		
Manganese, Mn	mg	0.071		0	RKA	1		0.126		
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	1.5		0	RKA	1		2.6		
Thiamin	mg	0.039		0	RKA	1		0.070		
Riboflavin	mg	0.195		0	RKA	1		0.347		
Niacin	mg	0.131		0	RKA	1		0.233		
Pantothenic acid	mg	0.613		0	RKA	1		1.091		
Vitamin B-6	mg	0.050		0	RKA	1		0.090		
Folate, total	mcg	11		0	RKA	1		19		
Folic acid	mcg									
Folate, food	mcg	11		0	RKA	1		19		
Folate, DFE	mcg_DFE									
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	0.49		0	RKA	1		0.87		
Vitamin A, RAE	mcg_RAE	81		0	RKA	1		145		
Retinol	mcg									
Carotene, beta	mcg									
Carotene, alpha	mcg									
Cryptoxanthin, beta	mcg									
Vitamin A, IU	IU	271		0	RKA	1		483		
Lycopene	mcg									
Lutein + zeaxanthin	mcg									
Vitamin E (alpha-tocopherol)	mg	0.00		0	RKA	1		0.00		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg									
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									

NDB No. 21334
McDONALD'S, Strawberry Sundae

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Dihydrophylloquinone....mcg									
Menaquinone-4....mcg									
Lipids:									
Fatty acids, total saturated....g	2.008		0	RKI	6		3.573		
4:0....g									
6:0....g									
8:0....g	0.032		0	RKA	1		0.056		
10:0....g	0.073		0	RKA	1		0.131		
12:0....g	0.086		0	RKA	1		0.152		
13:0....g									
14:0....g	0.308		0	RKA	1		0.549		
15:0....g	0.032		0	RKA	1		0.057		
16:0....g	0.967		0	RKA	1		1.721		
17:0....g	0.020		0	RKA	1		0.035		
18:0....g	0.485		0	RKA	1		0.863		
20:0....g	0.005		0	RKA	1		0.010		
22:0....g	0.000		0	RKA	1		0.000		
24:0....g									
Fatty acids, total monounsaturated....g	0.976		0	RKI	6		1.737		
14:1....g	0.021		0	RKA	1		0.038		
15:1....g	0.000		0	RKA	1		0.000		
16:1 undifferentiated....g	0.036		0	RKA	1		0.063		
17:1....g	0.007		0	RKA	1		0.012		
18:1 undifferentiated....g	0.912		0	RKA	1		1.624		
20:1....g	0.000		0	RKA	1		0.000		
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.190		0	RKI	6		0.338		
18:2 undifferentiated....g	0.171		0	RKA	1		0.304		
18:3 undifferentiated....g	0.014		0	RKA	1		0.026		
18:4....g									
20:2 n-6 c,c....g	0.000		0	RKA	1		0.000		
20:3 undifferentiated....g	0.000		0	RKA	1		0.000		
20:4 undifferentiated....g	0.005		0	RKA	1		0.008		
20:5 n-3 (EPA)....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g	0.224		0	RKI	6		0.398		
Cholesterol....mg	13		0	RKA	1		23		
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 178g: 1 item 6.279 oz

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2010)

NDB No. 21332

McDONALD'S, Strawberry TRIPLE THICK Shake

McDonald's Corporation

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	64.45		0	RKA	1		170.80	228.17	302.29
Energy....kcal	158		0	MC	9		418	558	739
Energy....kJ	659		0	MC	9		1747	2334	3093
Protein....g	3.51		0	RKA	1		9.31	12.44	16.48
Total lipid (fat)....g	4.43		0	RKA	1		11.74	15.68	20.77
Ash....g	0.82		0	RKA	1		2.16	2.89	3.82
Carbohydrate, by difference....g	26.79		0	RKI	6		70.99	94.83	125.64
Fiber, total dietary....g	0.0		0	RKA	1		0.0	0.0	0.0
Sugars, total....g	23.77		0	RKA	1		62.98	84.13	111.46
Sucrose....g	15.69		0	RKA	1		41.58	55.55	73.59
Glucose (dextrose)....g	1.54		0	RKA	1		4.07	5.44	7.20
Fructose....g	0.70		0	RKA	1		1.87	2.49	3.30
Lactose....g	5.30		0	RKA	1		14.04	18.75	24.85
Maltose....g	0.54		0	RKA	1		1.42	1.90	2.52
Galactose....g	0.00		0	RKA	1		0.00	0.00	0.00
Starch....g									
Minerals:									
Calcium, Ca....mg	122		0	RKA	1		323	432	572
Iron, Fe....mg	0.09		0	RKA	1		0.23	0.31	0.41
Magnesium, Mg....mg	12		0	RKA	1		31	42	56
Phosphorus, P....mg	100		0	RKA	1		266	355	471
Potassium, K....mg	184		0	RKA	1		487	651	862
Sodium, Na....mg	49		0	MC	9		130	173	230
Zinc, Zn....mg	0.43		0	RKA	1		1.15	1.53	2.03
Copper, Cu....mg	0.014		0	RKA	1		0.038	0.051	0.068
Manganese, Mn....mg	0.026		0	RKA	1		0.069	0.092	0.122
Selenium, Se....mcg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.4		0	RKA	1		1.0	1.3	1.7
Thiamin....mg	0.039		0	RKA	1		0.102	0.137	0.181
Riboflavin....mg	0.211		0	RKA	1		0.558	0.746	0.988
Niacin....mg	0.121		0	RKA	1		0.320	0.428	0.567
Pantothenic acid....mg	0.670		0	RKA	1		1.776	2.372	3.142
Vitamin B-6....mg	0.051		0	RKA	1		0.134	0.179	0.238
Folate, total....mcg	3		0	RKA	1		9	12	16
Folic acid....mcg									
Folate, food....mcg	3		0	RKA	1		9	12	16
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.55		0	RKA	1		1.45	1.93	2.56
Vitamin A, RAE....mcg_RAE	91		0	RKA	1		242	323	428
Retinol....mcg									
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	304		0	RKA	1		806	1077	1427
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg	0.00		0	RKA	1		0.00	0.00	0.00
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									

NDB No. 21332
McDONALD'S, Strawberry TRIPLE THICK Shake

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Dihydrophylloquinone....mcg									
Menaquinone-4....mcg									
Lipids:									
Fatty acids, total saturated....g	2.252		0	RKI	6		5.967	7.971	10.561
4:0....g									
6:0....g									
8:0....g	0.035		0	RKA	1		0.094	0.125	0.166
10:0....g	0.082		0	RKA	1		0.218	0.292	0.387
12:0....g	0.096		0	RKA	1		0.254	0.340	0.450
13:0....g									
14:0....g	0.346		0	RKA	1		0.916	1.224	1.622
15:0....g	0.036		0	RKA	1		0.094	0.126	0.167
16:0....g	1.085		0	RKA	1		2.874	3.839	5.086
17:0....g	0.022		0	RKA	1		0.059	0.079	0.104
18:0....g	0.544		0	RKA	1		1.441	1.925	2.551
20:0....g	0.006		0	RKA	1		0.016	0.021	0.028
22:0....g	0.000		0	RKA	1		0.000	0.000	0.000
24:0....g									
Fatty acids, total monounsaturated....g	1.095		0	RKI	6		2.901	3.875	5.134
14:1....g	0.024		0	RKA	1		0.063	0.084	0.111
15:1....g	0.000		0	RKA	1		0.000	0.000	0.000
16:1 undifferentiated....g	0.040		0	RKA	1		0.106	0.142	0.187
17:1....g	0.008		0	RKA	1		0.020	0.027	0.036
18:1 undifferentiated....g	1.023		0	RKA	1		2.712	3.623	4.800
20:1....g	0.000		0	RKA	1		0.000	0.000	0.000
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.213		0	RKI	6		0.564	0.754	0.999
18:2 undifferentiated....g	0.192		0	RKA	1		0.508	0.679	0.899
18:3 undifferentiated....g	0.016		0	RKA	1		0.043	0.057	0.076
18:4....g									
20:2 n-6 c,c....g	0.000		0	RKA	1		0.000	0.000	0.000
20:3 undifferentiated....g	0.000		0	RKA	1		0.000	0.000	0.000
20:4 undifferentiated....g	0.005		0	RKA	1		0.014	0.018	0.024
20:5 n-3 (EPA)....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g	0.251		0	RKI	6		0.665	0.888	1.177
Cholesterol....mg	14		0	RKA	1		38	51	68
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 265g: 12 fl oz cup child size

Measure 2 = 354g: 16 fl oz cup small

Measure 3 = 469g: 21 fl oz cup medium

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2010)

NDB No. 21315
McDONALD'S, Sweet 'N Sour Sauce
McDonald's Corporation

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	57.37		1	A	1		16.06		
Energy	kcal	170		0	NC	4		48		
Energy	kJ	711		0	NC	4		199		
Protein (N x 6.25)	g	0.66		1	A	1		0.19		
Total lipid (fat)	g	1.09		1	A	1		0.31		
Ash	g	1.50		1	A	1		0.42		
Carbohydrate, by difference	g	39.38		0	NC	4		11.03		
Fiber, total dietary	g	0.0		1	A	1		0.0		
Sugars, total	g	35.79		1	A	1		10.02		
Sucrose	g	0.97		1	A	1		0.27		
Glucose (dextrose)	g	18.76		1	A	1		5.25		
Fructose	g	15.63		1	A	1		4.38		
Lactose	g	0.00		1	A	1		0.00		
Maltose	g	0.44		1	A	1		0.12		
Galactose	g	0.00		1	A	1		0.00		
Starch	g									
Minerals:										
Calcium, Ca	mg	6		1	A	1		2		
Iron, Fe	mg	0.64		1	A	1		0.18		
Magnesium, Mg	mg	6		1	A	1		2		
Phosphorus, P	mg	16		1	A	1		4		
Potassium, K	mg	99		1	A	1		28		
Sodium, Na	mg	557		1	A	1		156		
Zinc, Zn	mg	0.08		1	A	1		0.02		
Copper, Cu	mg	0.037		1	A	1		0.010		
Manganese, Mn	mg	0.047		1	A	1		0.013		
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	1.2		1	A	1		0.3		
Thiamin	mg	0.178		1	A	1		0.050		
Riboflavin	mg	0.042		1	A	1		0.012		
Niacin	mg	0.396		1	A	1		0.111		
Pantothenic acid	mg	0.105		1	A	1		0.029		
Vitamin B-6	mg	0.033		1	A	1		0.009		
Folate, total	mcg	0		1	A	1		0		
Folic acid	mcg									
Folate, food	mcg	0		1	A	1		0		
Folate, DFE	mcg_DFE									
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg									
Vitamin A, RAE	mcg_RAE	8		0	AS	1		2		
Retinol	mcg									
Carotene, beta	mcg	101		1	A	1		28		
Carotene, alpha	mcg									
Cryptoxanthin, beta	mcg									
Vitamin A, IU	IU	168		0	AS	1		47		
Lycopene	mcg									
Lutein + zeaxanthin	mcg									
Vitamin E (alpha-tocopherol)	mg	0.71		1	A	1		0.20		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg									
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									

NDB No. 21315
McDONALD'S, Sweet 'N Sour Sauce

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Dihydrophylloquinone....mcg									
Menaquinone-4....mcg									
Lipids:									
Fatty acids, total saturated....g	0.148		0	NC	4		0.041		
4:0....g									
6:0....g									
8:0....g	0.000		1	A	1		0.000		
10:0....g	0.000		1	A	1		0.000		
12:0....g	0.000		1	A	1		0.000		
13:0....g									
14:0....g	0.000		1	A	1		0.000		
15:0....g	0.000		1	A	1		0.000		
16:0....g	0.097		1	A	1		0.027		
17:0....g	0.000		1	A	1		0.000		
18:0....g	0.042		1	A	1		0.012		
20:0....g	0.005		1	A	1		0.001		
22:0....g	0.004		1	A	1		0.001		
24:0....g									
Fatty acids, total monounsaturated....g	0.241		0	NC	4		0.068		
14:1....g	0.000		1	A	1		0.000		
15:1....g	0.000		1	A	1		0.000		
16:1 undifferentiated....g	0.000		1	A	1		0.000		
17:1....g	0.000		1	A	1		0.000		
18:1 undifferentiated....g	0.226		0	A	1		0.063		
18:1 c....g	0.223		1	A	1		0.062		
18:1-11c (18:1c n-7)....g									
18:1 t....g	0.003		1	A	1		0.001		
18:1-11t (18:1t n-7)....g									
20:1....g	0.015		1	A	1		0.004		
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.514		0	NC	4		0.144		
18:2 undifferentiated....g	0.451		0	AS	1		0.126		
18:2 n-6 c,c....g	0.444		1	A	1		0.124		
18:2 CLAs....g									
18:2 c,t....g									
18:2 t,c....g									
18:2 t,t....g	0.008		1	A	1		0.002		
18:2 i....g									
18:2 t not further defined....g									
18:3 undifferentiated....g	0.063		0	AS	1		0.018		
18:3 n-3 c,c,c (ALA)....g	0.063		1	A	1		0.018		
18:3 n-6 c,c,c....g	0.000		1	A	1		0.000		
18:3i....g									
18:4....g									
20:2 n-6 c,c....g	0.000		1	A	1		0.000		
20:3 undifferentiated....g	0.000		1	A	1		0.000		
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.000		1	A	1		0.000		
20:4 n-3....g									
20:4 n-6....g									
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g	0.011		0	NC	4		0.003		
Fatty acids, total trans-monoenoic....g	0.003		0	NC	4		0.001		
Fatty acids, total trans-polyenoic....g	0.008		0	NC	4		0.002		
Cholesterol....mg									
Phytosterols....mg									

NDB No. 21315
McDONALD'S, Sweet 'N Sour Sauce

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28g: 1 package

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2010)

NDB No. 21316

McDONALD'S, Tangy Honey Mustard Sauce

McDonald's Corporation

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	63.00		1	A	1		27.09		
Energy	kcal	167		0	MC	9		72		
Energy	kJ	699		0	MC	9		300		
Protein (N x 6.25)	g	1.32		1	A	1		0.57		
Total lipid (fat)	g	5.77		1	A	1		2.48		
Ash	g	1.10		1	A	1		0.47		
Carbohydrate, by difference	g	28.81		0	NC	4		12.39		
Fiber, total dietary	g	2.7		1	A	1		1.2		
Sugars, total	g	21.88		1	A	1		9.41		
Sucrose	g	16.33		1	A	1		7.02		
Glucose (dextrose)	g	2.57		1	A	1		1.11		
Fructose	g	2.54		1	A	1		1.09		
Lactose	g	0.00		1	A	1		0.00		
Maltose	g	0.44		1	A	1		0.19		
Galactose	g	0.00		1	A	1		0.00		
Starch	g									
Minerals:										
Calcium, Ca	mg	23		1	A	1		10		
Iron, Fe	mg	0.42		1	A	1		0.18		
Magnesium, Mg	mg	12		1	A	1		5		
Phosphorus, P	mg	36		1	A	1		15		
Potassium, K	mg	49		1	A	1		21		
Sodium, Na	mg	383		1	A	1		165		
Zinc, Zn	mg	0.26		1	A	1		0.11		
Copper, Cu	mg	0.037		1	A	1		0.016		
Manganese, Mn	mg	0.110		1	A	1		0.047		
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		1	A	1		0.0		
Thiamin	mg	0.032		1	A	1		0.014		
Riboflavin	mg	0.045		1	A	1		0.019		
Niacin	mg	0.210		1	A	1		0.090		
Pantothenic acid	mg	0.303		1	A	1		0.130		
Vitamin B-6	mg	0.035		1	A	1		0.015		
Folate, total	mcg	0		1	A	1		0		
Folic acid	mcg									
Folate, food	mcg	0		1	A	1		0		
Folate, DFE	mcg_DFE									
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	0.16		1	A	1		0.07		
Vitamin A, RAE	mcg_RAE	0		0	AS	1		0		
Retinol	mcg	0		1	A	1		0		
Carotene, beta	mcg	0		1	A	1		0		
Carotene, alpha	mcg									
Cryptoxanthin, beta	mcg									
Vitamin A, IU	IU	0		0	AS	1		0		
Lycopene	mcg									
Lutein + zeaxanthin	mcg									
Vitamin E (alpha-tocopherol)	mg	0.70		1	A	1		0.30		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg									
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									

NDB No. 21316
McDONALD'S, Tangy Honey Mustard Sauce

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Dihydrophylloquinone....mcg									
Menaquinone-4....mcg									
Lipids:									
Fatty acids, total saturated....g	0.895		0	NC	4		0.385		
4:0....g									
6:0....g									
8:0....g	0.000		1	A	1		0.000		
10:0....g	0.000		1	A	1		0.000		
12:0....g	0.039		1	A	1		0.017		
13:0....g									
14:0....g	0.018		1	A	1		0.008		
15:0....g	0.000		1	A	1		0.000		
16:0....g	0.565		1	A	1		0.243		
17:0....g	0.000		1	A	1		0.000		
18:0....g	0.235		1	A	1		0.101		
20:0....g	0.020		1	A	1		0.009		
22:0....g	0.018		1	A	1		0.008		
24:0....g									
Fatty acids, total monounsaturated....g	1.334		0	NC	4		0.574		
14:1....g	0.000		1	A	1		0.000		
15:1....g	0.000		1	A	1		0.000		
16:1 undifferentiated....g	0.017		1	A	1		0.007		
17:1....g	0.000		1	A	1		0.000		
18:1 undifferentiated....g	1.220		0	A	1		0.525		
18:1 c....g	1.220		1	A	1		0.525		
18:1-11c (18:1c n-7)....g									
18:1 t....g	0.000		1	A	1		0.000		
18:1-11t (18:1t n-7)....g									
20:1....g	0.097		1	A	1		0.042		
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	2.679		0	NC	4		1.152		
18:2 undifferentiated....g	2.298		0	AS	1		0.988		
18:2 n-6 c,c....g	2.284		1	A	1		0.982		
18:2 CLAs....g									
18:2 c,t....g									
18:2 t,c....g									
18:2 t,t....g	0.014		1	A	1		0.006		
18:2 i....g									
18:2 t not further defined....g									
18:3 undifferentiated....g	0.381		0	AS	1		0.164		
18:3 n-3 c,c,c (ALA)....g	0.381		1	A	1		0.164		
18:3 n-6 c,c,c....g	0.000		1	A	1		0.000		
18:3i....g									
18:4....g									
20:2 n-6 c,c....g	0.000		1	A	1		0.000		
20:3 undifferentiated....g	0.000		1	A	1		0.000		
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.000		1	A	1		0.000		
20:4 n-3....g									
20:4 n-6....g									
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g	0.014		0	NC	4		0.006		
Fatty acids, total trans-monoenoic....g	0.000		0	NC	4		0.000		
Fatty acids, total trans-polyenoic....g	0.014		0	NC	4		0.006		
Cholesterol....mg									
Phytosterols....mg									

NDB No. 21316
McDONALD'S, Tangy Honey Mustard Sauce

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 43g: 1.5 oz

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2010)

NDB No. 21333

McDONALD'S, Vanilla Reduced Fat Ice Cream Cone

McDonald's Corporation

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	63.64		0	RKA	1		57.27		
Energy	kcal	162		0	MC	9		146		
Energy	kJ	678		0	MC	9		610		
Protein	g	4.24		0	RKA	1		3.81		
Total lipid (fat)	g	4.86		0	RKA	1		4.38		
Ash	g	0.90		0	RKA	1		0.81		
Carbohydrate, by difference	g	26.36		0	RKI	6		23.73		
Fiber, total dietary	g	0.1		0	RKA	1		0.1		
Sugars, total	g	19.49		0	RKA	1		17.54		
Sucrose	g	12.76		0	RKA	1		11.48		
Glucose (dextrose)	g	0.69		0	RKA	1		0.62		
Fructose	g	0.16		0	RKA	1		0.14		
Lactose	g	5.59		0	RKA	1		5.03		
Maltose	g	0.29		0	RKA	1		0.26		
Galactose	g	0.00		0	RKA	1		0.00		
Starch	g									
Minerals:										
Calcium, Ca	mg	129		0	RKA	1		116		
Iron, Fe	mg	0.35		0	RKA	1		0.32		
Magnesium, Mg	mg	13		0	RKA	1		12		
Phosphorus, P	mg	111		0	RKA	1		100		
Potassium, K	mg	193		0	RKA	1		173		
Sodium, Na	mg	67		0	RKA	1		60		
Zinc, Zn	mg	0.50		0	RKA	1		0.45		
Copper, Cu	mg	0.023		0	RKA	1		0.021		
Manganese, Mn	mg	0.038		0	RKA	1		0.034		
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg									
Thiamin	mg	0.043		0	RKA	1		0.039		
Riboflavin	mg	0.246		0	RKA	1		0.222		
Niacin	mg	0.498		0	RKA	1		0.448		
Pantothenic acid	mg	0.728		0	RKA	1		0.655		
Vitamin B-6	mg	0.054		0	RKA	1		0.048		
Folate, total	mcg	9		0	RKA	1		8		
Folic acid	mcg									
Folate, food	mcg	9		0	RKA	1		8		
Folate, DFE	mcg_DFE									
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	0.58		0	RKA	1		0.52		
Vitamin A, RAE	mcg_RAE									
Retinol	mcg									
Carotene, beta	mcg									
Carotene, alpha	mcg									
Cryptoxanthin, beta	mcg									
Vitamin A, IU	IU	321		0	RKA	1		289		
Lycopene	mcg									
Lutein + zeaxanthin	mcg									
Vitamin E (alpha-tocopherol)	mg	0.03		0	RKA	1		0.03		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg									
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									

NDB No. 21333
McDONALD'S, Vanilla Reduced Fat Ice Cream Cone

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Dihydrophylloquinone....mcg									
Menaquinone-4....mcg									
Lipids:									
Fatty acids, total saturated....g	2.410		0	RKI	6		2.169		
4:0....g									
6:0....g									
8:0....g	0.037		0	RKA	1		0.034		
10:0....g	0.087		0	RKA	1		0.078		
12:0....g	0.101		0	RKA	1		0.091		
13:0....g									
14:0....g	0.365		0	RKA	1		0.328		
15:0....g	0.038		0	RKA	1		0.034		
16:0....g	1.171		0	RKA	1		1.054		
17:0....g	0.023		0	RKA	1		0.021		
18:0....g	0.580		0	RKA	1		0.522		
20:0....g	0.007		0	RKA	1		0.006		
22:0....g	0.001		0	RKA	1		0.000		
24:0....g									
Fatty acids, total monounsaturated....g	1.206		0	RKI	6		1.085		
14:1....g	0.025		0	RKA	1		0.023		
15:1....g	0.000		0	RKA	1		0.000		
16:1 undifferentiated....g	0.042		0	RKA	1		0.038		
17:1....g	0.008		0	RKA	1		0.007		
18:1 undifferentiated....g	1.130		0	RKA	1		1.017		
20:1....g	0.001		0	RKA	1		0.001		
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.297		0	RKI	6		0.267		
18:2 undifferentiated....g	0.269		0	RKA	1		0.242		
18:3 undifferentiated....g	0.022		0	RKA	1		0.019		
18:4....g									
20:2 n-6 c,c....g	0.000		0	RKA	1		0.000		
20:3 undifferentiated....g	0.000		0	RKA	1		0.000		
20:4 undifferentiated....g	0.005		0	RKA	1		0.005		
20:5 n-3 (EPA)....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g	0.280		0	RKI	6		0.252		
Cholesterol....mg	15		0	RKA	1		14		
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 90g: 1 item 3.175 oz

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2010)

NDB No. 21330

McDONALD'S, Vanilla TRIPLE THICK Shake

McDonald's Corporation

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	64.69		0	RKA	1		172.07	229.00	304.04
Energy	kcal	156		0	MC	9		416	554	735
Energy	kJ	654		0	MC	9		1741	2316	3076
Protein	g	3.47		0	RKA	1		9.23	12.28	16.31
Total lipid (fat)	g	4.43		0	RKA	1		11.77	15.67	20.80
Ash	g	0.81		0	RKA	1		2.15	2.86	3.80
Carbohydrate, by difference	g	26.61		0	RKI	6		70.77	94.19	125.05
Fiber, total dietary	g	0.0		0	RKA	1		0.0	0.0	0.0
Sugars, total	g	20.43		0	RKA	1		54.33	72.31	96.00
Sucrose	g	12.04		0	RKA	1		32.03	42.63	56.60
Glucose (dextrose)	g	1.61		0	RKA	1		4.30	5.72	7.59
Fructose	g	0.16		0	RKA	1		0.41	0.55	0.73
Lactose	g	5.33		0	RKA	1		14.18	18.87	25.06
Maltose	g	1.28		0	RKA	1		3.41	4.54	6.03
Galactose	g	0.00		0	RKA	1		0.00	0.00	0.00
Starch	g									
Minerals:										
Calcium, Ca	mg	121		0	RKA	1		322	428	568
Iron, Fe	mg	0.07		0	RKA	1		0.19	0.25	0.33
Magnesium, Mg	mg	12		0	RKA	1		31	41	54
Phosphorus, P	mg	100		0	RKA	1		265	353	469
Potassium, K	mg	176		0	RKA	1		469	624	828
Sodium, Na	mg	53		0	RKA	1		140	187	248
Zinc, Zn	mg	0.43		0	RKA	1		1.14	1.52	2.02
Copper, Cu	mg	0.013		0	RKA	1		0.033	0.044	0.059
Manganese, Mn	mg	0.008		0	RKA	1		0.021	0.028	0.037
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg									
Thiamin	mg	0.038		0	RKA	1		0.101	0.134	0.178
Riboflavin	mg	0.210		0	RKA	1		0.558	0.743	0.986
Niacin	mg	0.110		0	RKA	1		0.294	0.391	0.519
Pantothenic acid	mg	0.667		0	RKA	1		1.773	2.360	3.133
Vitamin B-6	mg	0.048		0	RKA	1		0.129	0.171	0.227
Folate, total	mcg	0		0	RKA	1		0	0	0
Folic acid	mcg									
Folate, food	mcg	0		0	RKA	1		0	0	0
Folate, DFE	mcg_DFE									
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	0.55		0	RKA	1		1.45	1.93	2.56
Vitamin A, RAE	mcg_RAE									
Retinol	mcg									
Carotene, beta	mcg									
Carotene, alpha	mcg									
Cryptoxanthin, beta	mcg									
Vitamin A, IU	IU	304		0	RKA	1		809	1077	1429
Lycopene	mcg									
Lutein + zeaxanthin	mcg									
Vitamin E (alpha-tocopherol)	mg	0.00		0	RKA	1		0.00	0.00	0.00
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg									
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									

NDB No. 21330
McDONALD'S, Vanilla TRIPLE THICK Shake

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Dihydrophylloquinone....mcg									
Menaquinone-4....mcg									
Lipids:									
Fatty acids, total saturated....g	2.250		0	RKI	6		5.985	7.966	10.576
4:0....g									
6:0....g									
8:0....g	0.035		0	RKA	1		0.094	0.125	0.166
10:0....g	0.082		0	RKA	1		0.219	0.292	0.387
12:0....g	0.096		0	RKA	1		0.255	0.339	0.451
13:0....g									
14:0....g	0.346		0	RKA	1		0.919	1.223	1.624
15:0....g	0.036		0	RKA	1		0.095	0.126	0.167
16:0....g	1.084		0	RKA	1		2.883	3.836	5.094
17:0....g	0.022		0	RKA	1		0.059	0.079	0.104
18:0....g	0.543		0	RKA	1		1.446	1.924	2.554
20:0....g	0.006		0	RKA	1		0.016	0.021	0.028
22:0....g	0.000		0	RKA	1		0.000	0.000	0.000
24:0....g									
Fatty acids, total monounsaturated....g	1.094		0	RKI	6		2.910	3.872	5.141
14:1....g	0.024		0	RKA	1		0.063	0.084	0.111
15:1....g	0.000		0	RKA	1		0.000	0.000	0.000
16:1 undifferentiated....g	0.040		0	RKA	1		0.106	0.141	0.188
17:1....g	0.008		0	RKA	1		0.020	0.027	0.036
18:1 undifferentiated....g	1.023		0	RKA	1		2.720	3.620	4.806
20:1....g	0.000		0	RKA	1		0.000	0.000	0.000
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.213		0	RKI	6		0.566	0.753	1.000
18:2 undifferentiated....g	0.192		0	RKA	1		0.509	0.678	0.900
18:3 undifferentiated....g	0.016		0	RKA	1		0.043	0.057	0.076
18:4....g									
20:2 n-6 c,c....g	0.000		0	RKA	1		0.000	0.000	0.000
20:3 undifferentiated....g	0.000		0	RKA	1		0.000	0.000	0.000
20:4 undifferentiated....g	0.005		0	RKA	1		0.014	0.018	0.024
20:5 n-3 (EPA)....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g	0.251		0	RKI	6		0.667	0.888	1.178
Cholesterol....mg	14		0	RKA	1		38	51	68
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 266g: 12 fl oz cup child size

Measure 2 = 354g: 16 fl oz cup small

Measure 3 = 470g: 21 fl oz cup medium

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2010)

NDB No. 21322
McDONALD'S, Warm Cinnamon Roll
McDonald's Corporation

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	20.34		1	A	1		21.36		
Energy	kcal	398		0	MC	9		418		
Energy	kJ	1665		0	MC	9		1748		
Protein (N x 6.25)	g	7.18		1	A	1		7.53		
Total lipid (fat)	g	18.14		1	A	1		19.04		
Ash	g	1.33		1	A	1		1.39		
Carbohydrate, by difference	g	53.02		0	NC	4		55.67		
Fiber, total dietary	g	1.9		1	A	1		2.0		
Sugars, total	g	24.64		1	A	1		25.87		
Sucrose	g	10.66		1	A	1		11.19		
Glucose (dextrose)	g	7.30		1	A	1		7.67		
Fructose	g	4.65		1	A	1		4.88		
Lactose	g	0.89		1	A	1		0.94		
Maltose	g	1.13		1	A	1		1.19		
Galactose	g	0.00		1	A	1		0.00		
Starch	g									
Minerals:										
Calcium, Ca	mg	57		1	A	1		59		
Iron, Fe	mg	1.72		1	A	1		1.81		
Magnesium, Mg	mg	19		1	A	1		20		
Phosphorus, P	mg	104		1	A	1		109		
Potassium, K	mg	140		1	A	1		147		
Sodium, Na	mg	378		1	A	1		397		
Zinc, Zn	mg	0.81		1	A	1		0.85		
Copper, Cu	mg	0.080		1	A	1		0.084		
Manganese, Mn	mg	0.473		1	A	1		0.497		
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		1	A	1		0.0		
Thiamin	mg	0.309		1	A	1		0.324		
Riboflavin	mg	0.268		1	A	1		0.281		
Niacin	mg	2.410		1	A	1		2.531		
Pantothenic acid	mg	0.806		1	A	1		0.846		
Vitamin B-6	mg	0.100		1	A	1		0.105		
Folate, total	mcg	103		1	A	1		108		
Folic acid	mcg									
Folate, food	mcg									
Folate, DFE	mcg_DFE									
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg									
Vitamin A, RAE	mcg_RAE	126		0	AS	1		132		
Retinol	mcg	126		1	A	1		132		
Carotene, beta	mcg	0		1	A	1		0		
Carotene, alpha	mcg									
Cryptoxanthin, beta	mcg									
Vitamin A, IU	IU	420		0	AS	1		441		
Lycopene	mcg									
Lutein + zeaxanthin	mcg									
Vitamin E (alpha-tocopherol)	mg	1.85		1	A	1		1.94		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg									
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									

NDB No. 21322
McDONALD'S, Warm Cinnamon Roll

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Dihydrophylloquinone....mcg									
Menaquinone-4....mcg									
Lipids:									
Fatty acids, total saturated....g	4.470		0	NC	4		4.693		
4:0....g									
6:0....g									
8:0....g	0.000		1	A	1		0.000		
10:0....g	0.000		1	A	1		0.000		
12:0....g	0.000		1	A	1		0.000		
13:0....g									
14:0....g	0.026		1	A	1		0.027		
15:0....g	0.000		1	A	1		0.000		
16:0....g	2.248		1	A	1		2.360		
17:0....g	0.022		1	A	1		0.023		
18:0....g	2.063		1	A	1		2.166		
20:0....g	0.058		1	A	1		0.060		
22:0....g	0.054		1	A	1		0.057		
24:0....g									
Fatty acids, total monounsaturated....g	9.062		0	NC	4		9.515		
14:1....g	0.000		1	A	1		0.000		
15:1....g	0.000		1	A	1		0.000		
16:1 undifferentiated....g	0.058		1	A	1		0.061		
17:1....g	0.000		1	A	1		0.000		
18:1 undifferentiated....g	8.976		0	A	1		9.425		
18:1 c....g	5.586		1	A	1		5.865		
18:1-11c (18:1c n-7)....g									
18:1 t....g	3.391		1	A	1		3.560		
18:1-11t (18:1t n-7)....g									
20:1....g	0.028		1	A	1		0.029		
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	2.811		0	NC	4		2.951		
18:2 undifferentiated....g	2.698		0	AS	1		2.833		
18:2 n-6 c,c....g	1.856		1	A	1		1.949		
18:2 CLAs....g									
18:2 c,t....g									
18:2 t,c....g									
18:2 t,t....g	0.842		1	A	1		0.884		
18:2 i....g									
18:2 t not further defined....g									
18:3 undifferentiated....g	0.084		0	AS	1		0.088		
18:3 n-3 c,c,c (ALA)....g	0.084		1	A	1		0.088		
18:3 n-6 c,c,c....g	0.000		1	A	1		0.000		
18:3i....g									
18:4....g									
20:2 n-6 c,c....g	0.000		1	A	1		0.000		
20:3 undifferentiated....g	0.000		1	A	1		0.000		
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.029		1	A	1		0.030		
20:4 n-3....g									
20:4 n-6....g									
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g	4.232		0	NC	4		4.444		
Fatty acids, total trans-monoenoic....g									
Fatty acids, total trans-polyenoic....g									
Cholesterol....mg	58		1	A	1		61		
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based.

NDB No. 21322
McDONALD'S, Warm Cinnamon Roll

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 105g: 3.7 oz

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2010)

NDB No. 21283

PAPA JOHN'S 14" Cheese Pizza, Original Crust

Papa John's International, Inc.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	44.16	0.557	9	A	1		51.67	414.27	
Energy ... kcal	260		0	NC	4		305	2442	
Energy ... kJ	1089		0	NC	4		1274	10217	
Protein ... g	11.53	0.186	9	A	1		13.49	108.12	
Total lipid (fat) ... g	9.25	0.163	9	A	1		10.82	86.77	
Ash ... g	2.32	0.047	9	A	1		2.71	21.72	
Carbohydrate, by difference ... g	32.74		0	NC	4		38.31	307.13	
Fiber, total dietary ... g	1.9	0.139	9	A	1		2.2	17.7	
Sugars, total ... g	5.32	0.086	9	A	1		6.23	49.93	
Sucrose ... g	0.44	0.033	9	A	1		0.51	4.13	
Glucose (dextrose) ... g	1.49	0.043	9	A	1		1.74	13.95	
Fructose ... g	1.76	0.033	9	A	1		2.06	16.55	
Lactose ... g	0.26	0.068	9	A	1		0.30	2.40	
Maltose ... g	1.28	0.056	9	A	1		1.50	12.00	
Galactose ... g	0.10	0.008	9	A	1		0.11	0.90	
Starch ... g	23.79	0.538	9	A	1		27.83	223.14	
Minerals:									
Calcium, Ca ... mg	166	9.134	9	A	1		195	1560	
Iron, Fe ... mg	1.97	0.046	9	A	1		2.30	18.44	
Magnesium, Mg ... mg	24	0.273	9	A	1		28	223	
Phosphorus, P ... mg	203	6.603	9	A	1		237	1901	
Potassium, K ... mg	138	3.984	9	A	1		162	1295	
Sodium, Na ... mg	578	12.525	9	A	1		676	5421	
Zinc, Zn ... mg	1.24	0.027	9	A	1		1.45	11.66	
Copper, Cu ... mg	0.125	0.003	9	A	1		0.147	1.176	
Manganese, Mn ... mg	0.338	0.009	9	A	1		0.395	3.167	
Selenium, Se ... mcg	27.6	1.416	4	A	1		32.3	258.7	
Vitamins:									
Vitamin C, total ascorbic acid ... mg	0.0	0.000	4	A	1		0.0	0.0	
Thiamin ... mg	0.453	0.018	9	A	1		0.530	4.246	
Riboflavin ... mg	1.225	0.187	9	A	1		1.433	11.489	
Niacin ... mg	3.064	0.071	9	A	1		3.585	28.741	
Pantothenic acid ... mg	0.180	0.002	4	A	1		0.210	1.686	
Vitamin B-6 ... mg	0.122	0.005	9	A	1		0.143	1.143	
Folate, total ... mcg	77	1.797	4	A	1		90	725	
Folic acid ... mcg	45	2.121	4	A	1		53	422	
Folate, food ... mcg	33		0	AS	1		38	305	
Folate, DFE ... mcg_DFE	109		0	NC	4		128	1022	
Choline, total ... mg									
Betaine ... mg									
Vitamin B-12 ... mcg	0.68	0.026	9	A	1		0.80	6.38	
Vitamin A, RAE ... mcg_RAE	60		0	AS	1		70	562	
Retinol ... mcg	54	7.974	4	A	1		63	509	
Carotene, beta ... mcg	69		1	A	1		80	643	
Carotene, alpha ... mcg	0		1	A	1		0	0	
Cryptoxanthin, beta ... mcg	0		1	A	1		0	0	
Vitamin A, IU ... IU	295		0	AS	1		345	2769	
Lycopene ... mcg	1520		1	A	1		1778	14258	
Lutein + zeaxanthin ... mcg	47		1	A	1		55	441	
Vitamin E (alpha-tocopherol) ... mg	1.14	0.048	4	A	1		1.34	10.72	
Tocopherol, beta ... mg	0.06	0.007	4	A	1		0.07	0.59	
Tocopherol, gamma ... mg	1.22	0.084	4	A	1		1.43	11.47	
Tocopherol, delta ... mg	0.34	0.018	4	A	1		0.40	3.19	
Vitamin D (D2 + D3) ... mcg	0.0	0.000	4	A	1		0.0	0.0	
Vitamin D2 (ergocalciferol) ... mcg									
Vitamin D3 (cholecalciferol) ... mcg									
Vitamin D ... IU	0	0.000	4	A	1		0	0	

NDB No. 21283
PAPA JOHN'S 14" Cheese Pizza, Original Crust

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Vitamin K (phylloquinone)....mcg	7.5	0.386	4	A	1		8.8	70.8	
Dihydrophylloquinone....mcg	0.0	0.000	4	A	1		0.0	0.0	
Menaquinone-4....mcg									
Lipids:									
Fatty acids, total saturated....g	3.871		0	NC	4		4.529	36.311	
4:0....g									
6:0....g									
8:0....g	0.058	0.002	9	A	1		0.068	0.542	
10:0....g	0.137	0.005	9	A	1		0.161	1.289	
12:0....g	0.157	0.007	9	A	1		0.184	1.476	
13:0....g	0.000	0.000	9	A	1		0.000	0.000	
14:0....g	0.564	0.021	9	A	1		0.660	5.288	
15:0....g	0.056	0.002	9	A	1		0.065	0.522	
16:0....g	1.961	0.047	9	A	1		2.295	18.395	
17:0....g	0.035	0.001	9	A	1		0.041	0.332	
18:0....g	0.872	0.017	9	A	1		1.021	8.182	
20:0....g	0.019	0.001	9	A	1		0.022	0.177	
22:0....g	0.012	0.000	9	A	1		0.013	0.108	
24:0....g	0.000	0.000	9	A	1		0.000	0.000	
Fatty acids, total monounsaturated....g	2.476		0	NC	4		2.897	23.225	
14:1....g	0.041	0.003	9	A	1		0.048	0.386	
15:1....g	0.000	0.000	9	A	1		0.000	0.000	
16:1 undifferentiated....g	0.091	0.004	9	A	1		0.106	0.851	
17:1....g	0.007	0.001	9	A	1		0.009	0.069	
18:1 undifferentiated....g	2.316	0.042	9	A	1		2.710	21.723	
20:1....g	0.021	0.001	9	A	1		0.024	0.196	
22:1 undifferentiated....g	0.000	0.000	9	A	1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.970		0	NC	4		2.305	18.480	
18:2 undifferentiated....g	1.590	0.027	9	A	1		1.861	14.918	
18:3 undifferentiated....g	0.171	0.004	9	A	1		0.200	1.605	
18:3 n-3 c,c,c (ALA)....g	0.167	0.003	9	A	1		0.195	1.564	
18:3 n-6 c,c,c....g	0.000	0.000	9	A	1		0.000	0.000	
18:3i....g									
18:4....g	0.031	0.002	9	A	1		0.036	0.291	
20:2 n-6 c,c....g	0.000	0.000	9	A	1		0.000	0.000	
20:3 undifferentiated....g	0.001	0.001	9	A	1		0.001	0.005	
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.010	0.000	9	A	1		0.012	0.097	
20:4 n-3....g									
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000	0.000	9	A	1		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000	0.000	9	A	1		0.000	0.000	
22:6 n-3 (DHA)....g	0.000	0.000	9	A	1		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	19	0.389	9	A	1		22	176	
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 117g: 1 slice

Measure 2 = 938g: 1 pie

Calories Factors: Protein **Fat** **Carbohydrate**

NDB No. 21283
PAPA JOHN'S 14" Cheese Pizza, Original Crust

Food Group: 21 Fast Foods
USDA National Nutrient Database for Standard Reference, Release 21 (2010)

NDB No. 21286

PAPA JOHN'S 14" Cheese Pizza, Thin Crust

Papa John's International, Inc.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	43.30	0.416	4	A	1		37.67	293.57	
Energy....kcal	295		0	NC	4		257	2001	
Energy....kJ	1235		0	NC	4		1075	8374	
Protein....g	12.29	0.191	4	A	1		10.69	83.31	
Total lipid (fat)....g	15.66	0.250	4	A	1		13.63	106.20	
Ash....g	2.48	0.049	4	A	1		2.16	16.84	
Carbohydrate, by difference....g	26.26		0	NC	4		22.85	178.07	
Fiber, total dietary....g	2.3	0.341	4	A	1		2.0	15.6	
Sugars, total....g	3.85	0.083	4	A	1		3.35	26.09	
Sucrose....g	0.77	0.025	4	A	1		0.67	5.19	
Glucose (dextrose)....g	0.94	0.069	4	A	1		0.82	6.38	
Fructose....g	0.87	0.026	4	A	1		0.76	5.90	
Lactose....g	0.29	0.134	4	A	1		0.25	1.95	
Maltose....g	0.91	0.054	4	A	1		0.79	6.17	
Galactose....g	0.07	0.000	4	A	1		0.06	0.51	
Starch....g	18.50	0.661	4	A	1		16.10	125.45	
Minerals:									
Calcium, Ca....mg	238	11.087	4	A	1		207	1610	
Iron, Fe....mg	0.51	0.017	4	A	1		0.45	3.49	
Magnesium, Mg....mg	22	0.250	4	A	1		19	151	
Phosphorus, P....mg	245	8.660	4	A	1		213	1661	
Potassium, K....mg	160	7.071	4	A	1		139	1085	
Sodium, Na....mg	528	13.769	4	A	1		459	3576	
Zinc, Zn....mg	1.25	0.065	4	A	1		1.09	8.47	
Copper, Cu....mg	0.149	0.000	4	A	1		0.130	1.010	
Manganese, Mn....mg	0.210	0.000	4	A	1		0.183	1.423	
Selenium, Se....mcg	29.0	0.557	4	A	1		25.3	196.8	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0	0.000	3	A	1		0.0	0.0	
Thiamin....mg	0.469	0.041	4	A	1		0.408	3.178	
Riboflavin....mg	0.216	0.054	4	A	1		0.188	1.464	
Niacin....mg	0.895	0.028	4	A	1		0.779	6.071	
Pantothenic acid....mg	0.139	0.002	4	A	1		0.121	0.945	
Vitamin B-6....mg									
Folate, total....mcg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.83	0.045	4	A	1		0.72	5.64	
Vitamin A, RAE....mcg_RAE	84		0	AS	1		73	567	
Vitamin A, IU....IU	390		0	AS	1		340	2646	
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg	1.78	0.215	4	A	1		1.55	12.05	
Tocopherol, beta....mg	0.07	0.003	4	A	1		0.07	0.51	
Tocopherol, gamma....mg	3.12	0.218	4	A	1		2.71	21.15	
Tocopherol, delta....mg	0.91	0.079	4	A	1		0.79	6.17	
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg	5.6	0.296	4	A	1		4.9	38.3	
Dihydrophylloquinone....mcg	11.4	0.659	4	A	1		10.0	77.6	
Menaquinone-4....mcg									
Lipids:									
Fatty acids, total saturated....g	6.202		0	NC	4		5.396	42.049	
4:0....g									

NDB No. 21286
PAPA JOHN'S 14" Cheese Pizza, Thin Crust

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
6:0....g									
8:0....g	0.080	0.004	4	A	1		0.070	0.542	
10:0....g	0.192	0.011	4	A	1		0.167	1.305	
12:0....g	0.223	0.015	4	A	1		0.194	1.509	
13:0....g	0.000	0.000	4	A	1		0.000	0.000	
14:0....g	0.817	0.052	4	A	1		0.711	5.542	
15:0....g	0.077	0.006	4	A	1		0.067	0.525	
16:0....g	3.015	0.118	4	A	1		2.623	20.441	
17:0....g	0.050	0.004	4	A	1		0.043	0.339	
18:0....g	1.697	0.028	4	A	1		1.477	11.509	
20:0....g	0.030	0.000	4	A	1		0.026	0.203	
22:0....g	0.020	0.000	4	A	1		0.017	0.135	
24:0....g	0.000	0.000	4	A	1		0.000	0.000	
Fatty acids, total monounsaturated....g	6.002		0	NC	4		5.222	40.694	
14:1....g	0.062	0.006	4	A	1		0.054	0.423	
15:1....g	0.000	0.000	4	A	1		0.000	0.000	
16:1 undifferentiated....g	0.137	0.013	4	A	1		0.120	0.932	
17:1....g	0.022	0.003	4	A	1		0.019	0.152	
18:1 undifferentiated....g	5.745	0.041	4	A	1		4.998	38.951	
20:1....g	0.035	0.003	4	A	1		0.030	0.237	
22:1 undifferentiated....g	0.000	0.000	4	A	1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.663		0	NC	4		1.447	11.274	
18:2 undifferentiated....g	1.500	0.014	4	A	1		1.305	10.170	
18:3 undifferentiated....g	0.102	0.005	4	A	1		0.089	0.695	
18:4....g	0.047	0.005	4	A	1		0.041	0.322	
20:2 n-6 c,c....g									
20:3 undifferentiated....g	0.002	0.002	4	A	1		0.002	0.017	
20:4 undifferentiated....g	0.011	0.003	4	A	1		0.009	0.071	
20:5 n-3 (EPA)....g	0.000	0.000	4	A	1		0.000	0.000	
22:5 n-3 (DPA)....g	0.000	0.000	4	A	1		0.000	0.000	
22:6 n-3 (DHA)....g	0.000	0.000	4	A	1		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	28	0.811	4	A	1		25	191	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.143		0	A	1		0.124	0.966	
Threonine....g	0.478		0	A	1		0.416	3.238	
Isoleucine....g	0.547		0	A	1		0.476	3.711	
Leucine....g	1.105		0	A	1		0.962	7.495	
Lysine....g	0.740		0	A	1		0.644	5.020	
Methionine....g	0.225		0	A	1		0.196	1.525	
Cystine....g	0.130		0	A	1		0.113	0.881	
Phenylalanine....g	0.663		0	A	1		0.577	4.494	
Tyrosine....g	0.485		0	A	1		0.422	3.292	
Valine....g	0.698		0	A	1		0.607	4.729	
Arginine....g	0.455		0	A	1		0.396	3.086	
Histidine....g	0.330		0	A	1		0.287	2.238	
Alanine....g	0.423		0	A	1		0.368	2.866	
Aspartic acid....g	1.051		0	A	1		0.914	7.126	
Glutamic acid....g	3.442		0	A	1		2.994	23.336	
Glycine....g	0.310		0	A	1		0.270	2.104	
Proline....g	1.366		0	A	1		1.189	9.263	
Serine....g	0.715		0	A	1		0.622	4.850	
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 87g: 1 slice

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PAPA JOHN'S 14" Cheese Pizza, Thin Crust

Measure 2 = 678g: 1 pie

Calories Factors: Protein	**Fat**	**Carbohydrate**

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2010)

NDB No. 21284

PAPA JOHN'S 14" Pepperoni Pizza, Original Crust

Papa John's International, Inc.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	43.60	0.591	9	A	1		53.62	445.11	
Energy ... kcal	275		0	NC	4		338	2806	
Energy ... kJ	1150		0	NC	4		1414	11739	
Protein ... g	11.97	0.182	9	A	1		14.73	122.24	
Total lipid (fat) ... g	11.86	0.226	9	A	1		14.59	121.12	
Ash ... g	2.53	0.048	9	A	1		3.11	25.84	
Carbohydrate, by difference ... g	30.04		0	NC	4		36.95	306.69	
Fiber, total dietary ... g	1.2	0.103	9	A	1		1.5	12.8	
Sugars, total ... g	4.84	0.066	9	A	1		5.95	49.40	
Sucrose ... g	0.38	0.029	9	A	1		0.47	3.89	
Glucose (dextrose) ... g	1.38	0.027	9	A	1		1.70	14.08	
Fructose ... g	1.64	0.031	9	A	1		2.01	16.70	
Lactose ... g	0.23	0.090	9	A	1		0.28	2.33	
Maltose ... g	1.13	0.062	9	A	1		1.40	11.58	
Galactose ... g	0.08	0.005	9	A	1		0.10	0.81	
Starch ... g	21.77	0.459	9	A	1		26.77	222.24	
Minerals:									
Calcium, Ca ... mg	152	8.101	9	A	1		187	1552	
Iron, Fe ... mg	1.98	0.053	9	A	1		2.44	20.25	
Magnesium, Mg ... mg	23	0.184	9	A	1		29	238	
Phosphorus, P ... mg	196	5.983	9	A	1		241	2000	
Potassium, K ... mg	150	3.047	9	A	1		185	1532	
Sodium, Na ... mg	671	12.111	9	A	1		825	6849	
Zinc, Zn ... mg	1.34	0.022	9	A	1		1.65	13.68	
Copper, Cu ... mg	0.128	0.004	9	A	1		0.158	1.311	
Manganese, Mn ... mg	0.348	0.006	9	A	1		0.428	3.550	
Selenium, Se ... mcg	29.3	0.937	4	A	1		36.1	299.7	
Vitamins:									
Vitamin C, total ascorbic acid ... mg	0.0	0.000	4	A	1		0.0	0.0	
Thiamin ... mg	0.431	0.025	9	A	1		0.530	4.400	
Riboflavin ... mg	0.486	0.094	8	A	1		0.598	4.963	
Niacin ... mg	3.225	0.144	9	A	1		3.967	32.929	
Pantothenic acid ... mg	0.266	0.004	4	A	1		0.327	2.715	
Vitamin B-6 ... mg	0.162	0.016	9	A	1		0.200	1.658	
Folate, total ... mcg	72	3.966	4	A	1		89	738	
Folic acid ... mcg	43	2.972	4	A	1		53	439	
Folate, food ... mcg	29		0	AS	1		36	299	
Folate, DFE ... mcg_DFE	102		0	NC	4		126	1045	
Choline, total ... mg									
Betaine ... mg									
Vitamin B-12 ... mcg	0.79	0.045	9	A	1		0.97	8.03	
Vitamin A, RAE ... mcg_RAE	58		0	AS	1		71	592	
Retinol ... mcg	52	10.711	4	A	1		64	530	
Carotene, beta ... mcg									
Carotene, alpha ... mcg									
Cryptoxanthin, beta ... mcg									
Vitamin A, IU ... IU	294		0	AS	1		362	3003	
Lycopene ... mcg									
Lutein + zeaxanthin ... mcg									
Vitamin E (alpha-tocopherol) ... mg	1.10	0.021	4	A	1		1.36	11.28	
Tocopherol, beta ... mg	0.06	0.002	4	A	1		0.07	0.59	
Tocopherol, gamma ... mg	1.21	0.053	4	A	1		1.49	12.40	
Tocopherol, delta ... mg	0.32	0.006	4	A	1		0.40	3.32	
Vitamin D (D2 + D3) ... mcg	0.0	0.000	4	A	1		0.0	0.0	
Vitamin D2 (ergocalciferol) ... mcg									
Vitamin D3 (cholecalciferol) ... mcg									
Vitamin D ... IU	0	0.000	4	A	1		0	0	
Vitamin K (phylloquinone) ... mcg	6.1	0.459	4	A	1		7.5	62.5	

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PAPA JOHN'S 14" Pepperoni Pizza, Original Crust

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Dihydrophylloquinone....mcg	0.0	0.000	4	A	1		0.0	0.0	
Menaquinone-4....mcg									
Lipids:									
Fatty acids, total saturated....g	4.908		0	NC	4		6.036	50.106	
4:0....g									
6:0....g									
8:0....g	0.051	0.003	9	A	1		0.063	0.525	
10:0....g	0.123	0.008	9	A	1		0.151	1.255	
12:0....g	0.143	0.009	9	A	1		0.176	1.461	
13:0....g	0.000	0.000	8	A	1		0.000	0.000	
14:0....g	0.587	0.031	9	A	1		0.722	5.993	
15:0....g	0.060	0.003	9	A	1		0.073	0.610	
16:0....g	2.605	0.056	9	A	1		3.204	26.596	
17:0....g	0.064	0.002	9	A	1		0.079	0.652	
18:0....g	1.242	0.025	9	A	1		1.528	12.682	
20:0....g	0.021	0.000	9	A	1		0.025	0.210	
22:0....g	0.012	0.000	9	A	1		0.015	0.123	
24:0....g	0.000	0.000	9	A	1		0.000	0.000	
Fatty acids, total monounsaturated....g	3.912		0	NC	4		4.812	39.946	
14:1....g	0.052	0.003	9	A	1		0.063	0.527	
15:1....g	0.000	0.000	9	A	1		0.000	0.000	
16:1 undifferentiated....g	0.187	0.004	9	A	1		0.231	1.914	
17:1....g	0.019	0.001	9	A	1		0.023	0.192	
18:1 undifferentiated....g	3.602	0.038	9	A	1		4.431	36.781	
20:1....g	0.042	0.001	9	A	1		0.052	0.430	
22:1 undifferentiated....g	0.010	0.003	9	A	1		0.012	0.101	
24:1 c....g									
Fatty acids, total polyunsaturated....g	2.206		0	NC	4		2.714	22.526	
18:2 undifferentiated....g	1.774	0.024	9	A	1		2.183	18.117	
18:3 undifferentiated....g	0.180	0.004	9	A	1		0.221	1.838	
18:3 n-3 c,c,c (ALA)....g	0.175	0.003	9	A	1		0.215	1.786	
18:3 n-6 c,c,c....g	0.000	0.000	9	A	1		0.000	0.000	
18:3i....g									
18:4....g	0.042	0.002	9	A	1		0.052	0.430	
20:2 n-6 c,c....g	0.015	0.001	9	A	1		0.019	0.154	
20:3 undifferentiated....g	0.001	0.001	9	A	1		0.001	0.006	
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.019	0.001	9	A	1		0.023	0.195	
20:4 n-3....g									
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000	0.000	9	A	1		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000	0.000	9	A	1		0.000	0.000	
22:6 n-3 (DHA)....g	0.000	0.000	9	A	1		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	26	0.663	9	A	1		31	261	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.127		0	A	1		0.157	1.301	
Threonine....g	0.480		0	A	1		0.590	4.900	
Isoleucine....g	0.527		0	A	1		0.649	5.385	
Leucine....g	1.070		0	A	1		1.316	10.924	
Lysine....g	0.697		0	A	1		0.858	7.120	
Methionine....g	0.212		0	A	1		0.261	2.169	
Cystine....g	0.155		0	A	1		0.191	1.582	
Phenylalanine....g	0.655		0	A	1		0.806	6.687	
Tyrosine....g	0.452		0	A	1		0.556	4.619	
Valine....g	0.655		0	A	1		0.806	6.687	
Arginine....g	0.505		0	A	1		0.621	5.155	
Histidine....g	0.335		0	A	1		0.412	3.419	
Alanine....g	0.487		0	A	1		0.600	4.976	

NDB No. 21284
PAPA JOHN'S 14" Pepperoni Pizza, Original Crust

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Aspartic acid.....g	0.902		0	A	1		1.110	9.214	
Glutamic acid.....g	3.420		0	A	1		4.206	34.917	
Glycine.....g	0.427		0	A	1		0.526	4.364	
Proline.....g	1.372		0	A	1		1.688	14.012	
Serine.....g	0.690		0	A	1		0.849	7.044	
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 123g: 1 slice

Measure 2 = 1021g: 1 pie

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2010)

NDB No. 21285

PAPA JOHN'S 14" The Works Pizza, Original Crust

Papa John's International, Inc.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	50.57	1.114	4	A	1		77.38	552.77	
Energy....kcal	240		0	NC	4		367	2620	
Energy....kJ	1003		0	NC	4		1534	10962	
Protein....g	10.27	0.131	4	A	1		15.71	112.25	
Total lipid (fat)....g	10.21	0.145	4	A	1		15.62	111.55	
Ash....g	2.26	0.026	4	A	1		3.45	24.67	
Carbohydrate, by difference....g	26.69		0	NC	4		40.84	291.75	
Fiber, total dietary....g	2.5	0.125	4	A	1		3.8	26.9	
Sugars, total....g	4.84	0.078	4	A	1		7.41	52.93	
Sucrose....g	0.33	0.069	4	A	1		0.51	3.62	
Glucose (dextrose)....g	1.50	0.035	4	A	1		2.29	16.38	
Fructose....g	1.56	0.016	4	A	1		2.39	17.06	
Lactose....g	0.16	0.052	4	A	1		0.25	1.76	
Maltose....g	1.22	0.082	4	A	1		1.86	13.29	
Galactose....g	0.07	0.000	4	A	1		0.11	0.81	
Starch....g	18.45	0.911	4	A	1		28.22	201.63	
Minerals:									
Calcium, Ca....mg	99	4.272	4	A	1		151	1077	
Iron, Fe....mg	1.50	0.091	4	A	1		2.29	16.39	
Magnesium, Mg....mg	21	0.250	4	A	1		33	232	
Phosphorus, P....mg	160	4.082	4	A	1		245	1749	
Potassium, K....mg	160	4.082	4	A	1		245	1749	
Sodium, Na....mg	570	7.071	4	A	1		872	6230	
Zinc, Zn....mg	0.98	0.011	4	A	1		1.50	10.74	
Copper, Cu....mg	0.149	0.000	4	A	1		0.228	1.629	
Manganese, Mn....mg	0.282	0.010	4	A	1		0.432	3.087	
Selenium, Se....mcg	26.8	0.808	4	A	1		41.0	292.7	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0	0.000	4	A	1		0.0	0.0	
Thiamin....mg	0.233	0.009	4	A	1		0.357	2.552	
Riboflavin....mg	0.292	0.064	4	A	1		0.446	3.188	
Niacin....mg	3.205	0.040	4	A	1		4.904	35.030	
Pantothenic acid....mg	0.325	0.008	4	A	1		0.498	3.557	
Vitamin B-6....mg									
Folate, total....mcg	65	5.375	4	A	1		100	713	
Folic acid....mcg	38	4.021	4	A	1		58	415	
Folate, food....mcg	27		0	AS	1		42	298	
Folate, DFE....mcg_DFE	92		0	NC	4		141	1004	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.72	0.033	4	A	1		1.11	7.90	
Vitamin A, RAE....mcg_RAE	31		0	AS	1		48	343	
Retinol....mcg	27	1.780	4	A	1		42	299	
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	172		0	AS	1		264	1885	
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg	1.06	0.148	4	A	1		1.62	11.58	
Tocopherol, beta....mg	0.05	0.005	4	A	1		0.07	0.52	
Tocopherol, gamma....mg	1.06	0.087	4	A	1		1.63	11.61	
Tocopherol, delta....mg	0.27	0.013	4	A	1		0.42	2.98	
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg	5.6	0.227	4	A	1		8.6	61.2	

NDB No. 21285
PAPA JOHN'S 14" The Works Pizza, Original Crust

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Dihydrophylloquinone....mcg	0.0	0.000	4	A	1		0.0	0.0	
Menaquinone-4....mcg									
Lipids:									
Fatty acids, total saturated....g	3.765		0	NC	4		5.760	41.151	
4:0....g									
6:0....g									
8:0....g	0.030	0.000	4	A	1		0.046	0.327	
10:0....g	0.077	0.005	4	A	1		0.119	0.847	
12:0....g	0.087	0.005	4	A	1		0.134	0.956	
13:0....g	0.000	0.000	4	A	1		0.000	0.000	
14:0....g	0.382	0.013	4	A	1		0.585	4.180	
15:0....g	0.035	0.003	4	A	1		0.053	0.381	
16:0....g	2.117	0.055	4	A	1		3.240	23.144	
17:0....g	0.040	0.000	4	A	1		0.061	0.436	
18:0....g	0.967	0.018	4	A	1		1.480	10.575	
20:0....g	0.020	0.000	4	A	1		0.030	0.218	
22:0....g	0.008	0.001	4	A	1		0.012	0.088	
24:0....g	0.000	0.000	4	A	1		0.000	0.000	
Fatty acids, total monounsaturated....g	3.652		0	NC	4		5.588	39.919	
14:1....g	0.027	0.003	4	A	1		0.042	0.299	
15:1....g	0.000	0.000	4	A	1		0.000	0.000	
16:1 undifferentiated....g	0.165	0.006	4	A	1		0.252	1.803	
17:1....g	0.027	0.003	4	A	1		0.042	0.299	
18:1 undifferentiated....g	3.385	0.085	4	A	1		5.179	36.998	
20:1....g	0.045	0.003	4	A	1		0.069	0.491	
22:1 undifferentiated....g	0.002	0.002	4	A	1		0.004	0.027	
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.877		0	NC	4		2.872	20.518	
18:2 undifferentiated....g	1.675	0.050	4	A	1		2.563	18.307	
18:3 undifferentiated....g	0.155	0.006	4	A	1		0.237	1.694	
18:4....g	0.027	0.003	4	A	1		0.042	0.299	
20:2 n-6 c,c....g									
20:3 undifferentiated....g	0.000	0.000	4	A	1		0.000	0.000	
20:4 undifferentiated....g	0.020	0.000	4	A	1		0.030	0.218	
20:5 n-3 (EPA)....g	0.000	0.000	4	A	1		0.000	0.000	
22:5 n-3 (DPA)....g	0.000	0.000	4	A	1		0.000	0.000	
22:6 n-3 (DHA)....g	0.000	0.000	4	A	1		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	21	0.795	4	A	1		32	232	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.105		0	A	1		0.161	1.147	
Threonine....g	0.395		0	A	1		0.604	4.317	
Isoleucine....g	0.415		0	A	1		0.635	4.537	
Leucine....g	0.830		0	A	1		1.270	9.074	
Lysine....g	0.545		0	A	1		0.834	5.961	
Methionine....g	0.167		0	A	1		0.256	1.829	
Cystine....g	0.140		0	A	1		0.214	1.530	
Phenylalanine....g	0.520		0	A	1		0.796	5.683	
Tyrosine....g	0.338		0	A	1		0.516	3.689	
Valine....g	0.500		0	A	1		0.765	5.467	
Arginine....g	0.440		0	A	1		0.673	4.810	
Histidine....g	0.275		0	A	1		0.421	3.005	
Alanine....g	0.428		0	A	1		0.654	4.674	
Aspartic acid....g	0.768		0	A	1		1.175	8.392	
Glutamic acid....g	2.861		0	A	1		4.378	31.275	
Glycine....g	0.380		0	A	1		0.581	4.153	
Proline....g	1.030		0	A	1		1.576	11.260	
Serine....g	0.543		0	A	1		0.830	5.930	
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based.

NDB No. 21285
PAPA JOHN'S 14" The Works Pizza, Original Crust

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 153g: 1 slice

Measure 2 = 1093g: 1 pie

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2010)

NDB No. 21271

PIZZA HUT 12" Cheese Pizza, Regular Crust

Pizza Hut, Inc.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	43.29	0.562	4	A	1		41.56	319.46	
Energy ... kcal	271		0	NC	4		260	1997	
Energy ... kJ	1132		0	NC	4		1087	8357	
Protein ... g	11.93	0.188	4	A	1		11.45	88.04	
Total lipid (fat) ... g	10.89	0.570	4	A	1		10.46	80.40	
Ash ... g	2.67	0.099	4	A	1		2.56	19.70	
Carbohydrate, by difference ... g	31.22		0	NC	4		29.97	230.39	
Fiber, total dietary ... g	1.8	0.169	4	A	1		1.8	13.5	
Sugars, total ... g	3.37	0.184	4	A	1		3.24	24.88	
Sucrose ... g	0.00	0.000	4	A	1		0.00	0.00	
Glucose (dextrose) ... g	0.53	0.068	4	A	1		0.51	3.90	
Fructose ... g	0.65	0.022	4	A	1		0.62	4.79	
Lactose ... g	0.38	0.072	4	A	1		0.37	2.82	
Maltose ... g	1.74	0.134	4	A	1		1.67	12.82	
Galactose ... g	0.07	0.000	4	A	1		0.07	0.55	
Starch ... g	21.21	1.012	4	A	1		20.36	156.51	
Minerals:									
Calcium, Ca ... mg	209	6.921	4	A	1		200	1541	
Iron, Fe ... mg	1.95	0.107	4	A	1		1.87	14.39	
Magnesium, Mg ... mg	22	0.544	4	A	1		21	161	
Phosphorus, P ... mg	249	5.764	4	A	1		239	1836	
Potassium, K ... mg	173	6.447	4	A	1		166	1279	
Sodium, Na ... mg	685	31.223	4	A	1		657	5053	
Zinc, Zn ... mg	1.65	0.054	4	A	1		1.59	12.20	
Copper, Cu ... mg	0.092	0.005	4	A	1		0.088	0.675	
Manganese, Mn ... mg	0.308	0.011	4	A	1		0.296	2.275	
Selenium, Se ... mcg	20.5	2.549	4	A	1		19.7	151.1	
Vitamins:									
Vitamin C, total ascorbic acid ... mg	0.0	0.000	4	A	1		0.0	0.0	
Thiamin ... mg	0.264	0.018	4	A	1		0.254	1.952	
Riboflavin ... mg	0.256	0.006	4	A	1		0.246	1.892	
Niacin ... mg	3.295	0.148	4	A	1		3.163	24.317	
Pantothenic acid ... mg	0.285	0.021	4	A	1		0.274	2.107	
Vitamin B-6 ... mg	0.114	0.012	4	A	1		0.109	0.840	
Folate, total ... mcg									
Folate, DFE ... mcg_DFE									
Choline, total ... mg									
Betaine ... mg									
Vitamin B-12 ... mcg	0.70	0.084	4	A	1		0.67	5.17	
Vitamin A, RAE ... mcg_RAE	82		0	AS	1		79	606	
Vitamin A, IU ... IU	435		0	AS	1		418	3210	
Lycopene ... mcg	2310		1	A	1		2218	17048	
Lutein + zeaxanthin ... mcg	69		1	A	1		66	511	
Vitamin E (alpha-tocopherol) ... mg	0.70	0.136	4	A	1		0.67	5.17	
Tocopherol, beta ... mg	0.03	0.009	4	A	1		0.03	0.26	
Tocopherol, gamma ... mg	1.81	0.524	4	A	1		1.74	13.36	
Tocopherol, delta ... mg	0.58	0.178	4	A	1		0.56	4.32	
Vitamin D (D2 + D3) ... mcg									
Vitamin D2 (ergocalciferol) ... mcg									
Vitamin D3 (cholecalciferol) ... mcg									
Vitamin D ... IU									
Vitamin K (phylloquinone) ... mcg	10.1	1.430	4	A	1		9.7	74.5	
Dihydrophylloquinone ... mcg	0.1	0.050	4	A	1		0.0	0.4	
Menaquinone-4 ... mcg									
Lipids:									
Fatty acids, total saturated ... g	5.040		0	NC	4		4.839	37.197	
4:0 ... g									

NDB No. 21271
PIZZA HUT 12" Cheese Pizza, Regular Crust

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
6:0	g									
8:0	g	0.083	0.002	4	A	1		0.080	0.614	
10:0	g	0.191	0.004	4	A	1		0.183	1.407	
12:0	g	0.218	0.005	4	A	1		0.210	1.612	
13:0	g									
14:0	g	0.745	0.022	4	A	1		0.716	5.501	
15:0	g	0.076	0.002	4	A	1		0.073	0.560	
16:0	g	2.498	0.053	4	A	1		2.398	18.433	
17:0	g	0.048	0.002	4	A	1		0.046	0.357	
18:0	g	1.146	0.059	4	A	1		1.100	8.457	
20:0	g	0.021	0.001	4	A	1		0.020	0.154	
22:0	g	0.014	0.001	4	A	1		0.013	0.100	
24:0	g									
Fatty acids, total monounsaturated	g	2.919		0	NC	4		2.802	21.539	
14:1	g	0.055	0.004	4	A	1		0.053	0.406	
15:1	g	0.000	0.000	4	A	1		0.000	0.000	
16:1 undifferentiated	g	0.131	0.008	4	A	1		0.126	0.968	
17:1	g	0.010	0.006	4	A	1		0.010	0.075	
18:1 undifferentiated	g	2.697	0.126	4	A	1		2.589	19.906	
20:1	g	0.025	0.001	4	A	1		0.024	0.185	
22:1 undifferentiated	g									
24:1 c	g									
Fatty acids, total polyunsaturated	g	1.839		0	NC	4		1.766	13.575	
18:2 undifferentiated	g	1.628	0.194	4	A	1		1.563	12.013	
18:3 undifferentiated	g	0.196		0	AS	1		0.188	1.448	
18:3 n-3 c,c,c (ALA)	g	0.196	0.026	4	A	1		0.188	1.448	
18:3 n-6 c,c,c	g	0.000	0.000	4	A	1		0.000	0.000	
18:3i	g									
18:4	g									
20:2 n-6 c,c	g	0.000	0.000	4	A	1		0.000	0.000	
20:3 undifferentiated	g	0.000	0.000	4	A	1		0.000	0.000	
20:3 n-3	g									
20:3 n-6	g									
20:4 undifferentiated	g	0.015	0.001	4	A	1		0.015	0.114	
20:4 n-3	g									
20:4 n-6	g									
20:5 n-3 (EPA)	g									
21:5	g									
22:4	g									
22:5 n-3 (DPA)	g									
22:6 n-3 (DHA)	g									
Fatty acids, total trans	g									
Cholesterol	mg	24	1.644	4	A	1		23	177	
Phytosterols	mg									
Amino Acids:										
Tryptophan	g	0.128		0	A	1		0.123	0.946	
Threonine	g	0.411		0	A	1		0.394	3.030	
Isoleucine	g	0.565		0	A	1		0.542	4.167	
Leucine	g	1.140		0	A	1		1.094	8.412	
Lysine	g	0.771		0	A	1		0.740	5.691	
Methionine	g	0.264		0	A	1		0.253	1.949	
Cystine	g	0.163		0	A	1		0.157	1.206	
Phenylalanine	g	0.665		0	A	1		0.638	4.905	
Tyrosine	g	0.522		0	A	1		0.502	3.856	
Valine	g	0.721		0	A	1		0.692	5.323	
Arginine	g	0.487		0	A	1		0.467	3.592	
Histidine	g	0.355		0	A	1		0.341	2.623	
Alanine	g	0.419		0	A	1		0.403	3.094	
Aspartic acid	g	0.840		0	A	1		0.807	6.200	
Glutamic acid	g	3.539		0	A	1		3.397	26.118	
Glycine	g	0.341		0	A	1		0.327	2.517	
Proline	g	1.358		0	A	1		1.304	10.024	
Serine	g	0.701		0	A	1		0.673	5.175	

NDB No. 21271
PIZZA HUT 12" Cheese Pizza, Regular Crust

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 96g: 1 slice

Measure 2 = 738g: 1 pie

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2010)

NDB No. 21273

PIZZA HUT 12" Cheese Pizza, THIN 'N CRISPY Crust

Pizza Hut, Inc.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	38.77	0.708	4	A	1		26.75	222.16	
Energy....kcal	303		0	NC	4		209	1734	
Energy....kJ	1266		0	NC	4		874	7254	
Protein....g	15.29	0.209	4	A	1		10.55	87.59	
Total lipid (fat)....g	14.10	0.385	4	A	1		9.73	80.78	
Ash....g	3.20	0.115	4	A	1		2.21	18.35	
Carbohydrate, by difference....g	28.64		0	NC	4		19.76	164.12	
Fiber, total dietary....g	1.6	0.064	4	A	1		1.1	8.9	
Sugars, total....g	2.67	0.166	4	A	1		1.84	15.30	
Sucrose....g	0.00	0.000	4	A	1		0.00	0.00	
Glucose (dextrose)....g	0.59	0.049	4	A	1		0.40	3.36	
Fructose....g	0.48	0.040	4	A	1		0.33	2.72	
Lactose....g	0.50	0.101	4	A	1		0.34	2.86	
Maltose....g	1.03	0.073	4	A	1		0.71	5.92	
Galactose....g	0.07	0.000	4	A	1		0.05	0.43	
Starch....g	19.66	1.135	4	A	1		13.57	112.67	
Minerals:									
Calcium, Ca....mg	278	19.336	4	A	1		192	1592	
Iron, Fe....mg	1.71	0.118	4	A	1		1.18	9.78	
Magnesium, Mg....mg	24	0.586	4	A	1		16	136	
Phosphorus, P....mg	317	15.586	4	A	1		218	1814	
Potassium, K....mg	191	4.661	4	A	1		132	1093	
Sodium, Na....mg	784	50.894	4	A	1		541	4489	
Zinc, Zn....mg	1.87	0.101	4	A	1		1.29	10.70	
Copper, Cu....mg	0.096	0.003	4	A	1		0.067	0.553	
Manganese, Mn....mg	0.297	0.012	4	A	1		0.205	1.701	
Selenium, Se....mcg	23.1	1.700	4	A	1		15.9	132.2	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0	0.000	4	A	1		0.0	0.0	
Thiamin....mg	0.218	0.016	4	A	1		0.150	1.248	
Riboflavin....mg	0.276	0.014	4	A	1		0.191	1.583	
Niacin....mg	2.895	0.177	4	A	1		1.997	16.588	
Pantothenic acid....mg	0.320	0.014	4	A	1		0.221	1.832	
Vitamin B-6....mg	0.109	0.007	4	A	1		0.075	0.625	
Folate, total....mcg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.89	0.086	4	A	1		0.62	5.11	
Vitamin A, RAE....mcg_RAE	107		0	AS	1		74	616	
Vitamin A, IU....IU	374		0	AS	1		258	2141	
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg	0.84	0.016	4	A	1		0.58	4.84	
Tocopherol, beta....mg	0.03	0.005	4	A	1		0.02	0.16	
Tocopherol, gamma....mg	1.05	0.124	4	A	1		0.73	6.05	
Tocopherol, delta....mg	0.35	0.020	4	A	1		0.24	1.99	
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg	8.3	0.492	4	A	1		5.7	47.6	
Dihydrophylloquinone....mcg	0.0	0.000	4	A	1		0.0	0.0	
Menaquinone-4....mcg									
Lipids:									
Fatty acids, total saturated....g	6.896		0	NC	4		4.758	39.513	
4:0....g									

NDB No. 21273
PIZZA HUT 12" Cheese Pizza, THIN 'N CRISPY Crust

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g									
8:0....g	0.119	0.004	4	A	1		0.082	0.685	
10:0....g	0.271	0.009	4	A	1		0.187	1.551	
12:0....g	0.308	0.009	4	A	1		0.212	1.765	
13:0....g									
14:0....g	1.051	0.024	4	A	1		0.725	6.021	
15:0....g	0.106	0.004	4	A	1		0.073	0.609	
16:0....g	3.347	0.095	4	A	1		2.309	19.178	
17:0....g	0.066	0.003	4	A	1		0.046	0.381	
18:0....g	1.588	0.097	4	A	1		1.096	9.100	
20:0....g	0.025	0.000	4	A	1		0.017	0.145	
22:0....g	0.014	0.000	4	A	1		0.010	0.080	
24:0....g									
Fatty acids, total monounsaturated....g	3.807		0	NC	4		2.627	21.814	
14:1....g	0.076	0.002	4	A	1		0.053	0.438	
15:1....g	0.000	0.000	4	A	1		0.000	0.000	
16:1 undifferentiated....g	0.167	0.002	4	A	1		0.115	0.955	
17:1....g	0.000	0.000	4	A	1		0.000	0.000	
18:1 undifferentiated....g	3.534	0.170	4	A	1		2.438	20.250	
20:1....g	0.030	0.000	4	A	1		0.021	0.171	
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.698		0	NC	4		1.172	9.729	
18:2 undifferentiated....g	1.496	0.051	4	A	1		1.032	8.570	
18:3 undifferentiated....g	0.180		0	AS	1		0.124	1.033	
18:3 n-3 c,c,c (ALA)....g	0.177	0.007	4	A	1		0.122	1.015	
18:3 n-6 c,c,c....g	0.003	0.003	4	A	1		0.002	0.017	
18:3i....g									
18:4....g									
20:2 n-6 c,c....g	0.000	0.000	4	A	1		0.000	0.000	
20:3 undifferentiated....g	0.000	0.000	4	A	1		0.000	0.000	
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.022	0.002	4	A	1		0.015	0.126	
20:4 n-3....g									
20:4 n-6....g									
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g									
Cholesterol....mg	34	2.069	4	A	1		23	193	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.158		0	A	1		0.109	0.903	
Threonine....g	0.502		0	A	1		0.346	2.875	
Isoleucine....g	0.696		0	A	1		0.480	3.989	
Leucine....g	1.388		0	A	1		0.958	7.952	
Lysine....g	0.993		0	A	1		0.685	5.692	
Methionine....g	0.325		0	A	1		0.224	1.863	
Cystine....g	0.170		0	A	1		0.117	0.975	
Phenylalanine....g	0.795		0	A	1		0.549	4.558	
Tyrosine....g	0.686		0	A	1		0.473	3.930	
Valine....g	0.901		0	A	1		0.622	5.164	
Arginine....g	0.582		0	A	1		0.402	3.337	
Histidine....g	0.427		0	A	1		0.295	2.449	
Alanine....g	0.491		0	A	1		0.339	2.812	
Aspartic acid....g	1.031		0	A	1		0.711	5.908	
Glutamic acid....g	4.076		0	A	1		2.813	23.356	
Glycine....g	0.378		0	A	1		0.261	2.165	
Proline....g	1.616		0	A	1		1.115	9.257	
Serine....g	0.849		0	A	1		0.586	4.865	

NDB No. 21273
PIZZA HUT 12" Cheese Pizza, THIN 'N CRISPY Crust

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 69g: 1 slice

Measure 2 = 573g: 1 pie

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2010)

NDB No. 21272

PIZZA HUT 12" Cheese Pizza, Thick Crust

Pizza Hut, Inc.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	43.40	0.577	4	A	1		43.40	315.92	
Energy....kcal	280		0	NC	4		280	2036	
Energy....kJ	1170		0	NC	4		1170	8518	
Protein....g	11.73	0.516	4	A	1		11.73	85.38	
Total lipid (fat)....g	12.56	0.582	4	A	1		12.56	91.41	
Ash....g	2.39	0.065	4	A	1		2.39	17.40	
Carbohydrate, by difference....g	29.93		0	NC	4		29.93	217.89	
Fiber, total dietary....g	1.7	0.174	4	A	1		1.7	12.1	
Sugars, total....g	3.21	0.211	4	A	1		3.21	23.35	
Sucrose....g	0.00	0.000	4	A	1		0.00	0.00	
Glucose (dextrose)....g	0.41	0.043	4	A	1		0.41	2.99	
Fructose....g	0.42	0.070	4	A	1		0.42	3.08	
Lactose....g	0.47	0.122	4	A	1		0.47	3.43	
Maltose....g	1.83	0.090	4	A	1		1.83	13.31	
Galactose....g	0.07	0.000	4	A	1		0.07	0.54	
Starch....g	21.22	0.429	4	A	1		21.22	154.52	
Minerals:									
Calcium, Ca....mg	208	9.229	4	A	1		208	1514	
Iron, Fe....mg	1.86	0.088	4	A	1		1.86	13.52	
Magnesium, Mg....mg	21	0.739	4	A	1		21	153	
Phosphorus, P....mg	241	9.958	4	A	1		241	1754	
Potassium, K....mg	168	3.240	4	A	1		168	1223	
Sodium, Na....mg	624	50.016	4	A	1		624	4539	
Zinc, Zn....mg	1.63	0.068	4	A	1		1.63	11.85	
Copper, Cu....mg	0.101	0.004	4	A	1		0.101	0.733	
Manganese, Mn....mg	0.305	0.007	4	A	1		0.305	2.223	
Selenium, Se....mcg	19.4	2.100	4	A	1		19.4	141.2	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0	0.000	4	A	1		0.0	0.0	
Thiamin....mg	0.243	0.010	4	A	1		0.243	1.769	
Riboflavin....mg	0.251	0.011	4	A	1		0.251	1.825	
Niacin....mg	3.910	0.831	4	A	1		3.910	28.464	
Pantothenic acid....mg	0.285	0.016	4	A	1		0.285	2.072	
Vitamin B-6....mg	0.107	0.007	4	A	1		0.107	0.777	
Folate, total....mcg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.64	0.063	4	A	1		0.64	4.68	
Vitamin A, RAE....mcg_RAE	73		0	AS	1		73	535	
Vitamin A, IU....IU	260		0	AS	1		260	1896	
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg	1.06	0.129	4	A	1		1.06	7.75	
Tocopherol, beta....mg	0.05	0.017	4	A	1		0.05	0.38	
Tocopherol, gamma....mg	3.48	1.006	4	A	1		3.48	25.32	
Tocopherol, delta....mg	1.15	0.381	4	A	1		1.15	8.39	
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg	15.5	2.230	4	A	1		15.5	113.2	
Dihydrophylloquinone....mcg	0.0	0.000	4	A	1		0.0	0.0	
Menaquinone-4....mcg									
Lipids:									
Fatty acids, total saturated....g	5.184		0	NC	4		5.184	37.737	
4:0....g									

NDB No. 21272
PIZZA HUT 12" Cheese Pizza, Thick Crust

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g									
8:0....g	0.082	0.003	4	A	1		0.082	0.598	
10:0....g	0.187	0.007	4	A	1		0.187	1.359	
12:0....g	0.212	0.009	4	A	1		0.212	1.541	
13:0....g									
14:0....g	0.723	0.025	4	A	1		0.723	5.265	
15:0....g	0.074	0.001	4	A	1		0.074	0.537	
16:0....g	2.611	0.070	4	A	1		2.611	19.006	
17:0....g	0.048	0.001	4	A	1		0.048	0.353	
18:0....g	1.203	0.009	4	A	1		1.203	8.761	
20:0....g	0.025	0.002	4	A	1		0.025	0.185	
22:0....g	0.018	0.001	4	A	1		0.018	0.132	
24:0....g									
Fatty acids, total monounsaturated....g	3.213		0	NC	4		3.213	23.392	
14:1....g	0.053	0.004	4	A	1		0.053	0.384	
15:1....g	0.000	0.000	4	A	1		0.000	0.000	
16:1 undifferentiated....g	0.124	0.007	4	A	1		0.124	0.902	
17:1....g	0.012	0.007	4	A	1		0.012	0.087	
18:1 undifferentiated....g	2.997	0.112	4	A	1		2.997	21.821	
20:1....g	0.027	0.002	4	A	1		0.027	0.198	
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	2.752		0	NC	4		2.752	20.035	
18:2 undifferentiated....g	2.433	0.216	4	A	1		2.433	17.714	
18:3 undifferentiated....g	0.304		0	AS	1		0.304	2.213	
18:3 n-3 c,c,c (ALA)....g	0.304	0.031	4	A	1		0.304	2.213	
18:3 n-6 c,c,c....g	0.000	0.000	4	A	1		0.000	0.000	
18:3i....g									
18:4....g									
20:2 n-6 c,c....g	0.000	0.000	4	A	1		0.000	0.000	
20:3 undifferentiated....g	0.000	0.000	4	A	1		0.000	0.000	
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.015	0.001	4	A	1		0.015	0.109	
20:4 n-3....g									
20:4 n-6....g									
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g									
Cholesterol....mg	21	0.233	4	A	1		21	156	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.125		0	A	1		0.125	0.909	
Threonine....g	0.379		0	A	1		0.379	2.762	
Isoleucine....g	0.518		0	A	1		0.518	3.774	
Leucine....g	1.044		0	A	1		1.044	7.599	
Lysine....g	0.693		0	A	1		0.693	5.044	
Methionine....g	0.266		0	A	1		0.266	1.933	
Cystine....g	0.156		0	A	1		0.156	1.137	
Phenylalanine....g	0.615		0	A	1		0.615	4.477	
Tyrosine....g	0.479		0	A	1		0.479	3.490	
Valine....g	0.658		0	A	1		0.658	4.791	
Arginine....g	0.451		0	A	1		0.451	3.286	
Histidine....g	0.326		0	A	1		0.326	2.371	
Alanine....g	0.386		0	A	1		0.386	2.813	
Aspartic acid....g	0.753		0	A	1		0.753	5.484	
Glutamic acid....g	3.323		0	A	1		3.323	24.191	
Glycine....g	0.322		0	A	1		0.322	2.342	
Proline....g	1.253		0	A	1		1.253	9.125	
Serine....g	0.648		0	A	1		0.648	4.720	

NDB No. 21272
PIZZA HUT 12" Cheese Pizza, Thick Crust

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 100g: 1 slice

Measure 2 = 728g: 1 pie

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2010)

NDB No. 21274

PIZZA HUT 12" Pepperoni Pizza, Regular Crust

Pizza Hut, Inc.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	41.35	0.378	4	A	1		39.69	307.62	
Energy ... kcal	280		0	NC	4		269	2083	
Energy ... kJ	1171		0	NC	4		1125	8716	
Protein ... g	12.86	0.212	4	A	1		12.34	95.65	
Total lipid (fat) ... g	11.38	0.236	4	A	1		10.92	84.63	
Ash ... g	2.87	0.049	4	A	1		2.76	21.39	
Carbohydrate, by difference ... g	31.55		0	NC	4		30.28	234.70	
Fiber, total dietary ... g	1.7	0.156	4	A	1		1.7	12.9	
Sugars, total ... g	3.67	0.127	4	A	1		3.52	27.28	
Sucrose ... g	0.00	0.000	4	A	1		0.00	0.00	
Glucose (dextrose) ... g	0.55	0.037	4	A	1		0.53	4.07	
Fructose ... g	0.85	0.057	4	A	1		0.81	6.30	
Lactose ... g	0.37	0.073	4	A	1		0.36	2.76	
Maltose ... g	1.83	0.081	4	A	1		1.75	13.59	
Galactose ... g	0.07	0.000	4	A	1		0.07	0.55	
Starch ... g	22.85	0.773	4	A	1		21.94	170.00	
Minerals:									
Calcium, Ca ... mg	155	5.935	4	A	1		149	1155	
Iron, Fe ... mg	2.14	0.055	4	A	1		2.05	15.92	
Magnesium, Mg ... mg	23	0.250	4	A	1		22	171	
Phosphorus, P ... mg	218	3.614	4	A	1		209	1620	
Potassium, K ... mg	207	3.719	4	A	1		199	1540	
Sodium, Na ... mg	801	17.076	4	A	1		768	5956	
Zinc, Zn ... mg	1.68	0.058	4	A	1		1.61	12.50	
Copper, Cu ... mg	0.104	0.003	4	A	1		0.100	0.777	
Manganese, Mn ... mg	0.365	0.006	4	A	1		0.351	2.717	
Selenium, Se ... mcg	21.3	1.431	4	A	1		20.5	158.7	
Vitamins:									
Vitamin C, total ascorbic acid ... mg	0.0	0.000	4	A	1		0.0	0.0	
Thiamin ... mg	0.320	0.016	4	A	1		0.307	2.379	
Riboflavin ... mg	0.271	0.007	4	A	1		0.260	2.016	
Niacin ... mg	4.028	0.066	4	A	1		3.866	29.965	
Pantothenic acid ... mg	0.467	0.053	4	A	1		0.448	3.472	
Vitamin B-6 ... mg	0.152	0.008	4	A	1		0.146	1.129	
Folate, total ... mcg									
Folate, DFE ... mcg_DFE									
Choline, total ... mg									
Betaine ... mg									
Vitamin B-12 ... mcg	0.68	0.070	4	A	1		0.66	5.10	
Vitamin A, RAE ... mcg_RAE	57		0	AS	1		54	421	
Vitamin A, IU ... IU	204		0	AS	1		196	1520	
Lycopene ... mcg									
Lutein + zeaxanthin ... mcg									
Vitamin E (alpha-tocopherol) ... mg	0.75	0.149	4	A	1		0.72	5.62	
Tocopherol, beta ... mg	0.05	0.010	4	A	1		0.05	0.35	
Tocopherol, gamma ... mg	1.75	0.391	4	A	1		1.68	13.06	
Tocopherol, delta ... mg	0.58	0.129	4	A	1		0.56	4.33	
Vitamin D (D2 + D3) ... mcg									
Vitamin D2 (ergocalciferol) ... mcg									
Vitamin D3 (cholecalciferol) ... mcg									
Vitamin D ... IU									
Vitamin K (phylloquinone) ... mcg	8.5	0.433	4	A	1		8.1	63.1	
Dihydrophylloquinone ... mcg	0.0	0.000	4	A	1		0.0	0.0	
Menaquinone-4 ... mcg									
Lipids:									
Fatty acids, total saturated ... g	5.161		0	NC	4		4.955	38.397	
4:0 ... g									

NDB No. 21274
PIZZA HUT 12" Pepperoni Pizza, Regular Crust

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g									
8:0....g	0.060	0.001	4	A	1		0.057	0.444	
10:0....g	0.138	0.003	4	A	1		0.133	1.028	
12:0....g	0.158	0.004	4	A	1		0.152	1.177	
13:0....g									
14:0....g	0.589	0.015	4	A	1		0.565	4.380	
15:0....g	0.058	0.001	4	A	1		0.056	0.433	
16:0....g	2.764	0.076	4	A	1		2.653	20.562	
17:0....g	0.052	0.002	4	A	1		0.050	0.387	
18:0....g	1.309	0.058	4	A	1		1.257	9.740	
20:0....g	0.022	0.001	4	A	1		0.021	0.161	
22:0....g	0.011	0.000	4	A	1		0.011	0.085	
24:0....g									
Fatty acids, total monounsaturated....g	4.018		0	NC	4		3.858	29.896	
14:1....g	0.043	0.002	4	A	1		0.041	0.319	
15:1....g	0.000	0.000	4	A	1		0.000	0.000	
16:1 undifferentiated....g	0.203	0.011	4	A	1		0.195	1.514	
17:1....g	0.014	0.008	4	A	1		0.014	0.108	
18:1 undifferentiated....g	3.703	0.151	4	A	1		3.555	27.550	
20:1....g	0.054	0.003	4	A	1		0.052	0.405	
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	2.034		0	NC	4		1.953	15.135	
18:2 undifferentiated....g	1.792	0.064	4	A	1		1.721	13.336	
18:3 undifferentiated....g	0.190		0	AS	1		0.182	1.411	
18:3 n-3 c,c,c (ALA)....g	0.190	0.008	4	A	1		0.182	1.411	
18:3 n-6 c,c,c....g	0.000	0.000	4	A	1		0.000	0.000	
18:3i....g									
18:4....g									
20:2 n-6 c,c....g	0.025	0.001	4	A	1		0.024	0.190	
20:3 undifferentiated....g	0.000	0.000	4	A	1		0.000	0.000	
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.027	0.001	4	A	1		0.026	0.199	
20:4 n-3....g									
20:4 n-6....g									
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g									
Cholesterol....mg	26	1.200	4	A	1		25	193	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.123		0	A	1		0.118	0.916	
Threonine....g	0.418		0	A	1		0.401	3.110	
Isoleucine....g	0.538		0	A	1		0.516	3.999	
Leucine....g	1.068		0	A	1		1.025	7.944	
Lysine....g	0.764		0	A	1		0.734	5.686	
Methionine....g	0.272		0	A	1		0.261	2.025	
Cystine....g	0.176		0	A	1		0.169	1.311	
Phenylalanine....g	0.625		0	A	1		0.600	4.649	
Tyrosine....g	0.483		0	A	1		0.464	3.593	
Valine....g	0.670		0	A	1		0.643	4.984	
Arginine....g	0.538		0	A	1		0.517	4.006	
Histidine....g	0.361		0	A	1		0.346	2.684	
Alanine....g	0.490		0	A	1		0.470	3.644	
Aspartic acid....g	0.855		0	A	1		0.821	6.359	
Glutamic acid....g	3.343		0	A	1		3.209	24.868	
Glycine....g	0.451		0	A	1		0.433	3.353	
Proline....g	1.230		0	A	1		1.180	9.148	
Serine....g	0.658		0	A	1		0.631	4.893	

NDB No. 21274
PIZZA HUT 12" Pepperoni Pizza, Regular Crust

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 96g: 1 slice

Measure 2 = 744g: 1 pie

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2010)

NDB No. 21275

PIZZA HUT 12" Pepperoni Pizza, Thick Crust

Pizza Hut, Inc.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	40.80	0.718	4	A	1		39.16	317.39	
Energy....kcal	298		0	NC	4		286	2316	
Energy....kJ	1246		0	NC	4		1196	9691	
Protein....g	11.97	0.313	4	A	1		11.49	93.13	
Total lipid (fat)....g	14.21	0.455	4	A	1		13.64	110.54	
Ash....g	2.53	0.076	4	A	1		2.43	19.72	
Carbohydrate, by difference....g	30.49		0	NC	4		29.27	237.23	
Fiber, total dietary....g	1.8	0.137	4	A	1		1.7	14.1	
Sugars, total....g	3.20	0.152	4	A	1		3.08	24.92	
Sucrose....g	0.00	0.000	4	A	1		0.00	0.00	
Glucose (dextrose)....g	0.40	0.037	4	A	1		0.38	3.08	
Fructose....g	0.37	0.033	4	A	1		0.36	2.91	
Lactose....g	0.35	0.090	4	A	1		0.34	2.74	
Maltose....g	2.01	0.135	4	A	1		1.93	15.62	
Galactose....g	0.07	0.000	4	A	1		0.07	0.58	
Starch....g	23.13	0.941	4	A	1		22.21	179.97	
Minerals:									
Calcium, Ca....mg	146	3.227	4	A	1		140	1132	
Iron, Fe....mg	2.14	0.076	4	A	1		2.05	16.63	
Magnesium, Mg....mg	22	0.433	4	A	1		21	171	
Phosphorus, P....mg	205	5.140	4	A	1		196	1591	
Potassium, K....mg	199	1.315	4	A	1		191	1546	
Sodium, Na....mg	692	22.500	4	A	1		664	5382	
Zinc, Zn....mg	1.54	0.055	4	A	1		1.48	12.00	
Copper, Cu....mg	0.105	0.002	4	A	1		0.101	0.820	
Manganese, Mn....mg	0.361	0.004	4	A	1		0.347	2.808	
Selenium, Se....mcg	20.6	1.658	4	A	1		19.8	160.7	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0	0.000	4	A	1		0.0	0.0	
Thiamin....mg	0.287	0.008	4	A	1		0.275	2.230	
Riboflavin....mg	0.254	0.006	4	A	1		0.244	1.978	
Niacin....mg	3.840	0.158	4	A	1		3.686	29.875	
Pantothenic acid....mg	0.378	0.013	4	A	1		0.363	2.942	
Vitamin B-6....mg	0.140	0.003	4	A	1		0.134	1.089	
Folate, total....mcg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.64	0.061	4	A	1		0.61	4.96	
Vitamin A, RAE....mcg_RAE	47		0	AS	1		45	362	
Vitamin A, IU....IU	171		0	AS	1		164	1328	
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg	0.78	0.088	4	A	1		0.75	6.11	
Tocopherol, beta....mg	0.05	0.008	4	A	1		0.05	0.39	
Tocopherol, gamma....mg	3.08	0.482	4	A	1		2.96	23.98	
Tocopherol, delta....mg	1.13	0.219	4	A	1		1.08	8.79	
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg	19.3	0.900	4	A	1		18.6	150.5	
Dihydrophylloquinone....mcg	0.0	0.000	4	A	1		0.0	0.0	
Menaquinone-4....mcg									
Lipids:									
Fatty acids, total saturated....g	5.271		0	NC	4		5.060	41.004	
4:0....g									

NDB No. 21275
PIZZA HUT 12" Pepperoni Pizza, Thick Crust

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g									
8:0....g	0.055	0.003	4	A	1		0.053	0.428	
10:0....g	0.127	0.007	4	A	1		0.122	0.988	
12:0....g	0.144	0.008	4	A	1		0.138	1.120	
13:0....g									
14:0....g	0.541	0.025	4	A	1		0.520	4.211	
15:0....g	0.053	0.002	4	A	1		0.051	0.416	
16:0....g	2.876	0.042	4	A	1		2.761	22.377	
17:0....g	0.051	0.001	4	A	1		0.049	0.400	
18:0....g	1.372	0.015	4	A	1		1.317	10.676	
20:0....g	0.030	0.001	4	A	1		0.029	0.233	
22:0....g	0.020	0.001	4	A	1		0.019	0.157	
24:0....g									
Fatty acids, total monounsaturated....g	4.415		0	NC	4		4.238	34.349	
14:1....g	0.039	0.003	4	A	1		0.038	0.305	
15:1....g	0.000	0.000	4	A	1		0.000	0.000	
16:1 undifferentiated....g	0.184	0.004	4	A	1		0.176	1.429	
17:1....g	0.017	0.010	4	A	1		0.016	0.130	
18:1 undifferentiated....g	4.114	0.028	4	A	1		3.950	32.011	
20:1....g	0.061	0.001	4	A	1		0.059	0.474	
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	3.465		0	NC	4		3.327	26.961	
18:2 undifferentiated....g	3.058	0.159	4	A	1		2.936	23.791	
18:3 undifferentiated....g	0.357		0	AS	1		0.343	2.779	
18:3 n-3 c,c,c (ALA)....g	0.357	0.023	4	A	1		0.343	2.779	
18:3 n-6 c,c,c....g	0.000	0.000	4	A	1		0.000	0.000	
18:3i....g									
18:4....g									
20:2 n-6 c,c....g	0.025	0.000	4	A	1		0.024	0.196	
20:3 undifferentiated....g	0.000	0.000	4	A	1		0.000	0.000	
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.025	0.000	4	A	1		0.024	0.195	
20:4 n-3....g									
20:4 n-6....g									
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g									
Cholesterol....mg	25	1.076	4	A	1		24	191	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.116		0	A	1		0.112	0.905	
Threonine....g	0.374		0	A	1		0.359	2.910	
Isoleucine....g	0.487		0	A	1		0.467	3.786	
Leucine....g	0.952		0	A	1		0.914	7.405	
Lysine....g	0.652		0	A	1		0.625	5.069	
Methionine....g	0.247		0	A	1		0.237	1.918	
Cystine....g	0.178		0	A	1		0.171	1.387	
Phenylalanine....g	0.564		0	A	1		0.541	4.387	
Tyrosine....g	0.427		0	A	1		0.410	3.321	
Valine....g	0.604		0	A	1		0.580	4.702	
Arginine....g	0.485		0	A	1		0.466	3.776	
Histidine....g	0.322		0	A	1		0.309	2.505	
Alanine....g	0.434		0	A	1		0.416	3.373	
Aspartic acid....g	0.739		0	A	1		0.710	5.751	
Glutamic acid....g	3.160		0	A	1		3.034	24.588	
Glycine....g	0.400		0	A	1		0.384	3.111	
Proline....g	1.134		0	A	1		1.089	8.825	
Serine....g	0.588		0	A	1		0.564	4.572	

NDB No. 21275
PIZZA HUT 12" Pepperoni Pizza, Thick Crust

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 96g: 1 slice

Measure 2 = 778g: 1 pie

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2010)

NDB No. 21276

PIZZA HUT 12" Super Supreme Pizza, Regular Crust

Pizza Hut, Inc.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	50.20	0.701	4	A	1		63.75	555.68	271.57
Energy....kcal	243		0	NC	4		308	2685	1312
Energy....kJ	1015		0	NC	4		1289	11235	5491
Protein....g	10.90	0.377	4	A	1		13.85	120.69	58.98
Total lipid (fat)....g	10.72	0.300	4	A	1		13.61	118.67	57.99
Ash....g	2.56	0.061	4	A	1		3.25	28.36	13.86
Carbohydrate, by difference....g	25.62		0	NC	4		32.54	283.60	138.60
Fiber, total dietary....g	2.0	0.031	4	A	1		2.6	22.4	11.0
Sugars, total....g	3.71	0.120	4	A	1		4.72	41.12	20.09
Sucrose....g	0.00	0.000	4	A	1		0.00	0.00	0.00
Glucose (dextrose)....g	0.74	0.086	4	A	1		0.93	8.15	3.98
Fructose....g	0.90	0.101	4	A	1		1.14	9.95	4.86
Lactose....g	0.28	0.057	4	A	1		0.35	3.07	1.50
Maltose....g	1.73	0.055	4	A	1		2.19	19.13	9.35
Galactose....g	0.07	0.000	4	A	1		0.09	0.82	0.40
Starch....g	16.53	0.352	4	A	1		20.99	182.93	89.40
Minerals:									
Calcium, Ca....mg	129	5.218	4	A	1		164	1425	697
Iron, Fe....mg	2.00	0.054	4	A	1		2.55	22.19	10.85
Magnesium, Mg....mg	23	0.533	4	A	1		30	258	126
Phosphorus, P....mg	200	2.598	4	A	1		253	2208	1079
Potassium, K....mg	233	10.622	4	A	1		296	2579	1261
Sodium, Na....mg	689	12.957	4	A	1		875	7630	3729
Zinc, Zn....mg	1.45	0.042	4	A	1		1.85	16.11	7.87
Copper, Cu....mg	0.127	0.005	4	A	1		0.161	1.402	0.685
Manganese, Mn....mg	0.324	0.006	4	A	1		0.411	3.583	1.751
Selenium, Se....mcg	19.5	1.689	4	A	1		24.8	216.4	105.8
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0	0.000	4	A	1		0.0	0.0	0.0
Thiamin....mg	0.266	0.014	4	A	1		0.337	2.942	1.438
Riboflavin....mg	0.242	0.014	4	A	1		0.308	2.681	1.310
Niacin....mg	3.582	0.148	4	A	1		4.550	39.658	19.381
Pantothenic acid....mg	0.441	0.027	4	A	1		0.560	4.879	2.384
Vitamin B-6....mg	0.146	0.003	4	A	1		0.185	1.613	0.788
Folate, total....mcg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.62	0.057	4	A	1		0.78	6.84	3.34
Vitamin A, RAE....mcg_RAE	36		0	AS	1		46	403	197
Vitamin A, IU....IU	137		0	AS	1		174	1514	740
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg	0.77	0.068	4	A	1		0.98	8.58	4.19
Tocopherol, beta....mg	0.03	0.005	4	A	1		0.03	0.30	0.15
Tocopherol, gamma....mg	0.88	0.052	4	A	1		1.12	9.80	4.79
Tocopherol, delta....mg	0.28	0.017	4	A	1		0.35	3.07	1.50
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg	7.3	0.433	4	A	1		9.3	81.1	39.6
Dihydrophylloquinone....mcg	0.0	0.000	4	A	1		0.0	0.0	0.0
Menaquinone-4....mcg									
Lipids:									
Fatty acids, total saturated....g	4.554		0	NC	4		5.783	50.410	24.636
4:0....g									

NDB No. 21276
PIZZA HUT 12" Super Supreme Pizza, Regular Crust

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g									
8:0 g	0.047	0.006	4	A	1		0.059	0.517	0.253
10:0 g	0.109	0.013	4	A	1		0.139	1.209	0.591
12:0 g	0.124	0.015	4	A	1		0.158	1.377	0.673
13:0 g									
14:0 g	0.489	0.051	4	A	1		0.621	5.415	2.647
15:0 g	0.049	0.005	4	A	1		0.062	0.542	0.265
16:0 g	2.482	0.080	4	A	1		3.153	27.481	13.430
17:0 g	0.050	0.003	4	A	1		0.063	0.553	0.270
18:0 g	1.180	0.022	4	A	1		1.499	13.067	6.386
20:0 g	0.020	0.001	4	A	1		0.025	0.220	0.108
22:0 g	0.002	0.002	4	A	1		0.003	0.027	0.013
24:0 g									
Fatty acids, total monounsaturated g	3.953		0	NC	4		5.021	43.763	21.387
14:1 g	0.039	0.005	4	A	1		0.049	0.428	0.209
15:1 g	0.000	0.000	4	A	1		0.000	0.000	0.000
16:1 undifferentiated g	0.200	0.001	4	A	1		0.254	2.211	1.081
17:1 g	0.000	0.000	4	A	1		0.000	0.000	0.000
18:1 undifferentiated g	3.667	0.104	4	A	1		4.657	40.593	19.838
20:1 g	0.048	0.003	4	A	1		0.061	0.531	0.259
22:1 undifferentiated g									
24:1 c g									
Fatty acids, total polyunsaturated g	1.729		0	NC	4		2.196	19.138	9.353
18:2 undifferentiated g	1.527	0.059	4	A	1		1.940	16.906	8.262
18:3 undifferentiated g	0.152		0	AS	1		0.193	1.685	0.823
18:3 n-3 c,c,c (ALA) g	0.152	0.005	4	A	1		0.193	1.685	0.823
18:3 n-6 c,c,c g	0.000	0.000	4	A	1		0.000	0.000	0.000
18:3i g									
18:4 g									
20:2 n-6 c,c g	0.025	0.002	4	A	1		0.032	0.276	0.135
20:3 undifferentiated g	0.000	0.000	4	A	1		0.000	0.000	0.000
20:3 n-3 g									
20:3 n-6 g									
20:4 undifferentiated g	0.025	0.001	4	A	1		0.031	0.271	0.133
20:4 n-3 g									
20:4 n-6 g									
20:5 n-3 (EPA) g									
21:5 g									
22:4 g									
22:5 n-3 (DPA) g									
22:6 n-3 (DHA) g									
Fatty acids, total trans g									
Cholesterol mg	20	1.046	4	A	1		25	220	108
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.105		0	A	1		0.134	1.166	0.570
Threonine g	0.384		0	A	1		0.488	4.255	2.079
Isoleucine g	0.485		0	A	1		0.616	5.368	2.623
Leucine g	0.931		0	A	1		1.182	10.306	5.037
Lysine g	0.710		0	A	1		0.901	7.855	3.839
Methionine g	0.213		0	A	1		0.271	2.358	1.152
Cystine g	0.153		0	A	1		0.194	1.690	0.826
Phenylalanine g	0.545		0	A	1		0.693	6.037	2.950
Tyrosine g	0.425		0	A	1		0.540	4.705	2.299
Valine g	0.599		0	A	1		0.760	6.629	3.239
Arginine g	0.532		0	A	1		0.675	5.887	2.877
Histidine g	0.323		0	A	1		0.411	3.580	1.749
Alanine g	0.476		0	A	1		0.605	5.274	2.577
Aspartic acid g	0.831		0	A	1		1.055	9.196	4.494
Glutamic acid g	2.845		0	A	1		3.614	31.498	15.394
Glycine g	0.442		0	A	1		0.561	4.888	2.389
Proline g	1.009		0	A	1		1.281	11.169	5.459
Serine g	0.585		0	A	1		0.743	6.477	3.165

NDB No. 21276
PIZZA HUT 12" Super Supreme Pizza, Regular Crust

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 127g: 1 slice
Measure 2 = 1107g: 1 pie
Measure 3 = 541g: .5 pie

Calories Factors: Protein **Fat** **Carbohydrate** 4

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2010)

NDB No. 21293

PIZZA HUT 14" Cheese Pizza, Regular Crust

Pizza Hut, Inc.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	43.19	0.302	12	A	1		43.19	446.58	
Energy....kcal	271		0	NC	4		271	2806	
Energy....kJ	1135		0	NC	4		1135	11740	
Protein....g	11.75	0.163	12	A	1		11.75	121.46	
Total lipid (fat)....g	10.87	0.375	12	A	1		10.87	112.44	
Ash....g	2.56	0.041	12	A	1		2.56	26.47	
Carbohydrate, by difference....g	31.63		0	NC	4		31.63	327.05	
Fiber, total dietary....g	1.1	0.098	12	A	1		1.1	11.5	
Sugars, total....g	3.16	0.114	12	A	1		3.16	32.63	
Sucrose....g	0.00	0.000	12	A	1		0.00	0.00	
Glucose (dextrose)....g	0.51	0.036	12	A	1		0.51	5.31	
Fructose....g	0.88	0.072	12	A	1		0.88	9.05	
Lactose....g	0.28	0.055	12	A	1		0.28	2.88	
Maltose....g	1.34	0.047	12	A	1		1.34	13.81	
Galactose....g	0.15	0.014	12	A	1		0.15	1.58	
Starch....g	25.07	0.335	12	A	1		25.07	259.27	
Minerals:									
Calcium, Ca....mg	189	6.879	12	A	1		189	1953	
Iron, Fe....mg	1.96	0.053	12	A	1		1.96	20.23	
Magnesium, Mg....mg	21	0.231	12	A	1		21	219	
Phosphorus, P....mg	227	5.393	12	A	1		227	2345	
Potassium, K....mg	157	4.395	12	A	1		157	1621	
Sodium, Na....mg	632	11.544	12	A	1		632	6532	
Zinc, Zn....mg	1.46	0.033	12	A	1		1.46	15.10	
Copper, Cu....mg	0.091	0.003	12	A	1		0.091	0.944	
Manganese, Mn....mg	0.310	0.007	12	A	1		0.310	3.209	
Selenium, Se....mcg	13.3	0.210	4	A	1		13.3	138.0	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0	0.000	3	A	1		0.0	0.0	
Thiamin....mg	0.366	0.017	12	A	1		0.366	3.784	
Riboflavin....mg	0.269	0.006	12	A	1		0.269	2.778	
Niacin....mg	3.552	0.085	12	A	1		3.552	36.733	
Pantothenic acid....mg	0.330	0.010	4	A	1		0.330	3.417	
Vitamin B-6....mg	0.122	0.005	12	A	1		0.122	1.261	
Folate, total....mcg	108	4.385	4	A	1		108	1114	
Folic acid....mcg	60	3.797	4	A	1		60	615	
Folate, food....mcg	48		0	AS	1		48	499	
Folate, DFE....mcg_DFE	149		0	NC	4		149	1545	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.71	0.041	12	A	1		0.71	7.38	
Vitamin A, RAE....mcg_RAE	69		0	AS	1		69	709	
Retinol....mcg	64	7.136	4	A	1		64	658	
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	311		0	AS	1		311	3219	
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg	0.57	0.027	4	A	1		0.57	5.89	
Tocopherol, beta....mg	0.04	0.006	4	A	1		0.04	0.39	
Tocopherol, gamma....mg	1.13	0.032	4	A	1		1.13	11.71	
Tocopherol, delta....mg	0.36	0.005	4	A	1		0.36	3.77	
Vitamin D (D2 + D3)....mcg	0.0	0.000	4	A	1		0.0	0.0	
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU	0	0.000	4	A	1		0	0	
Vitamin K (phylloquinone)....mcg	7.7	0.464	4	A	1		7.7	79.9	

NDB No. 21293
PIZZA HUT 14" Cheese Pizza, Regular Crust

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Dihydrophylloquinone....mcg	0.0	0.000	4	A	1		0.0	0.0	
Menaquinone-4....mcg	1.3	0.111	4	A	1		1.3	13.2	
Lipids:									
Fatty acids, total saturated....g	4.421		0	NC	4		4.421	45.708	
4:0....g									
6:0....g									
8:0....g	0.063	0.002	12	A	1		0.063	0.654	
10:0....g	0.156	0.005	12	A	1		0.156	1.611	
12:0....g	0.180	0.006	12	A	1		0.180	1.861	
13:0....g									
14:0....g	0.662	0.020	12	A	1		0.662	6.841	
15:0....g	0.067	0.002	12	A	1		0.067	0.698	
16:0....g	2.250	0.045	12	A	1		2.250	23.264	
17:0....g	0.046	0.002	12	A	1		0.046	0.473	
18:0....g	0.965	0.029	12	A	1		0.965	9.978	
20:0....g	0.022	0.002	12	A	1		0.022	0.223	
22:0....g	0.010	0.002	12	A	1		0.010	0.105	
24:0....g	0.000	0.000	12	A	1		0.000	0.000	
Fatty acids, total monounsaturated....g	2.576		0	NC	4		2.576	26.639	
14:1....g	0.053	0.003	12	A	1		0.053	0.551	
15:1....g	0.000	0.000	12	A	1		0.000	0.000	
16:1 undifferentiated....g	0.132	0.003	12	A	1		0.132	1.370	
17:1....g	0.020	0.000	12	A	1		0.020	0.206	
18:1 undifferentiated....g	2.350	0.080	12	A	1		2.350	24.298	
20:1....g	0.021	0.001	12	A	1		0.021	0.214	
22:1 undifferentiated....g	0.000	0.000	12	A	1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.796		0	NC	4		1.796	18.566	
18:2 undifferentiated....g	1.546	0.180	12	A	1		1.546	15.984	
18:3 undifferentiated....g	0.198	0.024	12	A	1		0.198	2.050	
18:4....g	0.042	0.003	12	A	1		0.042	0.430	
20:2 n-6 c,c....g	0.000	0.000	12	A	1		0.000	0.000	
20:3 undifferentiated....g	0.000	0.000	11	A	1		0.000	0.000	
20:4 undifferentiated....g	0.010	0.000	12	A	1		0.010	0.102	
20:5 n-3 (EPA)....g	0.000	0.000	12	A	1		0.000	0.000	
22:5 n-3 (DPA)....g	0.000	0.000	12	A	1		0.000	0.000	
22:6 n-3 (DHA)....g	0.000	0.000	12	A	1		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	26	0.787	12	A	1		26	265	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.148		0	A	1		0.148	1.525	
Threonine....g	0.477		0	A	1		0.477	4.936	
Isoleucine....g	0.518		0	A	1		0.518	5.351	
Leucine....g	1.037		0	A	1		1.037	10.727	
Lysine....g	0.660		0	A	1		0.660	6.823	
Methionine....g	0.207		0	A	1		0.207	2.145	
Cystine....g	0.132		0	A	1		0.132	1.369	
Phenylalanine....g	0.610		0	A	1		0.610	6.306	
Tyrosine....g	0.407		0	A	1		0.407	4.213	
Valine....g	0.652		0	A	1		0.652	6.746	
Arginine....g	0.432		0	A	1		0.432	4.471	
Histidine....g	0.312		0	A	1		0.312	3.230	
Alanine....g	0.392		0	A	1		0.392	4.057	
Aspartic acid....g	0.955		0	A	1		0.955	9.874	
Glutamic acid....g	3.345		0	A	1		3.345	34.584	
Glycine....g	0.322		0	A	1		0.322	3.334	
Proline....g	1.240		0	A	1		1.240	12.821	
Serine....g	0.655		0	A	1		0.655	6.772	
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based.

NDB No. 21293
PIZZA HUT 14" Cheese Pizza, Regular Crust

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 100g: 1 slice

Measure 2 = 1034g: 1 pie

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2010)

NDB No. 21295

PIZZA HUT 14" Cheese Pizza, THIN 'N CRISPY Crust

Pizza Hut, Inc.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	39.25	0.653	4	A	1		29.83	294.00	
Energy ... kcal	296		0	NC	4		225	2219	
Energy ... kJ	1239		0	NC	4		942	9284	
Protein ... g	15.22	0.136	4	A	1		11.57	113.99	
Total lipid (fat) ... g	13.25	0.536	4	A	1		10.07	99.24	
Ash ... g	3.25	0.067	4	A	1		2.47	24.34	
Carbohydrate, by difference ... g	29.03		0	NC	4		22.06	217.43	
Fiber, total dietary ... g	1.1	0.120	4	A	1		0.8	7.9	
Sugars, total ... g	2.52	0.149	4	A	1		1.92	18.88	
Sucrose ... g	0.00	0.000	4	A	1		0.00	0.00	
Glucose (dextrose) ... g	0.51	0.027	4	A	1		0.39	3.85	
Fructose ... g	0.59	0.044	4	A	1		0.45	4.40	
Lactose ... g	0.39	0.119	4	A	1		0.29	2.90	
Maltose ... g	0.82	0.045	4	A	1		0.63	6.17	
Galactose ... g	0.21	0.046	4	A	1		0.16	1.55	
Starch ... g	23.70	1.265	4	A	1		18.01	177.49	
Minerals:									
Calcium, Ca ... mg	263	11.087	4	A	1		200	1966	
Iron, Fe ... mg	1.45	0.065	4	A	1		1.10	10.86	
Magnesium, Mg ... mg	25	0.866	4	A	1		19	184	
Phosphorus, P ... mg	303	15.478	4	A	1		230	2266	
Potassium, K ... mg	178	2.500	4	A	1		135	1329	
Sodium, Na ... mg	783	13.769	4	A	1		595	5861	
Zinc, Zn ... mg	1.50	0.041	4	A	1		1.14	11.23	
Copper, Cu ... mg	0.164	0.015	4	A	1		0.125	1.231	
Manganese, Mn ... mg	0.265	0.010	4	A	1		0.201	1.984	
Selenium, Se ... mcg	21.1	5.051	4	A	1		16.0	158.0	
Vitamins:									
Vitamin C, total ascorbic acid ... mg	0.4	0.040	4	A	1		0.3	2.8	
Thiamin ... mg	0.330	0.008	4	A	1		0.251	2.471	
Riboflavin ... mg	0.305	0.010	4	A	1		0.232	2.282	
Niacin ... mg	5.345	0.550	4	A	1		4.062	40.034	
Pantothenic acid ... mg	0.241	0.009	4	A	1		0.183	1.803	
Vitamin B-6 ... mg	0.082	0.003	4	A	1		0.062	0.614	
Folate, total ... mcg	96	4.564	4	A	1		73	719	
Folic acid ... mcg	56	3.568	4	A	1		43	421	
Folate, food ... mcg	40		0	AS	1		30	298	
Folate, DFE ... mcg_DFE	135		0	NC	4		103	1014	
Choline, total ... mg									
Betaine ... mg									
Vitamin B-12 ... mcg	0.87	0.086	4	A	1		0.66	6.50	
Vitamin A, RAE ... mcg_RAE	98		0	AS	1		75	737	
Retinol ... mcg	92	5.971	4	A	1		70	686	
Carotene, beta ... mcg									
Carotene, alpha ... mcg									
Cryptoxanthin, beta ... mcg									
Vitamin A, IU ... IU	442		0	AS	1		336	3312	
Lycopene ... mcg									
Lutein + zeaxanthin ... mcg									
Vitamin E (alpha-tocopherol) ... mg	0.68	0.054	4	A	1		0.52	5.11	
Tocopherol, beta ... mg	0.04	0.003	4	A	1		0.03	0.34	
Tocopherol, gamma ... mg	1.05	0.111	4	A	1		0.80	7.85	
Tocopherol, delta ... mg	0.35	0.046	4	A	1		0.27	2.62	
Vitamin D (D2 + D3) ... mcg									
Vitamin D2 (ergocalciferol) ... mcg									
Vitamin D3 (cholecalciferol) ... mcg									
Vitamin D ... IU									
Vitamin K (phylloquinone) ... mcg	7.7	0.250	4	A	1		5.8	57.5	

NDB No. 21295
PIZZA HUT 14" Cheese Pizza, THIN 'N CRISPY Crust

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Dihydrophylloquinone....mcg	0.7	0.108	4	A	1		0.5	5.2	
Menaquinone-4....mcg	2.8	0.185	4	A	1		2.1	20.6	
Lipids:									
Fatty acids, total saturated....g	6.394		0	NC	4		4.859	47.891	
4:0....g									
6:0....g									
8:0....g	0.100	0.000	4	A	1		0.076	0.749	
10:0....g	0.237	0.005	4	A	1		0.180	1.779	
12:0....g	0.277	0.005	4	A	1		0.211	2.078	
13:0....g									
14:0....g	1.007	0.012	4	A	1		0.766	7.546	
15:0....g	0.102	0.002	4	A	1		0.078	0.768	
16:0....g	3.175	0.091	4	A	1		2.413	23.781	
17:0....g	0.067	0.003	4	A	1		0.051	0.505	
18:0....g	1.397	0.071	4	A	1		1.062	10.467	
20:0....g	0.020	0.000	4	A	1		0.015	0.149	
22:0....g	0.009	0.001	4	A	1		0.007	0.069	
24:0....g	0.000	0.000	4	A	1		0.000	0.000	
Fatty acids, total monounsaturated....g	3.605		0	NC	4		2.740	26.999	
14:1....g	0.082	0.003	4	A	1		0.063	0.617	
15:1....g	0.000	0.000	4	A	1		0.000	0.000	
16:1 undifferentiated....g	0.185	0.005	4	A	1		0.141	1.386	
17:1....g	0.030	0.000	4	A	1		0.023	0.224	
18:1 undifferentiated....g	3.285	0.146	4	A	1		2.497	24.604	
20:1....g	0.022	0.003	4	A	1		0.017	0.168	
22:1 undifferentiated....g	0.000	0.000	4	A	1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.710		0	NC	4		1.299	12.806	
18:2 undifferentiated....g	1.455	0.080	4	A	1		1.106	10.898	
18:3 undifferentiated....g	0.180	0.010	4	A	1		0.137	1.348	
18:4....g	0.057	0.005	4	A	1		0.044	0.430	
20:2 n-6 c,c....g	0.000	0.000	4	A	1		0.000	0.000	
20:3 undifferentiated....g	0.000		1	A	1		0.000	0.000	
20:4 undifferentiated....g	0.017	0.003	4	A	1		0.013	0.130	
20:5 n-3 (EPA)....g	0.000	0.000	4	A	1		0.000	0.000	
22:5 n-3 (DPA)....g	0.000	0.000	4	A	1		0.000	0.000	
22:6 n-3 (DHA)....g	0.000	0.000	4	A	1		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	41	1.043	4	A	1		31	305	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.190		0	A	1		0.144	1.423	
Threonine....g	0.610		0	A	1		0.463	4.565	
Isoleucine....g	0.667		0	A	1		0.507	4.996	
Leucine....g	1.339		0	A	1		1.018	10.029	
Lysine....g	0.899		0	A	1		0.683	6.734	
Methionine....g	0.270		0	A	1		0.205	2.021	
Cystine....g	0.140		0	A	1		0.106	1.048	
Phenylalanine....g	0.770		0	A	1		0.585	5.764	
Tyrosine....g	0.552		0	A	1		0.420	4.135	
Valine....g	0.837		0	A	1		0.636	6.267	
Arginine....g	0.535		0	A	1		0.406	4.005	
Histidine....g	0.402		0	A	1		0.306	3.012	
Alanine....g	0.482		0	A	1		0.366	3.611	
Aspartic acid....g	1.134		0	A	1		0.862	8.494	
Glutamic acid....g	4.004		0	A	1		3.043	29.987	
Glycine....g	0.365		0	A	1		0.277	2.733	
Proline....g	1.579		0	A	1		1.200	11.829	
Serine....g	0.829		0	A	1		0.630	6.212	
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based.

NDB No. 21295
PIZZA HUT 14" Cheese Pizza, THIN 'N CRISPY Crust

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 76g: 1 slice

Measure 2 = 749g: 1 pie

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2010)

NDB No. 21294

PIZZA HUT 14" Cheese Pizza, Thick Crust

Pizza Hut, Inc.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	43.25	0.350	12	A	1		41.09	454.57	
Energy ... kcal	280		0	NC	4		266	2938	
Energy ... kJ	1170		0	NC	4		1111	12293	
Protein ... g	12.00	0.250	12	A	1		11.40	126.12	
Total lipid (fat) ... g	12.42	0.413	12	A	1		11.79	130.49	
Ash ... g	2.38	0.046	12	A	1		2.26	24.99	
Carbohydrate, by difference ... g	29.96		0	NC	4		28.46	314.83	
Fiber, total dietary ... g	0.9	0.059	12	A	1		0.9	9.5	
Sugars, total ... g	2.60	0.136	12	A	1		2.47	27.32	
Sucrose ... g	0.00	0.000	12	A	1		0.00	0.00	
Glucose (dextrose) ... g	0.37	0.039	12	A	1		0.35	3.85	
Fructose ... g	0.42	0.077	12	A	1		0.40	4.42	
Lactose ... g	0.32	0.053	12	A	1		0.30	3.35	
Maltose ... g	1.34	0.084	12	A	1		1.27	14.07	
Galactose ... g	0.16	0.015	12	A	1		0.15	1.63	
Starch ... g	23.98	0.720	12	A	1		22.78	252.05	
Minerals:									
Calcium, Ca ... mg	187	7.213	12	A	1		177	1962	
Iron, Fe ... mg	1.62	0.062	12	A	1		1.54	17.08	
Magnesium, Mg ... mg	21	0.566	12	A	1		20	218	
Phosphorus, P ... mg	225	6.686	12	A	1		214	2365	
Potassium, K ... mg	147	5.551	12	A	1		139	1541	
Sodium, Na ... mg	561	11.707	12	A	1		533	5894	
Zinc, Zn ... mg	1.27	0.026	12	A	1		1.20	13.31	
Copper, Cu ... mg									
Manganese, Mn ... mg	0.276	0.009	12	A	1		0.262	2.899	
Selenium, Se ... mcg	17.8	4.852	4	A	1		16.9	187.1	
Vitamins:									
Vitamin C, total ascorbic acid ... mg	0.0	0.000	4	A	1		0.0	0.0	
Thiamin ... mg	0.395	0.016	12	A	1		0.375	4.146	
Riboflavin ... mg	0.275	0.012	12	A	1		0.262	2.893	
Niacin ... mg	3.255	0.137	11	A	1		3.092	34.205	
Pantothenic acid ... mg	0.231	0.012	4	A	1		0.219	2.427	
Vitamin B-6 ... mg	0.058	0.002	12	A	1		0.055	0.608	
Folate, total ... mcg	106	6.811	4	A	1		101	1117	
Folic acid ... mcg	66	3.979	4	A	1		63	694	
Folate, food ... mcg	40		0	AS	1		38	423	
Folate, DFE ... mcg_DFE	152		0	NC	4		145	1602	
Choline, total ... mg									
Betaine ... mg									
Vitamin B-12 ... mcg	0.79	0.041	12	A	1		0.75	8.26	
Vitamin A, RAE ... mcg_RAE	72		0	AS	1		68	756	
Retinol ... mcg	67	6.827	4	A	1		64	703	
Carotene, beta ... mcg									
Carotene, alpha ... mcg									
Cryptoxanthin, beta ... mcg									
Vitamin A, IU ... IU	323		0	AS	1		307	3393	
Lycopene ... mcg									
Lutein + zeaxanthin ... mcg									
Vitamin E (alpha-tocopherol) ... mg	0.74	0.037	4	A	1		0.71	7.80	
Tocopherol, beta ... mg	0.05	0.003	4	A	1		0.05	0.58	
Tocopherol, gamma ... mg	2.74	0.346	4	A	1		2.60	28.77	
Tocopherol, delta ... mg	0.79	0.067	4	A	1		0.75	8.28	
Vitamin D (D2 + D3) ... mcg	0.0	0.000	4	A	1		0.0	0.0	
Vitamin D2 (ergocalciferol) ... mcg									
Vitamin D3 (cholecalciferol) ... mcg									
Vitamin D ... IU	0	0.000	4	A	1		0	0	
Vitamin K (phylloquinone) ... mcg	17.0	2.706	4	A	1		16.2	178.9	

NDB No. 21294
PIZZA HUT 14" Cheese Pizza, Thick Crust

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Dihydrophylloquinone....mcg	0.0	0.000	4	A	1		0.0	0.0	
Menaquinone-4....mcg	1.1	0.233	4	A	1		1.1	12.1	
Lipids:									
Fatty acids, total saturated....g	4.990		0	NC	4		4.741	52.446	
4:0....g									
6:0....g									
8:0....g	0.071	0.002	12	A	1		0.067	0.744	
10:0....g	0.170	0.006	12	A	1		0.161	1.786	
12:0....g	0.196	0.007	12	A	1		0.186	2.058	
13:0....g									
14:0....g	0.712	0.022	12	A	1		0.677	7.488	
15:0....g	0.072	0.002	12	A	1		0.069	0.761	
16:0....g	2.564	0.073	12	A	1		2.436	26.949	
17:0....g	0.048	0.001	12	A	1		0.046	0.508	
18:0....g	1.112	0.035	12	A	1		1.056	11.683	
20:0....g	0.027	0.001	12	A	1		0.026	0.288	
22:0....g	0.017	0.001	12	A	1		0.016	0.181	
24:0....g	0.000	0.000	12	A	1		0.000	0.000	
Fatty acids, total monounsaturated....g	3.108		0	NC	4		2.953	32.665	
14:1....g	0.059	0.003	12	A	1		0.056	0.621	
15:1....g	0.000	0.000	12	A	1		0.000	0.000	
16:1 undifferentiated....g	0.140	0.004	12	A	1		0.133	1.471	
17:1....g	0.020	0.000	12	A	1		0.019	0.209	
18:1 undifferentiated....g	2.866	0.100	12	A	1		2.723	30.119	
20:1....g	0.023	0.001	12	A	1		0.022	0.244	
22:1 undifferentiated....g	0.000	0.000	12	A	1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	2.819		0	NC	4		2.678	29.625	
18:2 undifferentiated....g	2.448	0.140	12	A	1		2.326	25.731	
18:3 undifferentiated....g	0.314	0.019	12	A	1		0.298	3.301	
18:4....g	0.044	0.002	12	A	1		0.042	0.464	
20:2 n-6 c,c....g	0.000	0.000	12	A	1		0.000	0.000	
20:3 undifferentiated....g	0.000	0.000	10	A	1		0.000	0.000	
20:4 undifferentiated....g	0.012	0.001	12	A	1		0.012	0.128	
20:5 n-3 (EPA)....g	0.000	0.000	12	A	1		0.000	0.000	
22:5 n-3 (DPA)....g	0.000	0.000	12	A	1		0.000	0.000	
22:6 n-3 (DHA)....g	0.000	0.000	12	A	1		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	29	1.051	12	A	1		28	307	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.143		0	A	1		0.135	1.498	
Threonine....g	0.497		0	A	1		0.473	5.228	
Isoleucine....g	0.540		0	A	1		0.513	5.674	
Leucine....g	1.090		0	A	1		1.035	11.455	
Lysine....g	0.707		0	A	1		0.672	7.435	
Methionine....g	0.212		0	A	1		0.202	2.232	
Cystine....g	0.137		0	A	1		0.131	1.444	
Phenylalanine....g	0.635		0	A	1		0.603	6.673	
Tyrosine....g	0.422		0	A	1		0.401	4.439	
Valine....g	0.682		0	A	1		0.648	7.172	
Arginine....g	0.445		0	A	1		0.423	4.676	
Histidine....g	0.332		0	A	1		0.316	3.494	
Alanine....g	0.397		0	A	1		0.378	4.177	
Aspartic acid....g	0.917		0	A	1		0.872	9.642	
Glutamic acid....g	3.432		0	A	1		3.261	36.075	
Glycine....g	0.317		0	A	1		0.302	3.336	
Proline....g	1.242		0	A	1		1.180	13.058	
Serine....g	0.685		0	A	1		0.651	7.198	
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based.

NDB No. 21294
PIZZA HUT 14" Cheese Pizza, Thick Crust

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 95g: 1 slice

Measure 2 = 1051g: 1 pie

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2010)

NDB No. 21296

PIZZA HUT 14" Pepperoni Pizza, Regular Crust

Pizza Hut, Inc.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	40.53	0.372	12	A	1		40.93	407.29	
Energy....kcal	287		0	NC	4		290	2882	
Energy....kJ	1200		0	NC	4		1212	12060	
Protein....g	12.17	0.121	12	A	1		12.29	122.30	
Total lipid (fat)....g	12.02	0.184	12	A	1		12.14	120.82	
Ash....g	2.80	0.037	12	A	1		2.83	28.12	
Carbohydrate, by difference....g	32.48		0	NC	4		32.81	326.47	
Fiber, total dietary....g	2.6	0.460	12	A	1		2.6	26.2	
Sugars, total....g	3.20	0.109	12	A	1		3.23	32.11	
Sucrose....g	0.00	0.000	12	A	1		0.00	0.00	
Glucose (dextrose)....g	0.57	0.040	12	A	1		0.58	5.76	
Fructose....g	1.01	0.072	12	A	1		1.02	10.16	
Lactose....g	0.18	0.033	12	A	1		0.19	1.84	
Maltose....g	1.31	0.046	12	A	1		1.32	13.13	
Galactose....g	0.12	0.009	12	A	1		0.12	1.22	
Starch....g	27.31	0.394	12	A	1		27.58	274.42	
Minerals:									
Calcium, Ca....mg	139	3.366	12	A	1		140	1395	
Iron, Fe....mg	2.13	0.047	12	A	1		2.15	21.41	
Magnesium, Mg....mg	22	0.223	12	A	1		22	220	
Phosphorus, P....mg	197	2.942	12	A	1		199	1975	
Potassium, K....mg	184	3.213	12	A	1		185	1844	
Sodium, Na....mg	744	10.550	12	A	1		751	7473	
Zinc, Zn....mg	1.46	0.020	12	A	1		1.48	14.71	
Copper, Cu....mg	0.096	0.005	12	A	1		0.097	0.965	
Manganese, Mn....mg	0.360	0.013	12	A	1		0.363	3.614	
Selenium, Se....mcg	16.0	0.408	4	A	1		16.2	160.8	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0	0.000	4	A	1		0.0	0.0	
Thiamin....mg	0.409	0.012	12	A	1		0.413	4.107	
Riboflavin....mg	0.326	0.009	12	A	1		0.330	3.280	
Niacin....mg	4.360	0.067	12	A	1		4.403	43.813	
Pantothenic acid....mg	0.400	0.004	4	A	1		0.404	4.022	
Vitamin B-6....mg	0.152	0.006	12	A	1		0.153	1.526	
Folate, total....mcg	112	7.805	4	A	1		113	1121	
Folic acid....mcg	68	7.246	4	A	1		69	683	
Folate, food....mcg	44		0	AS	1		44	437	
Folate, DFE....mcg_DFE	159		0	NC	4		161	1599	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.72	0.028	12	A	1		0.73	7.27	
Vitamin A, RAE....mcg_RAE	48		0	AS	1		48	478	
Retinol....mcg	42	3.166	4	A	1		42	422	
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	252		0	AS	1		254	2530	
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg	0.65	0.047	4	A	1		0.66	6.58	
Tocopherol, beta....mg	0.05	0.003	4	A	1		0.05	0.48	
Tocopherol, gamma....mg	1.14	0.065	4	A	1		1.16	11.51	
Tocopherol, delta....mg	0.35	0.015	4	A	1		0.36	3.54	
Vitamin D (D2 + D3)....mcg	0.0	0.000	4	A	1		0.0	0.0	
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU	0	0.000	4	A	1		0	0	
Vitamin K (phylloquinone)....mcg	8.5	0.705	4	A	1		8.6	85.4	

NDB No. 21296
PIZZA HUT 14" Pepperoni Pizza, Regular Crust

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Dihydrophylloquinone....mcg	0.0	0.000	4	A	1		0.0	0.0	
Menaquinone-4....mcg	2.5	0.065	4	A	1		2.6	25.6	
Lipids:									
Fatty acids, total saturated....g	4.726		0	NC	4		4.774	47.501	
4:0....g									
6:0....g									
8:0....g	0.048	0.002	12	A	1		0.049	0.485	
10:0....g	0.120	0.004	12	A	1		0.121	1.205	
12:0....g	0.138	0.005	12	A	1		0.140	1.390	
13:0....g									
14:0....g	0.552	0.017	12	A	1		0.558	5.552	
15:0....g	0.053	0.002	12	A	1		0.054	0.536	
16:0....g	2.580	0.061	12	A	1		2.606	25.928	
17:0....g	0.051	0.002	12	A	1		0.051	0.511	
18:0....g	1.156	0.025	12	A	1		1.167	11.616	
20:0....g	0.020	0.000	12	A	1		0.020	0.200	
22:0....g	0.008	0.000	12	A	1		0.008	0.079	
24:0....g	0.000	0.000	12	A	1		0.000	0.000	
Fatty acids, total monounsaturated....g	3.649		0	NC	4		3.686	36.676	
14:1....g	0.045	0.003	12	A	1		0.045	0.452	
15:1....g	0.000	0.000	12	A	1		0.000	0.000	
16:1 undifferentiated....g	0.209	0.007	12	A	1		0.211	2.102	
17:1....g	0.028	0.002	12	A	1		0.029	0.284	
18:1 undifferentiated....g	3.297	0.089	12	A	1		3.330	33.139	
20:1....g	0.049	0.002	12	A	1		0.050	0.494	
22:1 undifferentiated....g	0.021	0.002	12	A	1		0.021	0.206	
24:1 c....g									
Fatty acids, total polyunsaturated....g	2.074		0	NC	4		2.095	20.848	
18:2 undifferentiated....g	1.798	0.031	12	A	1		1.816	18.073	
18:3 undifferentiated....g	0.203	0.004	12	A	1		0.205	2.043	
18:4....g	0.031	0.003	12	A	1		0.031	0.307	
20:2 n-6 c,c....g	0.022	0.001	12	A	1		0.022	0.217	
20:3 undifferentiated....g	0.000	0.000	11	A	1		0.000	0.000	
20:4 undifferentiated....g	0.021	0.001	12	A	1		0.021	0.208	
20:5 n-3 (EPA)....g	0.000	0.000	12	A	1		0.000	0.000	
22:5 n-3 (DPA)....g	0.000	0.000	12	A	1		0.000	0.000	
22:6 n-3 (DHA)....g	0.000	0.000	12	A	1		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	29	0.608	12	A	1		29	293	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.155		0	A	1		0.156	1.557	
Threonine....g	0.520		0	A	1		0.525	5.225	
Isoleucine....g	0.530		0	A	1		0.535	5.325	
Leucine....g	1.052		0	A	1		1.063	10.577	
Lysine....g	0.777		0	A	1		0.785	7.813	
Methionine....g	0.205		0	A	1		0.207	2.059	
Cystine....g	0.143		0	A	1		0.144	1.432	
Phenylalanine....g	0.612		0	A	1		0.619	6.155	
Tyrosine....g	0.420		0	A	1		0.424	4.220	
Valine....g	0.650		0	A	1		0.656	6.531	
Arginine....g	0.520		0	A	1		0.525	5.225	
Histidine....g	0.340		0	A	1		0.343	3.416	
Alanine....g	0.500		0	A	1		0.505	5.024	
Aspartic acid....g	0.987		0	A	1		0.997	9.923	
Glutamic acid....g	3.290		0	A	1		3.323	33.063	
Glycine....g	0.437		0	A	1		0.442	4.396	
Proline....g	1.217		0	A	1		1.230	12.235	
Serine....g	0.655		0	A	1		0.661	6.582	
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based.

NDB No. 21296
PIZZA HUT 14" Pepperoni Pizza, Regular Crust

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 101g: 1 slice

Measure 2 = 1005g: 1 pie

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2010)

NDB No. 21297

PIZZA HUT 14" Pepperoni Pizza, Thick Crust

Pizza Hut, Inc.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	40.98	0.427	12	A	1		34.84	427.04	
Energy....kcal	298		0	NC	4		253	3104	
Energy....kJ	1246		0	NC	4		1059	12987	
Protein....g	12.24	0.263	12	A	1		10.41	127.59	
Total lipid (fat)....g	14.38	0.389	12	A	1		12.22	149.84	
Ash....g	2.52	0.049	12	A	1		2.14	26.26	
Carbohydrate, by difference....g	29.87		0	NC	4		25.39	311.28	
Fiber, total dietary....g	1.5	0.171	12	A	1		1.2	15.2	
Sugars, total....g	2.42	0.071	12	A	1		2.06	25.26	
Sucrose....g	0.00	0.000	12	A	1		0.00	0.00	
Glucose (dextrose)....g	0.34	0.017	12	A	1		0.29	3.53	
Fructose....g	0.38	0.023	12	A	1		0.32	3.94	
Lactose....g	0.26	0.046	12	A	1		0.22	2.67	
Maltose....g	1.34	0.061	12	A	1		1.14	13.93	
Galactose....g	0.11	0.007	12	A	1		0.10	1.19	
Starch....g	24.61	0.787	12	A	1		20.92	256.46	
Minerals:									
Calcium, Ca....mg	140	9.293	12	A	1		119	1459	
Iron, Fe....mg	1.65	0.040	12	A	1		1.40	17.19	
Magnesium, Mg....mg	22	0.690	12	A	1		19	228	
Phosphorus, P....mg	197	6.435	12	A	1		167	2049	
Potassium, K....mg	163	4.660	12	A	1		139	1702	
Sodium, Na....mg	668	13.491	12	A	1		567	6955	
Zinc, Zn....mg	1.25	0.057	12	A	1		1.06	13.02	
Copper, Cu....mg									
Manganese, Mn....mg	0.317	0.008	12	A	1		0.270	3.308	
Selenium, Se....mcg	19.8	4.894	4	A	1		16.9	206.6	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0	0.000	4	A	1		0.0	0.0	
Thiamin....mg	0.389	0.010	12	A	1		0.330	4.050	
Riboflavin....mg	0.301	0.009	12	A	1		0.256	3.135	
Niacin....mg	3.321	0.302	12	A	1		2.823	34.603	
Pantothenic acid....mg	0.323	0.022	4	A	1		0.275	3.367	
Vitamin B-6....mg	0.093	0.003	12	A	1		0.079	0.971	
Folate, total....mcg	103	4.211	4	A	1		87	1071	
Folic acid....mcg	57	3.010	4	A	1		49	597	
Folate, food....mcg	46		0	AS	1		39	474	
Folate, DFE....mcg_DFE	143		0	NC	4		121	1488	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.84	0.036	12	A	1		0.71	8.76	
Vitamin A, RAE....mcg_RAE	48		0	AS	1		41	500	
Retinol....mcg	44	6.284	4	A	1		37	456	
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	229		0	AS	1		195	2386	
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg	0.92	0.077	4	A	1		0.79	9.64	
Tocopherol, beta....mg	0.06	0.004	4	A	1		0.05	0.62	
Tocopherol, gamma....mg	3.02	0.368	4	A	1		2.57	31.49	
Tocopherol, delta....mg	0.94	0.086	4	A	1		0.80	9.82	
Vitamin D (D2 + D3)....mcg	0.0	0.000	4	A	1		0.0	0.0	
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU	0	0.000	4	A	1		0	0	
Vitamin K (phylloquinone)....mcg	21.5	3.410	4	A	1		18.3	224.0	

NDB No. 21297
PIZZA HUT 14" Pepperoni Pizza, Thick Crust

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Dihydrophylloquinone....mcg	0.0	0.000	4	A	1		0.0	0.0	
Menaquinone-4....mcg	2.1	0.344	4	A	1		1.8	21.9	
Lipids:									
Fatty acids, total saturated....g	4.926		0	NC	4		4.187	51.330	
4:0....g									
6:0....g									
8:0....g	0.047	0.003	12	A	1		0.040	0.486	
10:0....g	0.113	0.006	12	A	1		0.096	1.180	
12:0....g	0.132	0.006	12	A	1		0.112	1.371	
13:0....g									
14:0....g	0.531	0.027	12	A	1		0.451	5.531	
15:0....g	0.051	0.002	12	A	1		0.043	0.529	
16:0....g	2.726	0.072	12	A	1		2.317	28.403	
17:0....g	0.048	0.003	12	A	1		0.041	0.503	
18:0....g	1.235	0.031	12	A	1		1.050	12.868	
20:0....g	0.027	0.001	12	A	1		0.023	0.277	
22:0....g	0.017	0.002	12	A	1		0.015	0.181	
24:0....g	0.000	0.000	12	A	1		0.000	0.000	
Fatty acids, total monounsaturated....g	4.068		0	NC	4		3.458	42.387	
14:1....g	0.042	0.003	12	A	1		0.036	0.442	
15:1....g	0.000	0.000	12	A	1		0.000	0.000	
16:1 undifferentiated....g	0.202	0.007	12	A	1		0.172	2.109	
17:1....g	0.028	0.002	12	A	1		0.024	0.294	
18:1 undifferentiated....g	3.718	0.094	12	A	1		3.161	38.745	
20:1....g	0.056	0.001	12	A	1		0.047	0.581	
22:1 undifferentiated....g	0.021	0.001	12	A	1		0.018	0.216	
24:1 c....g									
Fatty acids, total polyunsaturated....g	3.329		0	NC	4		2.830	34.692	
18:2 undifferentiated....g	2.898	0.116	12	A	1		2.464	30.200	
18:3 undifferentiated....g	0.352	0.017	12	A	1		0.300	3.672	
18:4....g	0.036	0.004	12	A	1		0.030	0.370	
20:2 n-6 c,c....g	0.022	0.002	12	A	1		0.018	0.225	
20:3 undifferentiated....g	0.000	0.000	12	A	1		0.000	0.000	
20:4 undifferentiated....g	0.022	0.002	12	A	1		0.018	0.225	
20:5 n-3 (EPA)....g	0.000	0.000	12	A	1		0.000	0.000	
22:5 n-3 (DPA)....g	0.000	0.000	12	A	1		0.000	0.000	
22:6 n-3 (DHA)....g	0.000	0.000	12	A	1		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	32	0.963	12	A	1		28	338	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.152		0	A	1		0.130	1.588	
Threonine....g	0.500		0	A	1		0.425	5.209	
Isoleucine....g	0.525		0	A	1		0.446	5.469	
Leucine....g	1.022		0	A	1		0.869	10.653	
Lysine....g	0.702		0	A	1		0.597	7.319	
Methionine....g	0.210		0	A	1		0.178	2.187	
Cystine....g	0.137		0	A	1		0.117	1.432	
Phenylalanine....g	0.592		0	A	1		0.504	6.173	
Tyrosine....g	0.387		0	A	1		0.329	4.037	
Valine....g	0.627		0	A	1		0.533	6.538	
Arginine....g	0.500		0	A	1		0.425	5.209	
Histidine....g	0.335		0	A	1		0.285	3.490	
Alanine....g	0.452		0	A	1		0.385	4.714	
Aspartic acid....g	0.967		0	A	1		0.822	10.080	
Glutamic acid....g	3.320		0	A	1		2.822	34.593	
Glycine....g	0.437		0	A	1		0.372	4.558	
Proline....g	1.187		0	A	1		1.009	12.373	
Serine....g	0.637		0	A	1		0.542	6.642	
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based.

NDB No. 21297
PIZZA HUT 14" Pepperoni Pizza, Thick Crust

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 1 slice

Measure 2 = 1042g: 1 pie

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2010)

NDB No. 21298

PIZZA HUT 14" Super Supreme Pizza, Regular Crust

Pizza Hut, Inc.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	49.15	0.485	4	A	1		60.46	645.37	
Energy ... kcal	248		0	NC	4		305	3257	
Energy ... kJ	1038		0	NC	4		1276	13625	
Protein ... g	11.34	0.313	4	A	1		13.95	148.94	
Total lipid (fat) ... g	10.95	0.361	4	A	1		13.47	143.84	
Ash ... g	2.53	0.050	4	A	1		3.12	33.28	
Carbohydrate, by difference ... g	26.01		0	NC	4		32.00	341.57	
Fiber, total dietary ... g	2.3	0.560	4	A	1		2.9	30.6	
Sugars, total ... g	3.04	0.123	4	A	1		3.74	39.95	
Sucrose ... g	0.00	0.000	4	A	1		0.00	0.00	
Glucose (dextrose) ... g	0.67	0.030	4	A	1		0.82	8.74	
Fructose ... g	1.03	0.064	4	A	1		1.26	13.47	
Lactose ... g	0.14	0.049	4	A	1		0.17	1.81	
Maltose ... g	1.12	0.041	4	A	1		1.38	14.77	
Galactose ... g	0.09	0.008	4	A	1		0.11	1.16	
Starch ... g	20.32	0.995	4	A	1		24.99	266.77	
Minerals:									
Calcium, Ca ... mg	104	3.614	4	A	1		128	1362	
Iron, Fe ... mg	1.53	0.025	4	A	1		1.88	20.02	
Magnesium, Mg ... mg	23	0.250	4	A	1		29	305	
Phosphorus, P ... mg	183	4.787	4	A	1		224	2396	
Potassium, K ... mg	208	4.787	4	A	1		255	2724	
Sodium, Na ... mg	658	15.478	4	A	1		809	8633	
Zinc, Zn ... mg	1.15	0.029	4	A	1		1.41	15.10	
Copper, Cu ... mg	0.149	0.000	4	A	1		0.183	1.958	
Manganese, Mn ... mg	0.285	0.006	4	A	1		0.351	3.742	
Selenium, Se ... mcg	14.5	0.715	4	A	1		17.8	189.7	
Vitamins:									
Vitamin C, total ascorbic acid ... mg	0.6	0.088	4	A	1		0.7	7.5	
Thiamin ... mg	0.367	0.010	4	A	1		0.452	4.825	
Riboflavin ... mg	0.290	0.012	4	A	1		0.357	3.814	
Niacin ... mg	2.380	0.248	4	A	1		2.927	31.248	
Pantothenic acid ... mg	0.422	0.006	4	A	1		0.519	5.540	
Vitamin B-6 ... mg	0.098	0.002	4	A	1		0.121	1.289	
Folate, total ... mcg	59	1.323	4	A	1		72	768	
Folic acid ... mcg	35	2.723	4	A	1		42	453	
Folate, food ... mcg	24		0	AS	1		30	315	
Folate, DFE ... mcg_DFE	83		0	NC	4		102	1085	
Choline, total ... mg									
Betaine ... mg									
Vitamin B-12 ... mcg	0.84	0.056	4	A	1		1.04	11.09	
Vitamin A, RAE ... mcg_RAE	32		0	AS	1		39	416	
Retinol ... mcg	29	2.695	4	A	1		35	376	
Carotene, beta ... mcg									
Carotene, alpha ... mcg									
Cryptoxanthin, beta ... mcg									
Vitamin A, IU ... IU	156		0	AS	1		192	2049	
Lycopene ... mcg									
Lutein + zeaxanthin ... mcg									
Vitamin E (alpha-tocopherol) ... mg	0.66	0.059	4	A	1		0.82	8.73	
Tocopherol, beta ... mg	0.04	0.003	4	A	1		0.05	0.56	
Tocopherol, gamma ... mg	0.90	0.050	4	A	1		1.11	11.88	
Tocopherol, delta ... mg	0.29	0.006	4	A	1		0.35	3.77	
Vitamin D (D2 + D3) ... mcg									
Vitamin D2 (ergocalciferol) ... mcg									
Vitamin D3 (cholecalciferol) ... mcg									
Vitamin D ... IU									
Vitamin K (phylloquinone) ... mcg	8.1	0.253	4	A	1		10.0	107.0	

NDB No. 21298
PIZZA HUT 14" Super Supreme Pizza, Regular Crust

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Dihydrophylloquinone....mcg	0.0	0.000	4	A	1		0.0	0.0	
Menaquinone-4....mcg	2.0	0.096	4	A	1		2.5	26.9	
Lipids:									
Fatty acids, total saturated....g	4.217		0	NC	4		5.187	55.370	
4:0....g									
6:0....g									
8:0....g	0.035	0.003	4	A	1		0.043	0.458	
10:0....g	0.082	0.005	4	A	1		0.101	1.083	
12:0....g	0.100	0.007	4	A	1		0.123	1.312	
13:0....g									
14:0....g	0.437	0.018	4	A	1		0.538	5.744	
15:0....g	0.042	0.003	4	A	1		0.052	0.557	
16:0....g	2.367	0.060	4	A	1		2.912	31.085	
17:0....g	0.050	0.000	4	A	1		0.062	0.657	
18:0....g	1.082	0.045	4	A	1		1.331	14.213	
20:0....g	0.020	0.000	4	A	1		0.024	0.261	
22:0....g	0.000	0.000	4	A	1		0.000	0.000	
24:0....g	0.000	0.000	4	A	1		0.000	0.000	
Fatty acids, total monounsaturated....g	3.805		0	NC	4		4.680	49.954	
14:1....g	0.035	0.003	4	A	1		0.043	0.458	
15:1....g	0.000	0.000	4	A	1		0.000	0.000	
16:1 undifferentiated....g	0.215	0.010	4	A	1		0.264	2.822	
17:1....g	0.030	0.000	4	A	1		0.037	0.393	
18:1 undifferentiated....g	3.480	0.191	4	A	1		4.280	45.691	
20:1....g	0.045	0.003	4	A	1		0.055	0.590	
22:1 undifferentiated....g	0.000	0.000	4	A	1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.875		0	NC	4		2.306	24.614	
18:2 undifferentiated....g	1.625	0.046	4	A	1		1.999	21.336	
18:3 undifferentiated....g	0.167	0.003	4	A	1		0.206	2.199	
18:4....g	0.030	0.000	4	A	1		0.037	0.393	
20:2 n-6 c,c....g	0.027	0.005	4	A	1		0.034	0.360	
20:3 undifferentiated....g	0.000	0.000	4	A	1		0.000	0.000	
20:4 undifferentiated....g	0.025	0.005	4	A	1		0.031	0.327	
20:5 n-3 (EPA)....g	0.000	0.000	4	A	1		0.000	0.000	
22:5 n-3 (DPA)....g	0.000	0.000	3	A	1		0.000	0.000	
22:6 n-3 (DHA)....g	0.000	0.000	4	A	1		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	28	0.951	4	A	1		34	362	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.138		0	A	1		0.170	1.810	
Threonine....g	0.504		0	A	1		0.620	6.617	
Isoleucine....g	0.527		0	A	1		0.648	6.913	
Leucine....g	0.976		0	A	1		1.200	12.809	
Lysine....g	0.711		0	A	1		0.875	9.339	
Methionine....g	0.200		0	A	1		0.246	2.628	
Cystine....g	0.133		0	A	1		0.163	1.741	
Phenylalanine....g	0.570		0	A	1		0.701	7.478	
Tyrosine....g	0.381		0	A	1		0.469	5.004	
Valine....g	0.624		0	A	1		0.768	8.198	
Arginine....g	0.534		0	A	1		0.656	7.006	
Histidine....g	0.331		0	A	1		0.407	4.344	
Alanine....g	0.489		0	A	1		0.601	6.417	
Aspartic acid....g	1.047		0	A	1		1.288	13.753	
Glutamic acid....g	2.923		0	A	1		3.595	38.378	
Glycine....g	0.438		0	A	1		0.539	5.757	
Proline....g	1.020		0	A	1		1.254	13.387	
Serine....g	0.587		0	A	1		0.722	7.709	
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based.

NDB No. 21298

PIZZA HUT 14" Super Supreme Pizza, Regular Crust

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 123g: 1 slice

Measure 2 = 1313g: 1 pie

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2010)

NDB No. 21414

POPEYES, Batter Fries, analyzed prior to December 2006

Popeyes Chicken and Biscuits

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	41.95	0.527	4	A	1		42.37	10.91	
Energy....kcal	302		0	NC	4		305	79	
Energy....kJ	1265		0	NC	4		1277	329	
Protein....g	4.03	0.079	4	A	1		4.07	1.05	
Total lipid (fat)....g	16.20	0.258	4	A	1		16.37	4.21	
Ash....g	2.75	0.018	4	A	1		2.78	0.71	
Carbohydrate, by difference....g	35.06		0	NC	4		35.41	9.12	
Fiber, total dietary....g	2.8	0.029	4	A	1		2.9	0.7	
Sugars, total....g	0.00	0.000	4	A	1		0.00	0.00	
Sucrose....g	0.00	0.000	4	A	1		0.00	0.00	
Glucose (dextrose)....g	0.00	0.000	4	A	1		0.00	0.00	
Fructose....g	0.00	0.000	4	A	1		0.00	0.00	
Lactose....g	0.00	0.000	4	A	1		0.00	0.00	
Maltose....g	0.00	0.000	4	A	1		0.00	0.00	
Galactose....g	0.00	0.000	4	A	1		0.00	0.00	
Starch....g	30.15	0.202	4	A	1		30.45	7.84	
Minerals:									
Calcium, Ca....mg	24	0.601	4	A	1		24	6	
Iron, Fe....mg	1.11	0.038	4	A	1		1.12	0.29	
Magnesium, Mg....mg	25	0.409	4	A	1		25	6	
Phosphorus, P....mg	138	3.582	4	A	1		139	36	
Potassium, K....mg	436	4.820	4	A	1		440	113	
Sodium, Na....mg	668	8.170	4	A	1		674	174	
Zinc, Zn....mg	0.37	0.010	4	A	1		0.37	0.10	
Copper, Cu....mg	0.114	0.004	4	A	1		0.115	0.030	
Manganese, Mn....mg	0.250	0.003	4	A	1		0.253	0.065	
Selenium, Se....mcg	0.4		1	A	1		0.5	0.1	
Vitamins:									
Vitamin C, total ascorbic acid....mg	1.1		1	A	1		1.1	0.3	
Thiamin....mg	0.150	0.007	4	A	1		0.151	0.039	
Riboflavin....mg	0.075	0.006	4	A	1		0.076	0.019	
Niacin....mg	2.387	0.025	4	A	1		2.411	0.621	
Pantothenic acid....mg	0.527	0.027	4	A	1		0.533	0.137	
Vitamin B-6....mg	0.210	0.006	4	A	1		0.212	0.055	
Folate, total....mcg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.00		1	A	1		0.00	0.00	
Vitamin A, RAE....mcg_RAE									
Vitamin A, IU....IU									
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Dihydrophylloquinone....mcg									
Menaquinone-4....mcg									
Lipids:									
Fatty acids, total saturated....g	6.175		0	NC	4		6.237	1.606	
4:0....g	0.004	0.001	4	A	1		0.004	0.001	
6:0....g	0.005	0.002	4	A	1		0.006	0.001	
8:0....g	0.010	0.001	4	A	1		0.010	0.003	

NDB No. 21414
POPEYES, Batter Fries, analyzed prior to December 2006

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 g	0.024	0.003	4	A	1		0.024	0.006	
12:0 g	0.009	0.001	4	A	1		0.009	0.002	
13:0 g									
14:0 g	0.371	0.018	4	A	1		0.374	0.096	
15:0 g	0.063	0.003	4	A	1		0.064	0.016	
16:0 g	3.252	0.110	4	A	1		3.284	0.845	
17:0 g	0.179	0.009	4	A	1		0.181	0.047	
18:0 g	2.177	0.081	4	A	1		2.199	0.566	
20:0 g	0.031	0.002	4	A	1		0.031	0.008	
22:0 g	0.026	0.004	4	A	1		0.026	0.007	
24:0 g	0.023	0.002	4	A	1		0.024	0.006	
Fatty acids, total monounsaturated g	8.385		0	NC	4		8.469	2.180	
14:1 g	0.102	0.005	4	A	1		0.103	0.027	
15:1 g	0.001	0.001	4	A	1		0.001	0.000	
16:1 undifferentiated g	0.489		0	AS	1		0.494	0.127	
16:1 c g	0.471	0.029	4	A	1		0.476	0.122	
16:1 t g	0.018	0.013	4	A	1		0.018	0.005	
17:1 g	0.131	0.007	4	A	1		0.132	0.034	
18:1 undifferentiated g	7.492		0	AS	1		7.566	1.948	
18:1 c g	6.382	0.368	4	A	1		6.446	1.659	
18:1-11c (18:1c n-7) g									
18:1 t g	1.110	0.060	3	A	1		1.121	0.289	
18:1-11t (18:1t n-7) g									
20:1 g	0.154	0.036	4	A	1		0.156	0.040	
22:1 undifferentiated g	0.011		0	AS	1		0.012	0.003	
22:1 c g	0.006	0.002	4	A	1		0.006	0.002	
22:1 t g	0.005	0.003	4	A	1		0.006	0.001	
24:1 c g	0.005	0.001	4	A	1		0.005	0.001	
Fatty acids, total polyunsaturated g	1.147		0	NC	4		1.159	0.298	
18:2 undifferentiated g	1.056		0	AS	1		1.066	0.274	
18:2 n-6 c,c g	0.846	0.079	4	A	1		0.855	0.220	
18:2 CLAs g	0.061	0.004	4	A	1		0.062	0.016	
18:2 c,t g									
18:2 t,c g									
18:2 t,t g									
18:2 i g									
18:2 t not further defined g	0.148	0.006	4	A	1		0.150	0.039	
18:3 undifferentiated g	0.025		0	AS	1		0.025	0.007	
18:3 n-3 c,c,c (ALA) g	0.016	0.003	4	A	1		0.016	0.004	
18:3 n-6 c,c,c g	0.009	0.004	4	A	1		0.009	0.002	
18:3i g									
18:4 g	0.005	0.001	4	A	1		0.006	0.001	
20:2 n-6 c,c g	0.020	0.002	4	A	1		0.020	0.005	
20:3 undifferentiated g	0.019		0	AS	1		0.019	0.005	
20:3 n-3 g	0.003	0.001	4	A	1		0.003	0.001	
20:3 n-6 g	0.016	0.002	4	A	1		0.016	0.004	
20:4 undifferentiated g	0.003	0.001	4	A	1		0.003	0.001	
20:4 n-3 g									
20:4 n-6 g									
20:5 n-3 (EPA) g	0.003	0.001	4	A	1		0.003	0.001	
21:5 g									
22:4 g	0.001	0.000	4	A	1		0.001	0.000	
22:5 n-3 (DPA) g	0.009	0.005	4	A	1		0.009	0.002	
22:6 n-3 (DHA) g	0.006	0.006	4	A	1		0.006	0.002	
Fatty acids, total trans g	1.282		0	NC	4		1.294	0.333	
Cholesterol mg	10		1	A	1		10	3	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.040		0	A	1		0.040	0.010	
Threonine g	0.110		0	A	1		0.111	0.029	
Isoleucine g	0.130		0	A	1		0.131	0.034	
Leucine g	0.210		0	A	1		0.212	0.055	
Lysine g	0.140		0	A	1		0.141	0.036	

NDB No. 21414
POPEYES, Batter Fries, analyzed prior to December 2006

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Methionine.....g	0.060		0	A	1		0.060	0.016	
Cystine.....g	0.060		0	A	1		0.060	0.016	
Phenylalanine.....g	0.160		0	A	1		0.161	0.042	
Tyrosine.....g	0.110		0	A	1		0.111	0.029	
Valine.....g	0.180		0	A	1		0.182	0.047	
Arginine.....g	0.170		0	A	1		0.172	0.044	
Histidine.....g	0.070		0	A	1		0.071	0.018	
Alanine.....g	0.140		0	A	1		0.141	0.036	
Aspartic acid.....g	0.640		0	A	1		0.646	0.166	
Glutamic acid.....g	0.910		0	A	1		0.919	0.237	
Glycine.....g	0.110		0	A	1		0.111	0.029	
Proline.....g	0.170		0	A	1		0.172	0.044	
Serine.....g	0.140		0	A	1		0.141	0.036	
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 101g: 1 package

Measure 2 = 26g: 10 pieces

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2010)

NDB No. 21415
POPEYES, Biscuit
Popeyes Chicken and Biscuits

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	25.76	0.378	6	A	1		15.20		
Energy....kcal	408		0	NC	4		240		
Energy....kJ	1705		0	NC	4		1006		
Protein....g	5.84	0.087	6	A	1		3.45		
Total lipid (fat)....g	24.53	0.530	6	A	1		14.47		
Ash....g	3.03	0.023	6	A	1		1.79		
Carbohydrate, by difference....g	40.84		0	NC	4		24.10		
Fiber, total dietary....g	1.7	0.065	4	A	1		1.0		
Sugars, total....g	2.95	0.088	3	A	1		1.74		
Sucrose....g	0.76	0.047	4	A	1		0.45		
Glucose (dextrose)....g	0.00	0.000	4	A	1		0.00		
Fructose....g	0.00	0.000	4	A	1		0.00		
Lactose....g	1.36	0.070	4	A	1		0.81		
Maltose....g	0.74	0.034	3	A	1		0.44		
Galactose....g	0.00	0.000	4	A	1		0.00		
Starch....g	34.92	0.364	4	A	1		20.61		
Minerals:									
Calcium, Ca....mg	109	1.436	4	A	1		64		
Iron, Fe....mg	2.23	0.065	4	A	1		1.31		
Magnesium, Mg....mg	12	0.175	4	A	1		7		
Phosphorus, P....mg	323	3.014	4	A	1		190		
Potassium, K....mg	142	0.913	4	A	1		84		
Sodium, Na....mg	759	14.162	4	A	1		448		
Zinc, Zn....mg	0.45	0.027	4	A	1		0.27		
Copper, Cu....mg	0.075	0.009	4	A	1		0.045		
Manganese, Mn....mg	0.276	0.006	4	A	1		0.163		
Selenium, Se....mcg	2.8	0.196	4	A	1		1.7		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		1	A	1		0.0		
Thiamin....mg	0.323	0.008	4	A	1		0.190		
Riboflavin....mg	0.235	0.025	4	A	1		0.139		
Niacin....mg	3.112	0.095	4	A	1		1.836		
Pantothenic acid....mg	0.600	0.011	4	A	1		0.354		
Vitamin B-6....mg	0.052	0.013	4	A	1		0.031		
Folate, total....mcg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.00		1	A	1		0.00		
Vitamin A, RAE....mcg_RAE									
Vitamin A, IU....IU									
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Dihydrophylloquinone....mcg									
Menaquinone-4....mcg									
Lipids:									
Fatty acids, total saturated....g	11.991		0	NC	4		7.074		
4:0....g	0.015	0.001	6	A	1		0.009		
6:0....g	0.006	0.001	6	A	1		0.003		
8:0....g	0.007	0.001	6	A	1		0.004		

NDB No. 21415
POPEYES, Biscuit

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
10:0....g	0.014	0.000	6	A	1		0.008		
12:0....g	0.052	0.001	6	A	1		0.031		
13:0....g									
14:0....g	0.248	0.004	6	A	1		0.146		
15:0....g	0.017	0.000	6	A	1		0.010		
16:0....g	10.154	0.110	6	A	1		5.991		
17:0....g	0.028	0.001	6	A	1		0.017		
18:0....g	1.319	0.045	6	A	1		0.778		
20:0....g	0.079	0.002	6	A	1		0.047		
22:0....g	0.033	0.002	6	A	1		0.019		
24:0....g	0.020	0.001	6	A	1		0.012		
Fatty acids, total monounsaturated....g	5.956		0	NC	4		3.514		
14:1....g	0.002	0.001	6	A	1		0.001		
15:1....g	0.000	0.000	6	A	1		0.000		
16:1 undifferentiated....g	0.030	0.001	6	AS	1		0.017		
16:1 c....g	0.029	0.001	6	A	1		0.017		
16:1 t....g	0.001	0.000	6	A	1		0.001		
17:1....g	0.000	0.000	6	A	1		0.000		
18:1 undifferentiated....g	5.865	0.122	6	AS	1		3.460		
18:1 c....g	5.810	0.120	6	A	1		3.428		
18:1-11c (18:1c n-7)....g									
18:1 t....g	0.055	0.007	6	A	1		0.032		
18:1-11t (18:1t n-7)....g									
20:1....g	0.053	0.003	6	A	1		0.031		
22:1 undifferentiated....g	0.002	0.001	6	AS	1		0.001		
22:1 c....g	0.002	0.001	6	A	1		0.001		
22:1 t....g	0.001	0.000	6	A	1		0.000		
24:1 c....g	0.005	0.000	6	A	1		0.003		
Fatty acids, total polyunsaturated....g	4.862		0	NC	4		2.869		
18:2 undifferentiated....g	4.426	0.306	6	AS	1		2.611		
18:2 n-6 c,c....g	4.334	0.303	6	A	1		2.557		
18:2 CLAs....g	0.012	0.001	6	A	1		0.007		
18:2 c,t....g									
18:2 t,c....g									
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.079	0.003	6	A	1		0.047		
18:3 undifferentiated....g	0.429	0.037	6	AS	1		0.253		
18:3 n-3 c,c,c (ALA)....g	0.429	0.037	6	A	1		0.253		
18:3 n-6 c,c,c....g	0.000	0.000	6	A	1		0.000		
18:3i....g									
18:4....g	0.000	0.000	6	A	1		0.000		
20:2 n-6 c,c....g	0.004	0.000	6	A	1		0.002		
20:3 undifferentiated....g	0.000	0.000	6	AS	1		0.000		
20:3 n-3....g	0.000	0.000	6	A	1		0.000		
20:3 n-6....g	0.000	0.000	6	A	1		0.000		
20:4 undifferentiated....g	0.002	0.000	6	A	1		0.001		
20:4 n-3....g									
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000	0.000	6	A	1		0.000		
21:5....g									
22:4....g	0.003	0.000	6	A	1		0.002		
22:5 n-3 (DPA)....g	0.000	0.000	6	A	1		0.000		
22:6 n-3 (DHA)....g	0.000	0.000	6	A	1		0.000		
Fatty acids, total trans....g	0.135		0	NC	4		0.080		
Fatty acids, total trans-monoenoic....g	0.056		0	NC	4		0.033		
Fatty acids, total trans-polyenoic....g	0.079		0	NC	4		0.047		
Cholesterol....mg	2		2	A	1		1		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.071		0	A	1		0.042		
Threonine....g	0.173		0	A	1		0.102		
Isoleucine....g	0.224		0	A	1		0.132		

NDB No. 21415
POPEYES, Biscuit

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Leucine.....g	0.428		0	A	1		0.252		
Lysine.....g	0.183		0	A	1		0.108		
Methionine.....g	0.102		0	A	1		0.060		
Cystine.....g	0.122		0	A	1		0.072		
Phenylalanine.....g	0.285		0	A	1		0.168		
Tyrosine.....g	0.153		0	A	1		0.090		
Valine.....g	0.265		0	A	1		0.156		
Arginine.....g	0.204		0	A	1		0.120		
Histidine.....g	0.122		0	A	1		0.072		
Alanine.....g	0.183		0	A	1		0.108		
Aspartic acid.....g	0.306		0	A	1		0.180		
Glutamic acid.....g	1.865		0	A	1		1.100		
Glycine.....g	0.183		0	A	1		0.108		
Proline.....g	0.632		0	A	1		0.373		
Serine.....g	0.275		0	A	1		0.162		
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 59g: 1 biscuit

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2010)

NDB No. 21416
POPEYES, Coleslaw
Popeyes Chicken and Biscuits

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	72.84	0.855	4	A	1		138.40	87.41	
Energy....kcal	161		0	NC	4		306	193	
Energy....kJ	674		0	NC	4		1280	809	
Protein....g	0.98	0.030	4	A	1		1.87	1.18	
Total lipid (fat)....g	11.18	0.408	4	A	1		21.24	13.42	
Ash....g	0.87	0.020	4	A	1		1.65	1.04	
Carbohydrate, by difference....g	14.12		0	NC	4		26.83	16.95	
Fiber, total dietary....g	1.7	0.222	4	A	1		3.3	2.1	
Sugars, total....g	10.83	0.303	4	A	1		20.59	13.00	
Sucrose....g	7.74	0.269	4	A	1		14.71	9.29	
Glucose (dextrose)....g	1.65	0.106	4	A	1		3.14	1.99	
Fructose....g	1.44	0.064	4	A	1		2.74	1.73	
Lactose....g	0.00	0.000	4	A	1		0.00	0.00	
Maltose....g	0.00	0.000	4	A	1		0.00	0.00	
Galactose....g	0.00	0.000	4	A	1		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	31	1.597	4	A	1		60	38	
Iron, Fe....mg	0.23	0.008	4	A	1		0.43	0.27	
Magnesium, Mg....mg	7	0.221	4	A	1		14	9	
Phosphorus, P....mg	20	0.354	4	A	1		37	23	
Potassium, K....mg	118	5.297	4	A	1		225	142	
Sodium, Na....mg	218	4.500	4	A	1		413	261	
Zinc, Zn....mg	0.12	0.004	4	A	1		0.23	0.15	
Copper, Cu....mg	0.014	0.002	4	A	1		0.027	0.017	
Manganese, Mn....mg	0.083	0.008	4	A	1		0.159	0.100	
Selenium, Se....mcg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	14.7	0.766	4	A	1		27.9	17.6	
Thiamin....mg	0.015	0.000	4	A	1		0.028	0.018	
Riboflavin....mg	0.025	0.006	4	A	1		0.047	0.030	
Niacin....mg	0.206	0.024	4	A	1		0.391	0.247	
Pantothenic acid....mg	0.250	0.007	4	A	1		0.475	0.300	
Vitamin B-6....mg	0.102	0.005	4	A	1		0.194	0.123	
Folate, total....mcg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.00		1	A	1		0.00	0.00	
Vitamin A, RAE....mcg_RAE	56		0	AS	1		106	67	
Vitamin A, IU....IU	185		2	AS	1		352	223	
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Dihydrophylloquinone....mcg									
Menaquinone-4....mcg									
Lipids:									
Fatty acids, total saturated....g	1.887		0	NC	4		3.585	2.264	
4:0....g	0.004	0.000	4	A	1		0.008	0.005	
6:0....g	0.010	0.005	4	A	1		0.019	0.012	
8:0....g	0.008	0.001	4	A	1		0.016	0.010	

NDB No. 21416
POPEYES, Coleslaw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
10:0....g	0.013	0.001	4	A	1		0.024	0.015	
12:0....g	0.002	0.000	4	A	1		0.003	0.002	
13:0....g									
14:0....g	0.005	0.003	4	A	1		0.009	0.006	
15:0....g	0.004	0.001	4	A	1		0.008	0.005	
16:0....g	1.196	0.025	4	A	1		2.272	1.435	
17:0....g	0.024	0.002	4	A	1		0.045	0.028	
18:0....g	0.517	0.006	4	A	1		0.983	0.621	
20:0....g	0.040	0.002	4	A	1		0.076	0.048	
22:0....g	0.042	0.004	4	A	1		0.079	0.050	
24:0....g	0.023	0.002	4	A	1		0.043	0.027	
Fatty acids, total monounsaturated....g	3.339		0	NC	4		6.343	4.006	
14:1....g	0.000	0.000	4	A	1		0.000	0.000	
15:1....g	0.000	0.000	4	A	1		0.000	0.000	
16:1 undifferentiated....g	0.027	0.001	4	AS	1		0.051	0.032	
16:1 c....g	0.026	0.001	4	A	1		0.049	0.031	
16:1 t....g	0.001	0.000	4	A	1		0.001	0.001	
17:1....g	0.012	0.001	4	A	1		0.023	0.014	
18:1 undifferentiated....g	2.553	0.038	4	AS	1		4.850	3.063	
18:1 c....g	2.549	0.039	4	A	1		4.843	3.059	
18:1-11c (18:1c n-7)....g									
18:1 t....g	0.003	0.002	4	A	1		0.007	0.004	
18:1-11t (18:1t n-7)....g									
20:1....g	0.732	0.012	4	A	1		1.390	0.878	
22:1 undifferentiated....g	0.010	0.003	4	AS	1		0.019	0.012	
22:1 c....g	0.005	0.001	4	A	1		0.010	0.006	
22:1 t....g	0.005	0.002	4	A	1		0.009	0.006	
24:1 c....g	0.006	0.002	4	A	1		0.011	0.007	
Fatty acids, total polyunsaturated....g	5.852		0	NC	4		11.118	7.022	
18:2 undifferentiated....g	5.745	0.143	4	AS	1		10.915	6.894	
18:2 n-6 c,c....g	5.686	0.138	4	A	1		10.804	6.824	
18:2 CLAs....g	0.024	0.003	4	A	1		0.045	0.028	
18:2 c,t....g									
18:2 t,c....g									
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.035	0.003	4	A	1		0.066	0.042	
18:3 undifferentiated....g	0.062	0.011	4	AS	1		0.117	0.074	
18:3 n-3 c,c,c (ALA)....g	0.035	0.009	4	A	1		0.066	0.041	
18:3 n-6 c,c,c....g	0.027	0.003	4	A	1		0.052	0.033	
18:3i....g									
18:4....g	0.006	0.001	4	A	1		0.012	0.008	
20:2 n-6 c,c....g	0.003	0.000	4	A	1		0.006	0.004	
20:3 undifferentiated....g	0.013	0.002	4	AS	1		0.024	0.015	
20:3 n-3....g	0.002	0.000	4	A	1		0.005	0.003	
20:3 n-6....g	0.010	0.002	4	A	1		0.020	0.013	
20:4 undifferentiated....g	0.007	0.000	4	A	1		0.013	0.008	
20:4 n-3....g									
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.011	0.005	4	A	1		0.020	0.013	
21:5....g									
22:4....g	0.002	0.002	4	A	1		0.004	0.003	
22:5 n-3 (DPA)....g	0.001	0.000	4	A	1		0.002	0.001	
22:6 n-3 (DHA)....g	0.001	0.001	4	A	1		0.002	0.002	
Fatty acids, total trans....g	0.044		0	NC	4		0.083	0.052	
Fatty acids, total trans-monoenoic....g	0.009		0	NC	4		0.017	0.011	
Fatty acids, total trans-polyenoic....g	0.035		0	NC	4		0.066	0.042	
Cholesterol....mg	7	0.545	4	A	1		13	8	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.007		0	A	1		0.014	0.009	
Threonine....g	0.030		0	A	1		0.057	0.036	
Isoleucine....g	0.030		0	A	1		0.057	0.036	

NDB No. 21416
POPEYES, Coleslaw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Leucine....g	0.030		0	A	1		0.057	0.036	
Lysine....g	0.030		0	A	1		0.057	0.036	
Methionine....g	0.007		0	A	1		0.014	0.009	
Cystine....g	0.010		0	A	1		0.019	0.012	
Phenylalanine....g	0.020		0	A	1		0.038	0.024	
Tyrosine....g	0.010		0	A	1		0.019	0.012	
Valine....g	0.040		0	A	1		0.076	0.048	
Arginine....g	0.050		0	A	1		0.095	0.060	
Histidine....g	0.020		0	A	1		0.038	0.024	
Alanine....g	0.050		0	A	1		0.095	0.060	
Aspartic acid....g	0.070		0	A	1		0.133	0.084	
Glutamic acid....g	0.110		0	A	1		0.209	0.132	
Glycine....g	0.020		0	A	1		0.038	0.024	
Proline....g	0.010		0	A	1		0.019	0.012	
Serine....g	0.040		0	A	1		0.076	0.048	
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 190g: 1 cup

Measure 2 = 120g: 1 package

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2010)

NDB No. 21456

POPEYES, Fried Chicken, Mild, Breast, meat and skin with breading

Popeyes Chicken and Biscuits

Refuse: 10% Cartilage and bone

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	50.61		0	RKA	1		97.18	56.18	65.29
Energy....kcal	265		0	RKI	6		509	294	342
Energy....kJ	1109		0	RKI	6		2130	1231	1431
Protein....g	22.14		0	RKA	1		42.51	24.57	28.56
Total lipid (fat)....g	15.54		0	RKA	1		29.83	17.25	20.04
Ash....g	2.54		0	RKA	1		4.87	2.81	3.27
Carbohydrate, by difference....g	9.17		0	RKI	6		17.61	10.18	11.83
Fiber, total dietary....g									
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	23		0	RKI	6		44	25	30
Iron, Fe....mg	0.72		0	RKI	6		1.38	0.80	0.93
Magnesium, Mg....mg	25		0	RKI	6		48	28	32
Phosphorus, P....mg	194		0	RKI	6		372	215	250
Potassium, K....mg	288		0	RKI	6		554	320	372
Sodium, Na....mg	530		0	RKI	6		1019	589	684
Zinc, Zn....mg	0.77		0	RKI	6		1.48	0.85	0.99
Copper, Cu....mg	0.042		0	RKI	6		0.080	0.046	0.054
Manganese, Mn....mg	0.103		0	RKI	6		0.198	0.115	0.133
Selenium, Se....mcg	30.0		0	RKI	6		57.5	33.2	38.6
Vitamins:									
Vitamin C, total ascorbic acid....mg									
Thiamin....mg	0.103		0	RKI	6		0.197	0.114	0.132
Riboflavin....mg	0.166		0	RKI	6		0.319	0.184	0.214
Niacin....mg	9.210		0	RKI	6		17.682	10.223	11.880
Pantothenic acid....mg	1.428		0	RKI	6		2.741	1.585	1.842
Vitamin B-6....mg	0.400		0	RKI	6		0.769	0.444	0.517
Folate, total....mcg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.36		0	RKI	6		0.70	0.40	0.47
Vitamin A, RAE....mcg_RAE									
Vitamin A, IU....IU									
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Dihydrophylloquinone....mcg									
Menaquinone-4....mcg									
Lipids:									
Fatty acids, total saturated....g	5.438		0	RKI	6		10.441	6.036	7.015
4:0....g	0.003		0	RKA	1		0.005	0.003	0.004
6:0....g	0.001		0	RKA	1		0.002	0.001	0.001
8:0....g	0.002		0	RKA	1		0.005	0.003	0.003
10:0....g	0.007		0	RKA	1		0.013	0.008	0.009
12:0....g	0.012		0	RKA	1		0.023	0.013	0.016
13:0....g									
14:0....g	0.258		0	RKA	1		0.496	0.287	0.333
15:0....g	0.038		0	RKA	1		0.074	0.043	0.050
16:0....g	3.478		0	RKA	1		6.678	3.861	4.487

NDB No. 21456

POPEYES, Fried Chicken, Mild, Breast, meat and skin with breading

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:0 g	0.087		0	RKA	1		0.167	0.097	0.112
18:0 g	1.527		0	RKA	1		2.932	1.695	1.970
20:0 g	0.015		0	RKA	1		0.028	0.016	0.019
22:0 g	0.005		0	RKA	1		0.010	0.006	0.007
24:0 g	0.004		0	RKA	1		0.007	0.004	0.005
Fatty acids, total monounsaturated g	6.862		0	RKI	6		13.175	7.617	8.852
14:1 g	0.062		0	RKA	1		0.119	0.069	0.080
15:1 g	0.003		0	RKA	1		0.006	0.003	0.004
16:1 undifferentiated g	0.816		0	RKA	1		1.566	0.905	1.052
16:1 c g	0.790		0	RKA	1		1.517	0.877	1.019
16:1 t g	0.025		0	RKA	1		0.049	0.028	0.033
17:1 g	0.048		0	RKA	1		0.091	0.053	0.061
18:1 undifferentiated g	5.869		0	RKA	1		11.268	6.514	7.571
18:1 c g	5.482		0	RKA	1		10.525	6.085	7.072
18:1-11c (18:1c n-7) g									
18:1 t g	0.387		0	RKA	1		0.743	0.429	0.499
18:1-11t (18:1t n-7) g									
20:1 g	0.058		0	RKA	1		0.110	0.064	0.074
22:1 undifferentiated g	0.003		0	RKA	1		0.006	0.004	0.004
22:1 c g	0.003		0	RKA	1		0.006	0.004	0.004
22:1 t g	0.000		0	RKA	1		0.000	0.000	0.000
24:1 c g	0.004		0	RKA	1		0.009	0.005	0.006
Fatty acids, total polyunsaturated g	1.732		0	RKI	6		3.325	1.922	2.234
18:2 undifferentiated g	1.535		0	RKA	1		2.948	1.704	1.981
18:2 n-6 c,c g	1.454		0	RKA	1		2.792	1.614	1.876
18:2 CLAs g	0.034		0	RKA	1		0.066	0.038	0.044
18:2 c,t g									
18:2 t,c g									
18:2 t,t g									
18:2 i g									
18:2 t not further defined g	0.047		0	RKA	1		0.090	0.052	0.060
18:3 undifferentiated g	0.087		0	RKA	1		0.167	0.096	0.112
18:3 n-3 c,c,c (ALA) g	0.072		0	RKA	1		0.139	0.080	0.093
18:3 n-6 c,c,c g	0.015		0	RKA	1		0.028	0.016	0.019
18:3i g									
18:4 g	0.003		0	RKA	1		0.005	0.003	0.003
20:2 n-6 c,c g	0.014		0	RKA	1		0.027	0.016	0.018
20:3 undifferentiated g	0.026		0	RKA	1		0.050	0.029	0.033
20:3 n-3 g	0.001		0	RKA	1		0.003	0.001	0.002
20:3 n-6 g	0.025		0	RKA	1		0.047	0.027	0.032
20:4 undifferentiated g	0.043		0	RKA	1		0.082	0.047	0.055
20:4 n-3 g									
20:4 n-6 g									
20:5 n-3 (EPA) g	0.002		0	RKA	1		0.004	0.002	0.003
21:5 g									
22:4 g	0.013		0	RKA	1		0.026	0.015	0.017
22:5 n-3 (DPA) g	0.005		0	RKA	1		0.009	0.005	0.006
22:6 n-3 (DHA) g	0.003		0	RKA	1		0.005	0.003	0.004
Fatty acids, total trans g	0.459		0	RKI	6		0.881	0.510	0.592
Fatty acids, total trans-monoenoic g	0.412		0	RKI	6		0.791	0.458	0.532
Fatty acids, total trans-polyenoic g	0.047		0	RKI	6		0.090	0.052	0.060
Cholesterol mg	98		0	RKI	6		189	109	127
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.169		0	RKA	1		0.325	0.188	0.218
Threonine g	0.730		0	RKA	1		1.402	0.811	0.942
Isoleucine g	0.650		0	RKA	1		1.248	0.721	0.838
Leucine g	1.350		0	RKA	1		2.592	1.498	1.741
Lysine g	0.960		0	RKA	1		1.844	1.066	1.239
Methionine g	0.321		0	RKA	1		0.615	0.356	0.414
Cystine g	0.257		0	RKA	1		0.492	0.285	0.331
Phenylalanine g	0.847		0	RKA	1		1.626	0.940	1.092
Tyrosine g	0.677		0	RKA	1		1.301	0.752	0.874

NDB No. 21456
POPEYES, Fried Chicken, Mild, Breast, meat and skin with breading

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Valine....g	0.807		0	RKA	1		1.549	0.895	1.041
Arginine....g	1.252		0	RKA	1		2.404	1.390	1.615
Histidine....g	0.527		0	RKA	1		1.013	0.585	0.680
Alanine....g	1.261		0	RKA	1		2.421	1.400	1.627
Aspartic acid....g	1.504		0	RKA	1		2.887	1.669	1.940
Glutamic acid....g	5.177		0	RKA	1		9.940	5.746	6.678
Glycine....g	1.861		0	RKA	1		3.573	2.066	2.401
Proline....g	1.777		0	RKA	1		3.411	1.972	2.292
Serine....g	0.862		0	RKA	1		1.656	0.957	1.113
Hydroxyproline....g	0.601		0	RKI	6		1.154	0.667	0.775

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 192g: 1 breast, with skin

Measure 2 = 111g: 1 breast, bone and skin removed

Measure 3 = 129g: 1 breast, without skin

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2010)

NDB No. 21442

POPEYES, Fried Chicken, Mild, Breast, meat only, skin and breading removed

Popeyes Chicken and Biscuits

Refuse: 42% Skin, subcutaneous fat and breading, 32%; Cartilage and bone, 10%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	64.22	0.511	6	A	1		82.84	71.28	
Energy....kcal	156		0	NC	4		201	173	
Energy....kJ	651		0	NC	4		840	723	
Protein....g	27.72	1.467	6	A	1		35.76	30.77	
Total lipid (fat)....g	4.37	0.303	6	A	1		5.64	4.85	
Ash....g	2.35	0.089	6	A	1		3.03	2.61	
Carbohydrate, by difference....g	1.34		0	NC	4		1.73	1.49	
Fiber, total dietary....g									
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	22		0	BFNN	4		28	24	
Iron, Fe....mg	0.53		0	BFNN	4		0.68	0.59	
Magnesium, Mg....mg	30		0	BFNN	4		38	33	
Phosphorus, P....mg	234		0	BFNN	4		301	259	
Potassium, K....mg	349		0	BFNN	4		451	388	
Sodium, Na....mg	414		0	BFNN	4		534	460	
Zinc, Zn....mg	0.85		0	BFNN	4		1.10	0.94	
Copper, Cu....mg	0.030		0	BFNN	4		0.039	0.033	
Manganese, Mn....mg	0.037		0	BFNN	4		0.047	0.041	
Selenium, Se....mcg	36.2		0	BFNN	4		46.7	40.2	
Vitamins:									
Vitamin C, total ascorbic acid....mg									
Thiamin....mg	0.108		0	BFPN	4		0.139	0.120	
Riboflavin....mg	0.188		0	BFPN	4		0.242	0.209	
Niacin....mg	11.867		0	BFPN	4		15.309	13.173	
Pantothenic acid....mg	1.754		0	BFPN	4		2.263	1.947	
Vitamin B-6....mg	0.540		0	BFPN	4		0.697	0.599	
Folate, total....mcg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.39		0	BFPN	4		0.50	0.43	
Vitamin A, RAE....mcg_RAE									
Vitamin A, IU....IU									
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Dihydrophylloquinone....mcg									
Menaquinone-4....mcg									
Lipids:									
Fatty acids, total saturated....g	1.510		0	NC	4		1.948	1.676	
4:0....g	0.003	0.000	6	A	1		0.003	0.003	
6:0....g	0.001	0.000	6	A	1		0.001	0.001	
8:0....g	0.001	0.000	6	A	1		0.001	0.001	
10:0....g	0.004	0.000	6	A	1		0.005	0.004	
12:0....g	0.004	0.001	6	A	1		0.005	0.004	
13:0....g									
14:0....g	0.057	0.006	6	A	1		0.074	0.063	
15:0....g	0.009	0.001	6	A	1		0.012	0.010	
16:0....g	0.973	0.060	6	A	1		1.255	1.080	

NDB No. 21442

POPEYES, Fried Chicken, Mild, Breast, meat only, skin and breading removed

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:0 g	0.019	0.002	6	A	1		0.024	0.021	
18:0 g	0.431	0.029	6	A	1		0.556	0.478	
20:0 g	0.005	0.000	6	A	1		0.006	0.005	
22:0 g	0.003	0.000	6	A	1		0.004	0.003	
24:0 g	0.002	0.000	6	A	1		0.003	0.002	
Fatty acids, total monounsaturated g	1.832		0	NC	4		2.363	2.033	
14:1 g	0.013	0.001	6	A	1		0.016	0.014	
15:1 g	0.002	0.000	6	A	1		0.003	0.003	
16:1 undifferentiated g	0.211	0.016	6	AS	1		0.272	0.234	
16:1 c g	0.205	0.016	6	A	1		0.264	0.228	
16:1 t g	0.006	0.001	6	A	1		0.008	0.006	
17:1 g	0.014	0.005	6	A	1		0.018	0.016	
18:1 undifferentiated g	1.567	0.114	6	AS	1		2.022	1.740	
18:1 c g	1.482	0.107	6	A	1		1.912	1.645	
18:1-11c (18:1c n-7) g									
18:1 t g	0.085	0.008	6	A	1		0.110	0.095	
18:1-11t (18:1t n-7) g									
20:1 g	0.018	0.001	6	A	1		0.023	0.020	
22:1 undifferentiated g	0.002	0.000	6	AS	1		0.002	0.002	
22:1 c g	0.002	0.000	6	A	1		0.002	0.002	
22:1 t g	0.000	0.000	6	A	1		0.000	0.000	
24:1 c g	0.004	0.000	6	A	1		0.006	0.005	
Fatty acids, total polyunsaturated g	0.529		0	NC	4		0.682	0.587	
18:2 undifferentiated g	0.430	0.026	6	AS	1		0.554	0.477	
18:2 n-6 c,c g	0.405	0.026	6	A	1		0.523	0.450	
18:2 CLAs g	0.008	0.001	6	A	1		0.010	0.009	
18:2 c,t g									
18:2 t,c g									
18:2 t,t g									
18:2 i g									
18:2 t not further defined g	0.017	0.002	6	A	1		0.021	0.018	
18:3 undifferentiated g	0.019	0.002	6	AS	1		0.025	0.021	
18:3 n-3 c,c,c (ALA) g	0.016	0.001	6	A	1		0.020	0.017	
18:3 n-6 c,c,c g	0.003	0.001	6	A	1		0.004	0.004	
18:3i g									
18:4 g	0.001	0.000	6	A	1		0.001	0.001	
20:2 n-6 c,c g	0.007	0.000	6	A	1		0.009	0.008	
20:3 undifferentiated g	0.018	0.001	6	AS	1		0.023	0.020	
20:3 n-3 g	0.001	0.000	6	A	1		0.001	0.001	
20:3 n-6 g	0.017	0.001	6	A	1		0.022	0.019	
20:4 undifferentiated g	0.035	0.002	6	A	1		0.045	0.039	
20:4 n-3 g									
20:4 n-6 g									
20:5 n-3 (EPA) g	0.002	0.000	6	A	1		0.002	0.002	
21:5 g									
22:4 g	0.011	0.001	6	A	1		0.014	0.012	
22:5 n-3 (DPA) g	0.004	0.000	6	A	1		0.005	0.004	
22:6 n-3 (DHA) g	0.003	0.000	6	A	1		0.004	0.003	
Fatty acids, total trans g	0.108		0	NC	4		0.139	0.120	
Fatty acids, total trans-monoenoic g	0.091		0	NC	4		0.118	0.101	
Fatty acids, total trans-polyenoic g	0.017		0	NC	4		0.021	0.018	
Cholesterol mg	108		0	BFSN	4		139	120	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.212		0	A	1		0.273	0.235	
Threonine g	0.915		0	A	1		1.180	1.015	
Isoleucine g	0.814		0	A	1		1.050	0.903	
Leucine g	1.690		0	A	1		2.180	1.876	
Lysine g	1.203		0	A	1		1.551	1.335	
Methionine g	0.401		0	A	1		0.518	0.445	
Cystine g	0.321		0	A	1		0.414	0.356	
Phenylalanine g	1.060		0	A	1		1.368	1.177	
Tyrosine g	0.848		0	A	1		1.094	0.942	

NDB No. 21442

POPEYES, Fried Chicken, Mild, Breast, meat only, skin and breading removed

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Valine.....g	1.010		0	A	1		1.303	1.121	
Arginine.....g	1.568		0	A	1		2.022	1.740	
Histidine.....g	0.660		0	A	1		0.852	0.733	
Alanine.....g	1.579		0	A	1		2.037	1.753	
Aspartic acid.....g	1.883		0	A	1		2.429	2.090	
Glutamic acid.....g	6.482		0	A	1		8.361	7.195	
Glycine.....g	2.330		0	A	1		3.006	2.586	
Proline.....g	2.224		0	A	1		2.869	2.469	
Serine.....g	1.080		0	A	1		1.393	1.199	
Hydroxyproline.....g	0.762		0	BFPN	4		0.983	0.846	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 129g: 1 breast, without skin

Measure 2 = 111g: 1 breast, bone and skin removed

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2010)

NDB No. 21457

POPEYES, Fried Chicken, Mild, Drumstick, meat and skin with breading

Popeyes Chicken and Biscuits

Refuse: 20% Cartilage and bone

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	48.14		0	RKA	1		36.58	28.40	21.18
Energy....kcal	293		0	RKI	6		223	173	129
Energy....kJ	1228		0	RKI	6		933	724	540
Protein....g	20.44		0	RKA	1		15.53	12.06	8.99
Total lipid (fat)....g	19.14		0	RKA	1		14.55	11.30	8.42
Ash....g	2.44		0	RKA	1		1.86	1.44	1.08
Carbohydrate, by difference....g	9.84		0	RKI	6		7.48	5.81	4.33
Fiber, total dietary....g									
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	20		0	RKI	6		15	12	9
Iron, Fe....mg	1.06		0	RKI	6		0.80	0.62	0.46
Magnesium, Mg....mg	22		0	RKI	6		16	13	10
Phosphorus, P....mg	171		0	RKI	6		130	101	75
Potassium, K....mg	261		0	RKI	6		198	154	115
Sodium, Na....mg	588		0	RKI	6		447	347	259
Zinc, Zn....mg	1.76		0	RKI	6		1.34	1.04	0.77
Copper, Cu....mg	0.074		0	RKI	6		0.057	0.044	0.033
Manganese, Mn....mg	0.121		0	RKI	6		0.092	0.071	0.053
Selenium, Se....mcg	27.9		0	RKI	6		21.2	16.5	12.3
Vitamins:									
Vitamin C, total ascorbic acid....mg									
Thiamin....mg	0.101		0	RKI	6		0.077	0.060	0.045
Riboflavin....mg	0.250		0	RKI	6		0.190	0.148	0.110
Niacin....mg	5.443		0	RKI	6		4.136	3.211	2.395
Pantothenic acid....mg	1.205		0	RKI	6		0.916	0.711	0.530
Vitamin B-6....mg	0.235		0	RKI	6		0.178	0.138	0.103
Folate, total....mcg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.62		0	RKI	6		0.47	0.37	0.27
Vitamin A, RAE....mcg_RAE									
Vitamin A, IU....IU									
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Dihydrophylloquinone....mcg									
Menaquinone-4....mcg									
Lipids:									
Fatty acids, total saturated....g	6.591		0	RKI	6		5.009	3.889	2.900
4:0....g	0.003		0	RKA	1		0.002	0.001	0.001
6:0....g	0.001		0	RKA	1		0.001	0.001	0.001
8:0....g	0.003		0	RKA	1		0.002	0.002	0.001
10:0....g	0.008		0	RKA	1		0.006	0.005	0.003
12:0....g	0.015		0	RKA	1		0.012	0.009	0.007
13:0....g									
14:0....g	0.306		0	RKA	1		0.233	0.181	0.135
15:0....g	0.045		0	RKA	1		0.034	0.027	0.020
16:0....g	4.248		0	RKA	1		3.229	2.507	1.869

NDB No. 21457
POPEYES, Fried Chicken, Mild, Drumstick, meat and skin with breading

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:0 g	0.103		0	RKA	1		0.078	0.061	0.045
18:0 g	1.830		0	RKA	1		1.390	1.079	0.805
20:0 g	0.018		0	RKA	1		0.014	0.011	0.008
22:0 g	0.007		0	RKA	1		0.005	0.004	0.003
24:0 g	0.005		0	RKA	1		0.004	0.003	0.002
Fatty acids, total monounsaturated g	8.488		0	RKI	6		6.451	5.008	3.735
14:1 g	0.075		0	RKA	1		0.057	0.045	0.033
15:1 g	0.003		0	RKA	1		0.002	0.002	0.001
16:1 undifferentiated g	1.061		0	RKA	1		0.807	0.626	0.467
16:1 c g	1.031		0	RKA	1		0.784	0.608	0.454
16:1 t g	0.030		0	RKA	1		0.023	0.018	0.013
17:1 g	0.053		0	RKA	1		0.040	0.031	0.023
18:1 undifferentiated g	7.215		0	RKA	1		5.484	4.257	3.175
18:1 c g	6.764		0	RKA	1		5.141	3.991	2.976
18:1-11c (18:1c n-7) g									
18:1 t g	0.451		0	RKA	1		0.343	0.266	0.199
18:1-11t (18:1t n-7) g									
20:1 g	0.070		0	RKA	1		0.053	0.041	0.031
22:1 undifferentiated g	0.004		0	RKA	1		0.003	0.002	0.002
22:1 c g	0.004		0	RKA	1		0.003	0.002	0.002
22:1 t g	0.000		0	RKA	1		0.000	0.000	0.000
24:1 c g	0.006		0	RKA	1		0.004	0.003	0.003
Fatty acids, total polyunsaturated g	2.226		0	RKI	6		1.692	1.313	0.979
18:2 undifferentiated g	1.970		0	RKA	1		1.497	1.162	0.867
18:2 n-6 c,c g	1.875		0	RKA	1		1.425	1.106	0.825
18:2 CLAs g	0.042		0	RKA	1		0.032	0.025	0.018
18:2 c,t g									
18:2 t,c g									
18:2 t,t g									
18:2 i g									
18:2 t not further defined g	0.053		0	RKA	1		0.040	0.031	0.023
18:3 undifferentiated g	0.113		0	RKA	1		0.086	0.066	0.050
18:3 n-3 c,c,c (ALA) g	0.093		0	RKA	1		0.071	0.055	0.041
18:3 n-6 c,c,c g	0.019		0	RKA	1		0.015	0.011	0.008
18:3i g									
18:4 g	0.003		0	RKA	1		0.003	0.002	0.002
20:2 n-6 c,c g	0.017		0	RKA	1		0.013	0.010	0.007
20:3 undifferentiated g	0.030		0	RKA	1		0.023	0.018	0.013
20:3 n-3 g	0.001		0	RKA	1		0.001	0.001	0.001
20:3 n-6 g	0.029		0	RKA	1		0.022	0.017	0.013
20:4 undifferentiated g	0.062		0	RKA	1		0.047	0.036	0.027
20:4 n-3 g									
20:4 n-6 g									
20:5 n-3 (EPA) g	0.003		0	RKA	1		0.002	0.002	0.001
21:5 g									
22:4 g	0.018		0	RKA	1		0.014	0.011	0.008
22:5 n-3 (DPA) g	0.006		0	RKA	1		0.005	0.004	0.003
22:6 n-3 (DHA) g	0.003		0	RKA	1		0.002	0.002	0.001
Fatty acids, total trans g	0.535		0	RKI	6		0.407	0.316	0.235
Fatty acids, total trans-monoenoic g	0.482		0	RKI	6		0.366	0.284	0.212
Fatty acids, total trans-polyenoic g	0.053		0	RKI	6		0.040	0.031	0.023
Cholesterol mg	108		0	RKI	6		82	63	47
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.156		0	RKA	1		0.119	0.092	0.069
Threonine g	0.674		0	RKA	1		0.512	0.398	0.297
Isoleucine g	0.600		0	RKA	1		0.456	0.354	0.264
Leucine g	1.246		0	RKA	1		0.947	0.735	0.548
Lysine g	0.887		0	RKA	1		0.674	0.523	0.390
Methionine g	0.296		0	RKA	1		0.225	0.175	0.130
Cystine g	0.237		0	RKA	1		0.180	0.140	0.104
Phenylalanine g	0.782		0	RKA	1		0.594	0.461	0.344
Tyrosine g	0.625		0	RKA	1		0.475	0.369	0.275

NDB No. 21457
POPEYES, Fried Chicken, Mild, Drumstick, meat and skin with breading

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Valine.....g	0.745		0	RKA	1		0.566	0.439	0.328
Arginine.....g	1.156		0	RKA	1		0.878	0.682	0.509
Histidine.....g	0.487		0	RKA	1		0.370	0.287	0.214
Alanine.....g	1.164		0	RKA	1		0.885	0.687	0.512
Aspartic acid.....g	1.388		0	RKA	1		1.055	0.819	0.611
Glutamic acid.....g	4.779		0	RKA	1		3.632	2.819	2.103
Glycine.....g	1.718		0	RKA	1		1.306	1.014	0.756
Proline.....g	1.640		0	RKA	1		1.246	0.968	0.722
Serine.....g	0.796		0	RKA	1		0.605	0.470	0.350
Hydroxyproline.....g	0.528		0	RKI	6		0.402	0.312	0.233

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 76g: 1 drumstick, with skin

Measure 2 = 59g: 1 drumstick, without skin

Measure 3 = 44g: 1 drumstick, bone and skin removed

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2010)

NDB No. 21443

POPEYES, Fried Chicken, Mild, Drumstick, meat only, skin and breading removed

Popeyes Chicken and Biscuits

Refuse: 42% Skin, subcutaneous fat and breading, 22%; Cartilage and bone, 20%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	64.18	0.357	6	A	1		28.24	37.87	
Energy....kcal	170		0	NC	4		75	101	
Energy....kJ	713		0	NC	4		314	421	
Protein....g	26.51	0.419	6	A	1		11.66	15.64	
Total lipid (fat)....g	7.14	0.184	6	A	1		3.14	4.21	
Ash....g	2.13	0.107	6	A	1		0.94	1.26	
Carbohydrate, by difference....g	0.04		0	NC	4		0.02	0.02	
Fiber, total dietary....g									
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	16		0	BFNN	4		7	9	
Iron, Fe....mg	1.06		0	BFNN	4		0.46	0.62	
Magnesium, Mg....mg	25		0	BFNN	4		11	15	
Phosphorus, P....mg	206		0	BFNN	4		91	122	
Potassium, K....mg	321		0	BFNN	4		141	189	
Sodium, Na....mg	478		0	BFNN	4		210	282	
Zinc, Zn....mg	2.59		0	BFNN	4		1.14	1.53	
Copper, Cu....mg	0.084		0	BFNN	4		0.037	0.049	
Manganese, Mn....mg	0.046		0	BFNN	4		0.020	0.027	
Selenium, Se....mcg	34.6		0	BFNN	4		15.2	20.4	
Vitamins:									
Vitamin C, total ascorbic acid....mg									
Thiamin....mg	0.107		0	BFPN	4		0.047	0.063	
Riboflavin....mg	0.341		0	BFPN	4		0.150	0.201	
Niacin....mg	6.150		0	BFPN	4		2.706	3.629	
Pantothenic acid....mg	1.469		0	BFPN	4		0.646	0.867	
Vitamin B-6....mg	0.296		0	BFPN	4		0.130	0.174	
Folate, total....mcg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.85		0	BFPN	4		0.37	0.50	
Vitamin A, RAE....mcg_RAE									
Vitamin A, IU....IU									
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Dihydrophylloquinone....mcg									
Menaquinone-4....mcg									
Lipids:									
Fatty acids, total saturated....g	2.282		0	NC	4		1.004	1.346	
4:0....g	0.002	0.000	6	A	1		0.001	0.001	
6:0....g	0.001	0.000	6	A	1		0.000	0.001	
8:0....g	0.001	0.000	6	A	1		0.001	0.001	
10:0....g	0.004	0.000	6	A	1		0.002	0.003	
12:0....g	0.007	0.001	6	A	1		0.003	0.004	
13:0....g									
14:0....g	0.077	0.004	6	A	1		0.034	0.046	
15:0....g	0.012	0.001	6	A	1		0.005	0.007	
16:0....g	1.526	0.049	6	A	1		0.671	0.900	

NDB No. 21443

POPEYES, Fried Chicken, Mild, Drumstick, meat only, skin and breading removed

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:0 g	0.024	0.001	6	A	1		0.010	0.014	
18:0 g	0.612	0.020	6	A	1		0.269	0.361	
20:0 g	0.007	0.000	6	A	1		0.003	0.004	
22:0 g	0.005	0.000	6	A	1		0.002	0.003	
24:0 g	0.004	0.000	6	A	1		0.002	0.002	
Fatty acids, total monounsaturated g	3.079		0	NC	4		1.355	1.817	
14:1 g	0.020	0.001	6	A	1		0.009	0.012	
15:1 g	0.002	0.000	6	A	1		0.001	0.001	
16:1 undifferentiated g	0.448	0.012	6	AS	1		0.197	0.265	
16:1 c g	0.440	0.012	6	A	1		0.194	0.260	
16:1 t g	0.008	0.000	6	A	1		0.004	0.005	
17:1 g	0.013	0.002	6	A	1		0.006	0.008	
18:1 undifferentiated g	2.558	0.077	6	AS	1		1.126	1.509	
18:1 c g	2.455	0.073	6	A	1		1.080	1.449	
18:1-11c (18:1c n-7) g									
18:1 t g	0.103	0.005	6	A	1		0.045	0.061	
18:1-11t (18:1t n-7) g									
20:1 g	0.028	0.001	6	A	1		0.012	0.016	
22:1 undifferentiated g	0.002	0.000	6	AS	1		0.001	0.001	
22:1 c g	0.002	0.000	6	A	1		0.001	0.001	
22:1 t g	0.000	0.000	6	A	1		0.000	0.000	
24:1 c g	0.007	0.000	6	A	1		0.003	0.004	
Fatty acids, total polyunsaturated g	1.011		0	NC	4		0.445	0.596	
18:2 undifferentiated g	0.838	0.041	6	AS	1		0.369	0.494	
18:2 n-6 c,c g	0.808	0.040	6	A	1		0.356	0.477	
18:2 CLAs g	0.012	0.001	6	A	1		0.005	0.007	
18:2 c,t g									
18:2 t,c g									
18:2 t,t g									
18:2 i g									
18:2 t not further defined g	0.018	0.001	6	A	1		0.008	0.011	
18:3 undifferentiated g	0.042	0.003	6	AS	1		0.019	0.025	
18:3 n-3 c,c,c (ALA) g	0.035	0.003	6	A	1		0.015	0.020	
18:3 n-6 c,c,c g	0.008	0.000	6	A	1		0.003	0.005	
18:3i g									
18:4 g	0.002	0.000	6	A	1		0.001	0.001	
20:2 n-6 c,c g	0.009	0.000	6	A	1		0.004	0.006	
20:3 undifferentiated g	0.023	0.000	6	AS	1		0.010	0.013	
20:3 n-3 g	0.001	0.000	6	A	1		0.000	0.001	
20:3 n-6 g	0.022	0.000	6	A	1		0.010	0.013	
20:4 undifferentiated g	0.066	0.002	6	A	1		0.029	0.039	
20:4 n-3 g									
20:4 n-6 g									
20:5 n-3 (EPA) g	0.003	0.000	6	A	1		0.001	0.001	
21:5 g									
22:4 g	0.019	0.001	6	A	1		0.008	0.011	
22:5 n-3 (DPA) g	0.006	0.000	6	A	1		0.003	0.003	
22:6 n-3 (DHA) g	0.003	0.000	6	A	1		0.001	0.002	
Fatty acids, total trans g	0.130		0	NC	4		0.057	0.076	
Fatty acids, total trans-monoenoic g	0.112		0	NC	4		0.049	0.066	
Fatty acids, total trans-polyenoic g	0.018		0	NC	4		0.008	0.011	
Cholesterol mg	127		0	BFSN	4		56	75	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.203		0	A	1		0.089	0.120	
Threonine g	0.875		0	A	1		0.385	0.516	
Isoleucine g	0.778		0	A	1		0.342	0.459	
Leucine g	1.616		0	A	1		0.711	0.954	
Lysine g	1.150		0	A	1		0.506	0.679	
Methionine g	0.384		0	A	1		0.169	0.226	
Cystine g	0.307		0	A	1		0.135	0.181	
Phenylalanine g	1.014		0	A	1		0.446	0.598	
Tyrosine g	0.811		0	A	1		0.357	0.479	

NDB No. 21443

POPEYES, Fried Chicken, Mild, Drumstick, meat only, skin and breading removed

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Valine....g	0.966		0	A	1		0.425	0.570	
Arginine....g	1.499		0	A	1		0.660	0.885	
Histidine....g	0.632		0	A	1		0.278	0.373	
Alanine....g	1.510		0	A	1		0.664	0.891	
Aspartic acid....g	1.801		0	A	1		0.792	1.062	
Glutamic acid....g	6.199		0	A	1		2.728	3.657	
Glycine....g	2.228		0	A	1		0.981	1.315	
Proline....g	2.127		0	A	1		0.936	1.255	
Serine....g	1.033		0	A	1		0.454	0.609	
Hydroxyproline....g	0.686		0	BFPN	4		0.302	0.405	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 44g: 1 drumstick, bone and skin removed

Measure 2 = 59g: 1 drumstick, without skin

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2010)

NDB No. 21444

POPEYES, Fried Chicken, Mild, Skin and Breading

Popeyes Chicken and Biscuits

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	26.43	0.413	6	A	1				
Energy	kcal	460		0	NC	4				
Energy	kJ	1924		0	NC	4				
Protein	g	12.22	0.255	6	A	1				
Total lipid (fat)	g	35.39	0.550	6	A	1				
Ash	g	2.87	0.129	6	A	1				
Carbohydrate, by difference	g	23.10		0	NC	4				
Fiber, total dietary	g	1.1	0.112	4	A	1				
Sugars, total	g	0.00	0.000	4	A	1				
Sucrose	g	0.00	0.000	4	A	1				
Glucose (dextrose)	g	0.00	0.000	4	A	1				
Fructose	g	0.00	0.000	4	A	1				
Lactose	g	0.00	0.000	4	A	1				
Maltose	g	0.00	0.000	4	A	1				
Galactose	g	0.00	0.000	4	A	1				
Starch	g	20.17	0.674	6	A	1				
Minerals:										
Calcium, Ca	mg	25	1.400	12	A	1				
Iron, Fe	mg	1.06	0.080	12	A	1				
Magnesium, Mg	mg	17	0.230	12	A	1				
Phosphorus, P	mg	124	1.823	12	A	1				
Potassium, K	mg	180	1.919	12	A	1				
Sodium, Na	mg	738	20.273	12	A	1				
Zinc, Zn	mg	0.63	0.015	12	A	1				
Copper, Cu	mg	0.062	0.002	12	A	1				
Manganese, Mn	mg	0.222	0.008	12	A	1				
Selenium, Se	mcg	18.8	1.795	12	A	1				
Vitamins:										
Vitamin C, total ascorbic acid	mg									
Thiamin	mg	0.094	0.008	4	A	1				
Riboflavin	mg	0.127	0.009	4	A	1				
Niacin	mg	4.485	0.106	4	A	1				
Pantothenic acid	mg	0.847	0.018	4	A	1				
Vitamin B-6	mg	0.152	0.004	4	A	1				
Folate, total	mcg									
Folate, DFE	mcg_DFE									
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	0.32	0.014	4	A	1				
Vitamin A, RAE	mcg_RAE	41		0	AS	1				
Vitamin A, IU	IU	137		0	AS	1				
Lycopene	mcg									
Lutein + zeaxanthin	mcg									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Dihydrophylloquinone	mcg									
Menaquinone-4	mcg									
Lipids:										
Fatty acids, total saturated	g	12.421		0	NC	4				
4:0	g	0.003	0.000	6	A	1				
6:0	g	0.001	0.000	6	A	1				
8:0	g	0.006	0.001	6	A	1				

NDB No. 21444
POPEYES, Fried Chicken, Mild, Skin and Breading

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0....g	0.012	0.000	6	A	1				
12:0....g	0.027	0.002	6	A	1				
13:0....g									
14:0....g	0.616	0.014	6	A	1				
15:0....g	0.091	0.003	6	A	1				
16:0....g	7.933	0.142	6	A	1				
17:0....g	0.209	0.006	6	A	1				
18:0....g	3.477	0.078	6	A	1				
20:0....g	0.032	0.001	6	A	1				
22:0....g	0.009	0.000	6	A	1				
24:0....g	0.006	0.000	6	A	1				
Fatty acids, total monounsaturated....g	15.806		0	NC	4				
14:1....g	0.150	0.003	6	A	1				
15:1....g	0.004	0.001	6	A	1				
16:1 undifferentiated....g	1.891	0.060	6	AS	1				
16:1 c....g	1.831	0.060	6	A	1				
16:1 t....g	0.060	0.002	6	A	1				
17:1....g	0.107	0.019	6	A	1				
18:1 undifferentiated....g	13.516	0.258	6	AS	1				
18:1 c....g	12.593	0.250	6	A	1				
18:1-11c (18:1c n-7)....g									
18:1 t....g	0.923	0.030	6	A	1				
18:1-11t (18:1t n-7)....g									
20:1....g	0.128	0.002	6	A	1				
22:1 undifferentiated....g	0.006	0.000	6	AS	1				
22:1 c....g	0.006	0.000	6	A	1				
22:1 t....g	0.000	0.000	6	A	1				
24:1 c....g	0.005	0.000	6	A	1				
Fatty acids, total polyunsaturated....g	3.870		0	NC	4				
18:2 undifferentiated....g	3.502	0.120	6	AS	1				
18:2 n-6 c,c....g	3.319	0.122	6	A	1				
18:2 CLAs....g	0.082	0.004	6	A	1				
18:2 c,t....g									
18:2 t,c....g									
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.101	0.003	6	A	1				
18:3 undifferentiated....g	0.208	0.007	6	AS	1				
18:3 n-3 c,c,c (ALA)....g	0.173	0.007	6	A	1				
18:3 n-6 c,c,c....g	0.035	0.001	6	A	1				
18:3i....g									
18:4....g	0.006	0.000	6	A	1				
20:2 n-6 c,c....g	0.027	0.001	6	A	1				
20:3 undifferentiated....g	0.040	0.001	6	AS	1				
20:3 n-3....g	0.002	0.000	6	A	1				
20:3 n-6....g	0.038	0.001	6	A	1				
20:4 undifferentiated....g	0.056	0.001	6	A	1				
20:4 n-3....g									
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.003	0.000	6	A	1				
21:5....g									
22:4....g	0.018	0.000	6	A	1				
22:5 n-3 (DPA)....g	0.007	0.000	6	A	1				
22:6 n-3 (DHA)....g	0.003	0.000	6	A	1				
Fatty acids, total trans....g	1.084		0	NC	4				
Fatty acids, total trans-monoenoic....g	0.983		0	NC	4				
Fatty acids, total trans-polyenoic....g	0.101		0	NC	4				
Cholesterol....mg	81	2.056	12	A	1				
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.093		0	A	1				
Threonine....g	0.403		0	A	1				
Isoleucine....g	0.359		0	A	1				

NDB No. 21444
POPEYES, Fried Chicken, Mild, Skin and Breading

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Leucine....g	0.745		0	A	1				
Lysine....g	0.530		0	A	1				
Methionine....g	0.177		0	A	1				
Cystine....g	0.142		0	A	1				
Phenylalanine....g	0.467		0	A	1				
Tyrosine....g	0.374		0	A	1				
Valine....g	0.445		0	A	1				
Arginine....g	0.691		0	A	1				
Histidine....g	0.291		0	A	1				
Alanine....g	0.696		0	A	1				
Aspartic acid....g	0.830		0	A	1				
Glutamic acid....g	2.857		0	A	1				
Glycine....g	1.027		0	A	1				
Proline....g	0.981		0	A	1				
Serine....g	0.476		0	A	1				
Hydroxyproline....g	0.315		0	BFPN	4				

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2010)

NDB No. 21458

POPEYES, Fried Chicken, Mild, Thigh, meat and skin with breading

Popeyes Chicken and Biscuits

Refuse: 16% Cartilage and bone

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	46.33		0	RKA	1		54.66	33.82	25.94
Energy....kcal	313		0	RKI	6		370	229	176
Energy....kJ	1311		0	RKI	6		1548	957	734
Protein....g	18.60		0	RKA	1		21.95	13.58	10.42
Total lipid (fat)....g	21.75		0	RKA	1		25.66	15.88	12.18
Ash....g	2.50		0	RKA	1		2.95	1.82	1.40
Carbohydrate, by difference....g	10.83		0	RKI	6		12.78	7.91	6.06
Fiber, total dietary....g									
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	20		0	RKI	6		23	14	11
Iron, Fe....mg	1.03		0	RKI	6		1.22	0.75	0.58
Magnesium, Mg....mg	20		0	RKI	6		24	15	11
Phosphorus, P....mg	162		0	RKI	6		191	118	91
Potassium, K....mg	256		0	RKI	6		302	187	143
Sodium, Na....mg	595		0	RKI	6		702	434	333
Zinc, Zn....mg	1.34		0	RKI	6		1.59	0.98	0.75
Copper, Cu....mg	0.072		0	RKI	6		0.085	0.052	0.040
Manganese, Mn....mg	0.124		0	RKI	6		0.146	0.090	0.069
Selenium, Se....mcg	26.0		0	RKI	6		30.7	19.0	14.6
Vitamins:									
Vitamin C, total ascorbic acid....mg									
Thiamin....mg	0.097		0	RKI	6		0.115	0.071	0.054
Riboflavin....mg	0.233		0	RKI	6		0.275	0.170	0.131
Niacin....mg	5.576		0	RKI	6		6.580	4.071	3.123
Pantothenic acid....mg	1.235		0	RKI	6		1.458	0.902	0.692
Vitamin B-6....mg	0.242		0	RKI	6		0.286	0.177	0.136
Folate, total....mcg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.47		0	RKI	6		0.56	0.35	0.27
Vitamin A, RAE....mcg_RAE									
Vitamin A, IU....IU									
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Dihydrophylloquinone....mcg									
Menaquinone-4....mcg									
Lipids:									
Fatty acids, total saturated....g	7.426		0	RKI	6		8.763	5.421	4.159
4:0....g	0.003		0	RKA	1		0.003	0.002	0.001
6:0....g	0.001		0	RKA	1		0.001	0.001	0.001
8:0....g	0.003		0	RKA	1		0.004	0.002	0.002
10:0....g	0.008		0	RKA	1		0.009	0.006	0.004
12:0....g	0.017		0	RKA	1		0.020	0.012	0.010
13:0....g									
14:0....g	0.331		0	RKA	1		0.391	0.242	0.186
15:0....g	0.048		0	RKA	1		0.057	0.035	0.027
16:0....g	4.874		0	RKA	1		5.751	3.558	2.729

NDB No. 21458

POPEYES, Fried Chicken, Mild, Thigh, meat and skin with breading

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:0 g	0.109		0	RKA	1		0.129	0.080	0.061
18:0 g	1.999		0	RKA	1		2.359	1.459	1.120
20:0 g	0.020		0	RKA	1		0.024	0.015	0.011
22:0 g	0.007		0	RKA	1		0.008	0.005	0.004
24:0 g	0.005		0	RKA	1		0.006	0.004	0.003
Fatty acids, total monounsaturated g	9.723		0	RKI	6		11.473	7.097	5.445
14:1 g	0.083		0	RKA	1		0.098	0.060	0.046
15:1 g	0.003		0	RKA	1		0.003	0.002	0.002
16:1 undifferentiated g	1.228		0	RKA	1		1.449	0.896	0.688
16:1 c g	1.195		0	RKA	1		1.410	0.873	0.669
16:1 t g	0.033		0	RKA	1		0.039	0.024	0.018
17:1 g	0.057		0	RKA	1		0.067	0.042	0.032
18:1 undifferentiated g	8.261		0	RKA	1		9.748	6.030	4.626
18:1 c g	7.778		0	RKA	1		9.178	5.678	4.356
18:1-11c (18:1c n-7) g									
18:1 t g	0.483		0	RKA	1		0.569	0.352	0.270
18:1-11t (18:1t n-7) g									
20:1 g	0.081		0	RKA	1		0.095	0.059	0.045
22:1 undifferentiated g	0.004		0	RKA	1		0.005	0.003	0.002
22:1 c g	0.004		0	RKA	1		0.005	0.003	0.002
22:1 t g	0.000		0	RKA	1		0.000	0.000	0.000
24:1 c g	0.006		0	RKA	1		0.007	0.004	0.003
Fatty acids, total polyunsaturated g	2.580		0	RKI	6		3.044	1.883	1.445
18:2 undifferentiated g	2.307		0	RKA	1		2.722	1.684	1.292
18:2 n-6 c,c g	2.203		0	RKA	1		2.599	1.608	1.234
18:2 CLAs g	0.046		0	RKA	1		0.054	0.033	0.025
18:2 c,t g									
18:2 t,c g									
18:2 t,t g									
18:2 i g									
18:2 t not further defined g	0.058		0	RKA	1		0.069	0.043	0.033
18:3 undifferentiated g	0.131		0	RKA	1		0.154	0.095	0.073
18:3 n-3 c,c,c (ALA) g	0.108		0	RKA	1		0.127	0.079	0.060
18:3 n-6 c,c,c g	0.023		0	RKA	1		0.027	0.017	0.013
18:3i g									
18:4 g	0.004		0	RKA	1		0.005	0.003	0.002
20:2 n-6 c,c g	0.018		0	RKA	1		0.022	0.013	0.010
20:3 undifferentiated g	0.031		0	RKA	1		0.037	0.023	0.017
20:3 n-3 g	0.001		0	RKA	1		0.002	0.001	0.001
20:3 n-6 g	0.030		0	RKA	1		0.035	0.022	0.017
20:4 undifferentiated g	0.059		0	RKA	1		0.070	0.043	0.033
20:4 n-3 g									
20:4 n-6 g									
20:5 n-3 (EPA) g	0.003		0	RKA	1		0.003	0.002	0.001
21:5 g									
22:4 g	0.017		0	RKA	1		0.020	0.012	0.010
22:5 n-3 (DPA) g	0.006		0	RKA	1		0.007	0.004	0.003
22:6 n-3 (DHA) g	0.003		0	RKA	1		0.004	0.002	0.002
Fatty acids, total trans g	0.574		0	RKI	6		0.677	0.419	0.321
Fatty acids, total trans-monoenoic g	0.515		0	RKI	6		0.608	0.376	0.289
Fatty acids, total trans-polyenoic g	0.058		0	RKI	6		0.069	0.043	0.033
Cholesterol mg	108		0	RKI	6		128	79	61
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.142		0	RKA	1		0.168	0.104	0.080
Threonine g	0.614		0	RKA	1		0.724	0.448	0.344
Isoleucine g	0.546		0	RKA	1		0.644	0.399	0.306
Leucine g	1.134		0	RKA	1		1.338	0.828	0.635
Lysine g	0.807		0	RKA	1		0.952	0.589	0.452
Methionine g	0.269		0	RKA	1		0.318	0.197	0.151
Cystine g	0.215		0	RKA	1		0.254	0.157	0.121
Phenylalanine g	0.711		0	RKA	1		0.839	0.519	0.398
Tyrosine g	0.569		0	RKA	1		0.672	0.415	0.319

NDB No. 21458
POPEYES, Fried Chicken, Mild, Thigh, meat and skin with breading

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Valine....g	0.678		0	RKA	1		0.800	0.495	0.379
Arginine....g	1.052		0	RKA	1		1.241	0.768	0.589
Histidine....g	0.443		0	RKA	1		0.523	0.323	0.248
Alanine....g	1.059		0	RKA	1		1.250	0.773	0.593
Aspartic acid....g	1.263		0	RKA	1		1.491	0.922	0.708
Glutamic acid....g	4.349		0	RKA	1		5.132	3.175	2.436
Glycine....g	1.563		0	RKA	1		1.845	1.141	0.876
Proline....g	1.493		0	RKA	1		1.761	1.090	0.836
Serine....g	0.725		0	RKA	1		0.855	0.529	0.406
Hydroxyproline....g	0.488		0	RKI	6		0.576	0.356	0.273

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 118g: 1 thigh, with skin

Measure 2 = 73g: 1 thigh, without skin

Measure 3 = 56g: 1 thigh, bone and skin removed

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2010)

NDB No. 21445

POPEYES, Fried Chicken, Mild, Thigh, meat only, skin and breading removed

Popeyes Chicken and Biscuits

Refuse: 53% Skin, subcutaneous fat and breading, 37%; Cartilage and bone,16%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	63.07	0.771	6	A	1		46.04	35.32	
Energy....kcal	190		0	NC	4		139	107	
Energy....kJ	796		0	NC	4		581	446	
Protein....g	23.97	0.361	6	A	1		17.50	13.42	
Total lipid (fat)....g	10.27	0.492	6	A	1		7.50	5.75	
Ash....g	2.19	0.067	6	A	1		1.60	1.23	
Carbohydrate, by difference....g	0.50		0	NC	4		0.37	0.28	
Fiber, total dietary....g									
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	15		0	BFNN	4		11	9	
Iron, Fe....mg	1.01		0	BFNN	4		0.74	0.57	
Magnesium, Mg....mg	23		0	BFNN	4		17	13	
Phosphorus, P....mg	195		0	BFNN	4		142	109	
Potassium, K....mg	320		0	BFNN	4		234	179	
Sodium, Na....mg	474		0	BFNN	4		346	266	
Zinc, Zn....mg	1.95		0	BFNN	4		1.42	1.09	
Copper, Cu....mg	0.080		0	BFNN	4		0.058	0.045	
Manganese, Mn....mg	0.041		0	BFNN	4		0.030	0.023	
Selenium, Se....mcg	32.0		0	BFNN	4		23.4	17.9	
Vitamins:									
Vitamin C, total ascorbic acid....mg									
Thiamin....mg	0.100		0	BFPN	4		0.073	0.056	
Riboflavin....mg	0.322		0	BFPN	4		0.235	0.180	
Niacin....mg	6.494		0	BFPN	4		4.741	3.637	
Pantothenic acid....mg	1.562		0	BFPN	4		1.140	0.875	
Vitamin B-6....mg	0.318		0	BFPN	4		0.232	0.178	
Folate, total....mcg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.61		0	BFPN	4		0.44	0.34	
Vitamin A, RAE....mcg_RAE									
Vitamin A, IU....IU									
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Dihydrophylloquinone....mcg									
Menaquinone-4....mcg									
Lipids:									
Fatty acids, total saturated....g	3.223		0	NC	4		2.352	1.805	
4:0....g	0.002	0.000	6	A	1		0.002	0.001	
6:0....g	0.001	0.000	6	A	1		0.001	0.001	
8:0....g	0.001	0.000	6	A	1		0.001	0.001	
10:0....g	0.004	0.000	6	A	1		0.003	0.002	
12:0....g	0.009	0.001	6	A	1		0.007	0.005	
13:0....g									
14:0....g	0.092	0.007	6	A	1		0.067	0.052	
15:0....g	0.013	0.001	6	A	1		0.009	0.007	
16:0....g	2.299	0.134	6	A	1		1.679	1.288	

NDB No. 21445

POPEYES, Fried Chicken, Mild, Thigh, meat only, skin and breading removed

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:0 g	0.025	0.003	6	A	1		0.018	0.014	
18:0 g	0.756	0.040	6	A	1		0.552	0.423	
20:0 g	0.010	0.001	6	A	1		0.007	0.005	
22:0 g	0.006	0.000	6	A	1		0.004	0.003	
24:0 g	0.004	0.000	6	A	1		0.003	0.002	
Fatty acids, total monounsaturated g	4.603		0	NC	4		3.360	2.578	
14:1 g	0.026	0.002	6	A	1		0.019	0.015	
15:1 g	0.002	0.001	6	A	1		0.001	0.001	
16:1 undifferentiated g	0.670	0.048	6	AS	1		0.489	0.375	
16:1 c g	0.661	0.048	6	A	1		0.482	0.370	
16:1 t g	0.010	0.001	6	A	1		0.007	0.005	
17:1 g	0.015	0.003	6	A	1		0.011	0.008	
18:1 undifferentiated g	3.838	0.224	6	AS	1		2.802	2.149	
18:1 c g	3.726	0.217	6	A	1		2.720	2.087	
18:1-11c (18:1c n-7) g									
18:1 t g	0.112	0.012	6	A	1		0.082	0.063	
18:1-11t (18:1t n-7) g									
20:1 g	0.042	0.002	6	A	1		0.030	0.023	
22:1 undifferentiated g	0.003	0.000	6	AS	1		0.002	0.002	
22:1 c g	0.003	0.000	6	A	1		0.002	0.002	
22:1 t g	0.000	0.000	6	A	1		0.000	0.000	
24:1 c g	0.007	0.000	6	A	1		0.005	0.004	
Fatty acids, total polyunsaturated g	1.495		0	NC	4		1.091	0.837	
18:2 undifferentiated g	1.301	0.100	6	AS	1		0.949	0.728	
18:2 n-6 c,c g	1.264	0.098	6	A	1		0.922	0.708	
18:2 CLAs g	0.015	0.001	6	A	1		0.011	0.008	
18:2 c,t g									
18:2 t,c g									
18:2 t,t g									
18:2 i g									
18:2 t not further defined g	0.023	0.002	6	A	1		0.016	0.013	
18:3 undifferentiated g	0.066	0.007	6	AS	1		0.048	0.037	
18:3 n-3 c,c,c (ALA) g	0.053	0.005	6	A	1		0.038	0.029	
18:3 n-6 c,c,c g	0.013	0.002	6	A	1		0.010	0.007	
18:3i g									
18:4 g	0.002	0.000	6	A	1		0.002	0.001	
20:2 n-6 c,c g	0.012	0.001	6	A	1		0.008	0.006	
20:3 undifferentiated g	0.024	0.002	6	AS	1		0.018	0.013	
20:3 n-3 g	0.001	0.000	6	A	1		0.001	0.000	
20:3 n-6 g	0.023	0.002	6	A	1		0.017	0.013	
20:4 undifferentiated g	0.062	0.003	6	A	1		0.045	0.035	
20:4 n-3 g									
20:4 n-6 g									
20:5 n-3 (EPA) g	0.003	0.000	6	A	1		0.002	0.001	
21:5 g									
22:4 g	0.017	0.001	6	A	1		0.012	0.009	
22:5 n-3 (DPA) g	0.005	0.000	6	A	1		0.004	0.003	
22:6 n-3 (DHA) g	0.003	0.000	6	A	1		0.002	0.002	
Fatty acids, total trans g	0.144		0	NC	4		0.105	0.081	
Fatty acids, total trans-monoenoic g	0.122		0	NC	4		0.089	0.068	
Fatty acids, total trans-polyenoic g	0.023		0	NC	4		0.016	0.013	
Cholesterol mg	131		0	BFSN	4		96	73	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.183		0	A	1		0.134	0.103	
Threonine g	0.791		0	A	1		0.577	0.443	
Isoleucine g	0.704		0	A	1		0.514	0.394	
Leucine g	1.461		0	A	1		1.067	0.818	
Lysine g	1.040		0	A	1		0.759	0.582	
Methionine g	0.347		0	A	1		0.253	0.194	
Cystine g	0.278		0	A	1		0.203	0.156	
Phenylalanine g	0.917		0	A	1		0.669	0.513	
Tyrosine g	0.733		0	A	1		0.535	0.411	

NDB No. 21445

POPEYES, Fried Chicken, Mild, Thigh, meat only, skin and breading removed

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Valine....g	0.873		0	A	1		0.638	0.489	
Arginine....g	1.355		0	A	1		0.990	0.759	
Histidine....g	0.571		0	A	1		0.417	0.320	
Alanine....g	1.365		0	A	1		0.997	0.765	
Aspartic acid....g	1.628		0	A	1		1.189	0.912	
Glutamic acid....g	5.605		0	A	1		4.091	3.139	
Glycine....g	2.015		0	A	1		1.471	1.128	
Proline....g	1.923		0	A	1		1.404	1.077	
Serine....g	0.934		0	A	1		0.682	0.523	
Hydroxyproline....g	0.633		0	BFPN	4		0.462	0.355	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 73g: 1 thigh, without skin

Measure 2 = 56g: 1 thigh, bone and skin removed

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2010)

NDB No. 21459

POPEYES, Fried Chicken, Mild, Wing, meat and skin with breading

Popeyes Chicken and Biscuits

Refuse: 21% Cartilage and bone

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	39.02		0	RKA	1		22.24	12.49	7.80
Energy....kcal	353		0	RKI	6		201	113	71
Energy....kJ	1476		0	RKI	6		842	472	295
Protein....g	19.95		0	RKA	1		11.37	6.38	3.99
Total lipid (fat)....g	24.08		0	RKA	1		13.73	7.71	4.82
Ash....g	2.87		0	RKA	1		1.63	0.92	0.57
Carbohydrate, by difference....g	14.08		0	RKI	6		8.03	4.51	2.82
Fiber, total dietary....g									
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	27		0	RKI	6		16	9	5
Iron, Fe....mg	1.00		0	RKI	6		0.57	0.32	0.20
Magnesium, Mg....mg	21		0	RKI	6		12	7	4
Phosphorus, P....mg	155		0	RKI	6		89	50	31
Potassium, K....mg	232		0	RKI	6		132	74	46
Sodium, Na....mg	689		0	RKI	6		393	221	138
Zinc, Zn....mg	1.16		0	RKI	6		0.66	0.37	0.23
Copper, Cu....mg	0.061		0	RKI	6		0.035	0.020	0.012
Manganese, Mn....mg	0.149		0	RKI	6		0.085	0.048	0.030
Selenium, Se....mcg	27.9		0	RKI	6		15.9	8.9	5.6
Vitamins:									
Vitamin C, total ascorbic acid....mg									
Thiamin....mg	0.096		0	RKI	6		0.054	0.031	0.019
Riboflavin....mg	0.167		0	RKI	6		0.095	0.053	0.033
Niacin....mg	6.456		0	RKI	6		3.680	2.066	1.291
Pantothenic acid....mg	1.096		0	RKI	6		0.625	0.351	0.219
Vitamin B-6....mg	0.310		0	RKI	6		0.177	0.099	0.062
Folate, total....mcg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.41		0	RKI	6		0.23	0.13	0.08
Vitamin A, RAE....mcg_RAE									
Vitamin A, IU....IU									
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Dihydrophylloquinone....mcg									
Menaquinone-4....mcg									
Lipids:									
Fatty acids, total saturated....g	8.415		0	RKI	6		4.796	2.693	1.683
4:0....g	0.003		0	RKA	1		0.002	0.001	0.001
6:0....g	0.001		0	RKA	1		0.001	0.000	0.000
8:0....g	0.004		0	RKA	1		0.002	0.001	0.001
10:0....g	0.009		0	RKA	1		0.005	0.003	0.002
12:0....g	0.018		0	RKA	1		0.010	0.006	0.004
13:0....g									
14:0....g	0.406		0	RKA	1		0.231	0.130	0.081
15:0....g	0.060		0	RKA	1		0.034	0.019	0.012
16:0....g	5.389		0	RKA	1		3.072	1.724	1.078

NDB No. 21459
POPEYES, Fried Chicken, Mild, Wing, meat and skin with breading

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
17:0 g	0.137		0	RKA	1		0.078	0.044	0.027
18:0 g	2.353		0	RKA	1		1.341	0.753	0.471
20:0 g	0.022		0	RKA	1		0.013	0.007	0.004
22:0 g	0.007		0	RKA	1		0.004	0.002	0.001
24:0 g	0.005		0	RKA	1		0.003	0.002	0.001
Fatty acids, total monounsaturated g	10.717		0	RKI	6		6.109	3.429	2.143
14:1 g	0.099		0	RKA	1		0.056	0.032	0.020
15:1 g	0.003		0	RKA	1		0.002	0.001	0.001
16:1 undifferentiated g	1.297		0	RKA	1		0.740	0.415	0.259
16:1 c g	1.257		0	RKA	1		0.717	0.402	0.251
16:1 t g	0.040		0	RKA	1		0.023	0.013	0.008
17:1 g	0.069		0	RKA	1		0.039	0.022	0.014
18:1 undifferentiated g	9.150		0	RKA	1		5.216	2.928	1.830
18:1 c g	8.546		0	RKA	1		4.871	2.735	1.709
18:1-11c (18:1c n-7) g									
18:1 t g	0.604		0	RKA	1		0.344	0.193	0.121
18:1-11t (18:1t n-7) g									
20:1 g	0.088		0	RKA	1		0.050	0.028	0.018
22:1 undifferentiated g	0.004		0	RKA	1		0.003	0.001	0.001
22:1 c g	0.004		0	RKA	1		0.002	0.001	0.001
22:1 t g	0.000		0	RKA	1		0.000	0.000	0.000
24:1 c g	0.006		0	RKA	1		0.003	0.002	0.001
Fatty acids, total polyunsaturated g	2.723		0	RKI	6		1.552	0.872	0.545
18:2 undifferentiated g	2.428		0	RKA	1		1.384	0.777	0.486
18:2 n-6 c,c g	2.305		0	RKA	1		1.314	0.738	0.461
18:2 CLAs g	0.055		0	RKA	1		0.031	0.017	0.011
18:2 c,t g									
18:2 t,c g									
18:2 t,t g									
18:2 i g									
18:2 t not further defined g	0.068		0	RKA	1		0.039	0.022	0.014
18:3 undifferentiated g	0.142		0	RKA	1		0.081	0.045	0.028
18:3 n-3 c,c,c (ALA) g	0.118		0	RKA	1		0.067	0.038	0.024
18:3 n-6 c,c,c g	0.024		0	RKA	1		0.014	0.008	0.005
18:3i g									
18:4 g	0.004		0	RKA	1		0.002	0.001	0.001
20:2 n-6 c,c g	0.020		0	RKA	1		0.011	0.006	0.004
20:3 undifferentiated g	0.035		0	RKA	1		0.020	0.011	0.007
20:3 n-3 g	0.002		0	RKA	1		0.001	0.001	0.000
20:3 n-6 g	0.034		0	RKA	1		0.019	0.011	0.007
20:4 undifferentiated g	0.060		0	RKA	1		0.034	0.019	0.012
20:4 n-3 g									
20:4 n-6 g									
20:5 n-3 (EPA) g	0.003		0	RKA	1		0.002	0.001	0.001
21:5 g									
22:4 g	0.018		0	RKA	1		0.011	0.006	0.004
22:5 n-3 (DPA) g	0.007		0	RKA	1		0.004	0.002	0.001
22:6 n-3 (DHA) g	0.004		0	RKA	1		0.002	0.001	0.001
Fatty acids, total trans g	0.713		0	RKI	6		0.406	0.228	0.143
Fatty acids, total trans-monoenoic g	0.644		0	RKI	6		0.367	0.206	0.129
Fatty acids, total trans-polyenoic g	0.068		0	RKI	6		0.039	0.022	0.014
Cholesterol mg	105		0	RKI	6		60	34	21
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.153		0	RKA	1		0.087	0.049	0.031
Threonine g	0.658		0	RKA	1		0.375	0.211	0.132
Isoleucine g	0.586		0	RKA	1		0.334	0.187	0.117
Leucine g	1.216		0	RKA	1		0.693	0.389	0.243
Lysine g	0.866		0	RKA	1		0.493	0.277	0.173
Methionine g	0.289		0	RKA	1		0.165	0.092	0.058
Cystine g	0.231		0	RKA	1		0.132	0.074	0.046
Phenylalanine g	0.763		0	RKA	1		0.435	0.244	0.153
Tyrosine g	0.611		0	RKA	1		0.348	0.195	0.122

NDB No. 21459
POPEYES, Fried Chicken, Mild, Wing, meat and skin with breading

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Valine.....g	0.727		0	RKA	1		0.414	0.233	0.145
Arginine.....g	1.128		0	RKA	1		0.643	0.361	0.226
Histidine.....g	0.475		0	RKA	1		0.271	0.152	0.095
Alanine.....g	1.136		0	RKA	1		0.648	0.364	0.227
Aspartic acid.....g	1.355		0	RKA	1		0.772	0.434	0.271
Glutamic acid.....g	4.665		0	RKA	1		2.659	1.493	0.933
Glycine.....g	1.677		0	RKA	1		0.956	0.537	0.335
Proline.....g	1.601		0	RKA	1		0.913	0.512	0.320
Serine.....g	0.777		0	RKA	1		0.443	0.249	0.155
Hydroxyproline.....g	0.525		0	RKI	6		0.299	0.168	0.105

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 57g: 1 wing, with skin

Measure 2 = 32g: 1 wing, without skin

Measure 3 = 20g: 1 wing, bone and skin removed

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2010)

NDB No. 21446

POPEYES, Fried Chicken, Mild, Wing, meat only, skin and breading removed

Popeyes Chicken and Biscuits

Refuse: 64% Skin, subcutaneous fat and breading, 43%; Cartilage and bone, 21%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	53.62	0.908	6	A	1		17.16	10.72	
Energy....kcal	229		0	NC	4		73	46	
Energy....kJ	958		0	NC	4		306	192	
Protein....g	28.92	0.561	6	A	1		9.25	5.78	
Total lipid (fat)....g	10.97	0.326	6	A	1		3.51	2.19	
Ash....g	2.87	0.104	6	A	1		0.92	0.57	
Carbohydrate, by difference....g	3.62		0	NC	4		1.16	0.72	
Fiber, total dietary....g									
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	31		0	BFNN	4		10	6	
Iron, Fe....mg	0.94		0	BFNN	4		0.30	0.19	
Magnesium, Mg....mg	25		0	BFNN	4		8	5	
Phosphorus, P....mg	192		0	BFNN	4		62	38	
Potassium, K....mg	293		0	BFNN	4		94	59	
Sodium, Na....mg	633		0	BFNN	4		203	127	
Zinc, Zn....mg	1.77		0	BFNN	4		0.57	0.35	
Copper, Cu....mg	0.060		0	BFNN	4		0.019	0.012	
Manganese, Mn....mg	0.064		0	BFNN	4		0.020	0.013	
Selenium, Se....mcg	38.5		0	BFNN	4		12.3	7.7	
Vitamins:									
Vitamin C, total ascorbic acid....mg									
Thiamin....mg	0.098		0	BFPN	4		0.031	0.020	
Riboflavin....mg	0.213		0	BFPN	4		0.068	0.043	
Niacin....mg	8.743		0	BFPN	4		2.798	1.749	
Pantothenic acid....mg	1.385		0	BFPN	4		0.443	0.277	
Vitamin B-6....mg	0.492		0	BFPN	4		0.158	0.098	
Folate, total....mcg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.51		0	BFPN	4		0.16	0.10	
Vitamin A, RAE....mcg_RAE									
Vitamin A, IU....IU									
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Dihydrophylloquinone....mcg									
Menaquinone-4....mcg									
Lipids:									
Fatty acids, total saturated....g	3.768		0	NC	4		1.206	0.754	
4:0....g	0.002	0.000	6	A	1		0.001	0.000	
6:0....g	0.001	0.000	6	A	1		0.000	0.000	
8:0....g	0.001	0.000	6	A	1		0.000	0.000	
10:0....g	0.006	0.000	6	A	1		0.002	0.001	
12:0....g	0.008	0.001	6	A	1		0.003	0.002	
13:0....g									
14:0....g	0.163	0.010	6	A	1		0.052	0.033	
15:0....g	0.024	0.001	6	A	1		0.008	0.005	
16:0....g	2.438	0.109	6	A	1		0.780	0.488	

NDB No. 21446

POPEYES, Fried Chicken, Mild, Wing, meat only, skin and breading removed

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:0 g	0.054	0.003	6	A	1		0.017	0.011	
18:0 g	1.050	0.056	6	A	1		0.336	0.210	
20:0 g	0.011	0.000	6	A	1		0.003	0.002	
22:0 g	0.006	0.000	6	A	1		0.002	0.001	
24:0 g	0.005	0.000	6	A	1		0.001	0.001	
Fatty acids, total monounsaturated g	4.815		0	NC	4		1.541	0.963	
14:1 g	0.039	0.002	6	A	1		0.013	0.008	
15:1 g	0.002	0.001	6	A	1		0.001	0.000	
16:1 undifferentiated g	0.609	0.036	6	AS	1		0.195	0.122	
16:1 c g	0.593	0.035	6	A	1		0.190	0.119	
16:1 t g	0.017	0.001	6	A	1		0.005	0.003	
17:1 g	0.025	0.006	6	A	1		0.008	0.005	
18:1 undifferentiated g	4.087	0.183	6	AS	1		1.308	0.817	
18:1 c g	3.853	0.179	6	A	1		1.233	0.771	
18:1-11c (18:1c n-7) g									
18:1 t g	0.234	0.014	6	A	1		0.075	0.047	
18:1-11t (18:1t n-7) g									
20:1 g	0.042	0.002	6	A	1		0.014	0.008	
22:1 undifferentiated g	0.003	0.000	6	AS	1		0.001	0.001	
22:1 c g	0.003	0.000	6	A	1		0.001	0.001	
22:1 t g	0.000	0.000	6	A	1		0.000	0.000	
24:1 c g	0.007	0.000	6	A	1		0.002	0.001	
Fatty acids, total polyunsaturated g	1.394		0	NC	4		0.446	0.279	
18:2 undifferentiated g	1.183	0.045	6	AS	1		0.379	0.237	
18:2 n-6 c,c g	1.130	0.043	6	A	1		0.361	0.226	
18:2 CLAs g	0.023	0.001	6	A	1		0.007	0.005	
18:2 c,t g									
18:2 t,c g									
18:2 t,t g									
18:2 i g									
18:2 t not further defined g	0.031	0.002	6	A	1		0.010	0.006	
18:3 undifferentiated g	0.066	0.003	6	AS	1		0.021	0.013	
18:3 n-3 c,c,c (ALA) g	0.055	0.002	6	A	1		0.017	0.011	
18:3 n-6 c,c,c g	0.011	0.001	6	A	1		0.004	0.002	
18:3i g									
18:4 g	0.002	0.000	6	A	1		0.001	0.000	
20:2 n-6 c,c g	0.013	0.000	6	A	1		0.004	0.003	
20:3 undifferentiated g	0.030	0.001	6	AS	1		0.010	0.006	
20:3 n-3 g	0.001	0.000	6	A	1		0.000	0.000	
20:3 n-6 g	0.029	0.001	6	A	1		0.009	0.006	
20:4 undifferentiated g	0.064	0.001	6	A	1		0.021	0.013	
20:4 n-3 g									
20:4 n-6 g									
20:5 n-3 (EPA) g	0.003	0.000	6	A	1		0.001	0.001	
21:5 g									
22:4 g	0.019	0.000	6	A	1		0.006	0.004	
22:5 n-3 (DPA) g	0.007	0.000	6	A	1		0.002	0.001	
22:6 n-3 (DHA) g	0.005	0.000	6	A	1		0.002	0.001	
Fatty acids, total trans g	0.282		0	NC	4		0.090	0.056	
Fatty acids, total trans-monoenoic g	0.251		0	NC	4		0.080	0.050	
Fatty acids, total trans-polyenoic g	0.031		0	NC	4		0.010	0.006	
Cholesterol mg	132		0	BFSN	4		42	26	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.221		0	A	1		0.071	0.044	
Threonine g	0.954		0	A	1		0.305	0.191	
Isoleucine g	0.849		0	A	1		0.272	0.170	
Leucine g	1.763		0	A	1		0.564	0.353	
Lysine g	1.255		0	A	1		0.401	0.251	
Methionine g	0.419		0	A	1		0.134	0.084	
Cystine g	0.335		0	A	1		0.107	0.067	
Phenylalanine g	1.106		0	A	1		0.354	0.221	
Tyrosine g	0.885		0	A	1		0.283	0.177	

NDB No. 21446

POPEYES, Fried Chicken, Mild, Wing, meat only, skin and breading removed

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Valine.....g	1.054		0	A	1		0.337	0.211	
Arginine.....g	1.635		0	A	1		0.523	0.327	
Histidine.....g	0.689		0	A	1		0.220	0.138	
Alanine.....g	1.647		0	A	1		0.527	0.329	
Aspartic acid.....g	1.964		0	A	1		0.629	0.393	
Glutamic acid.....g	6.762		0	A	1		2.164	1.352	
Glycine.....g	2.431		0	A	1		0.778	0.486	
Proline.....g	2.321		0	A	1		0.743	0.464	
Serine.....g	1.126		0	A	1		0.360	0.225	
Hydroxyproline.....g	0.769		0	BFPN	4		0.246	0.154	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 32g: 1 wing, without skin

Measure 2 = 20g: 1 wing, bone and skin removed

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2010)

NDB No. 21417

POPEYES, Mild Chicken Strips, analyzed 2006

Popeyes Chicken and Biscuits

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	45.18	0.641	4	A	1		24.40		
Energy....kcal	271		0	NC	4		146		
Energy....kJ	1135		0	NC	4		613		
Protein....g	19.20	0.393	4	A	1		10.37		
Total lipid (fat)....g	13.01	0.512	4	A	1		7.03		
Ash....g	3.29	0.046	3	A	1		1.77		
Carbohydrate, by difference....g	19.31		0	NC	4		10.43		
Fiber, total dietary....g	0.8		2	A	1		0.5		
Sugars, total....g	0.00		2	A	1		0.00		
Sucrose....g	0.00		2	A	1		0.00		
Glucose (dextrose)....g	0.00		2	A	1		0.00		
Fructose....g	0.00		2	A	1		0.00		
Lactose....g	0.00		2	A	1		0.00		
Maltose....g	0.00		2	A	1		0.00		
Galactose....g	0.00		2	A	1		0.00		
Starch....g	18.15	0.603	4	A	1		9.80		
Minerals:									
Calcium, Ca....mg	12	0.227	4	A	1		6		
Iron, Fe....mg	0.91	0.084	4	A	1		0.49		
Magnesium, Mg....mg	26	0.163	4	A	1		14		
Phosphorus, P....mg	265	3.772	4	A	1		143		
Potassium, K....mg	269	3.816	4	A	1		145		
Sodium, Na....mg	922	18.085	4	A	1		498		
Zinc, Zn....mg	0.59	0.006	4	A	1		0.32		
Copper, Cu....mg	0.062	0.001	4	A	1		0.033		
Manganese, Mn....mg	0.207	0.006	4	A	1		0.112		
Selenium, Se....mcg	19.7	0.411	4	A	1		10.7		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		1	A	1		0.0		
Thiamin....mg	0.120	0.014	4	A	1		0.065		
Riboflavin....mg	0.122	0.009	4	A	1		0.066		
Niacin....mg	8.317	0.406	4	A	1		4.491		
Pantothenic acid....mg	1.060	0.040	4	A	1		0.572		
Vitamin B-6....mg	0.486	0.019	4	A	1		0.263		
Folate, total....mcg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.11	0.019	4	A	1		0.06		
Vitamin A, RAE....mcg_RAE									
Vitamin A, IU....IU									
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Dihydrophylloquinone....mcg									
Menaquinone-4....mcg									
Lipids:									
Fatty acids, total saturated....g	5.442		0	NC	4		2.938		
4:0....g	0.004	0.001	4	A	1		0.002		
6:0....g	0.005	0.002	4	A	1		0.003		
8:0....g	0.004	0.000	4	A	1		0.002		

NDB No. 21417
POPEYES, Mild Chicken Strips, analyzed 2006

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 g	0.016	0.004	4	A	1		0.008		
12:0 g	0.008	0.001	4	A	1		0.004		
13:0 g									
14:0 g	0.313	0.011	4	A	1		0.169		
15:0 g	0.051	0.002	4	A	1		0.027		
16:0 g	3.052	0.056	4	A	1		1.648		
17:0 g	0.150	0.004	4	A	1		0.081		
18:0 g	1.761	0.053	4	A	1		0.951		
20:0 g	0.017	0.001	4	A	1		0.009		
22:0 g	0.013	0.002	4	A	1		0.007		
24:0 g	0.048	0.035	4	A	1		0.026		
Fatty acids, total monounsaturated g	6.201		0	NC	4		3.348		
14:1 g	0.087	0.004	4	A	1		0.047		
15:1 g	0.000	0.000	4	A	1		0.000		
16:1 undifferentiated g	0.618	0.022	4	AS	1		0.333		
16:1 c g	0.579	0.021	4	A	1		0.312		
16:1 t g	0.039	0.002	4	A	1		0.021		
17:1 g	0.116	0.002	4	A	1		0.063		
18:1 undifferentiated g	5.279	0.075	4	AS	1		2.851		
18:1 c g	4.729	0.067	4	A	1		2.554		
18:1-11c (18:1c n-7) g									
18:1 t g	0.550	0.018	4	A	1		0.297		
18:1-11t (18:1t n-7) g									
20:1 g	0.087	0.004	4	A	1		0.047		
22:1 undifferentiated g	0.009	0.003	4	AS	1		0.005		
22:1 c g	0.005	0.002	4	A	1		0.003		
22:1 t g	0.004	0.001	4	A	1		0.002		
24:1 c g	0.005	0.001	4	A	1		0.003		
Fatty acids, total polyunsaturated g	1.257		0	NC	4		0.679		
18:2 undifferentiated g	1.082	0.020	4	AS	1		0.584		
18:2 n-6 c,c g	0.943	0.021	4	A	1		0.509		
18:2 CLAs g	0.058	0.008	4	A	1		0.031		
18:2 c,t g									
18:2 t,c g									
18:2 t,t g									
18:2 i g									
18:2 t not further defined g	0.081	0.004	4	A	1		0.044		
18:3 undifferentiated g	0.013	0.002	4	AS	1		0.007		
18:3 n-3 c,c,c (ALA) g	0.006	0.001	4	A	1		0.003		
18:3 n-6 c,c,c g	0.007	0.002	4	A	1		0.004		
18:3i g									
18:4 g	0.018	0.004	4	A	1		0.010		
20:2 n-6 c,c g	0.012	0.002	4	A	1		0.006		
20:3 undifferentiated g	0.023	0.004	4	AS	1		0.013		
20:3 n-3 g	0.003	0.001	4	A	1		0.001		
20:3 n-6 g	0.021	0.003	4	A	1		0.011		
20:4 undifferentiated g	0.050	0.003	4	A	1		0.027		
20:4 n-3 g									
20:4 n-6 g									
20:5 n-3 (EPA) g	0.026	0.021	4	A	1		0.014		
21:5 g									
22:4 g	0.011	0.002	4	A	1		0.006		
22:5 n-3 (DPA) g	0.006	0.002	4	A	1		0.003		
22:6 n-3 (DHA) g	0.016	0.014	4	A	1		0.009		
Fatty acids, total trans g	0.675		0	NC	4		0.364		
Fatty acids, total trans-monoenoic g	0.593		0	NC	4		0.320		
Fatty acids, total trans-polyenoic g	0.081		0	NC	4		0.044		
Cholesterol mg	52	0.328	4	A	1		28		
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.230		0	A	1		0.124		
Threonine g	0.770		0	A	1		0.416		
Isoleucine g	0.820		0	A	1		0.443		

NDB No. 21417
POPEYES, Mild Chicken Strips, analyzed 2006

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Leucine.....g	1.450		0	A	1		0.783		
Lysine.....g	1.360		0	A	1		0.734		
Methionine.....g	0.460		0	A	1		0.248		
Cystine.....g	0.260		0	A	1		0.140		
Phenylalanine.....g	0.780		0	A	1		0.421		
Tyrosine.....g	0.500		0	A	1		0.270		
Valine.....g	0.870		0	A	1		0.470		
Arginine.....g	1.100		0	A	1		0.594		
Histidine.....g	0.620		0	A	1		0.335		
Alanine.....g	1.010		0	A	1		0.545		
Aspartic acid.....g	1.600		0	A	1		0.864		
Glutamic acid.....g	3.960		0	A	1		2.138		
Glycine.....g	0.790		0	A	1		0.427		
Proline.....g	1.010		0	A	1		0.545		
Serine.....g	0.760		0	A	1		0.410		
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 54g: 1 strip

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2010)

NDB No. 21418

POPEYES, Spicy Chicken Strips, analyzed 2006

Popeyes Chicken and Biscuits

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	47.11	0.975	4	A	1		24.97		
Energy	kcal	253		0	NC	4		134		
Energy	kJ	1060		0	NC	4		562		
Protein	g	19.61	0.156	4	A	1		10.39		
Total lipid (fat)	g	11.20	0.503	4	A	1		5.94		
Ash	g	3.56	0.034	4	A	1		1.89		
Carbohydrate, by difference	g	18.52		0	NC	4		9.81		
Fiber, total dietary	g	1.2		2	A	1		0.6		
Sugars, total	g	0.00		2	A	1		0.00		
Sucrose	g	0.00		2	A	1		0.00		
Glucose (dextrose)	g	0.00		2	A	1		0.00		
Fructose	g	0.00		2	A	1		0.00		
Lactose	g	0.00		2	A	1		0.00		
Maltose	g	0.00		2	A	1		0.00		
Galactose	g	0.00		2	A	1		0.00		
Starch	g	17.55	0.661	4	A	1		9.30		
Minerals:										
Calcium, Ca	mg	12	0.125	4	A	1		6		
Iron, Fe	mg	1.01	0.067	4	A	1		0.54		
Magnesium, Mg	mg	28	0.596	4	A	1		15		
Phosphorus, P	mg	276	8.190	4	A	1		146		
Potassium, K	mg	289	8.396	4	A	1		153		
Sodium, Na	mg	997	30.249	4	A	1		528		
Zinc, Zn	mg	0.60	0.011	4	A	1		0.32		
Copper, Cu	mg	0.071	0.002	4	A	1		0.038		
Manganese, Mn	mg	0.222	0.004	4	A	1		0.117		
Selenium, Se	mcg	18.9	1.101	4	A	1		10.0		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		1	A	1		0.0		
Thiamin	mg	0.117	0.012	4	A	1		0.062		
Riboflavin	mg	0.130	0.009	4	A	1		0.069		
Niacin	mg	8.690	0.300	4	A	1		4.606		
Pantothenic acid	mg	1.100	0.041	4	A	1		0.583		
Vitamin B-6	mg	0.426	0.007	4	A	1		0.226		
Folate, total	mcg									
Folate, DFE	mcg_DFE									
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	0.20	0.017	4	A	1		0.11		
Vitamin A, RAE	mcg_RAE									
Vitamin A, IU	IU									
Lycopene	mcg									
Lutein + zeaxanthin	mcg									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Dihydrophylloquinone	mcg									
Menaquinone-4	mcg									
Lipids:										
Fatty acids, total saturated	g	4.743		0	NC	4		2.514		
4:0	g	0.004	0.001	4	A	1		0.002		
6:0	g	0.012	0.002	4	A	1		0.006		
8:0	g	0.006	0.000	4	A	1		0.003		

NDB No. 21418
POPEYES, Spicy Chicken Strips, analyzed 2006

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 g	0.019	0.002	4	A	1		0.010		
12:0 g	0.009	0.001	4	A	1		0.005		
13:0 g									
14:0 g	0.277	0.019	4	A	1		0.147		
15:0 g	0.044	0.004	4	A	1		0.023		
16:0 g	2.652	0.174	4	A	1		1.406		
17:0 g	0.138	0.009	4	A	1		0.073		
18:0 g	1.553	0.117	4	A	1		0.823		
20:0 g	0.015	0.001	4	A	1		0.008		
22:0 g	0.009	0.001	4	A	1		0.005		
24:0 g	0.004	0.001	4	A	1		0.002		
Fatty acids, total monounsaturated g	5.321		0	NC	4		2.820		
14:1 g	0.072	0.009	4	A	1		0.038		
15:1 g	0.000	0.000	4	A	1		0.000		
16:1 undifferentiated g	0.515	0.032	4	AS	1		0.273		
16:1 c g	0.495	0.038	4	A	1		0.262		
16:1 t g	0.021	0.008	4	A	1		0.011		
17:1 g	0.102	0.008	4	A	1		0.054		
18:1 undifferentiated g	4.554	0.333	4	AS	1		2.414		
18:1 c g	4.076	0.291	4	A	1		2.160		
18:1-11c (18:1c n-7) g									
18:1 t g	0.478	0.045	4	A	1		0.254		
18:1-11t (18:1t n-7) g									
20:1 g	0.067	0.008	4	A	1		0.035		
22:1 undifferentiated g	0.007	0.001	4	AS	1		0.004		
22:1 c g	0.005	0.001	4	A	1		0.002		
22:1 t g	0.003	0.001	4	A	1		0.001		
24:1 c g	0.003	0.001	4	A	1		0.002		
Fatty acids, total polyunsaturated g	1.112		0	NC	4		0.589		
18:2 undifferentiated g	0.977	0.059	4	AS	1		0.518		
18:2 n-6 c,c g	0.865	0.049	4	A	1		0.459		
18:2 CLAs g	0.045	0.004	4	A	1		0.024		
18:2 c,t g									
18:2 t,c g									
18:2 t,t g									
18:2 i g									
18:2 t not further defined g	0.066	0.007	4	A	1		0.035		
18:3 undifferentiated g	0.015	0.001	4	AS	1		0.008		
18:3 n-3 c,c,c (ALA) g	0.008	0.001	4	A	1		0.004		
18:3 n-6 c,c,c g	0.007	0.000	4	A	1		0.004		
18:3i g									
18:4 g	0.010	0.001	4	A	1		0.005		
20:2 n-6 c,c g	0.007	0.001	4	A	1		0.004		
20:3 undifferentiated g	0.023	0.002	4	AS	1		0.012		
20:3 n-3 g	0.002	0.001	4	A	1		0.001		
20:3 n-6 g	0.021	0.001	4	A	1		0.011		
20:4 undifferentiated g	0.055	0.002	4	A	1		0.029		
20:4 n-3 g									
20:4 n-6 g									
20:5 n-3 (EPA) g	0.004	0.000	4	A	1		0.002		
21:5 g									
22:4 g	0.011	0.001	4	A	1		0.006		
22:5 n-3 (DPA) g	0.004	0.001	4	A	1		0.002		
22:6 n-3 (DHA) g	0.004	0.000	4	A	1		0.002		
Fatty acids, total trans g	0.568		0	NC	4		0.301		
Fatty acids, total trans-monoenoic g	0.502		0	NC	4		0.266		
Fatty acids, total trans-polyenoic g	0.066		0	NC	4		0.035		
Cholesterol mg	53	1.529	4	A	1		28		
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.235		0	A	1		0.125		
Threonine g	0.780		0	A	1		0.413		
Isoleucine g	0.809		0	A	1		0.429		

NDB No. 21418
POPEYES, Spicy Chicken Strips, analyzed 2006

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Leucine.....g	1.469		0	A	1		0.779		
Lysine.....g	1.389		0	A	1		0.736		
Methionine.....g	0.475		0	A	1		0.252		
Cystine.....g	0.262		0	A	1		0.139		
Phenylalanine.....g	0.787		0	A	1		0.417		
Tyrosine.....g	0.512		0	A	1		0.272		
Valine.....g	0.857		0	A	1		0.454		
Arginine.....g	1.097		0	A	1		0.581		
Histidine.....g	0.630		0	A	1		0.334		
Alanine.....g	1.012		0	A	1		0.536		
Aspartic acid.....g	1.647		0	A	1		0.873		
Glutamic acid.....g	3.562		0	A	1		1.888		
Glycine.....g	0.777		0	A	1		0.412		
Proline.....g	0.992		0	A	1		0.526		
Serine.....g	0.767		0	A	1		0.407		
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 53g: 1 strip

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2010)

NDB No. 21224
Pizza, cheese topping, regular crust, frozen, cooked

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	46.28	1.360	8	A	1		336.49	209.20	135.61
Energy....kcal	268		0	NC	4		1949	1211	785
Energy....kJ	1121		0	NC	4		8153	5069	3286
Protein....g	10.36	0.264	8	A	1		75.30	46.82	30.35
Total lipid (fat)....g	12.28	0.685	8	A	1		89.26	55.49	35.97
Ash....g	2.06	0.045	8	A	1		14.95	9.30	6.03
Carbohydrate, by difference....g	29.02		0	NC	4		211.00	131.19	85.04
Fiber, total dietary....g	2.2	0.080	3	A	1		16.0	9.9	6.4
Sugars, total....g	3.57		0	NR	4		25.93	16.12	10.45
Sucrose....g	0.31		2	A	1		2.23	1.39	0.90
Glucose (dextrose)....g	0.93	0.028	4	A	1		6.74	4.19	2.72
Fructose....g	1.20	0.077	4	A	1		8.74	5.43	3.52
Lactose....g	0.39	0.003	3	A	1		2.83	1.76	1.14
Maltose....g	0.74	0.104	4	A	1		5.39	3.35	2.17
Galactose....g									
Starch....g	18.74	0.302	4	A	1		136.26	84.72	54.92
Minerals:									
Calcium, Ca....mg	179	5.176	8	A	1		1303	810	525
Iron, Fe....mg	2.27	0.262	8	A	1		16.54	10.28	6.67
Magnesium, Mg....mg	23	0.334	8	A	1		169	105	68
Phosphorus, P....mg	179	3.463	8	A	1		1301	809	524
Potassium, K....mg	152	6.458	8	A	1		1105	687	446
Sodium, Na....mg	447	8.589	8	A	1		3250	2021	1310
Zinc, Zn....mg	1.32	0.038	8	A	1		9.62	5.98	3.88
Copper, Cu....mg	0.227	0.019	3	A	1		1.648	1.025	0.664
Manganese, Mn....mg	0.291	0.037	8	A	1		2.117	1.316	0.853
Selenium, Se....mcg	21.5	4.481	4	A	1		156.3	97.2	63.0
Vitamins:									
Vitamin C, total ascorbic acid....mg	1.2	0.127	3	A	1		9.1	5.6	3.7
Thiamin....mg	0.211	0.016	5	A	1		1.531	0.952	0.617
Riboflavin....mg	0.258	0.008	5	A	1		1.879	1.168	0.757
Niacin....mg	2.196	0.276	5	A	1		15.966	9.927	6.435
Pantothenic acid....mg	0.219		2	A	1		1.592	0.990	0.642
Vitamin B-6....mg	0.083	0.005	5	A	1		0.603	0.375	0.243
Folate, total....mcg	38	2.348	8	A	1		277	172	112
Folic acid....mcg	38		0	NR	4		277	172	112
Folate, food....mcg	0		0	NR	4		0	0	0
Folate, DFE....mcg_DFE	65		0	NC	4		471	293	190
Choline, total....mg	14.3		0	BFPN	4		103.8	64.5	41.8
Betaine....mg									
Vitamin B-12....mcg	0.78		2	A	1		5.70	3.55	2.30
Vitamin B-12, added....mcg	0.00		0	BFCN	4		0.00	0.00	0.00
Vitamin A, RAE....mcg_RAE	66		0	NC	4		478	297	193
Retinol....mcg	58		0	BFSN	4		424	264	171
Carotene, beta....mcg	88		0	BFSN	4		641	399	258
Carotene, alpha....mcg	0		0	BFSN	4		0	0	0
Cryptoxanthin, beta....mcg	0		0	BFSN	4		0	0	0
Vitamin A, IU....IU	342		0	NC	4		2483	1544	1001
Lycopene....mcg	1829		0	BFSN	4		13297	8267	5359
Lutein + zeaxanthin....mcg	34		0	BFFN	4		245	152	99
Vitamin E (alpha-tocopherol)....mg	1.01		0	BFFN	4		7.32	4.55	2.95
Vitamin E, added....mg	0.00		0	BFFN	4		0.00	0.00	0.00
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	0.0		0	Z	7		0.0	0.0	0.0
Vitamin D2 (ergocalciferol)....mcg									

NDB No. 21224

Pizza, cheese topping, regular crust, frozen, cooked

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU	0		0	Z	7		0	0	0
Vitamin K (phylloquinone)....mcg	6.6		0	BFCN	4		48.0	29.8	19.3
Dihydrophylloquinone....mcg									
Menaquinone-4....mcg									
Lipids:									
Fatty acids, total saturated....g	4.272		0	NC	4		31.058	19.310	12.517
4:0....g	0.275		0	BFFN	4		2.002	1.245	0.807
6:0....g	0.053		0	BFFN	4		0.386	0.240	0.156
8:0....g	0.083		0	BFFN	4		0.600	0.373	0.242
10:0....g	0.112		2	A	1		0.814	0.506	0.328
12:0....g	0.152	0.005	7	A	1		1.102	0.685	0.444
13:0....g									
14:0....g	0.453	0.043	8	A	1		3.296	2.049	1.328
15:0....g									
16:0....g	2.039	0.145	8	A	1		14.824	9.217	5.975
17:0....g									
18:0....g	1.105	0.134	8	A	1		8.032	4.994	3.237
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	4.246		0	NC	4		30.869	19.192	12.441
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.129	0.011	7	A	1		0.941	0.585	0.379
17:1....g									
18:1 undifferentiated....g	4.092	0.517	8	A	1		29.748	18.495	11.989
20:1....g	0.025		0	BFFN	4		0.180	0.112	0.073
22:1 undifferentiated....g	0.000		0	BFFN	4		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.903		0	NC	4		13.833	8.600	5.575
18:2 undifferentiated....g	1.680	0.180	8	A	1		12.214	7.594	4.922
18:3 undifferentiated....g	0.167	0.025	7	A	1		1.214	0.755	0.489
18:4....g	0.041		0	BFFN	4		0.300	0.187	0.121
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.014		0	BFFN	4		0.105	0.065	0.042
20:5 n-3 (EPA)....g	0.000		0	BFFN	4		0.000	0.000	0.000
22:5 n-3 (DPA)....g	0.000		0	BFFN	4		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.000		0	BFFN	4		0.000	0.000	0.000
Fatty acids, total trans....g									
Cholesterol....mg	14	0.369	5	A	1		105	65	42
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.170		2	A	1		1.232	0.766	0.497
Threonine....g	0.379		2	A	1		2.755	1.713	1.110
Isoleucine....g	0.469		2	A	1		3.406	2.118	1.373
Leucine....g	0.871		2	A	1		6.329	3.935	2.551
Lysine....g	0.589		2	A	1		4.278	2.660	1.724
Methionine....g	0.184		2	A	1		1.338	0.832	0.539
Cystine....g	0.106		2	A	1		0.767	0.477	0.309
Phenylalanine....g	0.529		2	A	1		3.846	2.391	1.550
Tyrosine....g	0.320		2	A	1		2.326	1.446	0.938
Valine....g	0.596		2	A	1		4.333	2.694	1.746
Arginine....g	0.398		2	A	1		2.893	1.799	1.166
Histidine....g	0.279		2	A	1		2.025	1.259	0.816
Alanine....g	0.328		2	A	1		2.381	1.480	0.960
Aspartic acid....g	0.645		2	A	1		4.686	2.913	1.888
Glutamic acid....g	2.852		2	A	1		20.730	12.889	8.355
Glycine....g	0.272		2	A	1		1.974	1.227	0.795
Proline....g	1.243		2	A	1		9.033	5.616	3.641
Serine....g	0.558		2	A	1		4.053	2.520	1.633
Hydroxyproline....g									

NDB No. 21224
Pizza, cheese topping, regular crust, frozen, cooked

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Others:									
Alcohol, ethyl.....g	0.0		0	BFCN	4		0.0	0.0	0.0
Caffeine.....mg	0		0	BFCN	4		0	0	0
Theobromine.....mg	0		0	BFCN	4		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 727g: 1 package 24 oz pizza

Measure 2 = 452g: 1 package 15.1 oz pizza

Measure 3 = 293g: 1 package 9.8 oz pizza

Calories Factors: Protein 4 **Fat** 9 **Carbohydrate** 4

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2010)

NDB No. 21225

Pizza, cheese topping, rising crust, frozen, cooked

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	43.46	0.610	4	A	1		362.48	258.61	60.41
Energy	kcal	260		0	NC	4		2170	1548	362
Energy	kJ	1088		0	NC	4		9078	6476	1513
Protein	g	12.37	0.397	4	A	1		103.13	73.57	17.19
Total lipid (fat)	g	8.78	0.484	4	A	1		73.26	52.27	12.21
Ash	g	2.48	0.108	4	A	1		20.69	14.76	3.45
Carbohydrate, by difference	g	32.91		0	NC	4		274.44	195.79	45.74
Fiber, total dietary	g	2.5	0.126	4	A	1		20.8	14.8	3.5
Sugars, total	g	5.09		0	NR	4		42.46	30.29	7.08
Sucrose	g									
Glucose (dextrose)	g	1.16	0.161	4	A	1		9.65	6.88	1.61
Fructose	g	1.50	0.197	4	A	1		12.55	8.95	2.09
Lactose	g									
Maltose	g	2.43	1.203	4	A	1		20.27	14.46	3.38
Galactose	g									
Starch	g	20.46	1.010	4	A	1		170.62	121.73	28.44
Minerals:										
Calcium, Ca	mg	177	11.942	4	A	1		1473	1051	246
Iron, Fe	mg	1.77	0.176	4	A	1		14.79	10.55	2.46
Magnesium, Mg	mg	26	1.234	4	A	1		218	156	36
Phosphorus, P	mg	238	4.691	4	A	1		1985	1416	331
Potassium, K	mg	175	10.388	4	A	1		1459	1041	243
Sodium, Na	mg	556	22.427	4	A	1		4635	3307	773
Zinc, Zn	mg	1.32	0.070	4	A	1		11.00	7.85	1.83
Copper, Cu	mg	0.255		2	A	1		2.127	1.517	0.354
Manganese, Mn	mg	0.428	0.043	4	A	1		3.565	2.544	0.594
Selenium, Se	mcg	34.8	5.266	4	A	1		289.8	206.8	48.3
Vitamins:										
Vitamin C, total ascorbic acid	mg	1.9		2	A	1		15.8	11.3	2.6
Thiamin	mg	0.241	0.031	4	A	1		2.008	1.432	0.335
Riboflavin	mg	0.246	0.019	4	A	1		2.050	1.462	0.342
Niacin	mg	1.985	0.361	4	A	1		16.553	11.809	2.759
Pantothenic acid	mg	0.256		2	A	1		2.131	1.520	0.355
Vitamin B-6	mg	0.092	0.006	4	A	1		0.765	0.546	0.128
Folate, total	mcg	37	11.296	4	A	1		311	222	52
Folic acid	mcg	37		0	NR	4		309	220	51
Folate, food	mcg	0		0	NR	4		0	0	0
Folate, DFE	mcg_DFE	63		0	NC	4		525	374	87
Choline, total	mg	17.1		0	BFPN	4		142.3	101.6	23.7
Betaine	mg									
Vitamin B-12	mcg	0.70	0.044	4	A	1		5.82	4.15	0.97
Vitamin B-12, added	mcg	0.00		0	BFCN	4		0.00	0.00	0.00
Vitamin A, RAE	mcg_RAE	69		0	NC	4		577	411	96
Retinol	mcg	61		0	BFSN	4		512	365	85
Carotene, beta	mcg	93		0	BFSN	4		774	552	129
Carotene, alpha	mcg	0		0	BFSN	4		0	0	0
Cryptoxanthin, beta	mcg	0		0	BFSN	4		0	0	0
Vitamin A, IU	IU	359		0	NC	4		2998	2139	500
Lycopene	mcg	1925		0	BFSN	4		16056	11455	2676
Lutein + zeaxanthin	mcg	24		0	BFFN	4		201	143	33
Vitamin E (alpha-tocopherol)	mg	0.72		0	BFFN	4		6.01	4.29	1.00
Vitamin E, added	mg	0.00		0	BFFN	4		0.00	0.00	0.00
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg	0.0		0	Z	7		0.0	0.0	0.0
Vitamin D2 (ergocalciferol)	mcg									

NDB No. 21225
Pizza, cheese topping, rising crust, frozen, cooked

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU	0		0	Z	7		0	0	0
Vitamin K (phylloquinone)....mcg	7.5		0	BFCN	4		62.4	44.5	10.4
Dihydrophylloquinone....mcg									
Menaquinone-4....mcg									
Lipids:									
Fatty acids, total saturated....g	3.825		0	NC	4		31.897	22.756	5.316
4:0....g	0.197		0	BFFN	4		1.643	1.172	0.274
6:0....g	0.038		0	BFFN	4		0.317	0.226	0.053
8:0....g	0.059		0	BFFN	4		0.493	0.352	0.082
10:0....g	0.122	0.012	3	A	1		1.015	0.724	0.169
12:0....g	0.164	0.016	4	A	1		1.370	0.977	0.228
13:0....g									
14:0....g	0.517	0.040	4	A	1		4.314	3.078	0.719
15:0....g									
16:0....g	1.820	0.127	4	A	1		15.181	10.830	2.530
17:0....g									
18:0....g	0.907	0.056	4	A	1		7.564	5.397	1.261
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	2.198		0	NC	4		18.329	13.077	3.055
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.121	0.009	3	A	1		1.009	0.720	0.168
17:1....g									
18:1 undifferentiated....g	2.059	0.163	4	A	1		17.172	12.251	2.862
20:1....g	0.018		0	BFFN	4		0.148	0.106	0.025
22:1 undifferentiated....g	0.000		0	BFFN	4		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.381		0	NC	4		11.521	8.219	1.920
18:2 undifferentiated....g	1.155	0.185	4	A	1		9.629	6.869	1.605
18:3 undifferentiated....g	0.187		1	A	1		1.560	1.113	0.260
18:4....g	0.030		0	BFFN	4		0.247	0.176	0.041
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.010		0	BFFN	4		0.086	0.061	0.014
20:5 n-3 (EPA)....g	0.000		0	BFFN	4		0.000	0.000	0.000
22:5 n-3 (DPA)....g	0.000		0	BFFN	4		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.000		0	BFFN	4		0.000	0.000	0.000
Fatty acids, total trans....g									
Cholesterol....mg	16	1.238	4	A	1		137	97	23
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.188		2	A	1		1.568	1.119	0.261
Threonine....g	0.451		2	A	1		3.761	2.683	0.627
Isoleucine....g	0.576		2	A	1		4.804	3.427	0.801
Leucine....g	1.077		2	A	1		8.978	6.405	1.496
Lysine....g	0.649		2	A	1		5.408	3.859	0.901
Methionine....g	0.207		2	A	1		1.726	1.232	0.288
Cystine....g	0.131		2	A	1		1.093	0.779	0.182
Phenylalanine....g	0.661		2	A	1		5.509	3.930	0.918
Tyrosine....g	0.382		2	A	1		3.182	2.270	0.530
Valine....g	0.713		2	A	1		5.942	4.239	0.990
Arginine....g	0.474		2	A	1		3.953	2.820	0.659
Histidine....g	0.330		2	A	1		2.748	1.961	0.458
Alanine....g	0.412		2	A	1		3.436	2.451	0.573
Aspartic acid....g	0.754		2	A	1		6.284	4.483	1.047
Glutamic acid....g	3.727		2	A	1		31.083	22.176	5.181
Glycine....g	0.345		2	A	1		2.873	2.050	0.479
Proline....g	1.557		2	A	1		12.981	9.261	2.164
Serine....g	0.684		2	A	1		5.705	4.070	0.951
Hydroxyproline....g									

NDB No. 21225

Pizza, cheese topping, rising crust, frozen, cooked

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Others:									
Alcohol, ethyl.....g	0.0		0	BFCN	4		0.0	0.0	0.0
Caffeine.....mg	0		0	BFCN	4		0	0	0
Theobromine.....mg	0		0	BFCN	4		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 834g: 1 package 29.25 oz pizza

Measure 2 = 595g: 1 package 19.7 oz pizza

Measure 3 = 139g: 1 serving 6 servings per 29.25 oz package

Calories Factors: Protein 4 **Fat** 9 **Carbohydrate** 4

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2010)

NDB No. 21226

Pizza, meat and vegetable topping, regular crust, frozen, cooked

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	46.71	0.900	5	A	1		333.04	300.81	165.35
Energy	kcal	276		0	NC	4		1965	1775	975
Energy	kJ	1153		0	NC	4		8220	7425	4081
Protein	g	11.28	0.267	5	A	1		80.42	72.64	39.93
Total lipid (fat)	g	14.43	0.177	5	A	1		102.89	92.94	51.09
Ash	g	2.44	0.090	5	A	1		17.39	15.71	8.63
Carbohydrate, by difference	g	25.14		0	NC	4		179.25	161.91	89.00
Fiber, total dietary	g	2.2	0.142	5	A	1		15.7	14.2	7.8
Sugars, total	g	4.85		0	NR	4		34.58	31.23	17.17
Sucrose	g									
Glucose (dextrose)	g	2.51	0.099	5	A	1		17.91	16.18	8.89
Fructose	g	1.32	0.107	5	A	1		9.43	8.52	4.68
Lactose	g									
Maltose	g	0.87	0.093	5	A	1		6.22	5.62	3.09
Galactose	g	0.14	0.022	5	A	1		1.00	0.90	0.49
Starch	g	19.76	0.846	5	A	1		140.90	127.27	69.96
Minerals:										
Calcium, Ca	mg	152	11.120	5	A	1		1086	981	539
Iron, Fe	mg	1.36	0.079	5	A	1		9.66	8.73	4.80
Magnesium, Mg	mg	25	0.760	5	A	1		176	159	88
Phosphorus, P	mg	181	11.879	5	A	1		1292	1167	642
Potassium, K	mg	209	13.378	5	A	1		1487	1343	738
Sodium, Na	mg	555	17.982	5	A	1		3959	3575	1965
Zinc, Zn	mg	1.71	0.072	5	A	1		12.21	11.03	6.06
Copper, Cu	mg	0.170	0.011	5	A	1		1.211	1.094	0.601
Manganese, Mn	mg	0.323	0.016	5	A	1		2.304	2.081	1.144
Selenium, Se	mcg	9.0	1.422	3	A	1		64.2	58.0	31.9
Vitamins:										
Vitamin C, total ascorbic acid	mg	3.4	0.259	5	A	1		23.9	21.6	11.9
Thiamin	mg	0.216	0.032	5	A	1		1.537	1.388	0.763
Riboflavin	mg	0.233	0.009	5	A	1		1.660	1.499	0.824
Niacin	mg	2.379	0.084	5	A	1		16.962	15.321	8.422
Pantothenic acid	mg	0.332	0.017	5	A	1		2.369	2.139	1.176
Vitamin B-6	mg	0.149	0.013	3	A	1		1.062	0.960	0.527
Folate, total	mcg	34	4.540	5	A	1		239	216	119
Folic acid	mcg	34		0	NR	4		239	216	119
Folate, food	mcg	0		0	NC	4		0	0	0
Folate, DFE	mcg_DFE	57		0	NC	4		407	368	202
Choline, total	mg	24.5		0	AS	1		174.8	157.9	86.8
Betaine	mg	25.2		1	A	1		180.0	162.5	89.3
Vitamin B-12	mcg	0.62	0.054	5	A	1		4.41	3.99	2.19
Vitamin B-12, added	mcg	0.00		0	BFFN	4		0.00	0.00	0.00
Vitamin A, RAE	mcg_RAE	65		0	BFSN	4		465	420	231
Retinol	mcg	58		0	BFSN	4		413	373	205
Carotene, beta	mcg	88		0	BFSN	4		624	564	310
Carotene, alpha	mcg	0		0	BFSN	4		0	0	0
Cryptoxanthin, beta	mcg	0		0	BFSN	4		0	0	0
Vitamin A, IU	IU	339		0	NC	4		2416	2182	1199
Lycopene	mcg	1815		0	BFSN	4		12938	11686	6424
Lutein + zeaxanthin	mcg	55		0	BFSN	4		392	354	195
Vitamin E (alpha-tocopherol)	mg	1.13		0	BFFN	4		8.08	7.30	4.01
Vitamin E, added	mg	0.00		0	BFFN	4		0.00	0.00	0.00
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg	0.0		0	BFFN	4		0.0	0.0	0.0
Vitamin D2 (ergocalciferol)	mcg									

NDB No. 21226

Pizza, meat and vegetable topping, regular crust, frozen, cooked

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D3 (cholecalciferol).....mcg									
Vitamin D.....IU	0		0	BFFN	4		0	0	0
Vitamin K (phylloquinone).....mcg	8.2		0	BFFN	4		58.3	52.6	28.9
Dihydrophylloquinone.....mcg									
Menaquinone-4.....mcg									
Lipids:									
Fatty acids, total saturated.....g	5.083		0	NC	4		36.241	32.734	17.994
4:0.....g	0.194		0	BFFN	4		1.385	1.251	0.688
6:0.....g	0.037		0	BFFN	4		0.267	0.241	0.133
8:0.....g	0.052		0	BFFN	4		0.369	0.333	0.183
10:0.....g	0.112		1	A	1		0.799	0.721	0.396
12:0.....g	0.121	0.009	4	A	1		0.861	0.778	0.427
13:0.....g									
14:0.....g	0.442	0.026	5	A	1		3.154	2.849	1.566
15:0.....g									
16:0.....g	2.663	0.044	5	A	1		18.984	17.147	9.426
17:0.....g									
18:0.....g	1.462	0.074	5	A	1		10.423	9.414	5.175
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	5.890		0	NC	4		41.995	37.931	20.850
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.273	0.011	5	A	1		1.945	1.757	0.966
17:1.....g									
18:1 undifferentiated.....g	5.559	0.241	5	A	1		39.639	35.803	19.680
20:1.....g	0.056		0	BFFN	4		0.400	0.361	0.198
22:1 undifferentiated.....g	0.002		0	BFFN	4		0.012	0.011	0.006
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.578		0	NC	4		18.379	16.600	9.125
18:2 undifferentiated.....g	2.291	0.226	5	A	1		16.335	14.754	8.110
18:3 undifferentiated.....g	0.220	0.056	4	A	1		1.567	1.415	0.778
18:4.....g	0.038		0	BFFN	4		0.270	0.244	0.134
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.029		0	BFFN	4		0.207	0.187	0.103
20:5 n-3 (EPA).....g	0.000		0	BFFN	4		0.000	0.000	0.000
22:5 n-3 (DPA).....g	0.000		0	BFFN	4		0.000	0.000	0.000
22:6 n-3 (DHA).....g	0.000		0	BFFN	4		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	16	2.147	3	A	1		116	105	58
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	BFFN	4		0.0	0.0	0.0
Caffeine.....mg	0		0	BFFN	4		0	0	0
Theobromine.....mg	0		0	BFFN	4		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 713g: 1 package 24.2 oz pizza

Measure 2 = 644g: 1 package 22.85 oz pizza

Measure 3 = 354g: 1 package 10.9 oz pizza

Calories Factors: Protein 4 **Fat** 9 **Carbohydrate** 4

NDB No. 21226

Pizza, meat and vegetable topping, regular crust, frozen, cooked

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2010)

NDB No. 21227

Pizza, meat and vegetable topping, rising crust, frozen, cooked

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	44.24		2	A	1		451.23	394.16	183.59
Energy	kcal	271		0	NC	4		2768	2418	1126
Energy	kJ	1135		0	NC	4		11581	10116	4712
Protein	g	12.63		2	A	1		128.82	112.52	52.41
Total lipid (fat)	g	11.75		2	A	1		119.83	104.68	48.76
Ash	g	2.61		2	A	1		26.60	23.23	10.82
Carbohydrate, by difference	g	28.78		0	NC	4		293.53	256.40	119.42
Fiber, total dietary	g	2.3		2	A	1		23.4	20.5	9.5
Sugars, total	g	7.26		0	BFSN	4		74.05	64.69	30.13
Sucrose	g									
Glucose (dextrose)	g	3.00		2	A	1		30.60	26.73	12.45
Fructose	g	1.70		2	A	1		17.37	15.17	7.07
Lactose	g									
Maltose	g	2.40		2	A	1		24.43	21.34	9.94
Galactose	g	0.16		2	A	1		1.61	1.41	0.66
Starch	g	19.76		2	A	1		201.50	176.02	81.98
Minerals:										
Calcium, Ca	mg	155		2	A	1		1584	1383	644
Iron, Fe	mg	1.36		2	A	1		13.85	12.10	5.63
Magnesium, Mg	mg	27		2	A	1		276	241	112
Phosphorus, P	mg	211		2	A	1		2147	1876	874
Potassium, K	mg	189		2	A	1		1928	1684	784
Sodium, Na	mg	640		2	A	1		6524	5699	2654
Zinc, Zn	mg	1.87		2	A	1		19.09	16.68	7.77
Copper, Cu	mg	0.210		2	A	1		2.142	1.871	0.872
Manganese, Mn	mg	0.323		2	A	1		3.295	2.878	1.340
Selenium, Se	mcg	11.6		1	A	1		118.3	103.4	48.1
Vitamins:										
Vitamin C, total ascorbic acid	mg	4.2		2	A	1		42.7	37.3	17.4
Thiamin	mg	0.250		2	A	1		2.550	2.228	1.038
Riboflavin	mg	0.206		2	A	1		2.096	1.831	0.853
Niacin	mg	2.155		2	A	1		21.976	19.197	8.941
Pantothenic acid	mg	0.435		2	A	1		4.437	3.876	1.805
Vitamin B-6	mg	0.140		1	A	1		1.428	1.247	0.581
Folate, total	mcg	70		2	A	1		714	624	291
Folic acid	mcg	41		0	BFSN	4		416	363	169
Folate, food	mcg	29		0	BFSN	4		294	257	120
Folate, DFE	mcg_DFE	98		0	NC	4		1000	874	407
Choline, total	mg	24.3		0	BFSN	4		248.3	216.9	101.0
Betaine	mg									
Vitamin B-12	mcg	0.80		2	A	1		8.19	7.15	3.33
Vitamin B-12, added	mcg	0.00		0	BFFN	4		0.00	0.00	0.00
Vitamin A, RAE	mcg_RAE	68		0	BFSN	4		696	608	283
Retinol	mcg	61		0	BFSN	4		618	540	251
Carotene, beta	mcg	92		0	BFSN	4		934	816	380
Carotene, alpha	mcg	0		0	BFSN	4		0	0	0
Cryptoxanthin, beta	mcg	0		0	BFSN	4		0	0	0
Vitamin A, IU	IU	355		0	NC	4		3616	3159	1471
Lycopene	mcg	1899		0	BFSN	4		19367	16918	7880
Lutein + zeaxanthin	mcg	58		0	BFSN	4		587	513	239
Vitamin E (alpha-tocopherol)	mg	0.92		0	BFFN	4		9.41	8.22	3.83
Vitamin E, added	mg	0.00		0	BFFN	4		0.00	0.00	0.00
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg	0.0		0	BFFN	4		0.0	0.0	0.0
Vitamin D2 (ergocalciferol)	mcg									

NDB No. 21227

Pizza, meat and vegetable topping, rising crust, frozen, cooked

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D3 (cholecalciferol).....mcg									
Vitamin D.....IU	0		0	BFFN	4		0	0	0
Vitamin K (phylloquinone).....mcg	6.7		0	BFFN	4		67.9	59.3	27.6
Dihydrophylloquinone.....mcg									
Menaquinone-4.....mcg									
Lipids:									
Fatty acids, total saturated.....g	4.586		0	NC	4		46.772	40.857	19.030
4:0.....g	0.158		0	BFFN	4		1.613	1.409	0.656
6:0.....g	0.030		0	BFFN	4		0.311	0.272	0.127
8:0.....g	0.042		0	BFFN	4		0.429	0.375	0.175
10:0.....g	0.100		0	BFFN	4		1.018	0.889	0.414
12:0.....g	0.126		1	A	1		1.285	1.123	0.523
13:0.....g									
14:0.....g	0.426		2	A	1		4.340	3.791	1.766
15:0.....g									
16:0.....g	2.418		2	A	1		24.664	21.544	10.035
17:0.....g									
18:0.....g	1.286		2	A	1		13.112	11.454	5.335
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	4.343		0	NC	4		44.298	38.696	18.023
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.281		2	A	1		2.866	2.504	1.166
17:1.....g									
18:1 undifferentiated.....g	4.015		2	A	1		40.953	35.774	16.662
20:1.....g	0.046		0	BFFN	4		0.465	0.407	0.189
22:1 undifferentiated.....g	0.001		0	BFFN	4		0.014	0.012	0.006
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.890		0	NC	4		19.278	16.840	7.844
18:2 undifferentiated.....g	1.669		2	A	1		17.024	14.871	6.926
18:3 undifferentiated.....g	0.167		2	A	1		1.698	1.484	0.691
18:4.....g	0.031		0	BFFN	4		0.315	0.275	0.128
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.024		0	BFFN	4		0.241	0.211	0.098
20:5 n-3 (EPA).....g	0.000		0	BFFN	4		0.000	0.000	0.000
22:5 n-3 (DPA).....g	0.000		0	BFFN	4		0.000	0.000	0.000
22:6 n-3 (DHA).....g	0.000		0	BFFN	4		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	19		1	A	1		198	173	81
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	BFFN	4		0.0	0.0	0.0
Caffeine.....mg	0		0	BFFN	4		0	0	0
Theobromine.....mg	0		0	BFFN	4		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 1020g: 1 package 34.98 oz pizza

Measure 2 = 891g: 1 package 30.7 oz pizza

Measure 3 = 415g: 1 package 14.3 oz pizza

Calories Factors: Protein 4 **Fat** 9 **Carbohydrate** 4

NDB No. 21227

Pizza, meat and vegetable topping, rising crust, frozen, cooked

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2010)

NDB No. 22903

Pizza, pepperoni topping, regular crust, frozen, cooked

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	42.44	0.550	9	A	1		61.97	181.65	
Energy....kcal	296		0	NC	4		432	1266	
Energy....kJ	1237		0	NC	4		1807	5296	
Protein....g	11.21	0.290	9	A	1		16.37	47.99	
Total lipid (fat)....g	15.20	0.278	9	A	1		22.20	65.08	
Ash....g	2.63	0.035	9	A	1		3.84	11.26	
Carbohydrate, by difference....g	28.51		0	NC	4		41.62	122.02	
Fiber, total dietary....g	2.2	0.095	9	A	1		3.2	9.4	
Sugars, total....g									
Sucrose....g	0.34	0.112	4	A	1		0.50	1.45	
Glucose (dextrose)....g	1.59	0.033	9	A	1		2.32	6.79	
Fructose....g	1.06	0.057	9	A	1		1.54	4.52	
Lactose....g	0.23	0.010	3	A	1		0.34	0.98	
Maltose....g	0.75	0.065	9	A	1		1.10	3.22	
Galactose....g									
Starch....g	21.04	0.410	9	A	1		30.72	90.06	
Minerals:									
Calcium, Ca....mg	151	10.813	9	A	1		220	646	
Iron, Fe....mg	2.41	0.173	9	A	1		3.53	10.33	
Magnesium, Mg....mg	24	0.803	9	A	1		34	101	
Phosphorus, P....mg	207	3.979	9	A	1		303	887	
Potassium, K....mg	198	9.048	9	A	1		288	846	
Sodium, Na....mg	618	8.506	9	A	1		902	2644	
Zinc, Zn....mg	1.48	0.036	9	A	1		2.16	6.32	
Copper, Cu....mg	0.105	0.015	9	A	1		0.153	0.447	
Manganese, Mn....mg	0.319	0.023	9	A	1		0.466	1.365	
Selenium, Se....mcg	19.6	1.304	9	A	1		28.6	83.9	
Vitamins:									
Vitamin C, total ascorbic acid....mg	1.9	0.245	9	A	1		2.8	8.2	
Thiamin....mg	0.224	0.006	9	A	1		0.327	0.960	
Riboflavin....mg	0.230	0.003	9	A	1		0.336	0.986	
Niacin....mg	2.470	0.126	9	A	1		3.606	10.571	
Pantothenic acid....mg	0.274	0.006	5	A	1		0.399	1.171	
Vitamin B-6....mg	0.099	0.002	9	A	1		0.145	0.424	
Folate, total....mcg	47	2.903	9	A	1		68	199	
Folic acid....mcg									
Folate, food....mcg	47	2.903	9	A	1		68	199	
Folate, DFE....mcg_DFE									
Choline, total....mg	26.3		0	AS	1		38.3	112.4	
Betaine....mg	19.8		1	A	1		29.0	84.9	
Vitamin B-12....mcg	0.57	0.039	9	A	1		0.83	2.42	
Vitamin A, RAE....mcg_RAE	0		3	AS	1		0	0	
Retinol....mcg									
Carotene, beta....mcg	0	0.020	3	A	1		0	0	
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	0		3	AS	1		0	0	
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									

NDB No. 22903

Pizza, pepperoni topping, regular crust, frozen, cooked

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Dihydrophylloquinone....mcg									
Menaquinone-4....mcg									
Lipids:									
Fatty acids, total saturated....g	4.792	0.271	9	NC	4		6.997	20.511	
4:0....g									
6:0....g									
8:0....g									
10:0....g									
12:0....g	0.135	0.004	4	A	1		0.197	0.579	
13:0....g									
14:0....g	0.398	0.052	9	A	1		0.581	1.702	
15:0....g									
16:0....g	2.726	0.113	9	A	1		3.980	11.667	
17:0....g									
18:0....g	1.608	0.099	9	A	1		2.348	6.884	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	6.865	0.236	9	NC	4		10.024	29.384	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.257	0.012	9	A	1		0.376	1.101	
17:1....g									
18:1 undifferentiated....g	6.608	0.242	9	A	1		9.648	28.283	
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	2.356	0.050	9	NC	4		3.440	10.084	
18:2 undifferentiated....g	2.161	0.053	9	A	1		3.155	9.250	
18:3 undifferentiated....g	0.195	0.015	9	A	1		0.284	0.834	
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g									
Cholesterol....mg	15	1.385	9	A	1		21	63	
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg									
Theobromine....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 146g: 1 serving

Measure 2 = 428g: 1 pizza

Calories Factors: Protein 4 **Fat** 9 **Carbohydrate** 4

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2010)

NDB No. 21122
Sandwiches and burgers, roast beef sandwich with cheese

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	43.50		0		1		76.56		
Energy	kcal	269		0		1		473		
Energy	kJ	1125				1		1981		
Protein (N x 6.21)	g	18.31		2		1		32.23		
Total lipid (fat)	g	10.23		2		1		18.00		
Ash	g	2.18		0		1		3.84		
Carbohydrate, by difference	g	25.78		0	NC	4		45.37		
Fiber, total dietary	g									
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	104		0		4		183		
Iron, Fe	mg	2.87		0		4		5.05		
Magnesium, Mg	mg	23		0		4		40		
Phosphorus, P	mg	228		0		4		401		
Potassium, K	mg	196		0		4		345		
Sodium, Na	mg	928		2		1		1633		
Zinc, Zn	mg	3.05		0		4		5.37		
Copper, Cu	mg	0.113		0		4		0.199		
Manganese, Mn	mg	0.177		0		4		0.312		
Selenium, Se	mcg	19.5		0	RK	4		34.3		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		4		0.0		
Thiamin	mg	0.220		0		4		0.387		
Riboflavin	mg	0.260		0		4		0.458		
Niacin	mg	3.350		0		4		5.896		
Pantothenic acid	mg	0.390		0		4		0.686		
Vitamin B-6	mg	0.190		0		4		0.334		
Folate, total	mcg	36		0	RK	4		63		
Folic acid	mcg	13		0	NC	4		23		
Folate, food	mcg	23		0		4		40		
Folate, DFE	mcg_DFE	45		0	NC	4		79		
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	1.17		0		4		2.06		
Vitamin A, RAE	mcg_RAE	33		0	NC	4		58		
Retinol	mcg	33		0	NC	4		58		
Carotene, beta	mcg									
Carotene, alpha	mcg									
Cryptoxanthin, beta	mcg									
Vitamin A, IU	IU	110		0		4		194		
Lycopene	mcg									
Lutein + zeaxanthin	mcg									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg									
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Dihydrophylloquinone	mcg									
Menaquinone-4	mcg									
Lipids:										
Fatty acids, total saturated	g	5.130		0		1		9.029		
Fatty acids, total monounsaturated	g	2.080		0		1		3.661		

NDB No. 21122
Sandwiches and burgers, roast beef sandwich with cheese

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total polyunsaturated.....g	1.990		0		1		3.502		
Fatty acids, total trans.....g									
Cholesterol.....mg	44		2		1		77		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.212		0		1		0.373		
Threonine.....g	0.728		0		1		1.281		
Isoleucine.....g	0.805		0		1		1.417		
Leucine.....g	1.424		0		1		2.506		
Lysine.....g	1.359		0		1		2.392		
Methionine.....g	0.433		0		1		0.762		
Cystine.....g	0.215		0		1		0.378		
Phenylalanine.....g	0.764		0		1		1.345		
Tyrosine.....g	0.616		0		1		1.084		
Valine.....g	0.908		0		1		1.598		
Arginine.....g	1.038		0		1		1.827		
Histidine.....g	0.593		0		1		1.044		
Alanine.....g	0.952		0		1		1.676		
Aspartic acid.....g	1.480		0		1		2.605		
Glutamic acid.....g	3.358		0		1		5.910		
Glycine.....g	0.873		0		1		1.536		
Proline.....g	1.111		0		1		1.955		
Serine.....g	0.755		0		1		1.329		
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 176g: 1 sandwich

Calories Factors: Protein 4.22 **Fat** 8.83 **Carbohydrate** 3.95

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2010)

NDB No. 21123
Sandwiches and burgers, steak sandwich

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	51.07	3.029	6		1		104.18		
Energy....kcal	225		0		1		459		
Energy....kJ	941		0		1		1920		
Protein (N x 6.17)....g	14.87	0.700	6		1		30.33		
Total lipid (fat)....g	6.90	0.939	5		1		14.08		
Ash....g	1.70	0.077	5		1		3.47		
Carbohydrate, by difference....g	25.47		0	NC	4		51.96		
Fiber, total dietary....g									
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	45	9.920	6		1		92		
Iron, Fe....mg	2.53	0.328	6		1		5.16		
Magnesium, Mg....mg	24	1.127	5		1		49		
Phosphorus, P....mg	146	8.896	6		1		298		
Potassium, K....mg	257	14.420	5		1		524		
Sodium, Na....mg	391	17.471	5		1		798		
Zinc, Zn....mg	2.22	0.150	5		1		4.53		
Copper, Cu....mg	0.108	0.004	5		1		0.220		
Manganese, Mn....mg	0.180		1		1		0.367		
Selenium, Se....mcg	20.6		0	RK	4		42.0		
Vitamins:									
Vitamin C, total ascorbic acid....mg	2.7		1		1		5.5		
Thiamin....mg	0.200	0.016	5		1		0.408		
Riboflavin....mg	0.180	0.008	5		1		0.367		
Niacin....mg	3.580	0.240	5		1		7.303		
Pantothenic acid....mg	0.450		2		1		0.918		
Vitamin B-6....mg	0.180		2		1		0.367		
Folate, total....mcg	44		0	RK	4		90		
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.77		2		1		1.57		
Vitamin A, RAE....mcg_RAE									
Vitamin A, IU....IU	180		1		1		367		
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Dihydrophylloquinone....mcg									
Menaquinone-4....mcg									
Lipids:									
Fatty acids, total saturated....g	1.870		0		1		3.815		
Fatty acids, total monounsaturated....g	2.620		0		1		5.345		
Fatty acids, total polyunsaturated....g	1.640		0		1		3.346		
Fatty acids, total trans....g									
Cholesterol....mg	36		1		1		73		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.181		0		1		0.369		
Threonine....g	0.590		0		1		1.204		
Isoleucine....g	0.631		0		1		1.287		

NDB No. 21123
Sandwiches and burgers, steak sandwich

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Leucine.....g	1.157		0		1		2.360		
Lysine.....g	1.087		0		1		2.217		
Methionine.....g	0.325		0		1		0.663		
Cystine.....g	0.164		0		1		0.335		
Phenylalanine.....g	0.593		0		1		1.210		
Tyrosine.....g	0.443		0		1		0.904		
Valine.....g	0.723		0		1		1.475		
Arginine.....g	0.928		0		1		1.893		
Histidine.....g	0.443		0		1		0.904		
Alanine.....g	0.887		0		1		1.809		
Aspartic acid.....g	1.263		0		1		2.577		
Glutamic acid.....g	2.760		0		1		5.630		
Glycine.....g	1.003		0		1		2.046		
Proline.....g	0.894		0		1		1.824		
Serine.....g	0.607		0		1		1.238		
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 204g: 1 sandwich

Calories Factors: Protein 4.2 **Fat** 8.95 **Carbohydrate** 3.95

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2010)

NDB No. 21140
Side dishes, potato salad

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	78.73	3.740	3		1		74.79		
Energy....kcal	114		0		1		108		
Energy....kJ	477				1		453		
Protein (N x 6.25)....g	1.53	0.328	3		1		1.45		
Total lipid (fat)....g	6.03	2.140	3		1		5.73		
Ash....g	0.18		2		1		0.17		
Carbohydrate, by difference....g	13.53		0	NC	4		12.85		
Fiber, total dietary....g									
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	14	2.869	4		1		13		
Iron, Fe....mg	0.73	0.258	4		1		0.69		
Magnesium, Mg....mg	8	2.866	3		1		8		
Phosphorus, P....mg	56		2		1		53		
Potassium, K....mg	270		1		1		257		
Sodium, Na....mg	328	96.903	4		1		312		
Zinc, Zn....mg	0.20	0.037	3		1		0.19		
Copper, Cu....mg	0.079	0.016	3		1		0.075		
Manganese, Mn....mg	0.074	0.034	3		1		0.070		
Selenium, Se....mcg	0.9		0	BFZN	4		0.9		
Vitamins:									
Vitamin C, total ascorbic acid....mg	1.1	0.940	3		1		1.0		
Thiamin....mg	0.070	0.007	3		1		0.067		
Riboflavin....mg	0.110	0.088	3		1		0.105		
Niacin....mg	0.270	0.200	3		1		0.257		
Pantothenic acid....mg	0.370		2		1		0.352		
Vitamin B-6....mg	0.150		2		1		0.143		
Folate, total....mcg	25		2		1		24		
Folic acid....mcg	0		0	Z	7		0		
Folate, food....mcg	25		2		1		24		
Folate, DFE....mcg_DFE	25		0	NC	4		24		
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.12		2		1		0.11		
Vitamin A, RAE....mcg_RAE	30		0	NC	4		29		
Retinol....mcg	30		0	NC	4		29		
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	100		1		1		95		
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Dihydrophylloquinone....mcg									
Menaquinone-4....mcg									
Lipids:									
Fatty acids, total saturated....g	1.030		0		1		0.979		
4:0....g									

NDB No. 21140
Side dishes, potato salad

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
6:0	g									
8:0	g									
10:0	g	0.030		2		1		0.029		
12:0	g	0.010		2		1		0.010		
13:0	g									
14:0	g	0.020		2		1		0.019		
15:0	g									
16:0	g	0.660		2		1		0.627		
17:0	g									
18:0	g	0.280		2		1		0.266		
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	1.690		0		1		1.606		
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.120		2		1		0.114		
17:1	g									
18:1 undifferentiated	g	1.550		2		1		1.473		
20:1	g									
22:1 undifferentiated	g	0.020		2		1		0.019		
24:1 c	g									
Fatty acids, total polyunsaturated	g	3.020		0		1		2.869		
18:2 undifferentiated	g	2.720		2		1		2.584		
18:3 undifferentiated	g	0.300		2		1		0.285		
18:4	g									
20:2 n-6 c,c	g									
20:3 undifferentiated	g									
20:4 undifferentiated	g									
20:5 n-3 (EPA)	g									
22:5 n-3 (DPA)	g									
22:6 n-3 (DHA)	g									
Fatty acids, total trans	g									
Cholesterol	mg	60		2		1		57		
Phytosterols	mg									
Amino Acids:										
Tryptophan	g	0.017		0		1		0.016		
Threonine	g	0.073		0		1		0.069		
Isoleucine	g	0.082		0		1		0.078		
Leucine	g	0.137		0		1		0.130		
Lysine	g	0.101		0		1		0.096		
Methionine	g	0.036		0		1		0.034		
Cystine	g	0.023		0		1		0.022		
Phenylalanine	g	0.104		0		1		0.099		
Tyrosine	g	0.069		0		1		0.066		
Valine	g	0.090		0		1		0.086		
Arginine	g	0.086		0		1		0.082		
Histidine	g	0.037		0		1		0.035		
Alanine	g	0.072		0		1		0.068		
Aspartic acid	g	0.233		0		1		0.221		
Glutamic acid	g	0.209		0		1		0.199		
Glycine	g	0.059		0		1		0.056		
Proline	g	0.065		0		1		0.062		
Serine	g	0.080		0		1		0.076		
Hydroxyproline	g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 95g: .333 cup

NDB No. 21140
Side dishes, potato salad

Calories Factors: Protein 3.6 **Fat** 8.9 **Carbohydrate** 4.06

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2010)

NDB No. 21265
TACO BELL, BURRITO SUPREME with beef
Taco Bell Corp.

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	60.60	0.738	4	A	1		150.30		
Energy	kcal	189		0	NC	4		469		
Energy	kJ	790		0	NC	4		1960		
Protein	g	8.05	0.485	4	A	1		19.97		
Total lipid (fat)	g	8.05	0.266	4	A	1		19.96		
Ash	g	2.22	0.052	4	A	1		5.52		
Carbohydrate, by difference	g	21.07		0	NC	4		52.25		
Fiber, total dietary	g	3.2	0.025	4	A	1		7.9		
Sugars, total	g									
Sucrose	g	0.15	0.000	4	A	1		0.37		
Glucose (dextrose)	g	1.60	0.054	4	A	1		3.97		
Fructose	g	0.65	0.013	4	A	1		1.62		
Lactose	g	0.15	0.000	4	A	1		0.37		
Maltose	g	0.15	0.000	4	A	1		0.37		
Galactose	g									
Starch	g	13.58	1.926	4	A	1		33.67		
Minerals:										
Calcium, Ca	mg	93	3.578	4	A	1		230		
Iron, Fe	mg	2.26	0.202	4	A	1		5.61		
Magnesium, Mg	mg	25	0.938	4	A	1		61		
Phosphorus, P	mg	136	2.677	4	A	1		337		
Potassium, K	mg	245	2.626	4	A	1		607		
Sodium, Na	mg	574	12.086	4	A	1		1424		
Zinc, Zn	mg	1.05	0.037	4	A	1		2.61		
Copper, Cu	mg	0.113	0.038	4	A	1		0.280		
Manganese, Mn	mg	0.329	0.008	4	A	1		0.816		
Selenium, Se	mcg	9.6	0.686	4	A	1		23.9		
Vitamins:										
Vitamin C, total ascorbic acid	mg									
Thiamin	mg	0.154	0.009	4	A	1		0.382		
Riboflavin	mg	0.149	0.005	4	A	1		0.368		
Niacin	mg	1.747	0.075	4	A	1		4.334		
Pantothenic acid	mg	0.178	0.007	4	A	1		0.441		
Vitamin B-6	mg	0.104	0.005	4	A	1		0.259		
Folate, total	mcg	45	6.338	4	A	1		112		
Folic acid	mcg	33	4.916	4	A	1		82		
Folate, food	mcg	12		0	AS	1		30		
Folate, DFE	mcg_DFE	68		0	NC	4		169		
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	0.50	0.028	4	A	1		1.25		
Vitamin A, RAE	mcg_RAE	4		0	AS	1		10		
Retinol	mcg									
Carotene, beta	mcg	49	7.680	4	A	1		122		
Carotene, alpha	mcg	0	0.000	4	A	1		0		
Cryptoxanthin, beta	mcg	0	0.000	4	A	1		0		
Vitamin A, IU	IU	82		0	AS	1		203		
Lycopene	mcg									
Lutein + zeaxanthin	mcg									
Vitamin E (alpha-tocopherol)	mg	0.46	0.030	4	A	1		1.14		
Tocopherol, beta	mg	0.02	0.003	4	A	1		0.06		
Tocopherol, gamma	mg	1.25	0.043	4	A	1		3.10		
Tocopherol, delta	mg	0.43	0.020	4	A	1		1.07		
Vitamin D (D2 + D3)	mcg									
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	5.4	0.270	4	A	1		13.3		

NDB No. 21265
TACO BELL, BURRITO SUPREME with beef

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Dihydrophylloquinone....mcg	4.0	0.849	4	A	1		9.8		
Menaquinone-4....mcg									
Lipids:									
Fatty acids, total saturated....g	3.047		0	NC	4		7.556		
4:0....g									
6:0....g									
8:0....g	0.022	0.003	4	A	1		0.056		
10:0....g	0.057	0.005	4	A	1		0.143		
12:0....g	0.065	0.005	4	A	1		0.161		
13:0....g									
14:0....g	0.290	0.023	4	A	1		0.719		
15:0....g	0.035	0.003	4	A	1		0.087		
16:0....g	1.560	0.083	4	A	1		3.869		
17:0....g	0.042	0.003	4	A	1		0.105		
18:0....g	0.955	0.040	4	A	1		2.368		
20:0....g	0.017	0.003	4	A	1		0.043		
22:0....g	0.000	0.000	4	A	1		0.000		
24:0....g	0.002	0.002	4	A	1		0.006		
Fatty acids, total monounsaturated....g	3.277		0	NC	4		8.128		
14:1....g	0.032	0.003	4	A	1		0.080		
15:1....g	0.000	0.000	4	A	1		0.000		
16:1 undifferentiated....g	0.117	0.010	4	A	1		0.291		
17:1....g	0.007	0.007	4	A	1		0.019		
18:1 undifferentiated....g	3.100	0.144	4	A	1		7.688		
20:1....g	0.020	0.000	4	A	1		0.049		
22:1 undifferentiated....g	0.000	0.000	4	A	1		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.817		0	NC	4		2.027		
18:2 undifferentiated....g	0.715	0.028	4	A	1		1.773		
18:3 undifferentiated....g	0.102	0.002	4	A	1		0.254		
18:4....g	0.000	0.000	4	A	1		0.000		
20:2 n-6 c,c....g	0.000	0.000	4	A	1		0.000		
20:3 undifferentiated....g	0.000	0.000	4	A	1		0.000		
20:4 undifferentiated....g	0.000	0.000	4	A	1		0.000		
20:5 n-3 (EPA)....g	0.000	0.000	4	A	1		0.000		
22:5 n-3 (DPA)....g	0.000	0.000	4	A	1		0.000		
22:6 n-3 (DHA)....g	0.000	0.000	4	A	1		0.000		
Fatty acids, total trans....g									
Cholesterol....mg	16	0.626	4	A	1		40		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.078		0	A	1		0.193		
Threonine....g	0.300		0	A	1		0.744		
Isoleucine....g	0.302		0	A	1		0.749		
Leucine....g	0.577		0	A	1		1.430		
Lysine....g	0.483		0	A	1		1.197		
Methionine....g	0.131		0	A	1		0.324		
Cystine....g	0.096		0	A	1		0.238		
Phenylalanine....g	0.360		0	A	1		0.894		
Tyrosine....g	0.237		0	A	1		0.587		
Valine....g	0.363		0	A	1		0.900		
Arginine....g	0.389		0	A	1		0.965		
Histidine....g	0.209		0	A	1		0.519		
Alanine....g	0.331		0	A	1		0.821		
Aspartic acid....g	0.671		0	A	1		1.664		
Glutamic acid....g	1.714		0	A	1		4.251		
Glycine....g	0.372		0	A	1		0.922		
Proline....g	0.578		0	A	1		1.434		
Serine....g	0.388		0	A	1		0.962		
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based.

NDB No. 21265
TACO BELL, BURRITO SUPREME with beef

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:
Measure 1 = 248g: 1 item

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2010)

NDB No. 21266
TACO BELL, BURRITO SUPREME with chicken
Taco Bell Corp.

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	61.00	0.328	4	A	1		151.29		
Energy	kcal	179		0	NC	4		445		
Energy	kJ	750		0	NC	4		1860		
Protein	g	9.84	0.372	4	A	1		24.41		
Total lipid (fat)	g	6.42	0.225	4	A	1		15.93		
Ash	g	2.22	0.035	4	A	1		5.50		
Carbohydrate, by difference	g	20.51		0	NC	4		50.87		
Fiber, total dietary	g	2.4	0.085	4	A	1		5.9		
Sugars, total	g									
Sucrose	g	0.15	0.000	4	A	1		0.37		
Glucose (dextrose)	g	0.73	0.342	4	A	1		1.82		
Fructose	g	0.55	0.012	4	A	1		1.37		
Lactose	g	0.15	0.000	4	A	1		0.37		
Maltose	g	0.15	0.000	4	A	1		0.37		
Galactose	g									
Starch	g	15.10	0.356	4	A	1		37.45		
Minerals:										
Calcium, Ca	mg	94	3.672	4	A	1		232		
Iron, Fe	mg	1.56	0.149	4	A	1		3.88		
Magnesium, Mg	mg	28	1.082	4	A	1		71		
Phosphorus, P	mg	163	4.090	4	A	1		404		
Potassium, K	mg	264	4.131	4	A	1		655		
Sodium, Na	mg	564	13.174	4	A	1		1398		
Zinc, Zn	mg	0.65	0.015	4	A	1		1.61		
Copper, Cu	mg	0.100	0.008	4	A	1		0.247		
Manganese, Mn	mg	0.270	0.008	4	A	1		0.669		
Selenium, Se	mcg	9.6	0.576	4	A	1		23.8		
Vitamins:										
Vitamin C, total ascorbic acid	mg									
Thiamin	mg	0.174	0.012	4	A	1		0.431		
Riboflavin	mg	0.171	0.020	4	A	1		0.425		
Niacin	mg	3.900	0.354	4	A	1		9.672		
Pantothenic acid	mg	0.566	0.078	4	A	1		1.404		
Vitamin B-6	mg	0.126	0.006	4	A	1		0.312		
Folate, total	mcg	48	3.425	4	A	1		118		
Folic acid	mcg	23	4.328	4	A	1		56		
Folate, food	mcg	25		0	AS	1		62		
Folate, DFE	mcg_DFE	64		0	NC	4		158		
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	0.33	0.000	4	A	1		0.81		
Vitamin A, RAE	mcg_RAE	4		0	AS	1		10		
Retinol	mcg									
Carotene, beta	mcg	49	4.063	4	A	1		123		
Carotene, alpha	mcg	0	0.000	4	A	1		0		
Cryptoxanthin, beta	mcg	0	0.000	4	A	1		0		
Vitamin A, IU	IU	82		0	AS	1		204		
Lycopene	mcg									
Lutein + zeaxanthin	mcg									
Vitamin E (alpha-tocopherol)	mg	0.42	0.023	4	A	1		1.05		
Tocopherol, beta	mg	0.02	0.003	4	A	1		0.06		
Tocopherol, gamma	mg	1.22	0.092	4	A	1		3.04		
Tocopherol, delta	mg	0.42	0.020	4	A	1		1.05		
Vitamin D (D2 + D3)	mcg									
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	5.3	0.254	4	A	1		13.1		

NDB No. 21266
TACO BELL, BURRITO SUPREME with chicken

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Dihydrophylloquinone....mcg	3.8	0.491	4	A	1		9.5		
Menaquinone-4....mcg									
Lipids:									
Fatty acids, total saturated....g	2.352		0	NC	4		5.832		
4:0....g									
6:0....g									
8:0....g	0.027	0.003	4	A	1		0.068		
10:0....g	0.057	0.002	4	A	1		0.142		
12:0....g	0.065	0.003	4	A	1		0.161		
13:0....g									
14:0....g	0.230	0.007	4	A	1		0.570		
15:0....g	0.020	0.000	4	A	1		0.049		
16:0....g	1.205	0.038	4	A	1		2.988		
17:0....g	0.020	0.000	4	A	1		0.049		
18:0....g	0.707	0.043	4	A	1		1.754		
20:0....g	0.017	0.003	4	A	1		0.043		
22:0....g	0.002	0.002	4	A	1		0.006		
24:0....g	0.000	0.000	4	A	1		0.000		
Fatty acids, total monounsaturated....g	2.560		0	NC	4		6.348		
14:1....g	0.020	0.000	4	A	1		0.049		
15:1....g	0.000	0.000	4	A	1		0.000		
16:1 undifferentiated....g	0.080	0.004	4	A	1		0.198		
17:1....g	0.000	0.000	4	A	1		0.000		
18:1 undifferentiated....g	2.445	0.119	4	A	1		6.063		
20:1....g	0.015	0.003	4	A	1		0.037		
22:1 undifferentiated....g	0.000	0.000	4	A	1		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.795		0	NC	4		1.971		
18:2 undifferentiated....g	0.685	0.021	4	A	1		1.699		
18:3 undifferentiated....g	0.095	0.003	4	A	1		0.236		
18:4....g	0.000	0.000	4	A	1		0.000		
20:2 n-6 c,c....g	0.000	0.000	4	A	1		0.000		
20:3 undifferentiated....g	0.000	0.000	4	A	1		0.000		
20:4 undifferentiated....g	0.015	0.003	4	A	1		0.037		
20:5 n-3 (EPA)....g	0.000	0.000	4	A	1		0.000		
22:5 n-3 (DPA)....g	0.000	0.000	4	A	1		0.000		
22:6 n-3 (DHA)....g	0.000	0.000	4	A	1		0.000		
Fatty acids, total trans....g									
Cholesterol....mg	21	1.124	4	A	1		51		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.110		0	A	1		0.272		
Threonine....g	0.373		0	A	1		0.926		
Isoleucine....g	0.383		0	A	1		0.950		
Leucine....g	0.696		0	A	1		1.727		
Lysine....g	0.627		0	A	1		1.555		
Methionine....g	0.178		0	A	1		0.441		
Cystine....g	0.110		0	A	1		0.273		
Phenylalanine....g	0.420		0	A	1		1.041		
Tyrosine....g	0.283		0	A	1		0.702		
Valine....g	0.439		0	A	1		1.088		
Arginine....g	0.473		0	A	1		1.174		
Histidine....g	0.283		0	A	1		0.702		
Alanine....g	0.400		0	A	1		0.991		
Aspartic acid....g	0.838		0	A	1		2.079		
Glutamic acid....g	1.845		0	A	1		4.574		
Glycine....g	0.343		0	A	1		0.851		
Proline....g	0.561		0	A	1		1.392		
Serine....g	0.444		0	A	1		1.100		
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based.

NDB No. 21266
TACO BELL, BURRITO SUPREME with chicken

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:
Measure 1 = 248g: 1 item

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2010)

NDB No. 21267
TACO BELL, BURRITO SUPREME with steak
Taco Bell Corp.

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	61.21	0.144	4	A	1		151.81		
Energy	kcal	183		0	NC	4		455		
Energy	kJ	767		0	NC	4		1902		
Protein	g	9.13	0.301	4	A	1		22.65		
Total lipid (fat)	g	7.27	0.125	4	A	1		18.04		
Ash	g	2.06	0.056	4	A	1		5.11		
Carbohydrate, by difference	g	20.32		0	NC	4		50.39		
Fiber, total dietary	g	2.4	0.048	4	A	1		6.0		
Sugars, total	g									
Sucrose	g	0.15	0.000	4	A	1		0.37		
Glucose (dextrose)	g	0.17	0.018	4	A	1		0.41		
Fructose	g	0.71	0.012	4	A	1		1.76		
Lactose	g	0.15	0.000	4	A	1		0.37		
Maltose	g	0.17	0.025	4	A	1		0.43		
Galactose	g									
Starch	g	14.95	0.343	4	A	1		37.08		
Minerals:										
Calcium, Ca	mg	101	3.205	4	A	1		251		
Iron, Fe	mg	2.00	0.098	4	A	1		4.95		
Magnesium, Mg	mg	27	0.272	4	A	1		67		
Phosphorus, P	mg	131	5.266	4	A	1		326		
Potassium, K	mg	228	5.023	4	A	1		565		
Sodium, Na	mg	534	11.229	4	A	1		1323		
Zinc, Zn	mg	1.38	0.061	4	A	1		3.43		
Copper, Cu	mg	0.115	0.006	4	A	1		0.285		
Manganese, Mn	mg	0.274	0.007	4	A	1		0.679		
Selenium, Se	mcg	10.1	0.427	4	A	1		25.1		
Vitamins:										
Vitamin C, total ascorbic acid	mg									
Thiamin	mg	0.252	0.011	4	A	1		0.625		
Riboflavin	mg	0.183	0.011	4	A	1		0.453		
Niacin	mg	2.250	0.061	4	A	1		5.580		
Pantothenic acid	mg	0.219	0.006	4	A	1		0.543		
Vitamin B-6	mg	0.101	0.004	4	A	1		0.250		
Folate, total	mcg	39	7.739	4	A	1		96		
Folic acid	mcg	22	5.612	4	A	1		55		
Folate, food	mcg	17		0	AS	1		42		
Folate, DFE	mcg_DFE	54		0	NC	4		134		
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	0.60	0.043	4	A	1		1.50		
Vitamin A, RAE	mcg_RAE	4		0	AS	1		9		
Retinol	mcg									
Carotene, beta	mcg	43	1.548	4	A	1		107		
Carotene, alpha	mcg	0	0.000	4	A	1		0		
Cryptoxanthin, beta	mcg	0	0.000	4	A	1		0		
Vitamin A, IU	IU	72		0	AS	1		179		
Lycopene	mcg									
Lutein + zeaxanthin	mcg									
Vitamin E (alpha-tocopherol)	mg	0.38	0.040	4	A	1		0.95		
Tocopherol, beta	mg	0.01	0.005	4	A	1		0.03		
Tocopherol, gamma	mg	1.15	0.043	4	A	1		2.86		
Tocopherol, delta	mg	0.42	0.016	4	A	1		1.05		
Vitamin D (D2 + D3)	mcg									
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	6.0	0.659	4	A	1		14.9		

NDB No. 21267
TACO BELL, BURRITO SUPREME with steak

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Dihydrophylloquinone....mcg	4.4	0.868	4	A	1		10.8		
Menaquinone-4....mcg									
Lipids:									
Fatty acids, total saturated....g	2.674		0	NC	4		6.633		
4:0....g									
6:0....g									
8:0....g	0.027	0.003	4	A	1		0.068		
10:0....g	0.062	0.003	4	A	1		0.155		
12:0....g	0.070	0.004	4	A	1		0.173		
13:0....g									
14:0....g	0.272	0.013	4	A	1		0.676		
15:0....g	0.030	0.000	4	A	1		0.074		
16:0....g	1.365	0.036	4	A	1		3.385		
17:0....g	0.032	0.003	4	A	1		0.080		
18:0....g	0.805	0.009	4	A	1		1.996		
20:0....g	0.010	0.000	4	A	1		0.025		
22:0....g	0.000	0.000	4	A	1		0.000		
24:0....g	0.000	0.000	4	A	1		0.000		
Fatty acids, total monounsaturated....g	2.822		0	NC	4		6.999		
14:1....g	0.027	0.003	4	A	1		0.068		
15:1....g	0.000	0.000	4	A	1		0.000		
16:1 undifferentiated....g	0.090	0.004	4	A	1		0.223		
17:1....g	0.000	0.000	4	A	1		0.000		
18:1 undifferentiated....g	2.685	0.025	4	A	1		6.659		
20:1....g	0.020	0.000	4	A	1		0.049		
22:1 undifferentiated....g	0.000	0.000	4	A	1		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.770		0	NC	4		1.909		
18:2 undifferentiated....g	0.672	0.010	4	A	1		1.668		
18:3 undifferentiated....g	0.087	0.003	4	A	1		0.217		
18:4....g	0.000	0.000	4	A	1		0.000		
20:2 n-6 c,c....g	0.000	0.000	4	A	1		0.000		
20:3 undifferentiated....g	0.000	0.000	4	A	1		0.000		
20:4 undifferentiated....g	0.010	0.000	4	A	1		0.025		
20:5 n-3 (EPA)....g	0.000	0.000	4	A	1		0.000		
22:5 n-3 (DPA)....g	0.000	0.000	4	A	1		0.000		
22:6 n-3 (DHA)....g	0.000	0.000	4	A	1		0.000		
Fatty acids, total trans....g									
Cholesterol....mg	21	1.040	4	A	1		52		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.108		0	A	1		0.267		
Threonine....g	0.373		0	A	1		0.926		
Isoleucine....g	0.373		0	A	1		0.926		
Leucine....g	0.694		0	A	1		1.721		
Lysine....g	0.616		0	A	1		1.527		
Methionine....g	0.165		0	A	1		0.409		
Cystine....g	0.110		0	A	1		0.273		
Phenylalanine....g	0.416		0	A	1		1.032		
Tyrosine....g	0.273		0	A	1		0.677		
Valine....g	0.428		0	A	1		1.062		
Arginine....g	0.463		0	A	1		1.148		
Histidine....g	0.248		0	A	1		0.615		
Alanine....g	0.410		0	A	1		1.018		
Aspartic acid....g	0.817		0	A	1		2.026		
Glutamic acid....g	1.895		0	A	1		4.699		
Glycine....g	0.379		0	A	1		0.941		
Proline....g	0.586		0	A	1		1.452		
Serine....g	0.441		0	A	1		1.094		
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based.

NDB No. 21267
TACO BELL, BURRITO SUPREME with steak

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 248g: 1 item

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2010)

NDB No. 21264
TACO BELL, Bean Burrito
Taco Bell Corp.

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	55.06	0.484	4	A	1		109.02		
Energy	kcal	204		0	NC	4		405		
Energy	kJ	855		0	NC	4		1693		
Protein	g	7.90	0.158	4	A	1		15.64		
Total lipid (fat)	g	6.85	0.166	4	A	1		13.56		
Ash	g	2.42	0.043	4	A	1		4.79		
Carbohydrate, by difference	g	27.77		0	NC	4		54.98		
Fiber, total dietary	g	3.9	0.111	4	A	1		7.8		
Sugars, total	g									
Sucrose	g	0.47	0.138	4	A	1		0.93		
Glucose (dextrose)	g	1.33	0.119	4	A	1		2.64		
Fructose	g	0.32	0.082	4	A	1		0.63		
Lactose	g	0.15	0.000	4	A	1		0.30		
Maltose	g	0.15	0.000	4	A	1		0.30		
Galactose	g									
Starch	g	21.00	0.173	4	A	1		41.58		
Minerals:										
Calcium, Ca	mg	117	5.154	4	A	1		231		
Iron, Fe	mg	2.31	0.028	4	A	1		4.57		
Magnesium, Mg	mg	31	0.394	4	A	1		62		
Phosphorus, P	mg	170	17.968	4	A	1		337		
Potassium, K	mg	269	6.442	4	A	1		533		
Sodium, Na	mg	614	10.332	4	A	1		1215		
Zinc, Zn	mg	0.86	0.020	4	A	1		1.71		
Copper, Cu	mg	0.169	0.009	4	A	1		0.334		
Manganese, Mn	mg	0.370	0.009	4	A	1		0.733		
Selenium, Se	mcg	10.4	0.643	4	A	1		20.6		
Vitamins:										
Vitamin C, total ascorbic acid	mg									
Thiamin	mg	0.202	0.018	4	A	1		0.400		
Riboflavin	mg	0.153	0.009	4	A	1		0.302		
Niacin	mg	1.712	0.078	4	A	1		3.391		
Pantothenic acid	mg	0.168	0.005	4	A	1		0.333		
Vitamin B-6	mg	0.121	0.006	4	A	1		0.240		
Folate, total	mcg	50	9.437	4	A	1		99		
Folic acid	mcg	25	4.743	4	A	1		50		
Folate, food	mcg	25		0	AS	1		50		
Folate, DFE	mcg_DFE	68		0	NC	4		134		
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	0.00	0.000	4	A	1		0.00		
Vitamin A, RAE	mcg_RAE	3		0	AS	1		7		
Retinol	mcg									
Carotene, beta	mcg	40	7.511	4	A	1		80		
Carotene, alpha	mcg	0	0.000	4	A	1		0		
Cryptoxanthin, beta	mcg	0	0.000	4	A	1		0		
Vitamin A, IU	IU	67		0	AS	1		133		
Lycopene	mcg									
Lutein + zeaxanthin	mcg									
Vitamin E (alpha-tocopherol)	mg	0.50	0.020	4	A	1		0.98		
Tocopherol, beta	mg	0.02	0.006	4	A	1		0.03		
Tocopherol, gamma	mg	1.78	0.137	4	A	1		3.52		
Tocopherol, delta	mg	0.53	0.050	4	A	1		1.05		
Vitamin D (D2 + D3)	mcg									
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	4.2	0.462	4	A	1		8.3		

NDB No. 21264
TACO BELL, Bean Burrito

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Dihydrophylloquinone....mcg	5.1	0.717	4	A	1		10.0		
Menaquinone-4....mcg									
Lipids:									
Fatty acids, total saturated....g	2.444		0	NC	4		4.840		
4:0....g									
6:0....g									
8:0....g	0.025	0.005	4	A	1		0.049		
10:0....g	0.052	0.008	4	A	1		0.104		
12:0....g	0.060	0.007	4	A	1		0.119		
13:0....g									
14:0....g	0.215	0.029	4	A	1		0.426		
15:0....g	0.022	0.005	4	A	1		0.044		
16:0....g	1.212	0.077	4	A	1		2.401		
17:0....g	0.017	0.003	4	A	1		0.034		
18:0....g	0.810	0.027	4	A	1		1.604		
20:0....g	0.020	0.000	4	A	1		0.039		
22:0....g	0.007	0.002	4	A	1		0.015		
24:0....g	0.002	0.002	4	A	1		0.005		
Fatty acids, total monounsaturated....g	2.992		0	NC	4		5.925		
14:1....g	0.015	0.005	4	A	1		0.030		
15:1....g	0.000	0.000	4	A	1		0.000		
16:1 undifferentiated....g	0.047	0.006	4	A	1		0.094		
17:1....g	0.000	0.000	4	A	1		0.000		
18:1 undifferentiated....g	2.912	0.020	4	A	1		5.767		
20:1....g	0.017	0.003	4	A	1		0.034		
22:1 undifferentiated....g	0.000	0.000	4	A	1		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.882		0	NC	4		1.747		
18:2 undifferentiated....g	0.750	0.016	4	A	1		1.485		
18:3 undifferentiated....g	0.132	0.005	4	A	1		0.262		
18:4....g	0.000	0.000	4	A	1		0.000		
20:2 n-6 c,c....g	0.000	0.000	4	A	1		0.000		
20:3 undifferentiated....g	0.000	0.000	4	A	1		0.000		
20:4 undifferentiated....g	0.000	0.000	4	A	1		0.000		
20:5 n-3 (EPA)....g	0.000	0.000	4	A	1		0.000		
22:5 n-3 (DPA)....g	0.000	0.000	4	A	1		0.000		
22:6 n-3 (DHA)....g	0.000	0.000	4	A	1		0.000		
Fatty acids, total trans....g									
Cholesterol....mg	9	0.684	4	A	1		17		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.090		0	A	1		0.178		
Threonine....g	0.298		0	A	1		0.589		
Isoleucine....g	0.312		0	A	1		0.619		
Leucine....g	0.602		0	A	1		1.193		
Lysine....g	0.468		0	A	1		0.926		
Methionine....g	0.115		0	A	1		0.228		
Cystine....g	0.093		0	A	1		0.183		
Phenylalanine....g	0.390		0	A	1		0.772		
Tyrosine....g	0.245		0	A	1		0.485		
Valine....g	0.375		0	A	1		0.742		
Arginine....g	0.365		0	A	1		0.723		
Histidine....g	0.210		0	A	1		0.416		
Alanine....g	0.275		0	A	1		0.545		
Aspartic acid....g	0.690		0	A	1		1.366		
Glutamic acid....g	1.803		0	A	1		3.571		
Glycine....g	0.280		0	A	1		0.555		
Proline....g	0.598		0	A	1		1.184		
Serine....g	0.427		0	A	1		0.846		
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based.

NDB No. 21264
TACO BELL, Bean Burrito

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 198g: 1 item

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2010)

NDB No. 21268
TACO BELL, Nachos
Taco Bell Corp.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	34.29	1.772	4	A	1		33.94		
Energy....kcal	366		0	NC	4		362		
Energy....kJ	1530		0	NC	4		1515		
Protein....g	5.15	0.105	4	A	1		5.10		
Total lipid (fat)....g	22.17	0.492	4	A	1		21.95		
Ash....g	2.01	0.087	4	A	1		1.99		
Carbohydrate, by difference....g	36.38		0	NC	4		36.01		
Fiber, total dietary....g	3.8	0.114	4	A	1		3.8		
Sugars, total....g									
Sucrose....g	0.36	0.074	4	A	1		0.35		
Glucose (dextrose)....g	0.15	0.000	4	A	1		0.15		
Fructose....g	0.15	0.000	4	A	1		0.15		
Lactose....g	1.46	0.168	4	A	1		1.45		
Maltose....g	0.15	0.000	4	A	1		0.15		
Galactose....g									
Starch....g	30.45	0.763	4	A	1		30.15		
Minerals:									
Calcium, Ca....mg	89	5.047	4	A	1		89		
Iron, Fe....mg	1.12	0.082	4	A	1		1.11		
Magnesium, Mg....mg	52	2.627	4	A	1		52		
Phosphorus, P....mg	283	17.104	4	A	1		280		
Potassium, K....mg	182	4.679	4	A	1		180		
Sodium, Na....mg	514	27.164	4	A	1		509		
Zinc, Zn....mg	1.15	0.047	4	A	1		1.14		
Copper, Cu....mg	0.123	0.017	4	A	1		0.121		
Manganese, Mn....mg	0.254	0.019	4	A	1		0.252		
Selenium, Se....mcg	3.4	0.841	4	A	1		3.4		
Vitamins:									
Vitamin C, total ascorbic acid....mg									
Thiamin....mg	0.125	0.004	4	A	1		0.124		
Riboflavin....mg	0.134	0.011	4	A	1		0.133		
Niacin....mg	0.910	0.031	4	A	1		0.901		
Pantothenic acid....mg	0.307	0.021	4	A	1		0.304		
Vitamin B-6....mg	0.178	0.008	4	A	1		0.176		
Folate, total....mcg	13	0.854	4	A	1		13		
Folic acid....mcg	0	0.000	4	A	1		0		
Folate, food....mcg	13		0	AS	1		13		
Folate, DFE....mcg_DFE	13		0	NC	4		13		
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.00	0.000	4	A	1		0.00		
Vitamin A, RAE....mcg_RAE	1		0	AS	1		1		
Retinol....mcg									
Carotene, beta....mcg	11	0.000	4	A	1		11		
Carotene, alpha....mcg	0	0.000	4	A	1		0		
Cryptoxanthin, beta....mcg	0	0.000	4	A	1		0		
Vitamin A, IU....IU	19		0	AS	1		18		
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg	1.05	0.081	4	A	1		1.04		
Tocopherol, beta....mg	0.07	0.004	4	A	1		0.07		
Tocopherol, gamma....mg	8.01	0.359	4	A	1		7.93		
Tocopherol, delta....mg	3.25	0.115	4	A	1		3.22		
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg	7.5	1.188	4	A	1		7.5		

NDB No. 21268
TACO BELL, Nachos

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Dihydrophylloquinone....mcg	56.4	5.684	4	A	1		55.8		
Menaquinone-4....mcg									
Lipids:									
Fatty acids, total saturated....g	4.699		0	NC	4		4.652		
4:0....g									
6:0....g									
8:0....g	0.007	0.005	4	A	1		0.007		
10:0....g	0.020	0.004	4	A	1		0.020		
12:0....g	0.022	0.005	4	A	1		0.022		
13:0....g									
14:0....g	0.075	0.012	4	A	1		0.074		
15:0....g	0.000	0.000	4	A	1		0.000		
16:0....g	2.517	0.078	4	A	1		2.492		
17:0....g	0.025	0.003	4	A	1		0.025		
18:0....g	1.905	0.075	4	A	1		1.886		
20:0....g	0.057	0.009	4	A	1		0.057		
22:0....g	0.060	0.000	4	A	1		0.059		
24:0....g	0.005	0.005	4	A	1		0.005		
Fatty acids, total monounsaturated....g	12.715		0	NC	4		12.588		
14:1....g	0.000	0.000	4	A	1		0.000		
15:1....g	0.000	0.000	4	A	1		0.000		
16:1 undifferentiated....g	0.032	0.003	4	A	1		0.032		
17:1....g	0.000	0.000	4	A	1		0.000		
18:1 undifferentiated....g	12.645	0.351	4	A	1		12.519		
20:1....g	0.037	0.008	4	A	1		0.037		
22:1 undifferentiated....g	0.000	0.000	4	A	1		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	2.580		0	NC	4		2.554		
18:2 undifferentiated....g	2.507	0.138	4	A	1		2.482		
18:3 undifferentiated....g	0.062	0.009	4	A	1		0.062		
18:4....g	0.010	0.010	4	A	1		0.010		
20:2 n-6 c,c....g	0.000	0.000	4	A	1		0.000		
20:3 undifferentiated....g	0.000	0.000	4	A	1		0.000		
20:4 undifferentiated....g	0.000	0.000	4	A	1		0.000		
20:5 n-3 (EPA)....g	0.000	0.000	4	A	1		0.000		
22:5 n-3 (DPA)....g	0.000	0.000	4	A	1		0.000		
22:6 n-3 (DHA)....g	0.000	0.000	4	A	1		0.000		
Fatty acids, total trans....g									
Cholesterol....mg	4	0.315	4	A	1		3		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.052		0	A	1		0.052		
Threonine....g	0.190		0	A	1		0.188		
Isoleucine....g	0.185		0	A	1		0.183		
Leucine....g	0.553		0	A	1		0.547		
Lysine....g	0.250		0	A	1		0.248		
Methionine....g	0.097		0	A	1		0.097		
Cystine....g	0.077		0	A	1		0.077		
Phenylalanine....g	0.263		0	A	1		0.260		
Tyrosine....g	0.185		0	A	1		0.183		
Valine....g	0.238		0	A	1		0.235		
Arginine....g	0.203		0	A	1		0.201		
Histidine....g	0.138		0	A	1		0.136		
Alanine....g	0.307		0	A	1		0.304		
Aspartic acid....g	0.373		0	A	1		0.369		
Glutamic acid....g	0.945		0	A	1		0.936		
Glycine....g	0.155		0	A	1		0.153		
Proline....g	0.475		0	A	1		0.470		
Serine....g	0.263		0	A	1		0.260		
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based.

NDB No. 21268
TACO BELL, Nachos

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 99g: 1 item

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2010)

NDB No. 21269
TACO BELL, Nachos Supreme
Taco Bell Corp.

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	53.78	0.681	4	A	1		104.88		
Energy	kcal	246		0	NC	4		479		
Energy	kJ	1028		0	NC	4		2004		
Protein	g	7.59	0.302	4	A	1		14.81		
Total lipid (fat)	g	13.65	0.330	4	A	1		26.62		
Ash	g	1.88	0.058	4	A	1		3.67		
Carbohydrate, by difference	g	23.09		0	NC	4		45.03		
Fiber, total dietary	g	4.1	0.119	4	A	1		8.1		
Sugars, total	g									
Sucrose	g	0.15	0.000	4	A	1		0.29		
Glucose (dextrose)	g	0.17	0.023	4	A	1		0.33		
Fructose	g	0.43	0.020	4	A	1		0.85		
Lactose	g	0.28	0.135	4	A	1		0.55		
Maltose	g	0.15	0.000	4	A	1		0.29		
Galactose	g									
Starch	g	16.62	0.507	4	A	1		32.42		
Minerals:										
Calcium, Ca	mg	73	9.169	4	A	1		142		
Iron, Fe	mg	2.14	0.624	4	A	1		4.17		
Magnesium, Mg	mg	46	1.695	4	A	1		91		
Phosphorus, P	mg	197	20.081	4	A	1		384		
Potassium, K	mg	242	16.718	4	A	1		472		
Sodium, Na	mg	430	23.562	4	A	1		839		
Zinc, Zn	mg	1.36	0.125	4	A	1		2.65		
Copper, Cu	mg	0.116	0.014	4	A	1		0.225		
Manganese, Mn	mg	0.270	0.019	4	A	1		0.527		
Selenium, Se	mcg	6.7	0.576	4	A	1		13.1		
Vitamins:										
Vitamin C, total ascorbic acid	mg									
Thiamin	mg	0.101	0.006	4	A	1		0.198		
Riboflavin	mg	0.143	0.004	4	A	1		0.279		
Niacin	mg	0.984	0.294	4	A	1		1.919		
Pantothenic acid	mg	0.253	0.037	4	A	1		0.494		
Vitamin B-6	mg	0.173	0.010	4	A	1		0.337		
Folate, total	mcg	29	2.175	4	A	1		56		
Folic acid	mcg	1	0.408	4	A	1		2		
Folate, food	mcg	28		0	AS	1		54		
Folate, DFE	mcg_DFE	29		0	NC	4		57		
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	0.39	0.035	4	A	1		0.76		
Vitamin A, RAE	mcg_RAE	4		0	AS	1		7		
Retinol	mcg									
Carotene, beta	mcg	42	3.025	4	A	1		82		
Carotene, alpha	mcg	0	0.000	4	A	1		0		
Cryptoxanthin, beta	mcg	0	0.000	4	A	1		0		
Vitamin A, IU	IU	70		0	AS	1		137		
Lycopene	mcg									
Lutein + zeaxanthin	mcg									
Vitamin E (alpha-tocopherol)	mg	0.73	0.060	4	A	1		1.42		
Tocopherol, beta	mg	0.02	0.005	4	A	1		0.05		
Tocopherol, gamma	mg	3.25	0.533	4	A	1		6.35		
Tocopherol, delta	mg	1.37	0.156	4	A	1		2.68		
Vitamin D (D2 + D3)	mcg									
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	6.4	0.329	4	A	1		12.5		

NDB No. 21269
TACO BELL, Nachos Supreme

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Dihydrophylloquinone....mcg	21.1	2.052	4	A	1		41.2		
Menaquinone-4....mcg									
Lipids:									
Fatty acids, total saturated....g	3.984		0	NC	4		7.769		
4:0....g									
6:0....g									
8:0....g	0.022	0.003	4	A	1		0.044		
10:0....g	0.050	0.000	4	A	1		0.098		
12:0....g	0.052	0.002	4	A	1		0.102		
13:0....g									
14:0....g	0.255	0.009	4	A	1		0.497		
15:0....g	0.030	0.000	4	A	1		0.058		
16:0....g	2.110	0.018	4	A	1		4.114		
17:0....g	0.045	0.003	4	A	1		0.088		
18:0....g	1.357	0.026	4	A	1		2.647		
20:0....g	0.030	0.000	4	A	1		0.058		
22:0....g	0.025	0.003	4	A	1		0.049		
24:0....g	0.007	0.005	4	A	1		0.015		
Fatty acids, total monounsaturated....g	7.022		0	NC	4		13.693		
14:1....g	0.035	0.003	4	A	1		0.068		
15:1....g	0.000	0.000	4	A	1		0.000		
16:1 undifferentiated....g	0.130	0.011	4	A	1		0.253		
17:1....g	0.000	0.000	4	A	1		0.000		
18:1 undifferentiated....g	6.827	0.217	4	A	1		13.313		
20:1....g	0.030	0.000	4	A	1		0.058		
22:1 undifferentiated....g	0.000	0.000	4	A	1		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.432		0	NC	4		2.793		
18:2 undifferentiated....g	1.297	0.056	4	A	1		2.530		
18:3 undifferentiated....g	0.135	0.015	4	A	1		0.263		
18:4....g	0.000	0.000	4	A	1		0.000		
20:2 n-6 c,c....g	0.000	0.000	4	A	1		0.000		
20:3 undifferentiated....g	0.000	0.000	4	A	1		0.000		
20:4 undifferentiated....g	0.000	0.000	4	A	1		0.000		
20:5 n-3 (EPA)....g	0.000	0.000	4	A	1		0.000		
22:5 n-3 (DPA)....g	0.000	0.000	4	A	1		0.000		
22:6 n-3 (DHA)....g	0.000	0.000	4	A	1		0.000		
Fatty acids, total trans....g									
Cholesterol....mg	19	2.563	4	A	1		37		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.075		0	A	1		0.146		
Threonine....g	0.293		0	A	1		0.572		
Isoleucine....g	0.281		0	A	1		0.547		
Leucine....g	0.612		0	A	1		1.194		
Lysine....g	0.453		0	A	1		0.883		
Methionine....g	0.123		0	A	1		0.239		
Cystine....g	0.080		0	A	1		0.157		
Phenylalanine....g	0.364		0	A	1		0.709		
Tyrosine....g	0.218		0	A	1		0.426		
Valine....g	0.325		0	A	1		0.635		
Arginine....g	0.383		0	A	1		0.747		
Histidine....g	0.195		0	A	1		0.381		
Alanine....g	0.416		0	A	1		0.811		
Aspartic acid....g	0.717		0	A	1		1.397		
Glutamic acid....g	1.171		0	A	1		2.283		
Glycine....g	0.355		0	A	1		0.692		
Proline....g	0.471		0	A	1		0.919		
Serine....g	0.356		0	A	1		0.694		
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based.

NDB No. 21269
TACO BELL, Nachos Supreme

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 195g: 1 item

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2010)

NDB No. 21260
TACO BELL, Original Taco with beef
Taco Bell Corp.

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	55.91	0.825	4	A	1		43.61		
Energy	kcal	236		0	NC	4		184		
Energy	kJ	988		0	NC	4		771		
Protein	g	10.79	0.435	4	A	1		8.42		
Total lipid (fat)	g	13.48	0.496	4	A	1		10.51		
Ash	g	1.87	0.059	4	A	1		1.46		
Carbohydrate, by difference	g	17.95		0	NC	4		14.00		
Fiber, total dietary	g	3.6	0.206	4	A	1		2.8		
Sugars, total	g									
Sucrose	g	0.20	0.034	4	A	1		0.16		
Glucose (dextrose)	g	0.15	0.000	4	A	1		0.12		
Fructose	g	0.31	0.007	4	A	1		0.24		
Lactose	g	0.15	0.000	4	A	1		0.12		
Maltose	g	0.15	0.000	4	A	1		0.12		
Galactose	g									
Starch	g	14.40	0.372	4	A	1		11.23		
Minerals:										
Calcium, Ca	mg	79	6.461	4	A	1		62		
Iron, Fe	mg	1.88	0.151	4	A	1		1.46		
Magnesium, Mg	mg	33	0.801	4	A	1		26		
Phosphorus, P	mg	178	3.987	4	A	1		139		
Potassium, K	mg	216	2.287	4	A	1		169		
Sodium, Na	mg	447	8.461	4	A	1		348		
Zinc, Zn	mg	2.22	0.079	4	A	1		1.73		
Copper, Cu	mg	0.075	0.000	4	A	1		0.058		
Manganese, Mn	mg	0.276	0.007	4	A	1		0.215		
Selenium, Se	mcg	9.2	0.497	4	A	1		7.2		
Vitamins:										
Vitamin C, total ascorbic acid	mg									
Thiamin	mg	0.093	0.003	4	A	1		0.072		
Riboflavin	mg	0.189	0.017	4	A	1		0.147		
Niacin	mg	1.920	0.097	4	A	1		1.498		
Pantothenic acid	mg	0.185	0.011	4	A	1		0.144		
Vitamin B-6	mg	0.142	0.016	4	A	1		0.111		
Folate, total	mcg	19	4.372	3	A	1		15		
Folic acid	mcg	2	0.882	3	A	1		2		
Folate, food	mcg	17		0	AS	1		13		
Folate, DFE	mcg_DFE	21		0	NC	4		16		
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	0.96	0.069	4	A	1		0.75		
Vitamin A, RAE	mcg_RAE	4		0	AS	1		3		
Retinol	mcg									
Carotene, beta	mcg	46	13.177	4	A	1		36		
Carotene, alpha	mcg	0	0.000	4	A	1		0		
Cryptoxanthin, beta	mcg	0	0.000	4	A	1		0		
Vitamin A, IU	IU	77		0	AS	1		60		
Lycopene	mcg									
Lutein + zeaxanthin	mcg									
Vitamin E (alpha-tocopherol)	mg	0.60	0.030	4	A	1		0.47		
Tocopherol, beta	mg	0.04	0.006	4	A	1		0.03		
Tocopherol, gamma	mg	2.16	0.160	4	A	1		1.68		
Tocopherol, delta	mg	1.11	0.049	4	A	1		0.87		
Vitamin D (D2 + D3)	mcg									
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	15.3	2.056	4	A	1		12.0		

NDB No. 21260
TACO BELL, Original Taco with beef

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Dihydrophylloquinone....mcg	6.6	1.372	4	A	1		5.2		
Menaquinone-4....mcg									
Lipids:									
Fatty acids, total saturated....g	4.659		0	NC	4		3.634		
4:0....g									
6:0....g									
8:0....g	0.027	0.005	4	A	1		0.021		
10:0....g	0.060	0.009	4	A	1		0.047		
12:0....g	0.070	0.009	4	A	1		0.055		
13:0....g									
14:0....g	0.410	0.036	4	A	1		0.320		
15:0....g	0.052	0.002	4	A	1		0.041		
16:0....g	2.605	0.094	4	A	1		2.032		
17:0....g	0.090	0.006	4	A	1		0.070		
18:0....g	1.312	0.043	4	A	1		1.024		
20:0....g	0.020	0.000	4	A	1		0.016		
22:0....g	0.010	0.000	4	A	1		0.008		
24:0....g	0.002	0.002	4	A	1		0.002		
Fatty acids, total monounsaturated....g	5.445		0	NC	4		4.247		
14:1....g	0.062	0.005	4	A	1		0.049		
15:1....g	0.000	0.000	4	A	1		0.000		
16:1 undifferentiated....g	0.262	0.014	4	A	1		0.205		
17:1....g	0.000	0.000	4	A	1		0.000		
18:1 undifferentiated....g	5.077	0.146	4	A	1		3.960		
20:1....g	0.042	0.003	4	A	1		0.033		
22:1 undifferentiated....g	0.000	0.000	4	A	1		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	2.097		0	NC	4		1.636		
18:2 undifferentiated....g	1.952	0.036	4	A	1		1.523		
18:3 undifferentiated....g	0.127	0.008	4	A	1		0.099		
18:4....g	0.000	0.000	4	A	1		0.000		
20:2 n-6 c,c....g	0.000	0.000	4	A	1		0.000		
20:3 undifferentiated....g	0.000	0.000	4	A	1		0.000		
20:4 undifferentiated....g	0.017	0.003	4	A	1		0.014		
20:5 n-3 (EPA)....g	0.000	0.000	4	A	1		0.000		
22:5 n-3 (DPA)....g	0.000	0.000	4	A	1		0.000		
22:6 n-3 (DHA)....g	0.000	0.000	4	A	1		0.000		
Fatty acids, total trans....g									
Cholesterol....mg	31	1.605	4	A	1		24		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.098		0	A	1		0.076		
Threonine....g	0.453		0	A	1		0.353		
Isoleucine....g	0.425		0	A	1		0.332		
Leucine....g	0.899		0	A	1		0.701		
Lysine....g	0.760		0	A	1		0.593		
Methionine....g	0.216		0	A	1		0.168		
Cystine....g	0.110		0	A	1		0.086		
Phenylalanine....g	0.470		0	A	1		0.367		
Tyrosine....g	0.337		0	A	1		0.262		
Valine....g	0.518		0	A	1		0.404		
Arginine....g	0.593		0	A	1		0.463		
Histidine....g	0.307		0	A	1		0.239		
Alanine....g	0.635		0	A	1		0.496		
Aspartic acid....g	0.971		0	A	1		0.757		
Glutamic acid....g	1.843		0	A	1		1.437		
Glycine....g	0.642		0	A	1		0.501		
Proline....g	0.719		0	A	1		0.560		
Serine....g	0.497		0	A	1		0.388		
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based.

NDB No. 21260
TACO BELL, Original Taco with beef

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 78g: 1 item

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2010)

NDB No. 21261
TACO BELL, Soft Taco with beef
Taco Bell Corp.

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	55.72	0.789	4	A	1		55.16		
Energy	kcal	219		0	NC	4		217		
Energy	kJ	917		0	NC	4		908		
Protein	g	11.80	0.233	4	A	1		11.68		
Total lipid (fat)	g	10.35	0.519	4	A	1		10.25		
Ash	g	2.40	0.034	4	A	1		2.38		
Carbohydrate, by difference	g	19.74		0	NC	4		19.54		
Fiber, total dietary	g	2.6	0.132	4	A	1		2.6		
Sugars, total	g									
Sucrose	g	0.54	0.041	4	A	1		0.53		
Glucose (dextrose)	g	1.50	0.066	4	A	1		1.49		
Fructose	g	0.25	0.011	4	A	1		0.24		
Lactose	g	0.15	0.000	4	A	1		0.15		
Maltose	g	0.22	0.068	4	A	1		0.21		
Galactose	g									
Starch	g	15.47	0.614	4	A	1		15.32		
Minerals:										
Calcium, Ca	mg	116	6.753	4	A	1		115		
Iron, Fe	mg	2.43	0.418	4	A	1		2.41		
Magnesium, Mg	mg	20	0.507	4	A	1		20		
Phosphorus, P	mg	163	5.759	4	A	1		161		
Potassium, K	mg	181	1.190	4	A	1		179		
Sodium, Na	mg	632	18.561	4	A	1		626		
Zinc, Zn	mg	1.64	0.018	4	A	1		1.63		
Copper, Cu	mg	0.075	0.000	4	A	1		0.074		
Manganese, Mn	mg	0.309	0.010	4	A	1		0.306		
Selenium, Se	mcg	11.0	0.684	4	A	1		10.9		
Vitamins:										
Vitamin C, total ascorbic acid	mg									
Thiamin	mg	0.154	0.014	4	A	1		0.152		
Riboflavin	mg	0.211	0.039	4	A	1		0.209		
Niacin	mg	2.593	0.075	4	A	1		2.567		
Pantothenic acid	mg	0.206	0.013	4	A	1		0.204		
Vitamin B-6	mg	0.089	0.001	4	A	1		0.088		
Folate, total	mcg	52	5.664	4	A	1		51		
Folic acid	mcg	28	6.982	4	A	1		27		
Folate, food	mcg	24		0	AS	1		24		
Folate, DFE	mcg_DFE	71		0	NC	4		70		
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	0.78	0.060	4	A	1		0.78		
Vitamin A, RAE	mcg_RAE	4		0	AS	1		4		
Retinol	mcg									
Carotene, beta	mcg	48	5.645	4	A	1		47		
Carotene, alpha	mcg	0	0.000	4	A	1		0		
Cryptoxanthin, beta	mcg	0	0.000	4	A	1		0		
Vitamin A, IU	IU	79		0	AS	1		78		
Lycopene	mcg									
Lutein + zeaxanthin	mcg									
Vitamin E (alpha-tocopherol)	mg	0.40	0.021	4	A	1		0.39		
Tocopherol, beta	mg	0.02	0.003	4	A	1		0.02		
Tocopherol, gamma	mg	0.91	0.086	4	A	1		0.90		
Tocopherol, delta	mg	0.45	0.054	4	A	1		0.44		
Vitamin D (D2 + D3)	mcg									
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	11.2	1.182	4	A	1		11.1		

NDB No. 21261
TACO BELL, Soft Taco with beef

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Dihydrophylloquinone....mcg	4.8	0.587	4	A	1		4.8		
Menaquinone-4....mcg									
Lipids:									
Fatty acids, total saturated....g	4.199		0	NC	4		4.157		
4:0....g									
6:0....g									
8:0....g	0.025	0.003	4	A	1		0.025		
10:0....g	0.060	0.009	4	A	1		0.059		
12:0....g	0.070	0.009	4	A	1		0.069		
13:0....g									
14:0....g	0.372	0.033	4	A	1		0.369		
15:0....g	0.047	0.005	4	A	1		0.047		
16:0....g	2.195	0.113	4	A	1		2.173		
17:0....g	0.075	0.003	4	A	1		0.074		
18:0....g	1.317	0.041	4	A	1		1.304		
20:0....g	0.020	0.000	4	A	1		0.020		
22:0....g	0.007	0.002	4	A	1		0.007		
24:0....g	0.010	0.000	4	A	1		0.010		
Fatty acids, total monounsaturated....g	4.360		0	NC	4		4.316		
14:1....g	0.060	0.006	4	A	1		0.059		
15:1....g	0.000	0.000	4	A	1		0.000		
16:1 undifferentiated....g	0.215	0.012	4	A	1		0.213		
17:1....g	0.000	0.000	4	A	1		0.000		
18:1 undifferentiated....g	4.055	0.151	4	A	1		4.014		
20:1....g	0.030	0.000	4	A	1		0.030		
22:1 undifferentiated....g	0.000	0.000	4	A	1		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.012		0	NC	4		1.002		
18:2 undifferentiated....g	0.927	0.048	4	A	1		0.918		
18:3 undifferentiated....g	0.075	0.006	4	A	1		0.074		
18:4....g	0.000	0.000	4	A	1		0.000		
20:2 n-6 c,c....g	0.000	0.000	4	A	1		0.000		
20:3 undifferentiated....g	0.000	0.000	4	A	1		0.000		
20:4 undifferentiated....g	0.010	0.000	4	A	1		0.010		
20:5 n-3 (EPA)....g	0.000	0.000	4	A	1		0.000		
22:5 n-3 (DPA)....g	0.000	0.000	4	A	1		0.000		
22:6 n-3 (DHA)....g	0.000	0.000	4	A	1		0.000		
Fatty acids, total trans....g									
Cholesterol....mg	28	1.264	4	A	1		28		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.105		0	A	1		0.104		
Threonine....g	0.369		0	A	1		0.366		
Isoleucine....g	0.377		0	A	1		0.373		
Leucine....g	0.721		0	A	1		0.714		
Lysine....g	0.624		0	A	1		0.618		
Methionine....g	0.195		0	A	1		0.193		
Cystine....g	0.120		0	A	1		0.119		
Phenylalanine....g	0.419		0	A	1		0.415		
Tyrosine....g	0.300		0	A	1		0.297		
Valine....g	0.454		0	A	1		0.449		
Arginine....g	0.489		0	A	1		0.484		
Histidine....g	0.260		0	A	1		0.257		
Alanine....g	0.462		0	A	1		0.457		
Aspartic acid....g	0.766		0	A	1		0.759		
Glutamic acid....g	2.127		0	A	1		2.106		
Glycine....g	0.519		0	A	1		0.513		
Proline....g	0.721		0	A	1		0.714		
Serine....g	0.447		0	A	1		0.443		
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based.

NDB No. 21261
TACO BELL, Soft Taco with beef

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 99g: 1 item

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2010)

NDB No. 21262
TACO BELL, Soft Taco with chicken
Taco Bell Corp.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	56.42	0.521	4	A	1		55.86		
Energy....kcal	202		0	NC	4		200		
Energy....kJ	843		0	NC	4		835		
Protein....g	14.33	0.462	4	A	1		14.19		
Total lipid (fat)....g	7.32	0.382	4	A	1		7.25		
Ash....g	2.33	0.045	4	A	1		2.31		
Carbohydrate, by difference....g	19.58		0	NC	4		19.38		
Fiber, total dietary....g	1.8	0.169	4	A	1		1.8		
Sugars, total....g									
Sucrose....g	0.34	0.113	4	A	1		0.34		
Glucose (dextrose)....g	0.76	0.216	4	A	1		0.75		
Fructose....g	0.23	0.027	4	A	1		0.22		
Lactose....g	0.15	0.000	4	A	1		0.15		
Maltose....g	0.23	0.078	4	A	1		0.22		
Galactose....g									
Starch....g	16.22	0.470	4	A	1		16.06		
Minerals:									
Calcium, Ca....mg	105	4.270	4	A	1		104		
Iron, Fe....mg	1.72	0.105	4	A	1		1.71		
Magnesium, Mg....mg	22	0.541	4	A	1		22		
Phosphorus, P....mg	224	4.500	4	A	1		221		
Potassium, K....mg	237	8.655	4	A	1		234		
Sodium, Na....mg	606	17.095	4	A	1		600		
Zinc, Zn....mg	0.79	0.060	4	A	1		0.78		
Copper, Cu....mg	0.075	0.000	4	A	1		0.074		
Manganese, Mn....mg	0.213	0.009	4	A	1		0.211		
Selenium, Se....mcg	12.7	1.308	4	A	1		12.6		
Vitamins:									
Vitamin C, total ascorbic acid....mg									
Thiamin....mg	0.215	0.019	4	A	1		0.213		
Riboflavin....mg	0.163	0.015	4	A	1		0.162		
Niacin....mg	6.367	0.281	4	A	1		6.304		
Pantothenic acid....mg	0.747	0.016	4	A	1		0.739		
Vitamin B-6....mg	0.147	0.026	4	A	1		0.146		
Folate, total....mcg	48	6.481	4	A	1		48		
Folic acid....mcg	30	5.344	4	A	1		30		
Folate, food....mcg	18		0	AS	1		18		
Folate, DFE....mcg_DFE	69		0	NC	4		68		
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.37	0.042	4	A	1		0.37		
Vitamin A, RAE....mcg_RAE	1		0	AS	1		1		
Retinol....mcg									
Carotene, beta....mcg	15	3.980	4	A	1		15		
Carotene, alpha....mcg	0	0.000	4	A	1		0		
Cryptoxanthin, beta....mcg	0	0.000	4	A	1		0		
Vitamin A, IU....IU	25		0	AS	1		25		
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg	0.35	0.050	4	A	1		0.35		
Tocopherol, beta....mg	0.02	0.003	4	A	1		0.02		
Tocopherol, gamma....mg	0.98	0.068	4	A	1		0.98		
Tocopherol, delta....mg	0.47	0.040	4	A	1		0.47		
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg	8.7	0.806	4	A	1		8.7		

NDB No. 21262
TACO BELL, Soft Taco with chicken

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Dihydrophylloquinone....mcg	4.4	0.311	4	A	1		4.4		
Menaquinone-4....mcg									
Lipids:									
Fatty acids, total saturated....g	2.614		0	NC	4		2.588		
4:0....g									
6:0....g									
8:0....g	0.025	0.003	4	A	1		0.025		
10:0....g	0.060	0.007	4	A	1		0.059		
12:0....g	0.065	0.006	4	A	1		0.064		
13:0....g									
14:0....g	0.235	0.029	4	A	1		0.233		
15:0....g	0.025	0.003	4	A	1		0.025		
16:0....g	1.395	0.092	4	A	1		1.381		
17:0....g	0.017	0.003	4	A	1		0.017		
18:0....g	0.775	0.034	4	A	1		0.767		
20:0....g	0.012	0.003	4	A	1		0.012		
22:0....g	0.005	0.003	4	A	1		0.005		
24:0....g	0.000	0.000	4	A	1		0.000		
Fatty acids, total monounsaturated....g	2.832		0	NC	4		2.804		
14:1....g	0.015	0.003	4	A	1		0.015		
15:1....g	0.000	0.000	4	A	1		0.000		
16:1 undifferentiated....g	0.125	0.006	4	A	1		0.124		
17:1....g	0.000	0.000	4	A	1		0.000		
18:1 undifferentiated....g	2.675	0.141	4	A	1		2.648		
20:1....g	0.017	0.003	4	A	1		0.017		
22:1 undifferentiated....g	0.000	0.000	4	A	1		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.055		0	NC	4		1.044		
18:2 undifferentiated....g	0.967	0.078	4	A	1		0.958		
18:3 undifferentiated....g	0.057	0.011	4	A	1		0.057		
18:4....g	0.000	0.000	4	A	1		0.000		
20:2 n-6 c,c....g	0.000	0.000	4	A	1		0.000		
20:3 undifferentiated....g	0.000	0.000	4	A	1		0.000		
20:4 undifferentiated....g	0.030	0.000	4	A	1		0.030		
20:5 n-3 (EPA)....g	0.000	0.000	4	A	1		0.000		
22:5 n-3 (DPA)....g	0.000	0.000	4	A	1		0.000		
22:6 n-3 (DHA)....g	0.000	0.000	4	A	1		0.000		
Fatty acids, total trans....g									
Cholesterol....mg	37	2.196	4	A	1		36		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.153		0	A	1		0.151		
Threonine....g	0.568		0	A	1		0.562		
Isoleucine....g	0.596		0	A	1		0.590		
Leucine....g	1.073		0	A	1		1.062		
Lysine....g	0.997		0	A	1		0.987		
Methionine....g	0.315		0	A	1		0.312		
Cystine....g	0.158		0	A	1		0.156		
Phenylalanine....g	0.589		0	A	1		0.583		
Tyrosine....g	0.442		0	A	1		0.437		
Valine....g	0.682		0	A	1		0.675		
Arginine....g	0.720		0	A	1		0.713		
Histidine....g	0.451		0	A	1		0.446		
Alanine....g	0.640		0	A	1		0.633		
Aspartic acid....g	1.191		0	A	1		1.179		
Glutamic acid....g	2.721		0	A	1		2.694		
Glycine....g	0.512		0	A	1		0.507		
Proline....g	0.804		0	A	1		0.796		
Serine....g	0.609		0	A	1		0.603		
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based.

NDB No. 21262
TACO BELL, Soft Taco with chicken

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 99g: 1 item

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2010)

NDB No. 21263
TACO BELL, Soft Taco with steak
Taco Bell Corp.

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	56.82	0.409	4	A	1		72.17		
Energy	kcal	225		0	NC	4		286		
Energy	kJ	941		0	NC	4		1196		
Protein	g	11.81	0.187	4	A	1		15.00		
Total lipid (fat)	g	12.10	0.500	4	A	1		15.37		
Ash	g	2.05	0.042	4	A	1		2.60		
Carbohydrate, by difference	g	17.22		0	NC	4		21.86		
Fiber, total dietary	g	1.6	0.541	4	A	1		2.0		
Sugars, total	g									
Sucrose	g	0.15	0.000	4	A	1		0.19		
Glucose (dextrose)	g	0.22	0.009	4	A	1		0.28		
Fructose	g	0.63	0.027	4	A	1		0.80		
Lactose	g	0.15	0.000	4	A	1		0.19		
Maltose	g	0.17	0.023	4	A	1		0.22		
Galactose	g									
Starch	g	13.25	0.479	4	A	1		16.83		
Minerals:										
Calcium, Ca	mg	117	5.642	4	A	1		149		
Iron, Fe	mg	2.22	0.212	4	A	1		2.82		
Magnesium, Mg	mg	21	0.271	4	A	1		27		
Phosphorus, P	mg	155	2.449	4	A	1		197		
Potassium, K	mg	183	3.326	4	A	1		233		
Sodium, Na	mg	551	10.688	4	A	1		700		
Zinc, Zn	mg	2.15	0.009	4	A	1		2.73		
Copper, Cu	mg	0.113	0.015	4	A	1		0.143		
Manganese, Mn	mg	0.220	0.005	4	A	1		0.279		
Selenium, Se	mcg	13.1	0.168	4	A	1		16.6		
Vitamins:										
Vitamin C, total ascorbic acid	mg									
Thiamin	mg	0.307	0.022	4	A	1		0.390		
Riboflavin	mg	0.194	0.014	4	A	1		0.247		
Niacin	mg	2.975	0.128	4	A	1		3.778		
Pantothenic acid	mg	0.260	0.004	4	A	1		0.330		
Vitamin B-6	mg	0.085	0.002	4	A	1		0.108		
Folate, total	mcg	37	5.041	4	A	1		46		
Folic acid	mcg	22	2.944	4	A	1		28		
Folate, food	mcg	15		0	AS	1		18		
Folate, DFE	mcg_DFE	52		0	NC	4		66		
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	0.96	0.041	4	A	1		1.21		
Vitamin A, RAE	mcg_RAE	1		0	AS	1		1		
Retinol	mcg									
Carotene, beta	mcg	14	1.367	4	A	1		17		
Carotene, alpha	mcg	0	0.000	4	A	1		0		
Cryptoxanthin, beta	mcg	0	0.000	4	A	1		0		
Vitamin A, IU	IU	23		0	AS	1		29		
Lycopene	mcg									
Lutein + zeaxanthin	mcg									
Vitamin E (alpha-tocopherol)	mg	0.43	0.046	4	A	1		0.54		
Tocopherol, beta	mg	0.04	0.003	4	A	1		0.05		
Tocopherol, gamma	mg	3.02	0.363	4	A	1		3.83		
Tocopherol, delta	mg	1.69	0.089	4	A	1		2.15		
Vitamin D (D2 + D3)	mcg									
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	20.8	0.698	4	A	1		26.4		

NDB No. 21263
TACO BELL, Soft Taco with steak

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Dihydrophylloquinone....mcg	4.2	0.441	4	A	1		5.4		
Menaquinone-4....mcg									
Lipids:									
Fatty acids, total saturated....g	3.369		0	NC	4		4.279		
4:0....g									
6:0....g									
8:0....g	0.022	0.003	4	A	1		0.028		
10:0....g	0.052	0.002	4	A	1		0.067		
12:0....g	0.057	0.005	4	A	1		0.073		
13:0....g									
14:0....g	0.250	0.009	4	A	1		0.317		
15:0....g	0.030	0.000	4	A	1		0.038		
16:0....g	1.877	0.052	4	A	1		2.384		
17:0....g	0.040	0.000	4	A	1		0.051		
18:0....g	0.992	0.019	4	A	1		1.260		
20:0....g	0.030	0.000	4	A	1		0.038		
22:0....g	0.017	0.003	4	A	1		0.022		
24:0....g	0.000	0.000	4	A	1		0.000		
Fatty acids, total monounsaturated....g	3.937		0	NC	4		5.000		
14:1....g	0.030	0.000	4	A	1		0.038		
15:1....g	0.000	0.000	4	A	1		0.000		
16:1 undifferentiated....g	0.122	0.003	4	A	1		0.155		
17:1....g	0.000	0.000	4	A	1		0.000		
18:1 undifferentiated....g	3.755	0.148	4	A	1		4.769		
20:1....g	0.030	0.000	4	A	1		0.038		
22:1 undifferentiated....g	0.000	0.000	4	A	1		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	3.485		0	NC	4		4.426		
18:2 undifferentiated....g	3.095	0.231	4	A	1		3.931		
18:3 undifferentiated....g	0.370	0.032	4	A	1		0.470		
18:4....g	0.000	0.000	4	A	1		0.000		
20:2 n-6 c,c....g	0.000	0.000	4	A	1		0.000		
20:3 undifferentiated....g	0.000	0.000	4	A	1		0.000		
20:4 undifferentiated....g	0.020	0.000	4	A	1		0.025		
20:5 n-3 (EPA)....g	0.000	0.000	4	A	1		0.000		
22:5 n-3 (DPA)....g	0.000	0.000	4	A	1		0.000		
22:6 n-3 (DHA)....g	0.000	0.000	4	A	1		0.000		
Fatty acids, total trans....g									
Cholesterol....mg	31	0.170	4	A	1		40		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.145		0	A	1		0.185		
Threonine....g	0.502		0	A	1		0.638		
Isoleucine....g	0.500		0	A	1		0.635		
Leucine....g	0.927		0	A	1		1.178		
Lysine....g	0.815		0	A	1		1.035		
Methionine....g	0.252		0	A	1		0.321		
Cystine....g	0.147		0	A	1		0.187		
Phenylalanine....g	0.545		0	A	1		0.692		
Tyrosine....g	0.388		0	A	1		0.492		
Valine....g	0.562		0	A	1		0.714		
Arginine....g	0.618		0	A	1		0.784		
Histidine....g	0.325		0	A	1		0.413		
Alanine....g	0.567		0	A	1		0.721		
Aspartic acid....g	1.055		0	A	1		1.340		
Glutamic acid....g	2.399		0	A	1		3.047		
Glycine....g	0.460		0	A	1		0.584		
Proline....g	0.760		0	A	1		0.965		
Serine....g	0.547		0	A	1		0.695		
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based.

NDB No. 21263
TACO BELL, Soft Taco with steak

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 127g: 1 item

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2010)

NDB No. 21270
TACO BELL, Taco Salad
Taco Bell Corp.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	67.32	1.019	4	A	1		358.82		
Energy....kcal	170		0	NC	4		905		
Energy....kJ	710		0	NC	4		3785		
Protein....g	6.69	0.254	4	A	1		35.64		
Total lipid (fat)....g	9.17	0.491	4	A	1		48.90		
Ash....g	1.71	0.045	4	A	1		9.14		
Carbohydrate, by difference....g	15.10		0	NC	4		80.50		
Fiber, total dietary....g	3.0	0.111	4	A	1		16.1		
Sugars, total....g									
Sucrose....g	0.15	0.000	4	A	1		0.79		
Glucose (dextrose)....g	0.26	0.015	4	A	1		1.41		
Fructose....g	0.63	0.031	4	A	1		3.36		
Lactose....g	0.15	0.000	4	A	1		0.79		
Maltose....g	0.15	0.000	4	A	1		0.79		
Galactose....g									
Starch....g	9.73	0.239	4	A	1		51.83		
Minerals:									
Calcium, Ca....mg	95	5.146	4	A	1		508		
Iron, Fe....mg	1.77	0.106	4	A	1		9.46		
Magnesium, Mg....mg	27	0.437	4	A	1		144		
Phosphorus, P....mg	103	5.280	4	A	1		552		
Potassium, K....mg	229	2.614	4	A	1		1221		
Sodium, Na....mg	363	13.838	4	A	1		1935		
Zinc, Zn....mg	1.17	0.095	4	A	1		6.23		
Copper, Cu....mg	0.151	0.034	4	A	1		0.806		
Manganese, Mn....mg	0.256	0.008	4	A	1		1.363		
Selenium, Se....mcg	7.2	0.789	4	A	1		38.5		
Vitamins:									
Vitamin C, total ascorbic acid....mg									
Thiamin....mg	0.150	0.029	4	A	1		0.801		
Riboflavin....mg	0.106	0.011	4	A	1		0.564		
Niacin....mg	1.505	0.094	4	A	1		8.022		
Pantothenic acid....mg	0.205	0.003	4	A	1		1.094		
Vitamin B-6....mg	0.103	0.011	4	A	1		0.548		
Folate, total....mcg	43	3.775	4	A	1		227		
Folic acid....mcg	16	6.096	4	A	1		85		
Folate, food....mcg	27		0	AS	1		141		
Folate, DFE....mcg_DFE	54		0	NC	4		286		
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.40	0.041	4	A	1		2.13		
Vitamin A, RAE....mcg_RAE	3		0	AS	1		16		
Retinol....mcg									
Carotene, beta....mcg	37	8.851	4	A	1		197		
Carotene, alpha....mcg	0	0.000	4	A	1		0		
Cryptoxanthin, beta....mcg	0	0.000	4	A	1		0		
Vitamin A, IU....IU	62		0	AS	1		329		
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg	0.54	0.068	4	A	1		2.89		
Tocopherol, beta....mg	0.02	0.004	4	A	1		0.10		
Tocopherol, gamma....mg	1.23	0.188	4	A	1		6.54		
Tocopherol, delta....mg	0.58	0.059	4	A	1		3.08		
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg	10.7	1.353	4	A	1		57.2		

NDB No. 21270
TACO BELL, Taco Salad

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Dihydrophylloquinone....mcg	10.0	1.389	4	A	1		53.2		
Menaquinone-4....mcg									
Lipids:									
Fatty acids, total saturated....g	2.979		0	NC	4		15.880		
4:0....g									
6:0....g									
8:0....g	0.025	0.003	4	A	1		0.133		
10:0....g	0.055	0.003	4	A	1		0.293		
12:0....g	0.060	0.004	4	A	1		0.320		
13:0....g									
14:0....g	0.262	0.017	4	A	1		1.399		
15:0....g	0.030	0.003	4	A	1		0.159		
16:0....g	1.547	0.065	4	A	1		8.248		
17:0....g	0.045	0.003	4	A	1		0.240		
18:0....g	0.927	0.041	4	A	1		4.943		
20:0....g	0.017	0.003	4	A	1		0.093		
22:0....g	0.010	0.000	4	A	1		0.053		
24:0....g	0.000	0.000	4	A	1		0.000		
Fatty acids, total monounsaturated....g	3.972		0	NC	4		21.172		
14:1....g	0.030	0.000	4	A	1		0.159		
15:1....g	0.000	0.000	4	A	1		0.000		
16:1 undifferentiated....g	0.115	0.006	4	A	1		0.613		
17:1....g	0.000	0.000	4	A	1		0.000		
18:1 undifferentiated....g	3.812	0.153	4	A	1		20.320		
20:1....g	0.015	0.003	4	A	1		0.079		
22:1 undifferentiated....g	0.000	0.000	4	A	1		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.752		0	NC	4		4.011		
18:2 undifferentiated....g	0.655	0.025	4	A	1		3.491		
18:3 undifferentiated....g	0.098	0.003	4	A	1		0.520		
18:4....g	0.000	0.000	4	A	1		0.000		
20:2 n-6 c,c....g	0.000	0.000	4	A	1		0.000		
20:3 undifferentiated....g	0.000	0.000	4	A	1		0.000		
20:4 undifferentiated....g	0.000	0.000	4	A	1		0.000		
20:5 n-3 (EPA)....g	0.000	0.000	4	A	1		0.000		
22:5 n-3 (DPA)....g	0.000	0.000	4	A	1		0.000		
22:6 n-3 (DHA)....g	0.000	0.000	4	A	1		0.000		
Fatty acids, total trans....g									
Cholesterol....mg	19	0.874	4	A	1		99		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.086		0	A	1		0.456		
Threonine....g	0.266		0	A	1		1.416		
Isoleucine....g	0.268		0	A	1		1.429		
Leucine....g	0.519		0	A	1		2.765		
Lysine....g	0.441		0	A	1		2.350		
Methionine....g	0.120		0	A	1		0.642		
Cystine....g	0.078		0	A	1		0.415		
Phenylalanine....g	0.340		0	A	1		1.814		
Tyrosine....g	0.218		0	A	1		1.161		
Valine....g	0.311		0	A	1		1.656		
Arginine....g	0.346		0	A	1		1.844		
Histidine....g	0.180		0	A	1		0.962		
Alanine....g	0.321		0	A	1		1.713		
Aspartic acid....g	0.651		0	A	1		3.472		
Glutamic acid....g	1.336		0	A	1		7.122		
Glycine....g	0.306		0	A	1		1.632		
Proline....g	0.473		0	A	1		2.523		
Serine....g	0.336		0	A	1		1.789		
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based.

NDB No. 21270
TACO BELL, Taco Salad

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 533g: 1 item

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2010)

NDB No. 21088
Tostada with guacamole

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	72.51	0.899	9		1		189.25		
Energy	kcal	138		0		1		360		
Energy	kJ	577				1		1507		
Protein (N x 6.3)	g	4.78	0.458	9		1		12.48		
Total lipid (fat)	g	8.91	0.437	9		1		23.26		
Ash	g	1.53	0.091	9		1		3.99		
Carbohydrate, by difference	g	12.27		0	NC	4		32.02		
Fiber, total dietary	g									
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	162	13.210	9		1		423		
Iron, Fe	mg	0.62	0.037	9		1		1.62		
Magnesium, Mg	mg	28	1.281	9		1		73		
Phosphorus, P	mg	89	7.332	9		1		232		
Potassium, K	mg	249	11.143	9		1		650		
Sodium, Na	mg	306	31.841	9		1		799		
Zinc, Zn	mg	1.56	0.414	9		1		4.07		
Copper, Cu	mg	0.097	0.010	7		1		0.253		
Manganese, Mn	mg	0.135	0.006	9		1		0.352		
Selenium, Se	mcg	2.7		0	RK	4		7.0		
Vitamins:										
Vitamin C, total ascorbic acid	mg	1.4	0.509	9		1		3.7		
Thiamin	mg	0.050	0.005	9		1		0.131		
Riboflavin	mg	0.220	0.030	9		1		0.574		
Niacin	mg	0.760	0.034	9		1		1.984		
Pantothenic acid	mg	0.770	0.043	9		1		2.010		
Vitamin B-6	mg	0.100	0.005	9		1		0.261		
Folate, total	mcg	44		0	RK	4		115		
Folic acid	mcg	2		0	NC	4		5		
Folate, food	mcg	42		0		4		110		
Folate, DFE	mcg_DFE	45		0	NC	4		118		
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	0.38	0.042	9		1		0.99		
Vitamin A, RAE	mcg_RAE	80		0	NC	4		209		
Retinol	mcg	56		0	NC	4		146		
Carotene, beta	mcg									
Carotene, alpha	mcg									
Cryptoxanthin, beta	mcg									
Vitamin A, IU	IU	671	203.619	5		1		1751		
Lycopene	mcg									
Lutein + zeaxanthin	mcg									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg									
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Dihydrophylloquinone	mcg									
Menaquinone-4	mcg									
Lipids:										
Fatty acids, total saturated	g	3.780		0		1		9.866		
4:0	g									

NDB No. 21088
Tostada with guacamole

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g									
8:0....g									
10:0....g	0.120		2		1		0.313		
12:0....g	0.160		2		1		0.418		
13:0....g									
14:0....g	0.510		2		1		1.331		
15:0....g									
16:0....g	2.070		2		1		5.403		
17:0....g									
18:0....g	0.920		2		1		2.401		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	3.250		0		1		8.483		
14:1....g									
15:1....g									
16:1 undifferentiated....g									
17:1....g									
18:1 undifferentiated....g	3.250		2		1		8.483		
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.170		0		1		3.054		
18:2 undifferentiated....g	1.110		2		1		2.897		
18:3 undifferentiated....g	0.060		2		1		0.157		
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g									
Cholesterol....mg	15		2		1		39		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.047		0		1		0.123		
Threonine....g	0.159		0		1		0.415		
Isoleucine....g	0.213		0		1		0.556		
Leucine....g	0.411		0		1		1.073		
Lysine....g	0.259		0		1		0.676		
Methionine....g	0.096		0		1		0.251		
Cystine....g	0.046		0		1		0.120		
Phenylalanine....g	0.207		0		1		0.540		
Tyrosine....g	0.175		0		1		0.457		
Valine....g	0.247		0		1		0.645		
Arginine....g	0.185		0		1		0.483		
Histidine....g	0.129		0		1		0.337		
Alanine....g	0.213		0		1		0.556		
Aspartic acid....g	0.392		0		1		1.023		
Glutamic acid....g	1.027		0		1		2.680		
Glycine....g	0.131		0		1		0.342		
Proline....g	0.378		0		1		0.987		
Serine....g	0.221		0		1		0.577		
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 261g: 2 pieces

NDB No. 21088
Tostada with guacamole

Calories Factors: Protein 3.54 **Fat** 8.44 **Carbohydrate** 3.73

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2010)

NDB No. 21243
WENDY'S, CLASSIC DOUBLE, with cheese
Wendy's International, Inc.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	55.84		1	A	1		173.10		
Energy....kcal	241		0	NC	4		746		
Energy....kJ	1007		0	NC	4		3122		
Protein (N x 6.25)....g	16.52		1	A	1		51.21		
Total lipid (fat)....g	14.20		1	A	1		44.02		
Ash....g	1.73		1	A	1		5.36		
Carbohydrate, by difference....g	11.71		0	NC	4		36.30		
Fiber, total dietary....g	1.1		1	A	1		3.4		
Sugars, total....g									
Sucrose....g	0.00		1	A	1		0.00		
Glucose (dextrose)....g	0.47		1	A	1		1.46		
Fructose....g	0.62		1	A	1		1.92		
Lactose....g	0.15		1	A	1		0.46		
Maltose....g	0.15		1	A	1		0.46		
Galactose....g									
Starch....g	8.60		1	A	1		26.66		
Minerals:									
Calcium, Ca....mg	58		1	A	1		179		
Iron, Fe....mg	2.94		1	A	1		9.11		
Magnesium, Mg....mg	19		1	A	1		59		
Phosphorus, P....mg	134		1	A	1		415		
Potassium, K....mg	214		1	A	1		663		
Sodium, Na....mg	422		1	A	1		1308		
Zinc, Zn....mg	3.05		1	A	1		9.45		
Copper, Cu....mg	0.075		1	A	1		0.231		
Manganese, Mn....mg	0.133		1	A	1		0.412		
Selenium, Se....mcg	19.9		1	A	1		61.7		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.7		1	A	1		2.3		
Thiamin....mg	0.242		1	A	1		0.750		
Riboflavin....mg	0.251		1	A	1		0.778		
Niacin....mg	3.520		1	A	1		10.912		
Pantothenic acid....mg	0.359		1	A	1		1.113		
Vitamin B-6....mg	0.189		1	A	1		0.586		
Folate, total....mcg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	1.92		1	A	1		5.95		
Vitamin A, RAE....mcg_RAE									
Vitamin A, IU....IU									
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg	6.9		1	A	1		21.4		
Dihydrophylloquinone....mcg	0.0		1	A	1		0.0		
Menaquinone-4....mcg									
Lipids:									
Fatty acids, total saturated....g	5.890		0	NC	4		18.257		
4:0....g									
6:0....g									
8:0....g	0.020		1	A	1		0.062		

NDB No. 21243
WENDY'S, CLASSIC DOUBLE, with cheese

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 ... g	0.050		1	A	1		0.155		
12:0 ... g	0.060		1	A	1		0.186		
13:0 ... g									
14:0 ... g	0.500		1	A	1		1.550		
15:0 ... g	0.070		1	A	1		0.217		
16:0 ... g	3.240		1	A	1		10.044		
17:0 ... g	0.160		1	A	1		0.496		
18:0 ... g	1.750		1	A	1		5.425		
20:0 ... g	0.020		1	A	1		0.062		
22:0 ... g	0.000		1	A	1		0.000		
24:0 ... g	0.020		1	A	1		0.062		
Fatty acids, total monounsaturated ... g	5.740		0	NC	4		17.794		
14:1 ... g	0.110		1	A	1		0.341		
15:1 ... g	0.000		1	A	1		0.000		
16:1 undifferentiated ... g	0.490		1	A	1		1.519		
17:1 ... g	0.000		1	A	1		0.000		
18:1 undifferentiated ... g	5.090		1	A	1		15.779		
20:1 ... g	0.050		1	A	1		0.155		
22:1 undifferentiated ... g	0.000		1	A	1		0.000		
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	1.300		0	NC	4		4.029		
18:2 undifferentiated ... g	1.040		1	A	1		3.224		
18:3 undifferentiated ... g	0.150		1	A	1		0.465		
18:4 ... g	0.070		1	A	1		0.217		
20:2 n-6 c,c ... g	0.000		1	A	1		0.000		
20:3 undifferentiated ... g	0.010		1	A	1		0.031		
20:4 undifferentiated ... g	0.030		1	A	1		0.093		
20:5 n-3 (EPA) ... g	0.000		1	A	1		0.000		
22:5 n-3 (DPA) ... g	0.000		1	A	1		0.000		
22:6 n-3 (DHA) ... g	0.000		1	A	1		0.000		
Fatty acids, total trans ... g									
Cholesterol ... mg	51		1	A	1		157		
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.160		0	A	1		0.496		
Threonine ... g	0.570		0	A	1		1.767		
Isoleucine ... g	0.590		0	A	1		1.829		
Leucine ... g	1.060		0	A	1		3.286		
Lysine ... g	1.010		0	A	1		3.131		
Methionine ... g	0.340		0	A	1		1.054		
Cystine ... g	0.180		0	A	1		0.558		
Phenylalanine ... g	0.570		0	A	1		1.767		
Tyrosine ... g	0.350		0	A	1		1.085		
Valine ... g	0.680		0	A	1		2.108		
Arginine ... g	0.810		0	A	1		2.511		
Histidine ... g	0.380		0	A	1		1.178		
Alanine ... g	0.860		0	A	1		2.666		
Aspartic acid ... g	1.230		0	A	1		3.813		
Glutamic acid ... g	2.440		0	A	1		7.564		
Glycine ... g	0.930		0	A	1		2.883		
Proline ... g	0.900		0	A	1		2.790		
Serine ... g	0.600		0	A	1		1.860		
Hydroxyproline ... g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 310g: 1 item

NDB No. 21243
WENDY'S, CLASSIC DOUBLE, with cheese

Calories Factors: Protein 4 **Fat** 9 **Carbohydrate** 4

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2010)

NDB No. 21239

WENDY'S, CLASSIC SINGLE Hamburger, no cheese

Wendy's International, Inc.

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	58.41	0.623	4	A	1		127.33		
Energy	kcal	213		0	NC	4		465		
Energy	kJ	892		0	NC	4		1945		
Protein (N x 6.25)	g	12.63	0.452	4	A	1		27.53		
Total lipid (fat)	g	10.60	0.168	4	A	1		23.11		
Ash	g	1.54	0.051	4	A	1		3.36		
Carbohydrate, by difference	g	16.82		0	NC	4		36.67		
Fiber, total dietary	g	1.3	0.000	3	A	1		2.8		
Sugars, total	g									
Sucrose	g	0.00	0.000	4	A	1		0.00		
Glucose (dextrose)	g	1.14	0.062	4	A	1		2.47		
Fructose	g	1.32	0.094	4	A	1		2.87		
Lactose	g	0.00	0.000	4	A	1		0.00		
Maltose	g	0.22	0.073	4	A	1		0.48		
Galactose	g									
Starch	g	11.52	0.250	4	A	1		25.12		
Minerals:										
Calcium, Ca	mg	34	4.631	4	A	1		75		
Iron, Fe	mg	2.73	0.167	4	A	1		5.96		
Magnesium, Mg	mg	18	0.522	4	A	1		40		
Phosphorus, P	mg	103	2.847	4	A	1		225		
Potassium, K	mg	195	5.186	4	A	1		426		
Sodium, Na	mg	395	20.129	4	A	1		861		
Zinc, Zn	mg	2.47	0.101	4	A	1		5.38		
Copper, Cu	mg	0.139	0.013	4	A	1		0.304		
Manganese, Mn	mg	0.187	0.006	4	A	1		0.409		
Selenium, Se	mcg	18.2	1.385	4	A	1		39.7		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.5	0.161	4	A	1		1.2		
Thiamin	mg	0.275	0.008	4	A	1		0.600		
Riboflavin	mg	0.205	0.013	4	A	1		0.447		
Niacin	mg	3.225	0.058	4	A	1		7.030		
Pantothenic acid	mg	0.336	0.029	4	A	1		0.732		
Vitamin B-6	mg	0.114	0.009	4	A	1		0.249		
Folate, total	mcg									
Folate, DFE	mcg_DFE									
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	1.45	0.083	4	A	1		3.17		
Vitamin A, RAE	mcg_RAE									
Vitamin A, IU	IU									
Lycopene	mcg									
Lutein + zeaxanthin	mcg									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	9.0	0.403	4	A	1		19.7		
Dihydrophylloquinone	mcg	0.0	0.000	4	A	1		0.0		
Menaquinone-4	mcg									
Lipids:										
Fatty acids, total saturated	g	3.689		0	NC	4		8.043		
4:0	g									
6:0	g									
8:0	g	0.000	0.000	4	A	1		0.000		

NDB No. 21239
WENDY'S, CLASSIC SINGLE Hamburger, no cheese

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 ... g	0.000	0.000	4	A	1		0.000		
12:0 ... g	0.000	0.000	4	A	1		0.000		
13:0 ... g									
14:0 ... g	0.245	0.009	4	A	1		0.534		
15:0 ... g	0.040	0.000	4	A	1		0.087		
16:0 ... g	2.110	0.073	4	A	1		4.600		
17:0 ... g	0.105	0.005	4	A	1		0.229		
18:0 ... g	1.165	0.052	4	A	1		2.540		
20:0 ... g	0.015	0.003	4	A	1		0.032		
22:0 ... g	0.000	0.000	4	A	1		0.000		
24:0 ... g	0.010	0.000	4	A	1		0.022		
Fatty acids, total monounsaturated ... g	4.077		0	NC	4		8.888		
14:1 ... g	0.075	0.003	4	A	1		0.163		
15:1 ... g	0.000	0.000	4	A	1		0.000		
16:1 undifferentiated ... g	0.330	0.011	4	A	1		0.719		
17:1 ... g	0.000	0.000	4	A	1		0.000		
18:1 undifferentiated ... g	3.622	0.074	4	A	1		7.897		
20:1 ... g	0.040	0.000	4	A	1		0.087		
22:1 undifferentiated ... g	0.010	0.000	4	A	1		0.022		
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	1.550		0	NC	4		3.379		
18:2 undifferentiated ... g	1.308	0.071	4	A	1		2.850		
18:3 undifferentiated ... g	0.172	0.011	4	A	1		0.376		
18:4 ... g	0.050	0.000	4	A	1		0.109		
20:2 n-6 c,c ... g	0.000	0.000	4	A	1		0.000		
20:3 undifferentiated ... g	0.000	0.000	4	A	1		0.000		
20:4 undifferentiated ... g	0.020	0.000	4	A	1		0.043		
20:5 n-3 (EPA) ... g	0.000	0.000	4	A	1		0.000		
22:5 n-3 (DPA) ... g	0.000	0.000	4	A	1		0.000		
22:6 n-3 (DHA) ... g	0.000	0.000	4	A	1		0.000		
Fatty acids, total trans ... g									
Cholesterol ... mg	35	1.599	4	A	1		77		
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.133		0	A	1		0.291		
Threonine ... g	0.459		0	A	1		1.000		
Isoleucine ... g	0.459		0	A	1		1.000		
Leucine ... g	0.827		0	A	1		1.803		
Lysine ... g	0.769		0	A	1		1.677		
Methionine ... g	0.240		0	A	1		0.523		
Cystine ... g	0.153		0	A	1		0.333		
Phenylalanine ... g	0.461		0	A	1		1.005		
Tyrosine ... g	0.251		0	A	1		0.547		
Valine ... g	0.524		0	A	1		1.142		
Arginine ... g	0.666		0	A	1		1.453		
Histidine ... g	0.301		0	A	1		0.656		
Alanine ... g	0.699		0	A	1		1.523		
Aspartic acid ... g	0.997		0	A	1		2.174		
Glutamic acid ... g	2.145		0	A	1		4.676		
Glycine ... g	0.801		0	A	1		1.746		
Proline ... g	0.754		0	A	1		1.644		
Serine ... g	0.491		0	A	1		1.071		
Hydroxyproline ... g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 218g: 1 item

NDB No. 21239
WENDY'S, CLASSIC SINGLE Hamburger, no cheese

Calories Factors: Protein 4 **Fat** 9 **Carbohydrate** 4

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2010)

NDB No. 21240

WENDY'S, CLASSIC SINGLE Hamburger, with cheese

Wendy's International, Inc.

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	57.50		1	A	1		135.70		
Energy	kcal	221		0	NC	4		521		
Energy	kJ	923		0	NC	4		2179		
Protein (N x 6.25)	g	14.87		1	A	1		35.09		
Total lipid (fat)	g	11.60		1	A	1		27.38		
Ash	g	1.83		1	A	1		4.32		
Carbohydrate, by difference	g	14.20		0	NC	4		33.51		
Fiber, total dietary	g	1.4		1	A	1		3.3		
Sugars, total	g									
Sucrose	g	0.00		1	A	1		0.00		
Glucose (dextrose)	g	0.82		1	A	1		1.93		
Fructose	g	1.09		1	A	1		2.57		
Lactose	g	0.21		1	A	1		0.50		
Maltose	g	0.29		1	A	1		0.68		
Galactose	g									
Starch	g	9.90		1	A	1		23.36		
Minerals:										
Calcium, Ca	mg	75		1	A	1		177		
Iron, Fe	mg	2.34		1	A	1		5.52		
Magnesium, Mg	mg	19		1	A	1		44		
Phosphorus, P	mg	126		1	A	1		297		
Potassium, K	mg	187		1	A	1		441		
Sodium, Na	mg	476		1	A	1		1123		
Zinc, Zn	mg	2.58		1	A	1		6.09		
Copper, Cu	mg	0.075		1	A	1		0.176		
Manganese, Mn	mg	0.162		1	A	1		0.382		
Selenium, Se	mcg	19.1		1	A	1		45.1		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.5		1	A	1		1.3		
Thiamin	mg	0.260		1	A	1		0.613		
Riboflavin	mg	0.256		1	A	1		0.604		
Niacin	mg	3.190		1	A	1		7.528		
Pantothenic acid	mg	0.291		1	A	1		0.687		
Vitamin B-6	mg	0.106		1	A	1		0.250		
Folate, total	mcg									
Folate, DFE	mcg_DFE									
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	1.54		1	A	1		3.63		
Vitamin A, RAE	mcg_RAE									
Vitamin A, IU	IU									
Lycopene	mcg									
Lutein + zeaxanthin	mcg									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	9.3		1	A	1		21.9		
Dihydrophylloquinone	mcg	0.0		1	A	1		0.0		
Menaquinone-4	mcg									
Lipids:										
Fatty acids, total saturated	g	5.191		0	NC	4		12.251		
4:0	g	0.122		1	A	1		0.288		
6:0	g	0.071		1	A	1		0.169		
8:0	g	0.045		1	A	1		0.105		

NDB No. 21240
WENDY'S, CLASSIC SINGLE Hamburger, with cheese

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 g	0.073		1	A	1		0.173		
12:0 g	0.081		1	A	1		0.190		
13:0 g									
14:0 g	0.419		1	A	1		0.989		
15:0 g	0.057		1	A	1		0.135		
16:0 g	2.719		1	A	1		6.417		
17:0 g	0.113		1	A	1		0.268		
18:0 g	1.451		1	A	1		3.425		
20:0 g	0.020		1	A	1		0.048		
22:0 g	0.006		1	A	1		0.013		
24:0 g	0.013		1	A	1		0.031		
Fatty acids, total monounsaturated g	4.407		0	NC	4		10.401		
14:1 g	0.089		1	A	1		0.209		
15:1 g	0.000		1	A	1		0.000		
16:1 undifferentiated g	0.393		0	AS	1		0.928		
16:1 c g	0.361		1	A	1		0.853		
16:1 t g	0.032		1	A	1		0.075		
17:1 g	0.036		1	A	1		0.084		
18:1 undifferentiated g	3.854		0	AS	1		9.094		
18:1 c g	3.543		1	A	1		8.361		
18:1-11c (18:1c n-7) g									
18:1 t g	0.311		1	A	1		0.733		
18:1-11t (18:1t n-7) g									
20:1 g	0.031		1	A	1		0.073		
22:1 undifferentiated g	0.005		1	A	1		0.012		
24:1 c g									
Fatty acids, total polyunsaturated g	1.405		0	NC	4		3.316		
18:2 undifferentiated g	1.195		0	AS	1		2.821		
18:2 n-6 c,c g	1.143		1	A	1		2.698		
18:2 CLAs g									
18:2 c,t g									
18:2 t,c g									
18:2 t,t g									
18:2 i g	0.052		1	A	1		0.122		
18:2 t not further defined g									
18:3 undifferentiated g	0.161		0	AS	1		0.380		
18:3 n-3 c,c,c (ALA) g	0.161		1	A	1		0.380		
18:3 n-6 c,c,c g									
18:3i g									
18:4 g	0.030		1	A	1		0.071		
20:2 n-6 c,c g	0.000		1	A	1		0.000		
20:3 undifferentiated g	0.000		0	AS	1		0.000		
20:3 n-3 g									
20:3 n-6 g	0.000		1	A	1		0.000		
20:4 undifferentiated g	0.019		0	AS	1		0.044		
20:4 n-3 g									
20:4 n-6 g	0.019		1	A	1		0.044		
20:5 n-3 (EPA) g	0.000		1	A	1		0.000		
21:5 g									
22:4 g									
22:5 n-3 (DPA) g	0.000		1	A	1		0.000		
22:6 n-3 (DHA) g	0.000		1	A	1		0.000		
Fatty acids, total trans g	0.394		0	NC	4		0.930		
Fatty acids, total trans-monoenoic g	0.342		0	NC	4		0.808		
Fatty acids, total trans-polyenoic g	0.052		0	NC	4		0.122		
Cholesterol mg	38		1	A	1		91		
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.120		0	A	1		0.283		
Threonine g	0.450		0	A	1		1.062		
Isoleucine g	0.470		0	A	1		1.109		
Leucine g	0.850		0	A	1		2.006		
Lysine g	0.780		0	A	1		1.841		

NDB No. 21240
WENDY'S, CLASSIC SINGLE Hamburger, with cheese

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Methionine.....g	0.250		0	A	1		0.590		
Cystine.....g	0.140		0	A	1		0.330		
Phenylalanine.....g	0.470		0	A	1		1.109		
Tyrosine.....g	0.270		0	A	1		0.637		
Valine.....g	0.530		0	A	1		1.251		
Arginine.....g	0.630		0	A	1		1.487		
Histidine.....g	0.310		0	A	1		0.732		
Alanine.....g	0.630		0	A	1		1.487		
Aspartic acid.....g	0.980		0	A	1		2.313		
Glutamic acid.....g	2.200		0	A	1		5.192		
Glycine.....g	0.690		0	A	1		1.628		
Proline.....g	0.790		0	A	1		1.864		
Serine.....g	0.510		0	A	1		1.203		
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 236g: 1 item

Calories Factors: Protein 4 **Fat** 9 **Carbohydrate** 4

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2010)

NDB No. 21246
WENDY'S, Chicken Nuggets
Wendy's International, Inc.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	43.13	0.651	4	A	1		32.35	25.88	
Energy....kcal	334		0	NC	4		250	200	
Energy....kJ	1396		0	NC	4		1047	838	
Protein (N x 6.25)....g	15.93	0.208	4	A	1		11.95	9.56	
Total lipid (fat)....g	23.17	0.641	4	A	1		17.38	13.90	
Ash....g	2.41	0.030	4	A	1		1.81	1.45	
Carbohydrate, by difference....g	15.35		0	NC	4		11.51	9.21	
Fiber, total dietary....g	1.0	0.111	4	A	1		0.8	0.6	
Sugars, total....g									
Sucrose....g	0.00	0.000	4	A	1		0.00	0.00	
Glucose (dextrose)....g	0.15	0.000	4	A	1		0.11	0.09	
Fructose....g	0.00	0.000	4	A	1		0.00	0.00	
Lactose....g	0.00	0.000	4	A	1		0.00	0.00	
Maltose....g	0.00	0.000	4	A	1		0.00	0.00	
Galactose....g									
Starch....g	14.70	0.135	4	A	1		11.03	8.82	
Minerals:									
Calcium, Ca....mg	24	0.670	4	A	1		18	14	
Iron, Fe....mg	0.74	0.082	4	A	1		0.56	0.45	
Magnesium, Mg....mg	24	0.422	4	A	1		18	14	
Phosphorus, P....mg	287	5.867	4	A	1		215	172	
Potassium, K....mg	236	1.190	4	A	1		177	141	
Sodium, Na....mg	679	11.244	4	A	1		509	407	
Zinc, Zn....mg	0.63	0.024	4	A	1		0.47	0.38	
Copper, Cu....mg	0.162	0.020	4	A	1		0.122	0.097	
Manganese, Mn....mg	0.195	0.004	4	A	1		0.146	0.117	
Selenium, Se....mcg	25.0	0.986	4	A	1		18.7	15.0	
Vitamins:									
Vitamin C, total ascorbic acid....mg	1.3	0.471	4	A	1		1.0	0.8	
Thiamin....mg	0.079	0.004	4	A	1		0.059	0.048	
Riboflavin....mg	0.122	0.008	4	A	1		0.091	0.073	
Niacin....mg	6.042	0.237	4	A	1		4.532	3.625	
Pantothenic acid....mg	0.905	0.044	3	A	1		0.679	0.543	
Vitamin B-6....mg	0.254	0.013	4	A	1		0.190	0.152	
Folate, total....mcg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.33	0.000	4	A	1		0.25	0.20	
Vitamin A, RAE....mcg_RAE									
Vitamin A, IU....IU									
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg	8.0	1.198	4	A	1		6.0	4.8	
Dihydrophylloquinone....mcg	17.1	2.556	4	A	1		12.9	10.3	
Menaquinone-4....mcg									
Lipids:									
Fatty acids, total saturated....g	4.939		0	NC	4		3.704	2.963	
4:0....g	0.000	0.000	4	A	1		0.000	0.000	
6:0....g	0.000	0.000	4	A	1		0.000	0.000	
8:0....g	0.000	0.000	4	A	1		0.000	0.000	

NDB No. 21246
WENDY'S, Chicken Nuggets

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 g	0.000	0.000	4	A	1		0.000	0.000	
12:0 g	0.000	0.000	4	A	1		0.000	0.000	
13:0 g									
14:0 g	0.074	0.001	4	A	1		0.055	0.044	
15:0 g	0.020	0.000	4	A	1		0.015	0.012	
16:0 g	3.232	0.066	4	A	1		2.424	1.939	
17:0 g	0.033	0.001	4	A	1		0.025	0.020	
18:0 g	1.393	0.078	4	A	1		1.045	0.836	
20:0 g	0.095	0.008	4	A	1		0.071	0.057	
22:0 g	0.051	0.005	4	A	1		0.038	0.031	
24:0 g	0.041	0.003	4	A	1		0.031	0.025	
Fatty acids, total monounsaturated g	11.365		0	NC	4		8.523	6.819	
14:1 g									
15:1 g									
16:1 undifferentiated g									
16:1 c g									
16:1 t g									
17:1 g									
18:1 undifferentiated g									
18:1 c g									
18:1-11c (18:1c n-7) g									
18:1 t g									
18:1-11t (18:1t n-7) g									
20:1 g									
22:1 undifferentiated g									
24:1 c g									
Fatty acids, total polyunsaturated g	5.764		0	NC	4		4.323	3.458	
18:2 undifferentiated g									
18:2 n-6 c,c g									
18:2 CLAs g									
18:2 c,t g									
18:2 t,c g									
18:2 t,t g									
18:2 i g									
18:2 t not further defined g									
18:3 undifferentiated g									
18:3 n-3 c,c,c (ALA) g									
18:3 n-6 c,c,c g									
18:3i g									
18:4 g									
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:3 n-3 g									
20:3 n-6 g									
20:4 undifferentiated g									
20:4 n-3 g									
20:4 n-6 g									
20:5 n-3 (EPA) g									
21:5 g									
22:4 g									
22:5 n-3 (DPA) g									
22:6 n-3 (DHA) g									
Fatty acids, total trans g									
Fatty acids, total trans-monoenoic g									
Fatty acids, total trans-polyenoic g									
Cholesterol mg	50	0.855	4	A	1		38	30	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.165		0	A	1		0.124	0.099	
Threonine g	0.602		0	A	1		0.452	0.361	
Isoleucine g	0.635		0	A	1		0.476	0.381	
Leucine g	1.103		0	A	1		0.827	0.662	
Lysine g	1.090		0	A	1		0.817	0.654	
Methionine g	0.357		0	A	1		0.268	0.214	

NDB No. 21246
WENDY'S, Chicken Nuggets

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Cystine....g	0.177		0	A	1		0.133	0.106	
Phenylalanine....g	0.580		0	A	1		0.435	0.348	
Tyrosine....g	0.355		0	A	1		0.266	0.213	
Valine....g	0.690		0	A	1		0.517	0.414	
Arginine....g	0.840		0	A	1		0.630	0.504	
Histidine....g	0.470		0	A	1		0.352	0.282	
Alanine....g	0.755		0	A	1		0.566	0.453	
Aspartic acid....g	1.245		0	A	1		0.934	0.747	
Glutamic acid....g	2.348		0	A	1		1.761	1.409	
Glycine....g	0.662		0	A	1		0.497	0.397	
Proline....g	0.652		0	A	1		0.489	0.391	
Serine....g	0.587		0	A	1		0.441	0.352	
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 75g: 5 pieces

Measure 2 = 60g: 4 pieces Kid's Meal

Calories Factors: Protein 4 **Fat** 9 **Carbohydrate** 4

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2010)

NDB No. 21247
WENDY'S, French Fries
Wendy's International, Inc.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	38.81	0.592	4	A	1		27.56	43.86	55.11
Energy....kcal	319		0	NC	4		227	361	453
Energy....kJ	1336		0	NC	4		949	1510	1897
Protein (N x 6.25)....g	3.89	0.080	4	A	1		2.76	4.40	5.52
Total lipid (fat)....g	16.23	0.719	4	A	1		11.52	18.33	23.04
Ash....g	1.63	0.111	4	A	1		1.16	1.85	2.32
Carbohydrate, by difference....g	39.44		0	NC	4		28.00	44.56	56.00
Fiber, total dietary....g	3.7	0.180	4	A	1		2.6	4.2	5.3
Sugars, total....g									
Sucrose....g	0.27	0.044	4	A	1		0.19	0.31	0.39
Glucose (dextrose)....g	0.00	0.000	4	A	1		0.00	0.00	0.00
Fructose....g	0.00	0.000	4	A	1		0.00	0.00	0.00
Lactose....g	0.00	0.000	4	A	1		0.00	0.00	0.00
Maltose....g	0.00	0.000	4	A	1		0.00	0.00	0.00
Galactose....g									
Starch....g	34.85	0.290	4	A	1		24.74	39.38	49.49
Minerals:									
Calcium, Ca....mg	15	0.473	4	A	1		11	17	21
Iron, Fe....mg	1.93	0.712	4	A	1		1.37	2.18	2.74
Magnesium, Mg....mg	34	1.744	4	A	1		24	39	49
Phosphorus, P....mg	137	6.837	4	A	1		97	154	194
Potassium, K....mg	575	29.624	4	A	1		408	649	816
Sodium, Na....mg	172	28.657	4	A	1		122	194	244
Zinc, Zn....mg	0.53	0.040	4	A	1		0.38	0.60	0.75
Copper, Cu....mg	0.154	0.015	4	A	1		0.110	0.175	0.219
Manganese, Mn....mg	0.256	0.018	4	A	1		0.182	0.289	0.363
Selenium, Se....mcg	0.8	0.195	4	A	1		0.6	0.9	1.1
Vitamins:									
Vitamin C, total ascorbic acid....mg	5.1	1.781	4	A	1		3.6	5.7	7.2
Thiamin....mg	0.178	0.011	4	A	1		0.126	0.201	0.253
Riboflavin....mg	0.063	0.005	4	A	1		0.045	0.071	0.090
Niacin....mg	2.482	0.180	4	A	1		1.763	2.805	3.525
Pantothenic acid....mg	0.657	0.034	4	A	1		0.466	0.742	0.933
Vitamin B-6....mg	0.391	0.039	4	A	1		0.277	0.442	0.555
Folate, total....mcg	17	3.156	4	A	1		12	20	25
Folic acid....mcg									
Folate, food....mcg	17	3.156	4	A	1		12	20	25
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg									
Vitamin A, RAE....mcg_RAE									
Retinol....mcg									
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU									
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg	6.4	0.929	4	A	1		4.6	7.3	9.1

NDB No. 21247
WENDY'S, French Fries

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Dihydrophylloquinone....mcg	21.5	2.927	4	A	1		15.2	24.3	30.5
Menaquinone-4....mcg									
Lipids:									
Fatty acids, total saturated....g	3.201		0	NC	4		2.273	3.618	4.546
4:0....g	0.000	0.000	4	A	1		0.000	0.000	0.000
6:0....g	0.000	0.000	4	A	1		0.000	0.000	0.000
8:0....g	0.000	0.000	4	A	1		0.000	0.000	0.000
10:0....g	0.000	0.000	4	A	1		0.000	0.000	0.000
12:0....g	0.000	0.000	4	A	1		0.000	0.000	0.000
13:0....g									
14:0....g	0.012	0.001	4	A	1		0.009	0.014	0.017
15:0....g									
16:0....g	1.881	0.053	4	A	1		1.335	2.125	2.671
17:0....g	0.016	0.000	4	A	1		0.011	0.018	0.023
18:0....g	1.145	0.065	4	A	1		0.813	1.293	1.625
20:0....g	0.077	0.005	4	A	1		0.055	0.087	0.110
22:0....g	0.040	0.004	4	A	1		0.029	0.045	0.057
24:0....g	0.031	0.002	4	A	1		0.022	0.034	0.043
Fatty acids, total monounsaturated....g	8.518		0	NC	4		6.048	9.626	12.096
14:1....g									
15:1....g									
16:1 undifferentiated....g									
16:1 c....g									
16:1 t....g									
17:1....g									
18:1 undifferentiated....g									
18:1 c....g									
18:1-11c (18:1c n-7)....g									
18:1 t....g									
18:1-11t (18:1t n-7)....g									
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	3.728		0	NC	4		2.647	4.213	5.294
18:2 undifferentiated....g									
18:2 n-6 c,c....g									
18:2 CLAs....g									
18:2 c,t....g									
18:2 t,c....g									
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g									
18:3 undifferentiated....g									
18:3 n-3 c,c,c (ALA)....g									
18:3 n-6 c,c,c....g									
18:3i....g									
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g									
20:4 n-3....g									
20:4 n-6....g									
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g									
Fatty acids, total trans-monoenoic....g									
Fatty acids, total trans-polyenoic....g									
Cholesterol....mg									
Phytosterols....mg									

NDB No. 21247
WENDY'S, French Fries

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Amino Acids:									
Tryptophan....g	0.045		0	A	1		0.032	0.051	0.064
Threonine....g	0.127		0	A	1		0.090	0.144	0.181
Isoleucine....g	0.125		0	A	1		0.089	0.141	0.177
Leucine....g	0.198		0	A	1		0.140	0.223	0.280
Lysine....g	0.177		0	A	1		0.126	0.200	0.252
Methionine....g	0.055		0	A	1		0.039	0.062	0.078
Cystine....g	0.045		0	A	1		0.032	0.051	0.064
Phenylalanine....g	0.153		0	A	1		0.108	0.173	0.217
Tyrosine....g	0.077		0	A	1		0.055	0.087	0.110
Valine....g	0.180		0	A	1		0.128	0.203	0.256
Arginine....g	0.175		0	A	1		0.124	0.198	0.248
Histidine....g	0.062		0	A	1		0.044	0.071	0.089
Alanine....g	0.128		0	A	1		0.091	0.144	0.181
Aspartic acid....g	0.825		0	A	1		0.586	0.932	1.171
Glutamic acid....g	0.547		0	A	1		0.389	0.619	0.777
Glycine....g	0.105		0	A	1		0.075	0.119	0.149
Proline....g	0.118		0	A	1		0.083	0.133	0.167
Serine....g	0.135		0	A	1		0.096	0.153	0.192
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 71g: 1 kid's meal Serving

Measure 2 = 113g: 1 small Serving

Measure 3 = 142g: 1 medium Serving

Calories Factors: Protein 4 **Fat** 9 **Carbohydrate** 4

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2010)

NDB No. 21248

WENDY'S, Frosty Dairy Dessert

Wendy's International, Inc.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	69.25		1	A	1		78.25	157.20	206.37
Energy....kcal	132		0	NC	4		149	299	393
Energy....kJ	552		0	NC	4		623	1252	1644
Protein (N x 6.25)....g	3.49		1	A	1		3.94	7.92	10.40
Total lipid (fat)....g	2.60		1	A	1		2.94	5.90	7.75
Ash....g	1.04		1	A	1		1.18	2.36	3.10
Carbohydrate, by difference....g	23.62		0	NC	4		26.69	53.62	70.39
Fiber, total dietary....g	3.3		1	A	1		3.7	7.5	9.8
Sugars, total....g									
Sucrose....g	8.63		1	A	1		9.75	19.59	25.72
Glucose (dextrose)....g	0.55		1	A	1		0.62	1.25	1.64
Fructose....g	0.15		1	A	1		0.17	0.34	0.44
Lactose....g	5.44		1	A	1		6.15	12.35	16.21
Maltose....g	0.91		1	A	1		1.03	2.07	2.71
Galactose....g									
Starch....g	1.30		1	A	1		1.47	2.95	3.87
Minerals:									
Calcium, Ca....mg	128		1	A	1		145	291	381
Iron, Fe....mg	1.04		1	A	1		1.18	2.36	3.10
Magnesium, Mg....mg	20		1	A	1		23	46	61
Phosphorus, P....mg	112		1	A	1		127	254	334
Potassium, K....mg	185		1	A	1		209	420	551
Sodium, Na....mg	98		1	A	1		111	223	293
Zinc, Zn....mg	0.44		1	A	1		0.50	1.00	1.31
Copper, Cu....mg	0.075		1	A	1		0.084	0.169	0.222
Manganese, Mn....mg	0.063		1	A	1		0.071	0.142	0.187
Selenium, Se....mcg	3.3		1	A	1		3.7	7.5	9.8
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		1	A	1		0.0	0.0	0.0
Thiamin....mg	0.060		1	A	1		0.067	0.135	0.177
Riboflavin....mg	0.720		1	A	1		0.814	1.634	2.146
Niacin....mg	0.348		1	A	1		0.393	0.790	1.037
Pantothenic acid....mg	0.601		1	A	1		0.679	1.364	1.791
Vitamin B-6....mg	0.000		1	A	1		0.000	0.000	0.000
Folate, total....mcg									
Folate, DFE....mcg_DFE									
Choline, total....mg	27.7		0	AS	1		31.3	62.9	82.5
Betaine....mg	1.1		1	A	1		1.2	2.5	3.2
Vitamin B-12....mcg	0.59		1	A	1		0.66	1.33	1.75
Vitamin A, RAE....mcg_RAE									
Vitamin A, IU....IU									
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg	0.4		1	A	1		0.5	0.9	1.2
Dihydrophylloquinone....mcg	0.0		1	A	1		0.0	0.0	0.0
Menaquinone-4....mcg									
Lipids:									
Fatty acids, total saturated....g	1.635		0	NC	4		1.847	3.711	4.872
4:0....g									
6:0....g									
8:0....g	0.033		1	A	1		0.038	0.076	0.099

NDB No. 21248
WENDY'S, Frosty Dairy Dessert

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
10:0....g	0.067		1	A	1		0.075	0.151	0.199
12:0....g	0.075		1	A	1		0.085	0.170	0.224
13:0....g									
14:0....g	0.259		1	A	1		0.292	0.587	0.771
15:0....g	0.025		1	A	1		0.028	0.057	0.074
16:0....g	0.776		1	A	1		0.877	1.761	2.312
17:0....g	0.017		1	A	1		0.019	0.038	0.049
18:0....g	0.384		1	A	1		0.434	0.871	1.144
20:0....g	0.000		1	A	1		0.000	0.000	0.000
22:0....g	0.000		1	A	1		0.000	0.000	0.000
24:0....g	0.000		1	A	1		0.000	0.000	0.000
Fatty acids, total monounsaturated....g	0.692		0	NC	4		0.782	1.572	2.063
14:1....g	0.017		1	A	1		0.019	0.038	0.049
15:1....g	0.000		1	A	1		0.000	0.000	0.000
16:1 undifferentiated....g	0.042		1	A	1		0.047	0.095	0.124
17:1....g	0.000		1	A	1		0.000	0.000	0.000
18:1 undifferentiated....g	0.634		1	A	1		0.716	1.439	1.889
20:1....g	0.000		1	A	1		0.000	0.000	0.000
22:1 undifferentiated....g	0.000		1	A	1		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.117		0	NC	4		0.132	0.265	0.348
18:2 undifferentiated....g	0.100		1	A	1		0.113	0.227	0.298
18:3 undifferentiated....g	0.017		1	A	1		0.019	0.038	0.049
18:4....g	0.000		1	A	1		0.000	0.000	0.000
20:2 n-6 c,c....g	0.000		1	A	1		0.000	0.000	0.000
20:3 undifferentiated....g	0.000		1	A	1		0.000	0.000	0.000
20:4 undifferentiated....g	0.000		1	A	1		0.000	0.000	0.000
20:5 n-3 (EPA)....g	0.000		1	A	1		0.000	0.000	0.000
22:5 n-3 (DPA)....g	0.000		1	A	1		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.000		1	A	1		0.000	0.000	0.000
Fatty acids, total trans....g									
Cholesterol....mg	16		1	A	1		18	36	47
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.040		0	A	1		0.045	0.091	0.119
Threonine....g	0.150		0	A	1		0.170	0.341	0.447
Isoleucine....g	0.150		0	A	1		0.170	0.341	0.447
Leucine....g	0.290		0	A	1		0.328	0.658	0.864
Lysine....g	0.250		0	A	1		0.283	0.568	0.745
Methionine....g	0.070		0	A	1		0.079	0.159	0.209
Cystine....g	0.040		0	A	1		0.045	0.091	0.119
Phenylalanine....g	0.140		0	A	1		0.158	0.318	0.417
Tyrosine....g	0.120		0	A	1		0.135	0.272	0.357
Valine....g	0.180		0	A	1		0.203	0.409	0.536
Arginine....g	0.110		0	A	1		0.124	0.249	0.328
Histidine....g	0.080		0	A	1		0.090	0.181	0.238
Alanine....g	0.110		0	A	1		0.124	0.249	0.328
Aspartic acid....g	0.280		0	A	1		0.316	0.636	0.834
Glutamic acid....g	0.640		0	A	1		0.723	1.453	1.907
Glycine....g	0.070		0	A	1		0.079	0.159	0.209
Proline....g	0.270		0	A	1		0.305	0.613	0.805
Serine....g	0.170		0	A	1		0.192	0.386	0.507
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 113g: 1 junior 6 oz. cup

Measure 2 = 227g: 1 small 12 oz. cup

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WENDY'S, Frosty Dairy Dessert

Measure 3 = 298g: 1 medium 16 oz. cup

Calories Factors: Protein 4 **Fat** 9 **Carbohydrate** 4

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2010)

NDB No. 21244

WENDY'S, Homestyle Chicken Fillet Sandwich

Wendy's International, Inc.

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	54.94		1	A	1		126.36		
Energy	kcal	214		0	NC	4		493		
Energy	kJ	896		0	NC	4		2061		
Protein (N x 6.25)	g	13.78		1	A	1		31.69		
Total lipid (fat)	g	8.10		1	A	1		18.63		
Ash	g	1.63		1	A	1		3.75		
Carbohydrate, by difference	g	21.55		0	NC	4		49.57		
Fiber, total dietary	g	1.3		1	A	1		3.0		
Sugars, total	g									
Sucrose	g	0.00		1	A	1		0.00		
Glucose (dextrose)	g	0.87		1	A	1		2.00		
Fructose	g	1.14		1	A	1		2.62		
Lactose	g	0.00		1	A	1		0.00		
Maltose	g	0.15		1	A	1		0.34		
Galactose	g									
Starch	g	16.10		1	A	1		37.03		
Minerals:										
Calcium, Ca	mg	23		1	A	1		52		
Iron, Fe	mg	1.50		1	A	1		3.45		
Magnesium, Mg	mg	24		1	A	1		56		
Phosphorus, P	mg	161		1	A	1		370		
Potassium, K	mg	228		1	A	1		524		
Sodium, Na	mg	401		1	A	1		922		
Zinc, Zn	mg	0.61		1	A	1		1.41		
Copper, Cu	mg	0.135		1	A	1		0.311		
Manganese, Mn	mg	0.230		1	A	1		0.529		
Selenium, Se	mcg	24.4		1	A	1		56.1		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.3		1	A	1		0.8		
Thiamin	mg	0.295		1	A	1		0.678		
Riboflavin	mg	0.130		1	A	1		0.299		
Niacin	mg	3.300		1	A	1		7.590		
Pantothenic acid	mg	0.526		1	A	1		1.210		
Vitamin B-6	mg	0.189		1	A	1		0.434		
Folate, total	mcg									
Folate, DFE	mcg_DFE									
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	0.33		1	A	1		0.76		
Vitamin A, RAE	mcg_RAE									
Vitamin A, IU	IU									
Lycopene	mcg									
Lutein + zeaxanthin	mcg									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	10.7		1	A	1		24.6		
Dihydrophylloquinone	mcg	4.3		1	A	1		9.9		
Menaquinone-4	mcg									
Lipids:										
Fatty acids, total saturated	g	1.618		0	NC	4		3.722		
4:0	g	0.000		1	A	1		0.000		
6:0	g	0.000		1	A	1		0.000		
8:0	g	0.000		1	A	1		0.000		

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WENDY'S, Homestyle Chicken Fillet Sandwich

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
10:0....g	0.001		1	A	1		0.003		
12:0....g	0.003		1	A	1		0.008		
13:0....g									
14:0....g	0.012		1	A	1		0.027		
15:0....g	0.004		1	A	1		0.010		
16:0....g	1.056		1	A	1		2.428		
17:0....g	0.004		1	A	1		0.010		
18:0....g	0.487		1	A	1		1.119		
20:0....g	0.023		1	A	1		0.052		
22:0....g	0.021		1	A	1		0.048		
24:0....g	0.008		1	A	1		0.018		
Fatty acids, total monounsaturated....g	2.921		0	NC	4		6.719		
14:1....g	0.003		1	A	1		0.008		
15:1....g	0.000		1	A	1		0.000		
16:1 undifferentiated....g	0.131		0	AS	1		0.300		
16:1 c....g	0.131		1	A	1		0.300		
16:1 t....g	0.000		1	A	1		0.000		
17:1....g	0.002		1	A	1		0.005		
18:1 undifferentiated....g	2.764		0	AS	1		6.357		
18:1 c....g	2.371		1	A	1		5.452		
18:1-11c (18:1c n-7)....g									
18:1 t....g	0.394		1	A	1		0.905		
18:1-11t (18:1t n-7)....g									
20:1....g	0.021		1	A	1		0.048		
22:1 undifferentiated....g	0.000		1	A	1		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	3.086		0	NC	4		7.098		
18:2 undifferentiated....g	2.826		0	AS	1		6.499		
18:2 n-6 c,c....g	2.705		1	A	1		6.222		
18:2 CLAs....g									
18:2 c,t....g									
18:2 t,c....g									
18:2 t,t....g									
18:2 i....g	0.120		1	A	1		0.277		
18:2 t not further defined....g									
18:3 undifferentiated....g	0.233		0	AS	1		0.536		
18:3 n-3 c,c,c (ALA)....g	0.233		1	A	1		0.536		
18:3 n-6 c,c,c....g									
18:3i....g									
18:4....g	0.010		1	A	1		0.023		
20:2 n-6 c,c....g	0.000		1	A	1		0.000		
20:3 undifferentiated....g	0.000		0	AS	1		0.000		
20:3 n-3....g									
20:3 n-6....g	0.000		1	A	1		0.000		
20:4 undifferentiated....g	0.017		0	AS	1		0.040		
20:4 n-3....g									
20:4 n-6....g	0.017		1	A	1		0.040		
20:5 n-3 (EPA)....g	0.000		1	A	1		0.000		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		1	A	1		0.000		
22:6 n-3 (DHA)....g	0.000		1	A	1		0.000		
Fatty acids, total trans....g	0.514		0	NC	4		1.182		
Fatty acids, total trans-monoenoic....g	0.394		0	NC	4		0.905		
Fatty acids, total trans-polyenoic....g	0.120		0	NC	4		0.277		
Cholesterol....mg	31		1	A	1		72		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.150		0	A	1		0.345		
Threonine....g	0.500		0	A	1		1.150		
Isoleucine....g	0.540		0	A	1		1.242		
Leucine....g	0.930		0	A	1		2.139		
Lysine....g	0.830		0	A	1		1.909		

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WENDY'S, Homestyle Chicken Fillet Sandwich

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Methionine....g	0.290		0	A	1		0.667		
Cystine....g	0.180		0	A	1		0.414		
Phenylalanine....g	0.510		0	A	1		1.173		
Tyrosine....g	0.270		0	A	1		0.621		
Valine....g	0.590		0	A	1		1.357		
Arginine....g	0.650		0	A	1		1.495		
Histidine....g	0.380		0	A	1		0.874		
Alanine....g	0.650		0	A	1		1.495		
Aspartic acid....g	1.060		0	A	1		2.438		
Glutamic acid....g	2.360		0	A	1		5.428		
Glycine....g	0.520		0	A	1		1.196		
Proline....g	0.680		0	A	1		1.564		
Serine....g	0.530		0	A	1		1.219		
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 230g: 1 item

Calories Factors: Protein 4 **Fat** 9 **Carbohydrate** 4

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2010)

NDB No. 21242

WENDY'S, Jr. Hamburger, with cheese

Wendy's International, Inc.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	48.06		1	A	1		62.00		
Energy....kcal	256		0	NC	4		330		
Energy....kJ	1070		0	NC	4		1380		
Protein (N x 6.25)....g	13.06		1	A	1		16.85		
Total lipid (fat)....g	11.50		1	A	1		14.84		
Ash....g	2.41		1	A	1		3.11		
Carbohydrate, by difference....g	24.97		0	NC	4		32.21		
Fiber, total dietary....g	1.4		1	A	1		1.8		
Sugars, total....g									
Sucrose....g	0.00		1	A	1		0.00		
Glucose (dextrose)....g	2.06		1	A	1		2.66		
Fructose....g	2.23		1	A	1		2.88		
Lactose....g	0.23		1	A	1		0.30		
Maltose....g	0.15		1	A	1		0.19		
Galactose....g									
Starch....g	16.60		1	A	1		21.41		
Minerals:									
Calcium, Ca....mg	92		1	A	1		119		
Iron, Fe....mg	2.78		1	A	1		3.59		
Magnesium, Mg....mg	22		1	A	1		28		
Phosphorus, P....mg	134		1	A	1		173		
Potassium, K....mg	178		1	A	1		230		
Sodium, Na....mg	660		1	A	1		851		
Zinc, Zn....mg	2.18		1	A	1		2.81		
Copper, Cu....mg	0.109		1	A	1		0.140		
Manganese, Mn....mg	0.242		1	A	1		0.312		
Selenium, Se....mcg	21.9		1	A	1		28.3		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.6		1	A	1		0.8		
Thiamin....mg	0.361		1	A	1		0.466		
Riboflavin....mg	0.171		1	A	1		0.221		
Niacin....mg	3.080		1	A	1		3.973		
Pantothenic acid....mg	0.302		1	A	1		0.389		
Vitamin B-6....mg	0.956		1	A	1		1.233		
Folate, total....mcg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	1.30		1	A	1		1.68		
Vitamin A, RAE....mcg_RAE									
Vitamin A, IU....IU									
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg	4.2		1	A	1		5.4		
Dihydrophylloquinone....mcg	0.0		1	A	1		0.0		
Menaquinone-4....mcg									
Lipids:									
Fatty acids, total saturated....g	5.181		0	NC	4		6.684		
4:0....g	0.104		1	A	1		0.134		
6:0....g	0.065		1	A	1		0.083		
8:0....g	0.045		1	A	1		0.058		

NDB No. 21242
WENDY'S, Jr. Hamburger, with cheese

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 g	0.083		1	A	1		0.107		
12:0 g	0.096		1	A	1		0.123		
13:0 g									
14:0 g	0.477		1	A	1		0.616		
15:0 g	0.062		1	A	1		0.080		
16:0 g	2.658		1	A	1		3.429		
17:0 g	0.113		1	A	1		0.146		
18:0 g	1.443		1	A	1		1.862		
20:0 g	0.022		1	A	1		0.028		
22:0 g	0.004		1	A	1		0.006		
24:0 g	0.009		1	A	1		0.012		
Fatty acids, total monounsaturated g	4.398		0	NC	4		5.674		
14:1 g	0.082		1	A	1		0.106		
15:1 g	0.000		1	A	1		0.000		
16:1 undifferentiated g	0.377		0	AS	1		0.486		
16:1 c g	0.342		1	A	1		0.441		
16:1 t g	0.035		1	A	1		0.045		
17:1 g	0.036		1	A	1		0.047		
18:1 undifferentiated g	3.862		0	AS	1		4.982		
18:1 c g	3.476		1	A	1		4.484		
18:1-11c (18:1c n-7) g									
18:1 t g	0.386		1	A	1		0.497		
18:1-11t (18:1t n-7) g									
20:1 g	0.032		1	A	1		0.041		
22:1 undifferentiated g	0.010		1	A	1		0.013		
24:1 c g									
Fatty acids, total polyunsaturated g	1.181		0	NC	4		1.524		
18:2 undifferentiated g	1.009		0	AS	1		1.302		
18:2 n-6 c,c g	0.963		1	A	1		1.242		
18:2 CLAs g									
18:2 c,t g									
18:2 t,c g									
18:2 t,t g									
18:2 i g	0.046		1	A	1		0.059		
18:2 t not further defined g									
18:3 undifferentiated g	0.122		0	AS	1		0.158		
18:3 n-3 c,c,c (ALA) g	0.122		1	A	1		0.158		
18:3 n-6 c,c,c g									
18:3i g									
18:4 g	0.030		1	A	1		0.039		
20:2 n-6 c,c g	0.000		1	A	1		0.000		
20:3 undifferentiated g	0.000		0	AS	1		0.000		
20:3 n-3 g									
20:3 n-6 g	0.000		1	A	1		0.000		
20:4 undifferentiated g	0.020		0	AS	1		0.026		
20:4 n-3 g									
20:4 n-6 g	0.020		1	A	1		0.026		
20:5 n-3 (EPA) g	0.000		1	A	1		0.000		
21:5 g									
22:4 g									
22:5 n-3 (DPA) g	0.000		1	A	1		0.000		
22:6 n-3 (DHA) g	0.000		1	A	1		0.000		
Fatty acids, total trans g	0.466		0	NC	4		0.602		
Fatty acids, total trans-monoenoic g	0.420		0	NC	4		0.542		
Fatty acids, total trans-polyenoic g	0.046		0	NC	4		0.059		
Cholesterol mg	36		1	A	1		46		
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.130		0	A	1		0.168		
Threonine g	0.440		0	A	1		0.567		
Isoleucine g	0.480		0	A	1		0.619		
Leucine g	0.870		0	A	1		1.122		
Lysine g	0.700		0	A	1		0.903		

NDB No. 21242
WENDY'S, Jr. Hamburger, with cheese

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Methionine....g	0.250		0	A	1		0.322		
Cystine....g	0.160		0	A	1		0.206		
Phenylalanine....g	0.500		0	A	1		0.645		
Tyrosine....g	0.260		0	A	1		0.335		
Valine....g	0.550		0	A	1		0.709		
Arginine....g	0.580		0	A	1		0.748		
Histidine....g	0.300		0	A	1		0.387		
Alanine....g	0.590		0	A	1		0.761		
Aspartic acid....g	0.920		0	A	1		1.187		
Glutamic acid....g	2.480		0	A	1		3.199		
Glycine....g	0.650		0	A	1		0.838		
Proline....g	0.900		0	A	1		1.161		
Serine....g	0.540		0	A	1		0.697		
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 129g: 1 item

Calories Factors: Protein 4 **Fat** 9 **Carbohydrate** 4

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2010)

NDB No. 21241

WENDY'S, Jr. Hamburger, without cheese

Wendy's International, Inc.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	48.25	0.572	4	A	1		56.46		
Energy ... kcal	243		0	NC	4		284		
Energy ... kJ	1017		0	NC	4		1190		
Protein (N x 6.25) ... g	12.62	0.218	4	A	1		14.77		
Total lipid (fat) ... g	8.75	0.132	4	A	1		10.24		
Ash ... g	1.92	0.065	4	A	1		2.25		
Carbohydrate, by difference ... g	28.45		0	NC	4		33.29		
Fiber, total dietary ... g	1.7	0.029	4	A	1		2.0		
Sugars, total ... g									
Sucrose ... g	0.00	0.000	4	A	1		0.00		
Glucose (dextrose) ... g	2.43	0.337	4	A	1		2.84		
Fructose ... g	2.66	0.370	4	A	1		3.12		
Lactose ... g	0.00	0.000	4	A	1		0.00		
Maltose ... g	0.51	0.188	4	A	1		0.60		
Galactose ... g									
Starch ... g	19.25	0.591	4	A	1		22.52		
Minerals:									
Calcium, Ca ... mg	45	8.138	4	A	1		53		
Iron, Fe ... mg	3.35	0.321	4	A	1		3.92		
Magnesium, Mg ... mg	21	0.339	4	A	1		25		
Phosphorus, P ... mg	107	0.750	4	A	1		125		
Potassium, K ... mg	175	3.119	4	A	1		204		
Sodium, Na ... mg	539	19.332	4	A	1		630		
Zinc, Zn ... mg	2.10	0.045	4	A	1		2.46		
Copper, Cu ... mg	0.117	0.004	4	A	1		0.137		
Manganese, Mn ... mg	0.281	0.009	4	A	1		0.328		
Selenium, Se ... mcg	23.1	1.960	4	A	1		27.0		
Vitamins:									
Vitamin C, total ascorbic acid ... mg	0.5	0.115	4	A	1		0.6		
Thiamin ... mg	0.422	0.032	4	A	1		0.493		
Riboflavin ... mg	0.235	0.064	4	A	1		0.275		
Niacin ... mg	3.887	0.087	4	A	1		4.548		
Pantothenic acid ... mg	0.346	0.027	4	A	1		0.405		
Vitamin B-6 ... mg	0.124	0.024	4	A	1		0.145		
Folate, total ... mcg									
Folate, DFE ... mcg_DFE									
Choline, total ... mg									
Betaine ... mg									
Vitamin B-12 ... mcg	1.27	0.033	4	A	1		1.48		
Vitamin A, RAE ... mcg_RAE									
Vitamin A, IU ... IU									
Lycopene ... mcg									
Lutein + zeaxanthin ... mcg									
Vitamin E (alpha-tocopherol) ... mg									
Tocopherol, beta ... mg									
Tocopherol, gamma ... mg									
Tocopherol, delta ... mg									
Vitamin D (D2 + D3) ... mcg									
Vitamin D ... IU									
Vitamin K (phylloquinone) ... mcg	4.5	0.248	4	A	1		5.3		
Dihydrophylloquinone ... mcg	0.0	0.000	4	A	1		0.0		
Menaquinone-4 ... mcg									
Lipids:									
Fatty acids, total saturated ... g	3.466		0	NC	4		4.055		
4:0 ... g	0.007		2	A	1		0.008		
6:0 ... g	0.007		2	A	1		0.008		
8:0 ... g	0.004	0.002	4	A	1		0.005		

NDB No. 21241
WENDY'S, Jr. Hamburger, without cheese

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
10:0....g	0.005	0.003	4	A	1		0.005		
12:0....g	0.031	0.018	4	A	1		0.037		
13:0....g									
14:0....g	0.232	0.006	4	A	1		0.272		
15:0....g	0.037	0.002	4	A	1		0.043		
16:0....g	1.928	0.066	4	A	1		2.256		
17:0....g	0.090	0.006	4	A	1		0.105		
18:0....g	1.105	0.055	4	A	1		1.293		
20:0....g	0.012	0.001	4	A	1		0.014		
22:0....g	0.003	0.002	4	A	1		0.004		
24:0....g	0.003	0.002	4	A	1		0.004		
Fatty acids, total monounsaturated....g	3.531		0	NC	4		4.131		
14:1....g	0.069	0.003	4	A	1		0.080		
15:1....g	0.000		2	A	1		0.000		
16:1 undifferentiated....g	0.334		0	AS	1		0.390		
16:1 c....g	0.307	0.014	4	A	1		0.359		
16:1 t....g	0.027		2	A	1		0.031		
17:1....g	0.029	0.017	4	A	1		0.034		
18:1 undifferentiated....g	3.062		0	AS	1		3.582		
18:1 c....g	2.857		2	A	1		3.343		
18:1-11c (18:1c n-7)....g									
18:1 t....g	0.205		2	A	1		0.239		
18:1-11t (18:1t n-7)....g									
20:1....g	0.028	0.007	4	A	1		0.032		
22:1 undifferentiated....g	0.010	0.006	4	A	1		0.012		
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.116		0	NC	4		1.305		
18:2 undifferentiated....g	0.980		0	AS	1		1.147		
18:2 n-6 c,c....g	0.943	0.033	4	A	1		1.103		
18:2 CLAs....g									
18:2 c,t....g									
18:2 t,c....g									
18:2 t,t....g									
18:2 i....g	0.038		2	A	1		0.044		
18:2 t not further defined....g									
18:3 undifferentiated....g	0.103		0	AS	1		0.120		
18:3 n-3 c,c,c (ALA)....g	0.103	0.006	4	A	1		0.120		
18:3 n-6 c,c,c....g									
18:3i....g									
18:4....g	0.020	0.012	4	A	1		0.023		
20:2 n-6 c,c....g	0.000	0.000	4	A	1		0.000		
20:3 undifferentiated....g	0.000		0	AS	1		0.000		
20:3 n-3....g									
20:3 n-6....g	0.000	0.000	4	A	1		0.000		
20:4 undifferentiated....g	0.012		0	AS	1		0.014		
20:4 n-3....g									
20:4 n-6....g	0.012	0.001	4	A	1		0.014		
20:5 n-3 (EPA)....g	0.000	0.000	4	A	1		0.000		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000	0.000	4	A	1		0.000		
22:6 n-3 (DHA)....g	0.000	0.000	4	A	1		0.000		
Fatty acids, total trans....g	0.269		0	NC	4		0.315		
Fatty acids, total trans-monoenoic....g	0.231		0	NC	4		0.271		
Fatty acids, total trans-polyenoic....g	0.038		0	NC	4		0.044		
Cholesterol....mg	27	0.722	4	A	1		32		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.117		0	A	1		0.137		
Threonine....g	0.410		0	A	1		0.480		
Isoleucine....g	0.425		0	A	1		0.498		
Leucine....g	0.781		0	A	1		0.913		
Lysine....g	0.618		0	A	1		0.723		

NDB No. 21241
WENDY'S, Jr. Hamburger, without cheese

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Methionine....g	0.222		0	A	1		0.260		
Cystine....g	0.160		0	A	1		0.187		
Phenylalanine....g	0.458		0	A	1		0.536		
Tyrosine....g	0.210		0	A	1		0.246		
Valine....g	0.483		0	A	1		0.565		
Arginine....g	0.565		0	A	1		0.661		
Histidine....g	0.283		0	A	1		0.331		
Alanine....g	0.596		0	A	1		0.697		
Aspartic acid....g	0.853		0	A	1		0.998		
Glutamic acid....g	2.390		0	A	1		2.796		
Glycine....g	0.683		0	A	1		0.800		
Proline....g	0.836		0	A	1		0.978		
Serine....g	0.488		0	A	1		0.571		
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 117g: 1 item

Calories Factors: Protein 4 **Fat** 9 **Carbohydrate** 4

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2010)

NDB No. 21245

WENDY'S, Ultimate Chicken Grill Sandwich

Wendy's International, Inc.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	59.67		1	A	1		134.26		
Energy ... kcal	179		0	NC	4		404		
Energy ... kJ	751		0	NC	4		1689		
Protein (N x 6.25) ... g	14.73		1	A	1		33.14		
Total lipid (fat) ... g	5.00		1	A	1		11.25		
Ash ... g	1.72		1	A	1		3.87		
Carbohydrate, by difference ... g	18.88		0	NC	4		42.48		
Fiber, total dietary ... g	1.1		1	A	1		2.5		
Sugars, total ... g									
Sucrose ... g	0.00		1	A	1		0.00		
Glucose (dextrose) ... g	1.87		1	A	1		4.21		
Fructose ... g	1.80		1	A	1		4.05		
Lactose ... g	0.00		1	A	1		0.00		
Maltose ... g	0.15		1	A	1		0.34		
Galactose ... g									
Starch ... g	13.40		1	A	1		30.15		
Minerals:									
Calcium, Ca ... mg	25		1	A	1		56		
Iron, Fe ... mg	1.55		1	A	1		3.49		
Magnesium, Mg ... mg	24		1	A	1		55		
Phosphorus, P ... mg	168		1	A	1		378		
Potassium, K ... mg	221		1	A	1		497		
Sodium, Na ... mg	427		1	A	1		961		
Zinc, Zn ... mg	0.57		1	A	1		1.29		
Copper, Cu ... mg	0.075		1	A	1		0.168		
Manganese, Mn ... mg	0.196		1	A	1		0.441		
Selenium, Se ... mcg	31.3		1	A	1		70.4		
Vitamins:									
Vitamin C, total ascorbic acid ... mg	1.1		1	A	1		2.5		
Thiamin ... mg	0.392		1	A	1		0.882		
Riboflavin ... mg	0.260		1	A	1		0.585		
Niacin ... mg	4.160		1	A	1		9.360		
Pantothenic acid ... mg									
Vitamin B-6 ... mg	0.141		1	A	1		0.317		
Folate, total ... mcg									
Folate, DFE ... mcg_DFE									
Choline, total ... mg									
Betaine ... mg									
Vitamin B-12 ... mcg	0.33		1	A	1		0.74		
Vitamin A, RAE ... mcg_RAE									
Vitamin A, IU ... IU									
Lycopene ... mcg									
Lutein + zeaxanthin ... mcg									
Vitamin E (alpha-tocopherol) ... mg									
Tocopherol, beta ... mg									
Tocopherol, gamma ... mg									
Tocopherol, delta ... mg									
Vitamin D (D2 + D3) ... mcg									
Vitamin D ... IU									
Vitamin K (phylloquinone) ... mcg	8.9		1	A	1		20.0		
Dihydrophylloquinone ... mcg	0.8		1	A	1		1.8		
Menaquinone-4 ... mcg									
Lipids:									
Fatty acids, total saturated ... g	1.030		0	NC	4		2.317		
4:0 ... g									
6:0 ... g									
8:0 ... g	0.000		1	A	1		0.000		

NDB No. 21245
WENDY'S, Ultimate Chicken Grill Sandwich

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 ... g	0.000		1	A	1		0.000		
12:0 ... g	0.000		1	A	1		0.000		
13:0 ... g									
14:0 ... g	0.010		1	A	1		0.022		
15:0 ... g	0.000		1	A	1		0.000		
16:0 ... g	0.730		1	A	1		1.643		
17:0 ... g	0.000		1	A	1		0.000		
18:0 ... g	0.280		1	A	1		0.630		
20:0 ... g	0.010		1	A	1		0.022		
22:0 ... g	0.000		1	A	1		0.000		
24:0 ... g	0.000		1	A	1		0.000		
Fatty acids, total monounsaturated ... g	1.460		0	NC	4		3.284		
14:1 ... g	0.000		1	A	1		0.000		
15:1 ... g	0.000		1	A	1		0.000		
16:1 undifferentiated ... g	0.130		1	A	1		0.292		
17:1 ... g	0.000		1	A	1		0.000		
18:1 undifferentiated ... g	1.300		1	A	1		2.925		
20:1 ... g	0.020		1	A	1		0.045		
22:1 undifferentiated ... g	0.010		1	A	1		0.022		
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	1.810		0	NC	4		4.072		
18:2 undifferentiated ... g	1.600		1	A	1		3.600		
18:3 undifferentiated ... g	0.190		1	A	1		0.427		
18:4 ... g	0.000		1	A	1		0.000		
20:2 n-6 c,c ... g	0.000		1	A	1		0.000		
20:3 undifferentiated ... g	0.000		1	A	1		0.000		
20:4 undifferentiated ... g	0.020		1	A	1		0.045		
20:5 n-3 (EPA) ... g	0.000		1	A	1		0.000		
22:5 n-3 (DPA) ... g	0.000		1	A	1		0.000		
22:6 n-3 (DHA) ... g	0.000		1	A	1		0.000		
Fatty acids, total trans ... g									
Cholesterol ... mg	40		1	A	1		89		
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.170		0	A	1		0.382		
Threonine ... g	0.570		0	A	1		1.282		
Isoleucine ... g	0.620		0	A	1		1.395		
Leucine ... g	1.040		0	A	1		2.340		
Lysine ... g	0.990		0	A	1		2.228		
Methionine ... g	0.320		0	A	1		0.720		
Cystine ... g	0.190		0	A	1		0.427		
Phenylalanine ... g	0.560		0	A	1		1.260		
Tyrosine ... g	0.320		0	A	1		0.720		
Valine ... g	0.660		0	A	1		1.485		
Arginine ... g	0.760		0	A	1		1.710		
Histidine ... g	0.420		0	A	1		0.945		
Alanine ... g	0.730		0	A	1		1.643		
Aspartic acid ... g	1.230		0	A	1		2.768		
Glutamic acid ... g	2.450		0	A	1		5.513		
Glycine ... g	0.560		0	A	1		1.260		
Proline ... g	0.680		0	A	1		1.530		
Serine ... g	0.580		0	A	1		1.305		
Hydroxyproline ... g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 225g: 1 item

NDB No. 21245
WENDY'S, Ultimate Chicken Grill Sandwich

Calories Factors: Protein 4 **Fat** 9 **Carbohydrate** 4

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2010)

NDB No. 21463
Yogurt parfait, lowfat, with fruit and granola

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	78.98		0	RKI	6		117.68		
Energy	kcal	84		0	RKI	6		125		
Energy	kJ	351		0	RKI	6		523		
Protein	g	3.36		0	RKI	6		5.01		
Total lipid (fat)	g	1.01		0	RKI	6		1.50		
Ash	g	0.80		0	RKI	6		1.19		
Carbohydrate, by difference	g	15.86		0	RKI	6		23.63		
Fiber, total dietary	g	1.1		0	RKI	6		1.6		
Sugars, total	g	11.68		0	RKI	6		17.40		
Starch	g									
Minerals:										
Calcium, Ca	mg	105		0	RKI	6		157		
Iron, Fe	mg	0.49		0	RKI	6		0.72		
Magnesium, Mg	mg	17		0	RKI	6		25		
Phosphorus, P	mg	93		0	RKI	6		139		
Potassium, K	mg	189		0	RKI	6		282		
Sodium, Na	mg	49		0	RKI	6		73		
Zinc, Zn	mg	0.89		0	RKI	6		1.32		
Copper, Cu	mg	0.054		0	RKI	6		0.081		
Manganese, Mn	mg									
Selenium, Se	mcg	3.9		0	RKI	6		5.8		
Vitamins:										
Vitamin C, total ascorbic acid	mg	14.3		0	RKI	6		21.3		
Thiamin	mg	0.070		0	RKI	6		0.105		
Riboflavin	mg	0.173		0	RKI	6		0.257		
Niacin	mg	0.714		0	RKI	6		1.063		
Pantothenic acid	mg									
Vitamin B-6	mg	0.233		0	RKI	6		0.348		
Folate, total	mcg	51		0	RKI	6		76		
Folic acid	mcg	38		0	RKI	6		57		
Folate, food	mcg	13		0	RKI	6		19		
Folate, DFE	mcg_DFE	77		0	NC	4		115		
Choline, total	mg	11.9		0	RKI	6		17.7		
Betaine	mg									
Vitamin B-12	mcg	0.88		0	RKI	6		1.32		
Vitamin B-12, added	mcg	0.58		0	RKI	6		0.87		
Vitamin A, RAE	mcg_RAE	30		0	RKI	6		44		
Retinol	mcg	29		0	RKI	6		43		
Carotene, beta	mcg	12		0	RKI	6		17		
Carotene, alpha	mcg	0		0	RKI	6		0		
Cryptoxanthin, beta	mcg	0		0	RKI	6		0		
Vitamin A, IU	IU	115		0	NC	4		172		
Lycopene	mcg	0		0	RKI	6		0		
Lutein + zeaxanthin	mcg	12		0	RKI	6		18		
Vitamin E (alpha-tocopherol)	mg	0.25		0	RKI	6		0.37		
Vitamin E, added	mg	0.00		0	RKI	6		0.00		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg	0.1		0	RKI	6		0.2		
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU	4		0	RKI	6		7		
Vitamin K (phylloquinone)	mcg	1.7		0	RKI	6		2.5		
Dihydrophylloquinone	mcg									
Menaquinone-4	mcg									
Lipids:										

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Yogurt parfait, lowfat, with fruit and granola

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.525		0	RKI	6		0.782		
4:0....g	0.021		0	RKI	6		0.032		
6:0....g	0.014		0	RKI	6		0.021		
8:0....g	0.009		0	RKI	6		0.014		
10:0....g	0.021		0	RKI	6		0.031		
12:0....g	0.025		0	RKI	6		0.037		
13:0....g									
14:0....g	0.076		0	RKI	6		0.114		
15:0....g									
16:0....g	0.249		0	RKI	6		0.372		
17:0....g									
18:0....g	0.077		0	RKI	6		0.115		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.307		0	RKI	6		0.457		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.016		0	RKI	6		0.024		
17:1....g									
18:1 undifferentiated....g	0.273		0	RKI	6		0.407		
20:1....g	0.000		0	RKI	6		0.000		
22:1 undifferentiated....g	0.000		0	RKI	6		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.122		0	RKI	6		0.182		
18:2 undifferentiated....g	0.106		0	RKI	6		0.158		
18:3 undifferentiated....g	0.016		0	RKI	6		0.023		
18:4....g	0.000		0	RKI	6		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0	RKI	6		0.000		
20:5 n-3 (EPA)....g	0.000		0	RKI	6		0.000		
22:5 n-3 (DPA)....g	0.000		0	RKI	6		0.000		
22:6 n-3 (DHA)....g	0.000		0	RKI	6		0.000		
Fatty acids, total trans....g	0.000		0	RKI	6		0.000		
Cholesterol....mg	3		0	RKI	6		4		
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	RKI	6		0.0		
Caffeine....mg	0		0	RKI	6		0		
Theobromine....mg	0		0	RKI	6		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 149g: 1 item

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2010)