

NDB No. 12060
Nuts, acorn flour, full fat

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	6.00		1		1		1.70		
Energy.....kcal	501		0	NC	4		142		
Energy.....kJ	2096				4		594		
Protein (N x 5.3).....g	7.49		1		1		2.12		
Total lipid (fat).....g	30.17		1		1		8.55		
Ash.....g	1.69		1		1		0.48		
Carbohydrate, by difference.....g	54.65		0	NC	4		15.49		
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	43		1		1		12		
Iron, Fe.....mg	1.21		1		1		0.34		
Magnesium, Mg.....mg	110		1		1		31		
Phosphorus, P.....mg	103		1		1		29		
Potassium, K.....mg	712		1		1		202		
Sodium, Na.....mg	0		0		4		0		
Zinc, Zn.....mg	0.64		1		1		0.18		
Copper, Cu.....mg	0.611		1		1		0.173		
Manganese, Mn.....mg	1.743		0		4		0.494		
Selenium, Se.....µg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0		4		0.0		
Thiamin.....mg	0.146		0		4		0.041		
Riboflavin.....mg	0.154		0		4		0.044		
Niacin.....mg	2.382		0		4		0.675		
Pantothenic acid.....mg	0.931		0		4		0.264		
Vitamin B-6.....mg	0.688		0		4		0.195		
Folate, total.....µg	114		0		4		32		
Folic acid.....µg	0		0	Z	7		0		
Folate, food.....µg	114		0		4		32		
Folate, DFE.....µg	114		0	NC	4		32		
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		0	Z	7		0.00		
Vitamin A, RAE.....µg	3		0		4		1		
Retinol.....µg	0		0	Z	7		0		
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	51		0		4		14		
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									

Lipids:

NDB No. 12060
Nuts, acorn flour, full fat

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>		
	Mean	Std. Error	Number		Source Code	Confidence Code	
			of Data Points	Deriv Code			
							Measure 1 Measure 2 Measure 3
Fatty acids, total saturated.....g	3.923		0		1		1.112
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	3.605		0		1		1.022
17:0.....g							
18:0.....g	0.319		0		1		0.090
20:0.....g							
22:0.....g							
24:0.....g							
Fatty acids, total monounsaturated.....g	19.110		0		1		5.418
14:1.....g							
15:1.....g							
16:1 undifferentiated.....g							
17:1.....g							
18:1 undifferentiated.....g	19.110		0		1		5.418
20:1.....g							
22:1 undifferentiated.....g							
24:1 c.....g							
Fatty acids, total polyunsaturated.....g	5.813		0		1		1.648
18:2 undifferentiated.....g	5.813		0		1		1.648
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							
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	Z	7		0
Phytosterols.....mg							
Amino Acids:							
Tryptophan.....g	0.090		0		1		0.026
Threonine.....g	0.288		0		1		0.082
Isoleucine.....g	0.348		0		1		0.099
Leucine.....g	0.596		0		1		0.169
Lysine.....g	0.468		0		1		0.133
Methionine.....g	0.126		0		1		0.036
Cystine.....g	0.133		0		1		0.038
Phenylalanine.....g	0.328		0		1		0.093
Tyrosine.....g	0.227		0		1		0.064
Valine.....g	0.421		0		1		0.119
Arginine.....g	0.577		0		1		0.164
Histidine.....g	0.208		0		1		0.059
Alanine.....g	0.427		0		1		0.121
Aspartic acid.....g	0.774		0		1		0.219
Glutamic acid.....g	1.202		0		1		0.341
Glycine.....g	0.348		0		1		0.099
Proline.....g	0.300		0		1		0.085
Serine.....g	0.318		0		1		0.090
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.

NDB No. 12060
Nuts, acorn flour, full fat
Common Measures:
Measure 1 = 28.35g: 1 oz

Calories Factors: Protein 3.47 Fat 8.37 Carbohydrate4.07 Food Group: 12 Nut and Seed Products
USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 12059
Nuts, acorns, dried

Refuse:38% Shells

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion 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	5.06		2		1		1.43		
Energy.....kcal	509		0	NC	4		144		
Energy.....kJ	2130				4		604		
Protein (N x 5.3).....g	8.10		2		1		2.30		
Total lipid (fat).....g	31.41		2		1		8.90		
Ash.....g	1.78		2		1		0.50		
Carbohydrate, by difference.....g	53.66		0	NC	4		15.21		
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	54		1		1		15		
Iron, Fe.....mg	1.04		1		1		0.29		
Magnesium, Mg.....mg	82		1		1		23		
Phosphorus, P.....mg	103		0		1		29		
Potassium, K.....mg	709		1		1		201		
Sodium, Na.....mg	0		1		1		0		
Zinc, Zn.....mg	0.67		1		1		0.19		
Copper, Cu.....mg	0.818		1		1		0.232		
Manganese, Mn.....mg	1.363		0		4		0.386		
Selenium, Se.....µg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0		1		0.0		
Thiamin.....mg	0.149		0		1		0.042		
Riboflavin.....mg	0.154		0		1		0.044		
Niacin.....mg	2.406		0		1		0.682		
Pantothenic acid.....mg	0.940		0		4		0.266		
Vitamin B-6.....mg	0.695		0		4		0.197		
Folate, total.....µg	115		0		4		32		
Folic acid.....µg	0		0	Z	7		0		
Folate, food.....µg	115		0		4		32		
Folate, DFE.....µg	115		0	NC	4		32		
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		0	Z	7		0.00		
Vitamin A, RAE.....µg	0		0		4		0		
Retinol.....µg	0		0	Z	7		0		
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	0		0		4		0		
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									

Lipids:

NDB No. 12059
Nuts, acorns, dried

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>		
	Mean	Std. Error	Number		Source Code	Confidence Code	
			of Data Points	Deriv Code			
							Measure 1 Measure 2 Measure 3
Fatty acids, total saturated.....g	4.084		0		1		1.158
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	3.753		0		1		1.064
17:0.....g							
18:0.....g	0.332		0		1		0.094
20:0.....g							
22:0.....g							
24:0.....g							
Fatty acids, total monounsaturated.....g	19.896		0		1		5.641
14:1.....g							
15:1.....g							
16:1 undifferentiated.....g							
17:1.....g							
18:1 undifferentiated.....g	19.896		0		1		5.641
20:1.....g							
22:1 undifferentiated.....g							
24:1 c.....g							
Fatty acids, total polyunsaturated.....g	6.052		0		1		1.716
18:2 undifferentiated.....g	6.052		0		1		1.716
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							
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	Z	7		0
Phytosterols.....mg							
Amino Acids:							
Tryptophan.....g	0.098		0		1		0.028
Threonine.....g	0.312		0		1		0.088
Isoleucine.....g	0.376		0		1		0.107
Leucine.....g	0.644		0		1		0.183
Lysine.....g	0.505		0		1		0.143
Methionine.....g	0.136		0		1		0.039
Cystine.....g	0.144		0		1		0.041
Phenylalanine.....g	0.354		0		1		0.100
Tyrosine.....g	0.246		0		1		0.070
Valine.....g	0.455		0		1		0.129
Arginine.....g	0.623		0		1		0.177
Histidine.....g	0.224		0		1		0.064
Alanine.....g	0.461		0		1		0.131
Aspartic acid.....g	0.837		0		1		0.237
Glutamic acid.....g	1.299		0		1		0.368
Glycine.....g	0.376		0		1		0.107
Proline.....g	0.324		0		1		0.092
Serine.....g	0.344		0		1		0.098
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.

NDB No. 12059
Nuts, acorns, dried

Common Measures:
Measure 1 = 28.35g: 1 oz

Calories Factors: Protein 3.47 Fat 8.37 Carbohydrate4.07 Food Group: 12 Nut and Seed Products
USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 12058
Nuts, acorns, raw
Quercus spp.

Refuse:38% Shells

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion 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	27.90		0		1		7.91		
Energy.....kcal	387		0	NC	4		110		
Energy.....kJ	1619				4		459		
Protein (N x 5.3).....g	6.15		0		1		1.74		
Total lipid (fat).....g	23.86		0		1		6.76		
Ash.....g	1.35		0		1		0.38		
Carbohydrate, by difference.....g	40.75		0	NC	4		11.55		
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	41		0		1		12		
Iron, Fe.....mg	0.79		0		1		0.22		
Magnesium, Mg.....mg	62		0		1		18		
Phosphorus, P.....mg	79		0		1		22		
Potassium, K.....mg	539		0		1		153		
Sodium, Na.....mg	0		0		1		0		
Zinc, Zn.....mg	0.51		0		1		0.14		
Copper, Cu.....mg	0.621		0		1		0.176		
Manganese, Mn.....mg	1.337		0		4		0.379		
Selenium, Se.....µg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0		1		0.0		
Thiamin.....mg	0.112		0		1		0.032		
Riboflavin.....mg	0.118		0		1		0.033		
Niacin.....mg	1.827		0		1		0.518		
Pantothenic acid.....mg	0.715		0		4		0.203		
Vitamin B-6.....mg	0.528		0		4		0.150		
Folate, total.....µg	87		0		4		25		
Folic acid.....µg	0		0	Z	7		0		
Folate, food.....µg	87		0		4		25		
Folate, DFE.....µg	87		0	NC	4		25		
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		0	Z	7		0.00		
Vitamin A, RAE.....µg	2		0		4		1		
Retinol.....µg	0		0	Z	7		0		
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	39		0		4		11		
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									

Lipids:

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data						
Fatty acids, total saturated.....g	3.102		0		1		0.879		
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	2.850		2		1		0.808		
17:0.....g									
18:0.....g	0.252		2		1		0.071		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	15.109		0		1		4.283		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	15.109		2		1		4.283		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	4.596		0		1		1.303		
18:2 undifferentiated.....g	4.596		2		1		1.303		
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									
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	Z	7		0		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.074		1		1		0.021		
Threonine.....g	0.236		1		1		0.067		
Isoleucine.....g	0.285		1		1		0.081		
Leucine.....g	0.489		1		1		0.139		
Lysine.....g	0.384		1		1		0.109		
Methionine.....g	0.103		1		1		0.029		
Cystine.....g	0.109		1		1		0.031		
Phenylalanine.....g	0.269		1		1		0.076		
Tyrosine.....g	0.187		1		1		0.053		
Valine.....g	0.345		1		1		0.098		
Arginine.....g	0.473		1		1		0.134		
Histidine.....g	0.170		1		1		0.048		
Alanine.....g	0.350		1		1		0.099		
Aspartic acid.....g	0.635		1		1		0.180		
Glutamic acid.....g	0.986		1		1		0.280		
Glycine.....g	0.285		1		1		0.081		
Proline.....g	0.246		1		1		0.070		
Serine.....g	0.261		1		1		0.074		
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.

NDB No. 12058
Nuts, acorns, raw

Common Measures:
Measure 1 = 28.35g: 1 oz

Calories Factors: Protein 3.47 Fat 8.37 Carbohydrate4.07 Food Group: 12 Nut and Seed Products
USDA National Nutrient Database for Standard Reference, Release 27 (2014)

Nuts, almond butter, plain, with salt added

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	1.64	0.155	8	A	1		0.26	4.09	
Energy.....kcal	614		0	NC	4		98	1535	
Energy.....kJ	2568		0	NC	4		411	6420	
Protein (N x 5.18).....g	20.96	0.449	8	A	1		3.35	52.40	
Total lipid (fat).....g	55.50	0.716	8	A	1		8.88	138.75	
Ash.....g	3.09	0.058	8	A	1		0.49	7.72	
Carbohydrate, by difference.....g	18.82		0	NC	4		3.01	47.04	
Fiber, total dietary.....g	10.3	0.403	8	A	1		1.6	25.6	
Sugars, total.....g	6.27		0	LC	8		1.00	15.68	
Sucrose.....g	6.14	0.196	8	A	1		0.98	15.36	
Glucose (dextrose).....g	0.02	0.000	8	A	1		0.00	0.05	
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	0.10	0.000	8	A	1		0.02	0.26	
Galactose.....g	0.00		0	Z	7		0.00	0.00	
Starch.....g	0.08	0.000	8	A	1		0.01	0.19	
Minerals:									
Calcium, Ca.....mg	347	12.733	8	A	1		56	868	
Iron, Fe.....mg	3.49	0.360	8	A	1		0.56	8.73	
Magnesium, Mg.....mg	279	6.497	8	A	1		45	696	
Phosphorus, P.....mg	508	10.745	8	A	1		81	1269	
Potassium, K.....mg	748	21.239	8	A	1		120	1871	
Sodium, Na.....mg	227		0	LC	8		36	568	
Zinc, Zn.....mg	3.29	0.218	8	A	1		0.53	8.21	
Copper, Cu.....mg	0.934	0.047	8	A	1		0.149	2.334	
Manganese, Mn.....mg	2.131	0.155	8	A	1		0.341	5.328	
Selenium, Se.....µg	2.4	0.136	8	A	1		0.4	5.9	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0	0.000	8	A	1		0.0	0.0	
Thiamin.....mg	0.041	0.006	8	A	1		0.006	0.101	
Riboflavin.....mg	0.939	0.118	8	A	1		0.150	2.347	
Niacin.....mg	3.155	0.101	8	A	1		0.505	7.888	
Pantothenic acid.....mg	0.318	0.018	8	A	1		0.051	0.794	
Vitamin B-6.....mg	0.103	0.007	8	A	1		0.016	0.257	
Folate, total.....µg	53		0	BFZN	4		8	133	
Folic acid.....µg	0		0	Z	7		0	0	
Folate, food.....µg	53		0	BFZN	4		8	133	
Folate, DFE.....µg	53		0	NC	4		8	133	
Choline, total.....mg	52.1		0	BFZN	4		8.3	130.2	
Betaine.....mg									
Vitamin B-12.....µg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added.....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....µg	0		0	NC	4		0	0	
Retinol.....µg	0		0	Z	7		0	0	
Carotene, beta.....µg	1		0	BFZN	4		0	2	
Carotene, alpha.....µg	0		0	BFZN	4		0	0	
Cryptox									

NDB No. 12695

Nuts, almond butter, plain, with salt added

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D.....µg	0		0	Z	7		0	0	
Vitamin K (phylloquinone).....µg	0.0		0	BFZN	4		0.0	0.0	
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	6.550		0	LC	8		1.048	16.375	
4:0.....g	0.000		0		1		0.000	0.000	
6:0.....g	0.000		0		1		0.000	0.000	
8:0.....g	0.000	0.000	8	A	1		0.000	0.000	
10:0.....g	0.000	0.000	8	A	1		0.000	0.000	
12:0.....g	0.000	0.000	8	A	1		0.000	0.000	
13:0.....g									
14:0.....g	0.011	0.000	8	A	1		0.002	0.028	
15:0.....g	0.000	0.000	8	A	1		0.000	0.000	
16:0.....g	5.036	0.037	8	A	1		0.806	12.590	
17:0.....g	0.011	0.000	8	A	1		0.002	0.028	
18:0.....g	1.480	0.057	8	A	1		0.237	3.700	
20:0.....g	0.011	0.007	8	A	1		0.002	0.028	
22:0.....g	0.000	0.000	8	A	1		0.000	0.000	
24:0.....g									
Fatty acids, total monounsaturated.....g	32.445		0	NC	4		5.191	81.112	
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	0.248	0.009	8	A	1		0.040	0.619	
17:1.....g	0.035	0.000	8	A	1		0.006	0.088	
18:1 undifferentiated.....g	32.143	0.525	8	A	1		5.143	80.358	
20:1.....g	0.019	0.008	8	A	1		0.003	0.047	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	13.613		0	NC	4		2.178	34.032	
18:2 undifferentiated.....g	13.605	0.762	8	A	1		2.177	34.014	
18:3 undifferentiated.....g	0.007	0.000	8	A	1		0.001	0.018	
18:4.....g	0.000		0		1		0.000	0.000	
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		1		0.000	0.000	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g	0.000		2	LC	8		0.000	0.000	
Cholesterol.....mg	0		0	Z	7		0	0	
Phytosterols.....mg									
Stigmasterol.....mg	3	0.237	8	A	1		1	8	
Campesterol.....mg	6	0.417	8	A	1		1	14	
Beta-sitosterol.....mg	131	3.490	8	A	1		21	326	
Amino Acids:									
Tryptophan.....g	0.159		0	A	1		0.025	0.397	
Threonine.....g	0.555		0	A	1		0.089	1.388	
Isoleucine.....g	0.813		0	A	1		0.130	2.032	
Leucine.....g	1.483		0	A	1		0.237	3.708	
Lysine.....g	0.612		0	A	1		0.098	1.529	
Methionine.....g	0.122		0	A	1		0.020	0.306	
Cystine.....g	0.242		0	A	1		0.039	0.605	
Phenylalanine.....g	1.149		0	A	1		0.184	2.872	
Tyrosine.....g	0.595		0	A	1		0.095	1.487	
Valine.....g	0.937		0	A	1		0.150	2.341	
Arginine.....g	2.382		0	A	1		0.381	5.955	
Histidine.....g	0.550		0	A	1		0.088	1.375	

NDB No. 12695

Nuts, almond butter, plain, with salt added

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>						<u>Amount in edible portion of common measures of food</u>		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Alanine.....g	0.990		0	A	1		0.158	2.476	
Aspartic acid.....g	2.397		0	A	1		0.384	5.992	
Glutamic acid.....g	5.912		0	A	1		0.946	14.781	
Glycine.....g	1.472		0	A	1		0.235	3.679	
Proline.....g	0.915		0	A	1		0.146	2.288	
Serine.....g	0.926		0	A	1		0.148	2.315	
Hydroxyproline.....g									
<u>Others:</u>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	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 = 16g: 1 tbsp

Measure 2 = 250g: 1 cup

Calories Factors: Protein 3.47

Fat 8.37

Carbohydrate 4.07

Food Group: 12 Nut and Seed Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

Nuts, almond butter, plain, without salt added

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	1.64	0.155	8	A	1		0.26	4.09	
Energy.....kcal	614		0	NC	4		98	1535	
Energy.....kJ	2568		0	NC	4		411	6421	
Protein (N x 5.18).....g	20.96	0.449	8	A	1		3.35	52.40	
Total lipid (fat).....g	55.50	0.716	8	A	1		8.88	138.75	
Ash.....g	3.09	0.058	8	A	1		0.49	7.72	
Carbohydrate, by difference.....g	18.82		0	NC	4		3.01	47.04	
Fiber, total dietary.....g	10.3	0.403	8	A	1		1.6	25.6	
Sugars, total.....g	4.43		0	AS	1		0.71	11.07	
Sucrose.....g	4.34	0.196	8	A	1		0.69	10.84	
Glucose (dextrose).....g	0.02	0.000	8	A	1		0.00	0.04	
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	0.07	0.000	8	A	1		0.01	0.18	
Galactose.....g									
Starch.....g	0.08	0.000	8	A	1		0.01	0.19	
Minerals:									
Calcium, Ca.....mg	347	12.733	8	A	1		56	868	
Iron, Fe.....mg	3.49	0.360	8	A	1		0.56	8.73	
Magnesium, Mg.....mg	279	6.497	8	A	1		45	696	
Phosphorus, P.....mg	508	10.745	8	A	1		81	1269	
Potassium, K.....mg	748	21.239	8	A	1		120	1871	
Sodium, Na.....mg	7	0.000	8	A	1		1	18	
Zinc, Zn.....mg	3.29	0.218	8	A	1		0.53	8.21	
Copper, Cu.....mg	0.934	0.047	8	A	1		0.149	2.334	
Manganese, Mn.....mg	2.131	0.155	8	A	1		0.341	5.328	
Selenium, Se.....µg	2.4	0.136	8	A	1		0.4	5.9	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0	0.000	8	A	1		0.0	0.0	
Thiamin.....mg	0.041	0.006	8	A	1		0.006	0.101	
Riboflavin.....mg	0.939	0.118	8	A	1		0.150	2.347	
Niacin.....mg	3.155	0.101	8	A	1		0.505	7.888	
Pantothenic acid.....mg	0.318	0.018	8	A	1		0.051	0.794	
Vitamin B-6.....mg	0.103	0.007	8	A	1		0.016	0.257	
Folate, total.....µg	53		0	BFZN	4		8	133	
Folic acid.....µg	0		0	Z	7		0	0	
Folate, food.....µg	53		0	BFZN	4		8	133	
Folate, DFE.....µg	53		0	NC	4		8	133	
Choline, total.....mg	52.1		0	BFZN	4		8.3	130.2	
Betaine.....mg									
Vitamin B-12.....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....µg	0		0	NC	4		0	0	
Retinol.....µg	0		0	Z	7		0	0	
Carotene, beta.....µg	1		0	BFZN	4		0	2	
Carotene, alpha.....µg	0		0	BFZN	4		0	0	
Cryptoxanthin, beta.....µg	0		0	BFZN	4		0	0	
Vitamin A, IU.....IU	1		0	NC	4				

NDB No. 12195
Nuts, almond butter, plain, without salt added

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion 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 D (D2 + D3).....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D.....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone).....µg	0.0		0	BFZN	4		0.0	0.0	
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
<u>Lipids:</u>									
Fatty acids, total saturated.....g	4.152		0	NC	4		0.664	10.380	
4:0.....g									
6:0.....g									
8:0.....g	0.000	0.000	8	A	1		0.000	0.000	
10:0.....g	0.000	0.000	8	A	1		0.000	0.000	
12:0.....g	0.000	0.000	8	A	1		0.000	0.000	
13:0.....g									
14:0.....g	0.007	0.000	8	A	1		0.001	0.018	
15:0.....g	0.000	0.000	8	A	1		0.000	0.000	
16:0.....g	3.192	0.037	8	A	1		0.511	7.981	
17:0.....g	0.007	0.000	8	A	1		0.001	0.018	
18:0.....g	0.938	0.057	8	A	1		0.150	2.345	
20:0.....g	0.007	0.007	8	A	1		0.001	0.018	
22:0.....g	0.000	0.000	8	A	1		0.000	0.000	
24:0.....g									
Fatty acids, total monounsaturated.....g	32.445		0	NC	4		5.191	81.112	
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	0.248	0.009	8	A	1		0.040	0.619	
17:1.....g	0.035	0.000	8	A	1		0.006	0.088	
18:1 undifferentiated.....g	32.143	0.525	8	A	1		5.143	80.358	
20:1.....g	0.019	0.008	8	A	1		0.003	0.047	
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	13.613		0	NC	4		2.178	34.032	
18:2 undifferentiated.....g	13.605	0.762	8	A	1		2.177	34.014	
18:3 undifferentiated.....g	0.007	0.000	8	A	1		0.001	0.018	
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	
20:4 undifferentiated.....g	0.000	0.000	8	A	1		0.000	0.000	
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	Z	7		0	0	
Phytosterols.....mg	139		0	AS	1		22	348	
Stigmasterol.....mg	3	0.237	8	A	1		1	8	
Campesterol.....mg	6	0.417	8	A	1		1	14	
Beta-sitosterol.....mg	131	3.490	8	A	1		21	326	
<u>Amino Acids:</u>									
Tryptophan.....g	0.159		0	A	1		0.025	0.397	
Threonine.....g	0.555		0	A	1		0.089	1.388	
Isoleucine.....g	0.813		0	A	1		0.130	2.032	
Leucine.....g	1.483		0	A	1		0.237	3.708	
Lysine.....g	0.612		0	A	1		0.098	1.529	
Methionine.....g	0.122		0	A	1		0.020	0.306	
Cystine.....g	0.242		0	A	1		0.039	0.605	
Phenylalanine.....g	1.149		0	A	1		0.184	2.872	
Tyrosine.....g	0.595		0	A	1		0.095	1.487	
Valine.....g	0.937		0	A	1		0.150	2.341	
Arginine.....g	2.382		0	A	1		0.381	5.955	
Histidine.....g	0.550		0	A	1		0.088	1.375	
Alanine.....g	0.990		0	A	1		0.158	2.476	
Aspartic acid.....g	2.397		0	A	1		0.384	5.992	

NDB No. 12195
Nuts, almond butter, plain, without salt added

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>					<u>Amount in edible portion of common measures of food</u>			
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Glutamic acid.....g	5.912		0	A	1		0.946	14.781	
Glycine.....g	1.472		0	A	1		0.235	3.679	
Proline.....g	0.915		0	A	1		0.146	2.288	
Serine.....g	0.926		0	A	1		0.148	2.315	
Hydroxyproline.....g									
<u>Others:</u>									
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 = 16g: 1 tbsp
Measure 2 = 250g: 1 cup

Calories Factors: Protein 3.47 Fat 8.37 Carbohydrate 4.07 Food Group: 12 Nut and Seed Products
USDA National Nutrient Database for Standard Reference, Release 27 (2014)

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			Measure 1	Measure 2	Measure 3
			Points	Deriv Code	Source Code Confidence			
Proximates:								
Water.....g	14.08		2	A	1	3.99	31.96	
Energy.....kcal	458		0	NC	4	130	1040	
Energy.....kJ	1916		0		4	543	4350	
Protein (N x 5.18).....g	9.00		2	A	1	2.55	20.43	
Total lipid (fat).....g	27.74		2	A	1	7.86	62.97	
Ash.....g	1.37		2	A	1	0.39	3.11	
Carbohydrate, by difference.....g	47.81		0	NC	4	13.55	108.53	
Fiber, total dietary.....g	4.8		2	A	1	1.4	10.9	
Sugars, total.....g	36.25		0	FLA	4	10.28	82.30	
Starch.....g								
Minerals:								
Calcium, Ca.....mg	172		2	A	1	49	390	
Iron, Fe.....mg	1.60		2	A	1	0.45	3.63	
Magnesium, Mg.....mg	130		2	A	1	37	295	
Phosphorus, P.....mg	258		2	A	1	73	586	
Potassium, K.....mg	314		2	A	1	89	713	
Sodium, Na.....mg	9		2	A	1	3	20	
Zinc, Zn.....mg	1.48		2	A	1	0.42	3.36	
Copper, Cu.....mg	0.454		2	A	1	0.129	1.031	
Manganese, Mn.....mg	0.856		2	A	1	0.243	1.943	
Selenium, Se.....µg	4.2		0	BFSN	4	1.2	9.5	
Vitamins:								
Vitamin C, total ascorbic acid.....mg	0.1		1	A	1	0.0	0.2	
Thiamin.....mg	0.082		2	A	1	0.023	0.186	
Riboflavin.....mg	0.414		2	A	1	0.117	0.940	
Niacin.....mg	1.422		2	A	1	0.403	3.228	
Pantothenic acid.....mg	0.113		2	A	1	0.032	0.257	
Vitamin B-6.....mg	0.036		2	A	1	0.010	0.082	
Folate, total.....µg	73		2	A	1	21	166	
Folic acid.....µg	0		0	Z	7	0	0	
Folate, food.....µg	73		2	A	1	21	166	
Folate, DFE.....µg	73		0	NC	4	21	166	
Choline, total.....mg	28.5		0	FLA	4	8.1	64.8	
Betaine.....mg								
Vitamin B-12.....µg	0.00		0	Z	7	0.00	0.00	
Vitamin B-12, added.....µg	0.00		0	Z	7	0.00	0.00	
Vitamin A, RAE.....µg	0		2	A	1	0	0	
Retinol.....µg	0		0	Z	7	0	0	
Carotene, beta.....µg	0		2	A	1	0	0	
Carotene, alpha.....µg	0		2	A	1	0	0	
Cryptoxanthin, beta.....µg	0		2	A	1	0	0	
Vitamin A, IU.....IU	0		2	A	1	0	0	
Lycopene.....µg	0		0	FLA	4	0	0	
Lutein + zeaxanthin.....µg	1		0	FLA	4	0	2	
Vitamin E (alpha-tocopherol).....mg	13.54		0	FLA	4	3.84	30.74	
Vitamin E, added.....mg	0.00		0	Z	7	0.00	0.00	
Tocopherol, beta.....mg								
Tocopherol, gamma.....mg								
Tocopherol, delta.....mg								
Tocotrienol, alpha.....mg								
Tocotrienol, beta.....mg								
Tocotrienol, gamma.....mg								
Tocotrienol, delta.....mg								
Vitamin D (D2 + D3).....µg	0.0		0	Z	7	0.0	0.0	
Vitamin D.....IU	0		0	Z	7	0	0	
Vitamin K (phylloquinone).....µg	0.0		0	FLA	4	0.0	0.0	
Dihydrophylloquinone.....µg								
Menaquinone-4.....µg								

NDB No. 12071
Nuts, almond paste

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Lipids:									
Fatty acids, total saturated.....g	2.629		0	BFFN	4		0.745	5.968	
4:0.....g	0.000		0	BFFN	4		0.000	0.000	
6:0.....g	0.000		0	BFFN	4		0.000	0.000	
8:0.....g	0.000		0	BFFN	4		0.000	0.000	
10:0.....g	0.000		0	BFFN	4		0.000	0.000	
12:0.....g	0.003		0	BFFN	4		0.001	0.007	
13:0.....g									
14:0.....g	0.158		0	BFFN	4		0.045	0.359	
15:0.....g									
16:0.....g	1.836		0	BFFN	4		0.521	4.168	
17:0.....g									
18:0.....g	0.542		0	BFFN	4		0.154	1.230	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	18.012		0	BFFN	4		5.106	40.887	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.162		0	BFFN	4		0.046	0.368	
17:1.....g									
18:1 undifferentiated.....g	17.680		0	BFFN	4		5.012	40.134	
20:1.....g	0.027		0	BFFN	4		0.008	0.061	
22:1 undifferentiated.....g	0.000		0	BFFN	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	5.821		0	BFFN	4		1.650	13.214	
18:2 undifferentiated.....g	5.576		0	BFFN	4		1.581	12.658	
18:3 undifferentiated.....g	0.199		0	BFFN	4		0.056	0.452	
18:4.....g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	BFFN	4		0.000	0.000	
20:5 n-3 (EPA).....g	0.000		0	BFFN	4		0.000	0.000	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	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 = 28.35g: 1 oz

Measure 2 = 227g: 1 cup, firmly packed

Calories Factors: Protein 3.47

Fat 8.37

Carbohydrate4.07

Food Group: 12 Nut and Seed Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

Refuse:60% Shells

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Number of Data			Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
	Mean	Std. Error	Points	Code	Code	Code			
Proximates:									
Water.....g	4.41	0.219	90	A	1		6.31	4.06	4.76
Energy.....kcal	579		0	NC	4		828	533	625
Energy.....kJ	2423		0	NC	4		3465	2229	2617
Protein (N x 5.18).....g	21.15	0.117	91	A	1		30.24	19.45	22.84
Total lipid (fat).....g	49.93	0.286	90	A	1		71.40	45.94	53.93
Ash.....g	2.97	0.040	90	A	1		4.24	2.73	3.20
Carbohydrate, by difference.....g	21.55		0	NC	4		30.81	19.82	23.27
Fiber, total dietary.....g	12.5	0.295	89	A	1		17.9	11.5	13.5
Sugars, total.....g	4.35		0	AS	1		6.22	4.00	4.70
Sucrose.....g	3.95	0.212	93	A	1		5.66	3.64	4.27
Glucose (dextrose).....g	0.17	0.035	93	A	1		0.24	0.16	0.18
Fructose.....g	0.11	0.040	93	A	1		0.16	0.11	0.12
Lactose.....g	0.00	0.000	93	A	1		0.00	0.00	0.00
Maltose.....g	0.04	0.020	93	A	1		0.06	0.04	0.04
Galactose.....g	0.07	0.021	88	A	1		0.10	0.07	0.08
Starch.....g	0.72	0.101	4	A	1		1.03	0.66	0.78
Minerals:									
Calcium, Ca.....mg	269	7.668	89	A	1		384	247	290
Iron, Fe.....mg	3.71	0.139	89	A	1		5.30	3.41	4.01
Magnesium, Mg.....mg	270	1.371	88	A	1		387	249	292
Phosphorus, P.....mg	481	6.308	88	A	1		688	443	520
Potassium, K.....mg	733	16.386	88	A	1		1048	675	792
Sodium, Na.....mg	1	0.467	85	A	1		2	1	1
Zinc, Zn.....mg	3.12	0.062	86	A	1		4.46	2.87	3.37
Copper, Cu.....mg	1.031	0.050	86	A	1		1.475	0.949	1.114
Manganese, Mn.....mg	2.179	0.075	88	A	1		3.116	2.005	2.353
Selenium, Se.....µg	4.1	2.447	26	A	1		5.8	3.8	4.4
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0	0.000	49	A	1		0.0	0.0	0.0
Thiamin.....mg	0.205	0.009	85	A	1		0.293	0.189	0.221
Riboflavin.....mg	1.138	0.115	88	A	1		1.627	1.047	1.229
Niacin.....mg	3.618	0.150	88	A	1		5.173	3.328	3.907
Pantothenic acid.....mg	0.471	0.025	88	A	1		0.673	0.433	0.508
Vitamin B-6.....mg	0.137	0.006	47	A	1		0.195	0.126	0.147
Folate, total.....µg	44	6.482	41	A	1		62	40	47
Folic acid.....µg	0		0	Z	7		0	0	0
Folate, food.....µg	44	6.482	41	A	1		62	40	47
Folate, DFE.....µg	44		0	NC	4		62	40	47
Choline, total.....mg	52.1		0	AS	1		74.5	47.9	56.2
Betaine.....mg	0.5	0.051	5	A	1		0.7	0.5	0.5
Vitamin B-12.....µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin B-12, added.....µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE.....µg	0		0	AS	1		0	0	0
Retinol.....µg	0		0	Z	7		0	0	0
Carotene, beta.....µg	1	0.676	26	A	1		2	1	1
Carotene, alpha.....µg	0	0.000	9	A	1		0	0	0
Cryptoxanthin, beta.....µg	0	0.000	8	A	1		0	0	0
Vitamin A, IU.....IU	2		0	AS	1		3	2	2
Lycopene.....µg	0	0.000	8	A	1		0	0	0
Lutein + zeaxanthin.....µg	1	0.000	8	A	1		2	1	1
Vitamin E (alpha-tocopherol).....mg	25.63	0.290	90	A	1		36.65	23.58	27.68
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta.....mg	0.23	0.071	90	A	1		0.33	0.21	0.25
Tocopherol, gamma.....mg	0.64	0.070	90	A	1		0.92	0.59	0.69
Tocopherol, delta.....mg	0.07	0.042	88	A	1		0.10	0.06	0.07
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									

NDB No. 12061
Nuts, almonds (1, 2)

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0	0.0	0.0
Vitamin D.....IU	0		0	Z	7		0	0	0
Vitamin K (phylloquinone).....µg	0.0	0.000	8	A	1		0.0	0.0	0.0
Dihydrophyloquinone.....µg	0.0	0.000	8	A	1		0.0	0.0	0.0
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	3.802		0	NC	4		5.437	3.498	4.106
4:0.....g	0.000		0	Z	7		0.000	0.000	0.000
6:0.....g	0.000		0	Z	7		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	68	A	1		0.000	0.000	0.000
12:0.....g	0.000	0.000	67	A	1		0.000	0.000	0.000
13:0.....g	0.000	0.000	4	A	1		0.000	0.000	0.000
14:0.....g	0.003	0.002	90	A	1		0.004	0.003	0.003
15:0.....g	0.000	0.000	76	A	1		0.000	0.000	0.000
16:0.....g	3.083	0.030	90	A	1		4.409	2.836	3.330
17:0.....g	0.004	0.002	88	A	1		0.006	0.004	0.004
18:0.....g	0.704	0.027	90	A	1		1.007	0.648	0.760
20:0.....g	0.007	0.003	90	A	1		0.009	0.006	0.007
22:0.....g	0.001	0.000	82	A	1		0.001	0.001	0.001
24:0.....g	0.000	0.000	4	A	1		0.000	0.000	0.000
Fatty acids, total monounsaturated.....g	31.551		0	NC	4		45.118	29.027	34.075
14:1.....g	0.000	0.000	71	A	1		0.000	0.000	0.000
15:1.....g	0.000	0.000	66	A	1		0.000	0.000	0.000
16:1 undifferentiated.....g	0.239	0.004	90	JA	6		0.341	0.219	0.258
16:1 c.....g	0.227		28	A	1		0.324	0.208	0.245
16:1 t.....g	0.012		28	A	1		0.017	0.011	0.013
17:1.....g	0.013	0.009	84	A	1		0.019	0.012	0.014
18:1 undifferentiated.....g	31.294	0.284	90	JA	6		44.751	28.791	33.798
18:1 c.....g	31.294		33	A	1		44.751	28.791	33.798
18:1 t.....g	0.000	0.000	47	A	1		0.000	0.000	0.000
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.005	0.003	85	A	1		0.007	0.005	0.005
22:1 undifferentiated.....g	0.000	0.000	4	A	1		0.000	0.000	0.000
24:1 c.....g	0.000	0.000	4	A	1		0.000	0.000	0.000
Fatty acids, total polyunsaturated.....g	12.329		0	NC	4		17.631	11.343	13.315
18:2 undifferentiated.....g	12.324	0.177	90	JA	6		17.623	11.338	13.310
18:2 n-6 c,c.....g	12.320	0.269	61	A	1		17.617	11.334	13.305
18:2 CLAs.....g	0.002	0.001	7	A	1		0.002	0.002	0.002
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.003	0.002	58	A	1		0.004	0.003	0.003
18:3 undifferentiated.....g	0.003	0.002	90	JA	6		0.004	0.003	0.003
18:3 n-3 c,c,c (ALA).....g	0.003	0.001	67	A	1		0.004	0.003	0.003
18:3 n-6 c,c,c.....g	0.000	0.000	67	A	1		0.000	0.000	0.000
18:3i.....g									
18:4.....g	0.000		1	A	1		0.000	0.000	0.000
20:2 n-6 c,c.....g	0.002	0.001	80	A	1		0.003	0.002	0.002
20:3 undifferentiated.....g	0.000	0.000	56	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	4	A	1		0.000	0.000	0.000
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.000		4	A	1		0.000	0.000	0.000
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	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	0.015		0	NC	4		0.021	0.014	0.016
Fatty acids, total trans-monoenoic.....g	0.012		0	NC	4		0.017	0.011	0.013
Fatty acids, total trans-polyenoic.....g	0.003		0	NC	4		0.004	0.003	0.003

NDB No. 12061
Nuts, almonds (1, 2)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points			Measure 1	Measure 2	Measure 3
			Deriv	Source	Confidence			
			Points	Code	Code			
Cholesterol.....mg	0		2	A	1	1	0	0
Phytosterols.....mg								
Stigmasterol.....mg	4	0.750	82	A	1	6	4	5
Campesterol.....mg	5	0.458	82	A	1	7	5	6
Beta-sitosterol.....mg	130	6.608	68	A	1	186	120	140
Amino Acids:								
Tryptophan.....g	0.211		0	A	1	0.302	0.194	0.228
Threonine.....g	0.601		0	A	1	0.859	0.553	0.649
Isoleucine.....g	0.751		0	A	1	1.074	0.691	0.811
Leucine.....g	1.473		0	A	1	2.107	1.356	1.591
Lysine.....g	0.568		0	A	1	0.812	0.523	0.613
Methionine.....g	0.157		0	A	1	0.224	0.144	0.169
Cystine.....g	0.215		0	A	1	0.308	0.198	0.233
Phenylalanine.....g	1.132		0	A	1	1.618	1.041	1.222
Tyrosine.....g	0.450		0	A	1	0.644	0.414	0.486
Valine.....g	0.855		0	A	1	1.223	0.787	0.924
Arginine.....g	2.465		0	A	1	3.525	2.268	2.662
Histidine.....g	0.539		0	A	1	0.770	0.495	0.582
Alanine.....g	0.999		0	A	1	1.429	0.920	1.079
Aspartic acid.....g	2.639		0	A	1	3.774	2.428	2.850
Glutamic acid.....g	6.206		0	A	1	8.875	5.709	6.702
Glycine.....g	1.429		0	A	1	2.044	1.315	1.544
Proline.....g	0.969		0	A	1	1.386	0.892	1.047
Serine.....g	0.912		0	A	1	1.304	0.839	0.985
Hydroxyproline.....g								
Others:								
Alcohol, ethyl.....g	0.0		0		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 = 143g: 1 cup, whole
Measure 2 = 92g: 1 cup, sliced
Measure 3 = 108g: 1 cup, slivered

Footnotes:

- 1 Unroasted
- 2 Other phytosterols = 58 mg/100g; these include 21 mg delta 5-avenasterol, 4 mg sitostanol, 2 mg campestanol, and 32 mg other minor phytosterols.

Calories Factors: Protein 3.47

Fat 8.37

Carbohydrate4.07

Food Group: 12 Nut and Seed Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 12062
Nuts, almonds, blanched (1)

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	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Proximates:									
Water.....g	4.51	0.044	11	A	1		6.54	0.41	1.28
Energy.....kcal	590		0	NC	4		855	54	167
Energy.....kJ	2468		0	NC	4		3578	225	700
Protein (N x 5.18).....g	21.40	0.635	12	A	1		31.03	1.95	6.07
Total lipid (fat).....g	52.52	0.216	11	A	1		76.15	4.78	14.89
Ash.....g	2.91	0.104	11	A	1		4.21	0.26	0.82
Carbohydrate, by difference.....g	18.67		0	NC	4		27.07	1.70	5.29
Fiber, total dietary.....g	9.9	0.308	8	A	1		14.3	0.9	2.8
Sugars, total.....g	4.63		0	AS	1		6.71	0.42	1.31
Sucrose.....g	4.46	0.277	8	A	1		6.46	0.41	1.26
Glucose (dextrose).....g	0.03	0.008	8	A	1		0.04	0.00	0.01
Fructose.....g	0.00	0.000	8	A	1		0.00	0.00	0.00
Lactose.....g	0.00	0.000	3	A	1		0.00	0.00	0.00
Maltose.....g	0.14	0.000	3	A	1		0.21	0.01	0.04
Galactose.....g	0.00		0	Z	7		0.00	0.00	0.00
Starch.....g	1.00	0.026	3	A	1		1.45	0.09	0.28
Minerals:									
Calcium, Ca.....mg	236	17.500	8	A	1		341	21	67
Iron, Fe.....mg	3.28	0.250	8	A	1		4.76	0.30	0.93
Magnesium, Mg.....mg	268	3.733	8	A	1		389	24	76
Phosphorus, P.....mg	481	1.300	8	A	1		698	44	136
Potassium, K.....mg	659	17.767	8	A	1		955	60	187
Sodium, Na.....mg	19	6.499	8	A	1		27	2	5
Zinc, Zn.....mg	2.97	0.036	7	A	1		4.31	0.27	0.84
Copper, Cu.....mg	1.027	0.073	7	A	1		1.489	0.093	0.291
Manganese, Mn.....mg	1.835	0.265	8	A	1		2.661	0.167	0.520
Selenium, Se.....µg	3.2	2.481	5	A	1		4.6	0.3	0.9
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0	0.000	3	A	1		0.0	0.0	0.0
Thiamin.....mg	0.191	0.009	7	A	1		0.277	0.017	0.054
Riboflavin.....mg	0.711	0.151	8	A	1		1.031	0.065	0.202
Niacin.....mg	3.500	0.066	8	A	1		5.075	0.319	0.992
Pantothenic acid.....mg	0.314	0.024	8	A	1		0.455	0.029	0.089
Vitamin B-6.....mg	0.115	0.005	7	A	1		0.167	0.010	0.033
Folate, total.....µg	49	20.525	7	A	1		71	4	14
Folic acid.....µg	0		0	Z	7		0	0	0
Folate, food.....µg	49	20.525	7	A	1		71	4	14
Folate, DFE.....µg	49		0	NC	4		71	4	14
Choline, total.....mg	52.1		0	BFZN	4		75.5	4.7	14.8
Betaine.....mg									
Vitamin B-12.....µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin B-12, added.....µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE.....µg	0		0	AS	1		0	0	0
Retinol.....µg	0		0	Z	7		0	0	0
Carotene, beta.....µg	4		1	A	1		6	0	1
Carotene, alpha.....µg	0		1	A	1		0	0	0
Cryptoxanthin, beta.....µg	0		0	BFZN	4		0	0	0
Vitamin A, IU.....IU	7		0	AS	1		9	1	2
Lycopene.....µg	0		0	BFZN	4		0	0	0
Lutein + zeaxanthin.....µg	1		0	BFZN	4		2	0	0
Vitamin E (alpha-tocopherol).....mg	23.75	0.750	10	A	1		34.44	2.16	6.73
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta.....mg	0.35	0.080	11	A	1		0.51	0.03	0.10
Tocopherol, gamma.....mg	0.66	0.143	11	A	1		0.95	0.06	0.19
Tocopherol, delta.....mg	0.20	0.015	11	A	1		0.29	0.02	0.06
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									

NDB No. 12062
Nuts, almonds, blanched (1)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food			
	Number		Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
	Mean	Std. Error						
Tocotrienol, gamma.....mg								
Tocotrienol, delta.....mg								
Vitamin D (D2 + D3).....µg	0.0		0	Z	7	0.0	0.0	0.0
Vitamin D.....IU	0		0	Z	7	0	0	0
Vitamin K (phylloquinone).....µg	0.0		0	BFZN	4	0.0	0.0	0.0
Dihydrophyloquinone.....µg								
Menaquinone-4.....µg								
Lipids:								
Fatty acids, total saturated.....g	3.953		0	NC	4	5.731	0.360	1.121
4:0.....g	0.000		0	Z	7	0.000	0.000	0.000
6:0.....g	0.000		0	Z	7	0.000	0.000	0.000
8:0.....g	0.000	0.000	3	A	1	0.000	0.000	0.000
10:0.....g	0.000	0.000	3	A	1	0.000	0.000	0.000
12:0.....g	0.000	0.000	3	A	1	0.000	0.000	0.000
13:0.....g	0.000	0.000	3	A	1	0.000	0.000	0.000
14:0.....g	0.000	0.000	3	A	1	0.000	0.000	0.000
15:0.....g	0.000	0.000	3	A	1	0.000	0.000	0.000
16:0.....g	3.273	0.031	11	A	1	4.746	0.298	0.928
17:0.....g	0.014	0.014	7	A	1	0.020	0.001	0.004
18:0.....g	0.666	0.002	11	A	1	0.966	0.061	0.189
20:0.....g	0.000	0.000	3	A	1	0.000	0.000	0.000
22:0.....g	0.000	0.000	3	A	1	0.000	0.000	0.000
24:0.....g	0.000	0.000	3	A	1	0.000	0.000	0.000
Fatty acids, total monounsaturated.....g	33.415		0	NC	4	48.451	3.041	9.473
14:1.....g	0.000	0.000	3	A	1	0.000	0.000	0.000
15:1.....g	0.000		6	A	1	0.000	0.000	0.000
16:1 undifferentiated.....g	0.243	0.006	11	A	1	0.352	0.022	0.069
17:1.....g	0.059		4	A	1	0.085	0.005	0.017
18:1 undifferentiated.....g	33.113	0.055	11	A	1	48.014	3.013	9.388
20:1.....g	0.000	0.000	3	A	1	0.000	0.000	0.000
22:1 undifferentiated.....g	0.000	0.000	3	A	1	0.000	0.000	0.000
24:1 c.....g	0.000	0.000	3	A	1	0.000	0.000	0.000
Fatty acids, total polyunsaturated.....g	12.368		0	NC	4	17.934	1.126	3.506
18:2 undifferentiated.....g	12.365	0.078	11	A	1	17.929	1.125	3.505
18:3 undifferentiated.....g	0.004	0.004	11	A	1	0.005	0.000	0.001
18:4.....g	0.000		0	Z	7	0.000	0.000	0.000
20:2 n-6 c,c.....g	0.000	0.000	3	A	1	0.000	0.000	0.000
20:3 undifferentiated.....g	0.000	0.000	3	A	1	0.000	0.000	0.000
20:4 undifferentiated.....g	0.000	0.000	3	A	1	0.000	0.000	0.000
20:5 n-3 (EPA).....g	0.000	0.000	3	A	1	0.000	0.000	0.000
21:5.....g								
22:4.....g								
22:5 n-3 (DPA).....g	0.000	0.000	3	A	1	0.000	0.000	0.000
22:6 n-3 (DHA).....g	0.000	0.000	3	A	1	0.000	0.000	0.000
Fatty acids, total trans.....g	0.019		4	A	1	0.028	0.002	0.005
Cholesterol.....mg	0		0	Z	7	0	0	0
Phytosterols.....mg	114		0	AS	1	165	10	32
Stigmasterol.....mg	1	0.130	5	A	1	1	0	0
Campesterol.....mg	4	1.571	5	A	1	6	0	1
Beta-sitosterol.....mg	109	0.240	5	A	1	158	10	31
Amino Acids:								
Tryptophan.....g	0.193		0	A	1	0.280	0.018	0.055
Threonine.....g	0.682		0	A	1	0.989	0.062	0.193
Isoleucine.....g	0.696		0	A	1	1.009	0.063	0.197
Leucine.....g	1.479		0	A	1	2.145	0.135	0.419
Lysine.....g	0.605		0	A	1	0.877	0.055	0.171
Methionine.....g	0.190		0	A	1	0.275	0.017	0.054
Cystine.....g	0.284		0	A	1	0.411	0.026	0.080
Phenylalanine.....g	1.156		0	A	1	1.675	0.105	0.328
Tyrosine.....g	0.533		0	A	1	0.774	0.049	0.151
Valine.....g	0.805		0	A	1	1.167	0.073	0.228
Arginine.....g	2.483		0	A	1	3.600	0.226	0.704
Histidine.....g	0.596		0	A	1	0.865		

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>					<u>Amount in edible portion of common measures of food</u>			
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Histidine.....g	0.596			A	1			0.054	0.169
Alanine.....g	1.007		0	A	1		1.460	0.092	0.286
Aspartic acid.....g	2.751		0	A	1		3.989	0.250	0.780
Glutamic acid.....g	5.206		0	A	1		7.548	0.474	1.476
Glycine.....g	1.478		0	A	1		2.143	0.134	0.419
Proline.....g	0.975		0	A	1		1.414	0.089	0.276
Serine.....g	1.012		0	A	1		1.467	0.092	0.287
Hydroxyproline.....g									
<u>Others:</u>									
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 = 145g: 1 cup whole kernels
- Measure 2 = 9.1g: 1 tbsp
- Measure 3 = 28.35g: 1 oz

Footnotes:

- 1 Unroasted

Calories Factors: Protein 3.47 Fat 8.37 Carbohydrate4.07

Food Group: 12 Nut and Seed Products
USDA National Nutrient Database for Standard Reference, Release 27 (2014)

Nuts, almonds, dry roasted, with salt added (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
Proximates:									
Water.....g	2.41	0.123	23	A	1		3.33	0.68	
Energy.....kcal	598		0	NC	4		825	170	
Energy.....kJ	2502		0	NC	4		3453	709	
Protein (N x 5.18).....g	20.96	0.625	24	A	1		28.93	5.94	
Total lipid (fat).....g	52.54	0.761	23	A	1		72.50	14.89	
Ash.....g	3.07	0.061	21	A	1		4.24	0.87	
Carbohydrate, by difference.....g	21.01		0	NC	4		28.99	5.96	
Fiber, total dietary.....g	10.9	0.414	20	A	1		15.0	3.1	
Sugars, total.....g	4.86		0	AS	1		6.71	1.38	
Sucrose.....g	4.75	0.075	22	A	1		6.56	1.35	
Glucose (dextrose).....g	0.01	0.012	22	A	1		0.02	0.00	
Fructose.....g	0.01	0.003	22	A	1		0.01	0.00	
Lactose.....g	0.00	0.000	15	A	1		0.00	0.00	
Maltose.....g	0.09	0.054	15	A	1		0.12	0.02	
Galactose.....g	0.00		2	A	1		0.00	0.00	
Starch.....g	0.73	0.039	3	A	1		1.01	0.21	
Minerals:									
Calcium, Ca.....mg	268	4.966	22	A	1		370	76	
Iron, Fe.....mg	3.73	0.325	22	A	1		5.15	1.06	
Magnesium, Mg.....mg	279	3.292	21	A	1		384	79	
Phosphorus, P.....mg	471	9.380	21	A	1		650	134	
Potassium, K.....mg	713	11.424	21	A	1		984	202	
Sodium, Na.....mg	498		0	LC	8		687	141	
Zinc, Zn.....mg	3.31	0.094	19	A	1		4.56	0.94	
Copper, Cu.....mg	1.099	0.018	19	A	1		1.516	0.311	
Manganese, Mn.....mg	2.232	0.184	21	A	1		3.081	0.633	
Selenium, Se.....µg	2.0	0.860	5	A	1		2.7	0.6	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0	0.000	3	A	1		0.0	0.0	
Thiamin.....mg	0.077	0.009	13	A	1		0.106	0.022	
Riboflavin.....mg	1.197	0.239	17	A	1		1.652	0.339	
Niacin.....mg	3.637	0.200	17	A	1		5.019	1.031	
Pantothenic acid.....mg	0.321	0.059	16	A	1		0.444	0.091	
Vitamin B-6.....mg	0.136	0.009	9	A	1		0.187	0.038	
Folate, total.....µg	55	12.748	12	A	1		75	15	
Folic acid.....µg	0		0	Z	7		0	0	
Folate, food.....µg	55	12.748	12	A	1		75	15	
Folate, DFE.....µg	55		0	NC	4		75	15	
Choline, total.....mg	52.1		0	BFZN	4		71.9	14.8	
Betaine.....mg									
Vitamin B-12.....µg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added.....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....µg	0		0	AS	1		0	0	
Retinol.....µg	0		0	Z	7		0	0	
Carotene, beta.....µg	1		1	A	1		1	0	
Carotene, alpha.....µg	0		1	A	1		0	0	

NDB No. 12563

Nuts, almonds, dry roasted, with salt added (1)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	measures of food		
							Measure 1	Measure 2	Measure 3
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D.....µg	0		0	Z	7		0	0	
Vitamin K (phylloquinone).....µg	0.0		0	BFZN	4		0.0	0.0	
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	4.092		0	NC	4		5.647	1.160	
4:0.....g	0.000	0.000	6	A	1		0.000	0.000	
6:0.....g	0.000	0.000	6	A	1		0.000	0.000	
8:0.....g	0.000	0.000	12	A	1		0.000	0.000	
10:0.....g	0.000	0.000	12	A	1		0.000	0.000	
12:0.....g	0.000	0.000	12	A	1		0.000	0.000	
13:0.....g	0.000	0.000	3	A	1		0.000	0.000	
14:0.....g	0.019	0.019	12	A	1		0.026	0.005	
15:0.....g	0.000	0.000	12	A	1		0.000	0.000	
16:0.....g	3.348	0.036	20	A	1		4.621	0.949	
17:0.....g	0.012	0.006	18	A	1		0.017	0.003	
18:0.....g	0.704	0.033	20	A	1		0.972	0.200	
20:0.....g	0.008	0.008	12	A	1		0.011	0.002	
22:0.....g	0.000	0.000	12	A	1		0.000	0.000	
24:0.....g	0.000	0.000	11	A	1		0.000	0.000	
Fatty acids, total monounsaturated.....g	33.076		0	NC	4		45.645	9.377	
14:1.....g	0.000	0.000	12	A	1		0.000	0.000	
15:1.....g	0.000	0.000	16	A	1		0.000	0.000	
16:1 undifferentiated.....g	0.259	0.006	20	A	1		0.357	0.073	
17:1.....g	0.057	0.001	6	A	1		0.078	0.016	
18:1 undifferentiated.....g	32.754	1.066	20	JA	6		45.200	9.286	
18:1 c.....g	32.748	1.494	6	A	1		45.193	9.284	
18:1 t.....g	0.005	0.006	9	A	1		0.007	0.002	
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.007	0.007	12	A	1		0.010	0.002	
22:1 undifferentiated.....g	0.000	0.000	12	A	1		0.000	0.000	
24:1 c.....g	0.000	0.000	3	A	1		0.000	0.000	
Fatty acids, total polyunsaturated.....g	12.955		0	NC	4		17.878	3.673	
18:2 undifferentiated.....g	12.945	0.135	20	JA	6		17.864	3.670	
18:2 n-6 c,c.....g	12.945	0.399	9	A	1		17.864	3.670	
18:2 CLAs.....g									
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.000	0.000	9	A	1		0.000	0.000	
18:3 undifferentiated.....g	0.010	0.005	19	JA	6		0.014	0.003	
18:3 n-3 c,c,c (ALA).....g	0.006	0.004	8	A	1		0.008	0.002	
18:3 n-6 c,c,c.....g	0.000	0.000	9	A	1		0.000	0.000	
18:3i.....g	0.005	0.002	5	A	1		0.006	0.001	
18:4.....g	0.000	0	0	Z	7		0.000	0.000	
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	12	A	1		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	
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.000	0.000	3	A	1		0.000	0.000	
21:5.....g									
22:4.....g									
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	3	A	1		0.000	0.000	
Fatty acids, total trans.....g	0.007	0.003	18	A	1		0.010	0.002	
Cholesterol.....mg	0		1	A	1		0	0	
Phytosterols.....mg									
Stigmasterol.....mg	4	0.105	16	A	1		6	1	
Campesterol.....mg	4	0.681	16	A	1		6	1	

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food			
	Mean	Std. Error	Points	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
				of Data						
Beta-sitosterol.....mg	122	6.036	16		A	1		169	35	
Amino Acids:										
Tryptophan.....g	0.209		0		A	1		0.289	0.059	
Threonine.....g	0.595		0		A	1		0.822	0.169	
Isoleucine.....g	0.745		0		A	1		1.028	0.211	
Leucine.....g	1.461		0		A	1		2.016	0.414	
Lysine.....g	0.563		0		A	1		0.777	0.160	
Methionine.....g	0.155		0		A	1		0.214	0.044	
Cystine.....g	0.214		0		A	1		0.295	0.061	
Phenylalanine.....g	1.122		0		A	1		1.548	0.318	
Tyrosine.....g	0.446		0		A	1		0.616	0.127	
Valine.....g	0.848		0		A	1		1.170	0.240	
Arginine.....g	2.444		0		A	1		3.372	0.693	
Histidine.....g	0.534		0		A	1		0.737	0.151	
Alanine.....g	0.991		0		A	1		1.367	0.281	
Aspartic acid.....g	2.616		0		A	1		3.611	0.742	
Glutamic acid.....g	6.153		0		A	1		8.491	1.744	
Glycine.....g	1.417		0		A	1		1.956	0.402	
Proline.....g	0.961		0		A	1		1.326	0.272	
Serine.....g	0.904		0		A	1		1.248	0.256	
Hydroxyproline.....g	0.040	0.006	3		A	1		0.055	0.011	
Others:										
Alcohol, ethyl.....g	0.0		0		Z	7		0.0	0.0	
Caffeine.....mg	0		0		Z	7		0	0	
Theobromine.....mg	0		0		Z	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 = 138g: 1 cup whole kernels
Measure 2 = 28.35g: 1 oz (22 whole kernels)

Footnotes:

1 Other phytosterols = 34.67 mg/100g

Calories Factors: Protein 3.47 Fat 8.37 Carbohydrate4.07

Food Group: 12 Nut and Seed Products
USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 12063
Nuts, almonds, dry roasted, without salt added (1)

Includes USDA commodity food A255, A263
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	2.41	0.123	23	A	1		3.33	0.68	
Energy.....kcal	598		0	NC	4		825	170	
Energy.....kJ	2502		0	NC	4		3453	709	
Protein (N x 5.18).....g	20.96	0.625	24	A	1		28.93	5.94	
Total lipid (fat).....g	52.54	0.761	23	A	1		72.50	14.89	
Ash.....g	3.07	0.061	21	A	1		4.24	0.87	
Carbohydrate, by difference.....g	21.01		0	NC	4		28.99	5.96	
Fiber, total dietary.....g	10.9	0.414	20	A	1		15.0	3.1	
Sugars, total.....g	4.86		0	AS	1		6.71	1.38	
Sucrose.....g	4.75	0.075	22	A	1		6.56	1.35	
Glucose (dextrose).....g	0.01	0.012	22	A	1		0.02	0.00	
Fructose.....g	0.01	0.003	22	A	1		0.01	0.00	
Lactose.....g	0.00	0.000	15	A	1		0.00	0.00	
Maltose.....g	0.09	0.054	15	A	1		0.12	0.02	
Galactose.....g	0.00		2	A	1		0.00	0.00	
Starch.....g	0.73	0.039	3	A	1		1.01	0.21	
Minerals:									
Calcium, Ca.....mg	268	4.966	22	A	1		370	76	
Iron, Fe.....mg	3.73	0.325	22	A	1		5.15	1.06	
Magnesium, Mg.....mg	279	3.292	21	A	1		384	79	
Phosphorus, P.....mg	471	9.380	21	A	1		650	134	
Potassium, K.....mg	713	11.424	21	A	1		984	202	
Sodium, Na.....mg	3	1.137	20	A	1		4	1	
Zinc, Zn.....mg	3.31	0.094	19	A	1		4.56	0.94	
Copper, Cu.....mg	1.099	0.018	19	A	1		1.516	0.311	
Manganese, Mn.....mg	2.232	0.184	21	A	1		3.081	0.633	
Selenium, Se.....µg	2.0	0.860	5	A	1		2.7	0.6	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0	0.000	3	A	1		0.0	0.0	
Thiamin.....mg	0.077	0.009	13	A	1		0.106	0.022	
Riboflavin.....mg	1.197	0.239	17	A	1		1.652	0.339	
Niacin.....mg	3.637	0.200	17	A	1		5.019	1.031	
Pantothenic acid.....mg	0.321	0.059	16	A	1		0.444	0.091	
Vitamin B-6.....mg	0.136	0.009	9	A	1		0.187	0.038	
Folate, total.....µg	55	12.748	12	A	1		75	15	
Folic acid.....µg	0		0	Z	7		0	0	
Folate, food.....µg	55	12.748	12	A	1		75	15	
Folate, DFE.....µg	55		0	NC	4		75	15	
Choline, total.....mg	52.1		0	BFZN	4		71.9	14.8	
Betaine.....mg									
Vitamin B-12.....µg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added.....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....µg	0		0	AS	1		0	0	
Retinol.....µg	0		0	Z	7		0	0	
Carotene, beta.....µg	1		1	A	1		1	0	
Carotene, alpha.....µg	0		1	A	1		0	0	
Cryptoxanthin, beta.....µg	0		0	BFZN	4		0	0	
Vitamin A, IU.....IU	1		0	AS	1		2	0	
Lycopene.....µg	0		0	BFZN	4		0	0	
Lutein + zeaxanthin.....µg	1		0	BFZN	4		2	0	
Vitamin E (alpha-tocopherol).....mg	23.90	1.044	23	A	1		32.99	6.78	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg	0.32	0.065	12	A	1		0.45	0.09	
Tocopherol, gamma.....mg	0.72	0.093	20	A	1		0.99	0.20	
Tocopherol, delta.....mg	0.09	0.034	23	A	1		0.12	0.02	
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									

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Nuts, almonds, dry roasted, without salt added (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 Deriv Source			Measure 1	Measure 2	Measure 3
			Points	Code	Confidence Code			
Tocotrienol, gamma.....mg								
Tocotrienol, delta.....mg								
Vitamin D (D2 + D3).....µg	0.0		0	Z	7	0.0	0.0	
Vitamin D.....IU	0		0	Z	7	0	0	
Vitamin K (phylloquinone).....µg	0.0		0	BFZN	4	0.0	0.0	
Dihydrophyloquinone.....µg								
Menaquinone-4.....µg								
Lipids:								
Fatty acids, total saturated.....g	4.092		0	NC	4	5.647	1.160	
4:0.....g	0.000	0.000	6	A	1	0.000	0.000	
6:0.....g	0.000	0.000	6	A	1	0.000	0.000	
8:0.....g	0.000	0.000	12	A	1	0.000	0.000	
10:0.....g	0.000	0.000	12	A	1	0.000	0.000	
12:0.....g	0.000	0.000	12	A	1	0.000	0.000	
13:0.....g	0.000	0.000	3	A	1	0.000	0.000	
14:0.....g	0.019	0.019	12	A	1	0.026	0.005	
15:0.....g	0.000	0.000	12	A	1	0.000	0.000	
16:0.....g	3.348	0.036	20	A	1	4.621	0.949	
17:0.....g	0.012	0.006	18	A	1	0.017	0.003	
18:0.....g	0.704	0.033	20	A	1	0.972	0.200	
20:0.....g	0.008	0.008	12	A	1	0.011	0.002	
22:0.....g	0.000	0.000	12	A	1	0.000	0.000	
24:0.....g	0.000	0.000	11	A	1	0.000	0.000	
Fatty acids, total monounsaturated.....g	33.076		0	NC	4	45.645	9.377	
14:1.....g	0.000	0.000	12	A	1	0.000	0.000	
15:1.....g	0.000	0.000	16	A	1	0.000	0.000	
16:1 undifferentiated.....g	0.259	0.006	20	A	1	0.357	0.073	
17:1.....g	0.057	0.001	6	A	1	0.078	0.016	
18:1 undifferentiated.....g	32.754	1.066	20	JA	6	45.200	9.286	
18:1 c.....g	32.748	1.494	6	A	1	45.193	9.284	
18:1 t.....g	0.005	0.006	9	A	1	0.007	0.002	
18:1-11 t (18:1t n-7).....g								
20:1.....g	0.007	0.007	12	A	1	0.010	0.002	
22:1 undifferentiated.....g	0.000	0.000	12	A	1	0.000	0.000	
24:1 c.....g	0.000	0.000	3	A	1	0.000	0.000	
Fatty acids, total polyunsaturated.....g	12.955		0	NC	4	17.878	3.673	
18:2 undifferentiated.....g	12.945	0.135	20	JA	6	17.864	3.670	
18:2 n-6 c,c.....g	12.945	0.399	9	A	1	17.864	3.670	
18:2 CLAs.....g								
18:2 t,t.....g								
18:2 i.....g								
18:2 t not further defined.....g	0.000	0.000	9	A	1	0.000	0.000	
18:3 undifferentiated.....g	0.010	0.005	19	JA	6	0.014	0.003	
18:3 n-3 c,c,c (ALA).....g	0.006	0.004	8	A	1	0.008	0.002	
18:3 n-6 c,c,c.....g	0.000	0.000	9	A	1	0.000	0.000	
18:3i.....g	0.005	0.002	5	A	1	0.006	0.001	
18:4.....g	0.000		0	Z	7	0.000	0.000	
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	12	A	1	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	
20:4 n-6.....g								
20:5 n-3 (EPA).....g	0.000	0.000	3	A	1	0.000	0.000	
21:5.....g								
22:4.....g								
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	3	A	1	0.000	0.000	
Fatty acids, total trans.....g	0.007	0.003	18	A	1	0.010	0.002	
Cholesterol.....mg	0		1	A	1	0	0	
Phytosterols.....mg								
Stigmasterol.....mg	4	0.105	16	A	1	6	1	
Campesterol.....mg	4	0.681	16	A	1	6	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			Measure 1	Measure 2	Measure 3	
			Points	Deriv Code	Source Confidence Code				
Beta-sitosterol.....mg	122	6.036	16	A	1	169	35		
Amino Acids:									
Tryptophan.....g	0.209		0	A	1	0.289	0.059		
Threonine.....g	0.595		0	A	1	0.822	0.169		
Isoleucine.....g	0.745		0	A	1	1.028	0.211		
Leucine.....g	1.461		0	A	1	2.016	0.414		
Lysine.....g	0.563		0	A	1	0.777	0.160		
Methionine.....g	0.155		0	A	1	0.214	0.044		
Cystine.....g	0.214		0	A	1	0.295	0.061		
Phenylalanine.....g	1.122		0	A	1	1.548	0.318		
Tyrosine.....g	0.446		0	A	1	0.616	0.127		
Valine.....g	0.848		0	A	1	1.170	0.240		
Arginine.....g	2.444		0	A	1	3.372	0.693		
Histidine.....g	0.534		0	A	1	0.737	0.151		
Alanine.....g	0.991		0	A	1	1.367	0.281		
Aspartic acid.....g	2.616		0	A	1	3.611	0.742		
Glutamic acid.....g	6.153		0	A	1	8.491	1.744		
Glycine.....g	1.417		0	A	1	1.956	0.402		
Proline.....g	0.961		0	A	1	1.326	0.272		
Serine.....g	0.904		0	A	1	1.248	0.256		
Hydroxyproline.....g	0.040	0.006	3	A	1	0.055	0.011		
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7	0.0	0.0		
Caffeine.....mg	0		0	Z	7	0	0		
Theobromine.....mg	0		0	Z	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 = 138g: 1 cup whole kernels
Measure 2 = 28.35g: 1 oz (22 whole kernels)

Footnotes:

1 Other phytosterols = 34.67 mg/100g

Calories Factors: Protein 3.47 Fat 8.37 Carbohydrate4.07

Food Group: 12 Nut and Seed Products
USDA National Nutrient Database for Standard Reference, Release 27 (2014)

Nuts, almonds, honey roasted, unblanched

[illegible]

Lipids:

NDB No. 12206

Nuts, almonds, honey roasted, unblanched

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
			Points						
Fatty acids, total saturated.....g	4.730		0		1		6.811	1.341	
4:0.....g									
6:0.....g									
8:0.....g									
10:0.....g									
12:0.....g	0.005		0		1		0.007	0.001	
13:0.....g									
14:0.....g	0.287		0		1		0.413	0.081	
15:0.....g									
16:0.....g	3.329		0		1		4.794	0.944	
17:0.....g									
18:0.....g	0.984		0		1		1.417	0.279	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	32.402		0		1		46.659	9.186	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.293		0		1		0.422	0.083	
17:1.....g									
18:1 undifferentiated.....g	32.061		0		1		46.168	9.089	
20:1.....g	0.048		0		1		0.069	0.014	
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	10.472		0		1		15.080	2.969	
18:2 undifferentiated.....g	10.112		0		1		14.561	2.867	
18:3 undifferentiated.....g	0.360		0		1		0.518	0.102	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....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	Z	7		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.281		0		1		0.405	0.080	
Threonine.....g	0.575		0		1		0.828	0.163	
Isoleucine.....g	0.677		0		1		0.975	0.192	
Leucine.....g	1.210		0		1		1.742	0.343	
Lysine.....g	0.519		0		1		0.747	0.147	
Methionine.....g	0.179		0		1		0.258	0.051	
Cystine.....g	0.281		0		1		0.405	0.080	
Phenylalanine.....g	0.870		0		1		1.253	0.247	
Tyrosine.....g	0.551		0		1		0.793	0.156	
Valine.....g	0.803		0		1		1.156	0.228	
Arginine.....g	1.946		0		1		2.802	0.552	
Histidine.....g	0.435		0		1		0.626	0.123	
Alanine.....g	0.736		0		1		1.060	0.209	
Aspartic acid.....g	1.831		0		1		2.637	0.519	
Glutamic acid.....g	4.629		0		1		6.666	1.312	
Glycine.....g	0.964		0		1		1.388	0.273	
Proline.....g	0.978		0		1		1.408	0.277	
Serine.....g	0.701		0		1		1.009	0.199	
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.

NDB No. 12206

Nuts, almonds, honey roasted, unblanched

Common Measures:

Measure 1 = 144g: 1 cup whole kernels

Measure 2 = 28.35g: 1 oz

Calories Factors: Protein 3.47

Fat 8.37

Carbohydrate4.07

Food Group: 12 Nut and Seed Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

Nuts, almonds, oil roasted, lightly salted

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food					
	Mean	Std. Error	Points	Number of Data	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water.....g	2.80	0.156	3		A	1		4.39	0.79	
Energy.....kcal	607		0		NR	4		953	172	
Energy.....kJ	2540		0		NR	4		3988	720	
Protein.....g	21.23	1.142	3		A	1		33.33	6.02	
Total lipid (fat).....g	55.17	1.198	3		A	1		86.62	15.64	
Ash.....g	3.13	0.036	3		A	1		4.91	0.89	
Carbohydrate, by difference.....g	17.68		0		NR	4		27.76	5.01	
Fiber, total dietary.....g	10.5	0.614	3		A	1		16.5	3.0	
Sugars, total.....g	4.55	0.248	3		A	1		7.14	1.29	
Sucrose.....g	4.38	0.248	3		A	1		6.87	1.24	
Glucose (dextrose).....g	0.04	0.000	3		A	1		0.06	0.01	
Fructose.....g	0.00	0.000	3		A	1		0.00	0.00	
Lactose.....g	0.00	0.000	3		A	1		0.00	0.00	
Maltose.....g	0.14	0.000	3		A	1		0.22	0.04	
Galactose.....g										
Starch.....g	0.56	0.324	3		A	1		0.87	0.16	
Minerals:										
Calcium, Ca.....mg	291	21.223	3		A	1		457	82	
Iron, Fe.....mg	3.68	0.292	3		A	1		5.78	1.04	
Magnesium, Mg.....mg	274	7.803	3		A	1		431	78	
Phosphorus, P.....mg	466	11.783	3		A	1		731	132	
Potassium, K.....mg	699	14.581	3		A	1		1097	198	
Sodium, Na.....mg	143		0		LC	8		224	41	
Zinc, Zn.....mg	3.07	0.248	3		A	1		4.81	0.87	
Copper, Cu.....mg	0.955	0.118	3		A	1		1.499	0.271	
Manganese, Mn.....mg	2.460	0.118	3		A	1		3.862	0.697	
Selenium, Se.....µg	4.1		0		BFZN	4		6.4	1.2	
Vitamins:										
Vitamin C, total ascorbic acid.....mg	0.0	0.000	3		A	1		0.0	0.0	
Thiamin.....mg	0.092	0.009	3		A	1		0.145	0.026	
Riboflavin.....mg	0.781	0.061	3		A	1		1.225	0.221	
Niacin.....mg	3.665	0.118	3		A	1		5.754	1.039	
Pantothenic acid.....mg	0.229	0.004	3		A	1		0.360	0.065	
Vitamin B-6.....mg	0.118	0.013	3		A	1		0.184	0.033	
Folate, total.....µg	27	2.535	3		A	1		43	8	
Folic acid.....µg										
Folate, food.....µg	27	2.535	3		A	1		43	8	
Folate, DFE.....µg										
Choline, total.....mg	52.1		0		BFZN	4		81.7	14.8	
Betaine.....mg	0.5		0		BFZN	4		0.8	0.1	
Vitamin B-12.....µg	0.00		0		Z	7		0.00	0.00	
Vitamin A, RAE.....µg										
Retinol.....µg										
Carotene, beta.....µg	1		1		A	1		1	0	
Carotene, alpha.....µg	0									

NDB No. 12665
Nuts, almonds, oil roasted, lightly salted

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion 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 D.....IU									
Vitamin K (phylloquinone).....µg	0.0		0	BFZN	4		0.0	0.0	
Dihydrophyllloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	4.207		0		1		6.605	1.193	
4:0.....g	0.000		0	Z	7		0.000	0.000	
6:0.....g	0.000		0	Z	7		0.000	0.000	
8:0.....g	0.000	0.000	3	A	1		0.000	0.000	
10:0.....g	0.000	0.000	3	A	1		0.000	0.000	
12:0.....g	0.000	0.000	3	A	1		0.000	0.000	
13:0.....g	0.000	0.000	3	A	1		0.000	0.000	
14:0.....g	0.000	0.000	3	A	1		0.000	0.000	
15:0.....g	0.000	0.000	3	A	1		0.000	0.000	
16:0.....g	3.303	0.079	3	A	1		5.186	0.936	
17:0.....g	0.000	0.000	3	A	1		0.000	0.000	
18:0.....g	0.905	0.100	3	A	1		1.420	0.256	
20:0.....g	0.000	0.000	3	A	1		0.000	0.000	
22:0.....g	0.000	0.000	3	A	1		0.000	0.000	
24:0.....g	0.000	0.000	3	A	1		0.000	0.000	
Fatty acids, total monounsaturated.....g	34.794		0		1		54.627	9.864	
14:1.....g	0.000	0.000	3	A	1		0.000	0.000	
15:1.....g									
16:1 undifferentiated.....g	0.215	0.025	3	A	1		0.338	0.061	
17:1.....g									
18:1 undifferentiated.....g	34.578	0.892	3	A	1		54.287	9.803	
20:1.....g	0.000	0.000	3	A	1		0.000	0.000	
22:1 undifferentiated.....g	0.000	0.000	3	A	1		0.000	0.000	
24:1 c.....g	0.000	0.000	3	A	1		0.000	0.000	
Fatty acids, total polyunsaturated.....g	13.520		0		1		21.226	3.833	
18:2 undifferentiated.....g	13.519	1.034	3	A	1		21.225	3.833	
18:3 undifferentiated.....g	0.000	0.000	3	A	1		0.000	0.000	
18:4.....g	0.000		0	Z	7		0.000	0.000	
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	
20:4 undifferentiated.....g	0.000	0.000	3	A	1		0.000	0.000	
20:5 n-3 (EPA).....g	0.000	0.000	3	A	1		0.000	0.000	
21:5.....g									
22:4.....g									
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	3	A	1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	
Phytosterols.....mg	130		1	A	1		204	37	
Stigmasterol.....mg	3		1	A	1		4	1	
Campesterol.....mg	9		1	A	1		13	2	
Beta-sitosterol.....mg	118		1	A	1		186	34	
Amino Acids:									
Tryptophan.....g	0.192		0	A	1		0.301	0.054	
Threonine.....g	0.677		0	A	1		1.063	0.192	
Isoleucine.....g	0.691		0	A	1		1.084	0.196	
Leucine.....g	1.467		0	A	1		2.304	0.416	
Lysine.....g	0.600		0	A	1		0.942	0.170	
Methionine.....g	0.188		0	A	1		0.295	0.053	
Cystine.....g	0.282		0	A	1		0.442	0.080	
Phenylalanine.....g	1.146		0	A	1		1.800	0.325	
Tyrosine.....g	0.529		0	A	1		0.831	0.150	
Valine.....g	0.798		0	A	1		1.253	0.226	
Arginine.....g	2.463		0	A	1		3.867	0.698	
Histidine.....g	0.592		0	A	1		0.929	0.168	
Alanine.....g	0.999		0	A	1		1.569	0.283	
Aspartic acid.....g	2.729		0	A	1		4.285	0.774	
Glutamic acid.....g	5.165		0	A	1		8.108	1.464	

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>					<u>Amount in edible portion of common measures of food</u>			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
			Points						
Glycine.....g	1.466		0	A	1		2.302	0.416	
Proline.....g	0.967		0	A	1		1.519	0.274	
Serine.....g	1.004		0	A	1		1.576	0.285	
Hydroxyproline.....g									
<u>Others:</u>									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	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 = 157g: 1 cup whole kernels
Measure 2 = 28.35g: 1 oz (22 whole kernels)

NDB No. 12565

Nuts, almonds, oil roasted, with salt added (1)

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	2.80	0.156	3	A	1		4.39	0.79	
Energy.....kcal	607		0	NC	4		954	172	
Energy.....kJ	2541		0	NC	4		3989	720	
Protein (N x 5.18).....g	21.23	1.142	3	A	1		33.33	6.02	
Total lipid (fat).....g	55.17	1.198	3	A	1		86.62	15.64	
Ash.....g	3.13	0.036	3	A	1		4.91	0.89	
Carbohydrate, by difference.....g	17.68		0	NC	4		27.75	5.01	
Fiber, total dietary.....g	10.5	0.614	3	A	1		16.5	3.0	
Sugars, total.....g	4.55	0.248	3	A	1		7.14	1.29	
Sucrose.....g	4.38	0.248	3	A	1		6.87	1.24	
Glucose (dextrose).....g	0.04	0.000	3	A	1		0.06	0.01	
Fructose.....g	0.00	0.000	3	A	1		0.00	0.00	
Lactose.....g	0.00	0.000	3	A	1		0.00	0.00	
Maltose.....g	0.14	0.000	3	A	1		0.22	0.04	
Galactose.....g									
Starch.....g	0.56	0.324	3	A	1		0.87	0.16	
Minerals:									
Calcium, Ca.....mg	291	21.223	3	A	1		457	82	
Iron, Fe.....mg	3.68	0.292	3	A	1		5.78	1.04	
Magnesium, Mg.....mg	274	7.803	3	A	1		431	78	
Phosphorus, P.....mg	466	11.783	3	A	1		731	132	
Potassium, K.....mg	699	14.581	3	A	1		1097	198	
Sodium, Na.....mg	339		528	A	1		532	96	
Zinc, Zn.....mg	3.07	0.248	3	A	1		4.81	0.87	
Copper, Cu.....mg	0.955	0.118	3	A	1		1.499	0.271	
Manganese, Mn.....mg	2.460	0.118	3	A	1		3.862	0.697	
Selenium, Se.....µg	4.1		0	BFZN	4		6.4	1.2	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0	0.000	3	A	1		0.0	0.0	
Thiamin.....mg	0.092	0.009	3	A	1		0.145	0.026	
Riboflavin.....mg	0.781	0.061	3	A	1		1.225	0.221	
Niacin.....mg	3.665	0.118	3	A	1		5.754	1.039	
Pantothenic acid.....mg	0.229	0.004	3	A	1		0.360	0.065	
Vitamin B-6.....mg	0.118	0.013	3	A	1		0.184	0.033	
Folate, total.....µg	27	2.535	3	A	1		43	8	
Folic acid.....µg	0		0	Z	7		0	0	
Folate, food.....µg	27	2.535	3	A	1		43	8	
Folate, DFE.....µg	27		0	NC	4		43	8	
Choline, total.....mg	52.1		0	BFZN	4		81.7	14.8	
Betaine.....mg									
Vitamin B-12.....µg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added.....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....µg	0		0	NC	4		0	0	
Retinol.....µg	0		0	Z	7		0	0	
Carotene, beta.....µg	1		1	A	1		1	0	
Carotene, alpha.....µg	0		1	A	1		0	0	
Cryptoxanthin, beta.....µg	0		0	BFZN	4		0	0	
Vitamin A, IU.....IU	1		1	AS	1		2	0	
Lycopene.....µg	0		0	BFZN	4		0	0	
Lutein + zeaxanthin.....µg	1		0	BFZN	4		2	0	
Vitamin E (alpha-tocopherol).....mg	25.97	1.043	3	A	1		40.77	7.36	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg	0.42	0.045	3	A	1		0.65	0.12	
Tocopherol, gamma.....mg	0.88	0.045	3	A	1		1.37	0.25	
Tocopherol, delta.....mg	0.14	0.000	3	A	1		0.22	0.04	
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									

NDB No. 12565

Nuts, almonds, oil roasted, with salt added (1)

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	measures of food		
							Measure 1	Measure 2	Measure 3
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D.....µg	0		0	Z	7		0	0	
Vitamin K (phylloquinone).....µg	0.0		0	BFZN	4		0.0	0.0	
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	4.208		0	NC	4		6.606	1.193	
4:0.....g	0.000		0	Z	7		0.000	0.000	
6:0.....g	0.000		0	Z	7		0.000	0.000	
8:0.....g	0.000	0.000	3	A	1		0.000	0.000	
10:0.....g	0.000	0.000	3	A	1		0.000	0.000	
12:0.....g	0.000	0.000	3	A	1		0.000	0.000	
13:0.....g	0.000	0.000	3	A	1		0.000	0.000	
14:0.....g	0.000	0.000	3	A	1		0.000	0.000	
15:0.....g	0.000	0.000	3	A	1		0.000	0.000	
16:0.....g	3.303	0.079	3	A	1		5.186	0.936	
17:0.....g	0.000	0.000	3	A	1		0.000	0.000	
18:0.....g	0.905	0.100	3	A	1		1.420	0.256	
20:0.....g	0.000	0.000	3	A	1		0.000	0.000	
22:0.....g	0.000	0.000	3	A	1		0.000	0.000	
24:0.....g	0.000	0.000	3	A	1		0.000	0.000	
Fatty acids, total monounsaturated.....g	34.793		0	NC	4		54.625	9.864	
14:1.....g	0.000	0.000	3	A	1		0.000	0.000	
15:1.....g									
16:1 undifferentiated.....g	0.215	0.025	3	A	1		0.338	0.061	
17:1.....g									
18:1 undifferentiated.....g	34.578	0.892	3	A	1		54.287	9.803	
20:1.....g	0.000	0.000	3	A	1		0.000	0.000	
22:1 undifferentiated.....g	0.000	0.000	3	A	1		0.000	0.000	
24:1 c.....g	0.000	0.000	3	A	1		0.000	0.000	
Fatty acids, total polyunsaturated.....g	13.519		0	NC	4		21.225	3.833	
18:2 undifferentiated.....g	13.519	1.034	3	A	1		21.225	3.833	
18:3 undifferentiated.....g	0.000	0.000	3	A	1		0.000	0.000	
18:4.....g	0.000		0	Z	7		0.000	0.000	
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	
20:4 undifferentiated.....g	0.000	0.000	3	A	1		0.000	0.000	
20:5 n-3 (EPA).....g	0.000	0.000	3	A	1		0.000	0.000	
21:5.....g									
22:4.....g									
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	3	A	1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	
Phytosterols.....mg	130		1	A	1		204	37	
Stigmasterol.....mg	3		1	A	1		4	1	
Campesterol.....mg	9		1	A	1		13	2	
Beta-sitosterol.....mg	118		1	A	1		186	34	
Amino Acids:									
Tryptophan.....g	0.192		0	A	1		0.301	0.054	
Threonine.....g	0.677		0	A	1		1.063	0.192	
Isoleucine.....g	0.691		0	A	1		1.084	0.196	
Leucine.....g	1.467		0	A	1		2.304	0.416	
Lysine.....g	0.600		0	A	1		0.942	0.170	
Methionine.....g	0.188		0	A	1		0.295	0.053	
Cystine.....g	0.282		0	A	1		0.442	0.080	
Phenylalanine.....g	1.146		0	A	1		1.800	0.325	
Tyrosine.....g	0.529		0	A	1		0.831	0.150	
Valine.....g	0.798		0	A	1		1.253	0.226	
Arginine.....g	2.463		0	A	1		3.867	0.698	
Histidine.....g	0.592		0	A	1		0.929	0.168	

NDB No. 12565

Nuts, almonds, oil roasted, with salt added (1)

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>						<u>Amount in edible portion of common measures of food</u>		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Alanine.....g	0.999		0	A	1		1.569	0.283	
Aspartic acid.....g	2.729		0	A	1		4.285	0.774	
Glutamic acid.....g	5.165		0	A	1		8.108	1.464	
Glycine.....g	1.466		0	A	1		2.302	0.416	
Proline.....g	0.967		0	A	1		1.519	0.274	
Serine.....g	1.004		0	A	1		1.576	0.285	
Hydroxyproline.....g									
<u>Others:</u>									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	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 = 157g: 1 cup whole kernels

Measure 2 = 28.35g: 1 oz (22 whole kernels)

Footnotes:

1 Roasted in high oleic safflower oil

Calories Factors: Protein 3.47

Fat 8.37

Carbohydrate4.07

Food Group: 12 Nut and Seed Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 12567
Nuts, almonds, oil roasted, with salt added, smoke flavor

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

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 oz (28 almonds)

Calories Factors: Protein Fat Carbohydrate Food Group: 12 Nut and Seed Products
USDA National Nutrient Database for Standard Reference, Release 27 (2014)

Nuts, almonds, oil roasted, without salt added (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
Proximates:									
Water.....g	2.80	0.156	3	A	1		4.39	0.79	
Energy.....kcal	607		0	NC	4		954	172	
Energy.....kJ	2541		0	NC	4		3989	720	
Protein (N x 5.18).....g	21.23	1.142	3	A	1		33.33	6.02	
Total lipid (fat).....g	55.17	1.198	3	A	1		86.62	15.64	
Ash.....g	3.13	0.036	3	A	1		4.91	0.89	
Carbohydrate, by difference.....g	17.68		0	NC	4		27.75	5.01	
Fiber, total dietary.....g	10.5	0.614	3	A	1		16.5	3.0	
Sugars, total.....g	4.55	0.248	3	A	1		7.14	1.29	
Sucrose.....g	4.38	0.248	3	A	1		6.87	1.24	
Glucose (dextrose).....g	0.04	0.000	3	A	1		0.06	0.01	
Fructose.....g	0.00	0.000	3	A	1		0.00	0.00	
Lactose.....g	0.00	0.000	3	A	1		0.00	0.00	
Maltose.....g	0.14	0.000	3	A	1		0.22	0.04	
Galactose.....g									
Starch.....g	0.56	0.324	3	A	1		0.87	0.16	
Minerals:									
Calcium, Ca.....mg	291	21.223	3	A	1		457	82	
Iron, Fe.....mg	3.68	0.292	3	A	1		5.78	1.04	
Magnesium, Mg.....mg	274	7.803	3	A	1		431	78	
Phosphorus, P.....mg	466	11.783	3	A	1		731	132	
Potassium, K.....mg	699	14.581	3	A	1		1097	198	
Sodium, Na.....mg	1	0.204	3	A	1		1	0	
Zinc, Zn.....mg	3.07	0.248	3	A	1		4.81	0.87	
Copper, Cu.....mg	0.955	0.118	3	A	1		1.499	0.271	
Manganese, Mn.....mg	2.460	0.118	3	A	1		3.862	0.697	
Selenium, Se.....µg	4.1		0	BFZN	4		6.4	1.2	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0	0.000	3	A	1		0.0	0.0	
Thiamin.....mg	0.092	0.009	3	A	1		0.145	0.026	
Riboflavin.....mg	0.781	0.061	3	A	1		1.225	0.221	
Niacin.....mg	3.665	0.118	3	A	1		5.754	1.039	
Pantothenic acid.....mg	0.229	0.005	3	A	1		0.360	0.065	
Vitamin B-6.....mg	0.118	0.013	3	A	1		0.184	0.033	
Folate, total.....µg	27	2.535	3	A	1		43	8	
Folic acid.....µg	0		0	Z	7		0	0	
Folate, food.....µg	27	2.535	3	A	1		43	8	
Folate, DFE.....µg	27		0	NC	4		43	8	
Choline, total.....mg	52.1		0	BFZN	4		81.7	14.8	
Betaine.....mg									
Vitamin B-12.....µg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added.....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....µg	0		0	NC	4		0	0	
Retinol.....µg	0		0	Z	7		0	0	
Carotene, beta.....µg	1		1	A	1		1	0	
Carotene, alpha.....µg	0		1	A	1		0	0	
Cryptoxanthin, beta.....µg	0		0						

NDB No. 12065

Nuts, almonds, oil roasted, without salt added (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
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D.....µg	0		0	Z	7		0	0	
Vitamin K (phylloquinone).....µg	0.0		0	BFZN	4		0.0	0.0	
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	4.208		0	NC	4		6.606	1.193	
4:0.....g	0.000		0	Z	7		0.000	0.000	
6:0.....g	0.000		0	Z	7		0.000	0.000	
8:0.....g	0.000	0.000	3	A	1		0.000	0.000	
10:0.....g	0.000	0.000	3	A	1		0.000	0.000	
12:0.....g	0.000	0.000	3	A	1		0.000	0.000	
13:0.....g	0.000	0.000	3	A	1		0.000	0.000	
14:0.....g	0.000	0.000	3	A	1		0.000	0.000	
15:0.....g	0.000	0.000	3	A	1		0.000	0.000	
16:0.....g	3.303	0.079	3	A	1		5.186	0.936	
17:0.....g	0.000	0.000	3	A	1		0.000	0.000	
18:0.....g	0.905	0.100	3	A	1		1.420	0.256	
20:0.....g	0.000	0.000	3	A	1		0.000	0.000	
22:0.....g	0.000	0.000	3	A	1		0.000	0.000	
24:0.....g	0.000	0.000	3	A	1		0.000	0.000	
Fatty acids, total monounsaturated.....g	34.793		0	NC	4		54.625	9.864	
14:1.....g	0.000	0.000	3	A	1		0.000	0.000	
15:1.....g									
16:1 undifferentiated.....g	0.215	0.025	3	A	1		0.338	0.061	
17:1.....g									
18:1 undifferentiated.....g	34.578	0.892	3	A	1		54.287	9.803	
20:1.....g	0.000	0.000	3	A	1		0.000	0.000	
22:1 undifferentiated.....g	0.000	0.000	3	A	1		0.000	0.000	
24:1 c.....g	0.000	0.000	3	A	1		0.000	0.000	
Fatty acids, total polyunsaturated.....g	13.519		0	NC	4		21.225	3.833	
18:2 undifferentiated.....g	13.519	1.034	3	A	1		21.225	3.833	
18:3 undifferentiated.....g	0.000	0.000	3	A	1		0.000	0.000	
18:4.....g	0.000		0	Z	7		0.000	0.000	
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	
20:4 undifferentiated.....g	0.000	0.000	3	A	1		0.000	0.000	
20:5 n-3 (EPA).....g	0.000	0.000	3	A	1		0.000	0.000	
21:5.....g									
22:4.....g									
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	3	A	1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	
Phytosterols.....mg	130		1	A	1		204	37	
Stigmasterol.....mg	3		1	A	1		4	1	
Campesterol.....mg	9		1	A	1		13	2	
Beta-sitosterol.....mg	118		1	A	1		186	34	
Amino Acids:									
Tryptophan.....g	0.192		0	A	1		0.301	0.054	
Threonine.....g	0.677		0	A	1		1.063	0.192	
Isoleucine.....g	0.691		0	A	1		1.084	0.196	
Leucine.....g	1.467		0	A	1		2.304	0.416	
Lysine.....g	0.600		0	A	1		0.942	0.170	
Methionine.....g	0.188		0	A	1		0.295	0.053	
Cystine.....g	0.282		0	A	1		0.442	0.080	
Phenylalanine.....g	1.146		0	A	1		1.800	0.325	
Tyrosine.....g	0.529		0	A	1		0.831	0.150	
Valine.....g	0.798		0	A	1		1.253	0.226	
Arginine.....g	2.463		0	A	1		3.867	0.698	
Histidine.....g	0.592		0	A	1		0.929	0.168	

NDB No. 12065

Nuts, almonds, oil roasted, without salt added (1)

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	
							Measure 1 Measure 2 Measure 3
Alanine.....g	0.999		0	A	1		1.569 0.283
Aspartic acid.....g	2.729		0	A	1		4.285 0.774
Glutamic acid.....g	5.165		0	A	1		8.108 1.464
Glycine.....g	1.466		0	A	1		2.302 0.416
Proline.....g	0.967		0	A	1		1.519 0.274
Serine.....g	1.004		0	A	1		1.576 0.285
Hydroxyproline.....g							
Others:							
Alcohol, ethyl.....g	0.0		0		7		0.0 0.0
Caffeine.....mg	0		0	Z	7		0 0
Theobromine.....mg	0		0	Z	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 = 157g: 1 cup whole kernels

Measure 2 = 28.35g: 1 oz (22 whole kernels)

Footnotes:

1 Roasted in high oleic safflower oil

Calories Factors: Protein 3.47

Fat 8.37

Carbohydrate 4.07

Food Group: 12 Nut and Seed Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 12077
Nuts, beechnuts, dried
Fagus spp.

Refuse:39% Shells

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Number			Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
	Mean	Std. Error	Points						
Proximates:									
Water.....g	6.60		0		1		1.87		
Energy.....kcal	576		0	NC	4		163		
Energy.....kJ	2410				4		683		
Protein (N x 5.3).....g	6.20		1		1		1.76		
Total lipid (fat).....g	50.00		0		1		14.18		
Ash.....g	3.70		0		1		1.05		
Carbohydrate, by difference.....g	33.50		0	NC	4		9.50		
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	1		1		1		0		
Iron, Fe.....mg	2.46		0		4		0.70		
Magnesium, Mg.....mg	0		1		1		0		
Phosphorus, P.....mg	0		1		1		0		
Potassium, K.....mg	1017		0		4		288		
Sodium, Na.....mg	38		0		4		11		
Zinc, Zn.....mg	0.36		0		4		0.10		
Copper, Cu.....mg	0.670		0		4		0.190		
Manganese, Mn.....mg	1.341		0		4		0.380		
Selenium, Se.....µg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	15.5		0		4		4.4		
Thiamin.....mg	0.304		0		4		0.086		
Riboflavin.....mg	0.371		0		4		0.105		
Niacin.....mg	0.877		0		4		0.249		
Pantothenic acid.....mg	0.925		0		4		0.262		
Vitamin B-6.....mg	0.684		0		4		0.194		
Folate, total.....µg	113		0		4		32		
Folic acid.....µg	0		0	Z	7		0		
Folate, food.....µg	113		0		4		32		
Folate, DFE.....µg	113		0	NC	4		32		
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		0	Z	7		0.00		
Vitamin A, RAE.....µg	0		0		4		0		
Retinol.....µg	0		0	Z	7		0		
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	0		0		4		0		
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									

Lipids:

NDB No. 12077
Nuts, beechnuts, dried

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>			
	Mean	Std. Error	Number			Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code	Source Confidence Code			
Fatty acids, total saturated.....g	5.719		0		1	1.621		
4:0.....g								
6:0.....g								
8:0.....g								
10:0.....g								
12:0.....g								
13:0.....g								
14:0.....g	0.063		2		1	0.018		
15:0.....g								
16:0.....g	3.569		4		1	1.012		
17:0.....g								
18:0.....g	1.183		4		1	0.335		
20:0.....g								
22:0.....g								
24:0.....g								
Fatty acids, total monounsaturated.....g	21.892		0		1	6.206		
14:1.....g								
15:1.....g								
16:1 undifferentiated.....g	0.287		3		1	0.081		
17:1.....g								
18:1 undifferentiated.....g	18.849		4		1	5.344		
20:1.....g	2.757		3		1	0.782		
22:1 undifferentiated.....g								
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	20.089		0		1	5.695		
18:2 undifferentiated.....g	18.390		4		1	5.214		
18:3 undifferentiated.....g	1.700		3		1	0.482		
18:4.....g								
20:2 n-6 c,c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....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	Z	7	0		
Phytosterols.....mg								
Amino Acids:								
Tryptophan.....g	0.069		0		1	0.020		
Threonine.....g	0.221		0		1	0.063		
Isoleucine.....g	0.245		0		1	0.069		
Leucine.....g	0.367		0		1	0.104		
Lysine.....g	0.367		0		1	0.104		
Methionine.....g	0.146		0		1	0.041		
Cystine.....g	0.197		0		1	0.056		
Phenylalanine.....g	0.262		0		1	0.074		
Tyrosine.....g	0.172		0		1	0.049		
Valine.....g	0.346		0		1	0.098		
Arginine.....g	0.443		0		1	0.126		
Histidine.....g	0.172		0		1	0.049		
Alanine.....g	0.414		0		1	0.117		
Aspartic acid.....g	1.071		0		1	0.304		
Glutamic acid.....g	0.800		0		1	0.227		
Glycine.....g	0.319		0		1	0.090		
Proline.....g	0.326		0		1	0.092		
Serine.....g	0.310		0		1	0.088		
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.

NDB No. 12077
Nuts, beechnuts, dried

Common Measures:
Measure 1 = 28.35g: 1 oz

Calories Factors: Protein 3.47 Fat 8.37 Carbohydrate4.07 Food Group: 12 Nut and Seed Products
USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 12078
Nuts, brazilnuts, dried, unblanched (1)
Bertholletia excelsa
brazil nuts
Refuse:49% Shells

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion 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	3.42	0.255	10	A	1		4.55	0.17	0.97
Energy.....kcal	659		0	NC	4		877	33	187
Energy.....kJ	2757		0	NC	4		3667	138	782
Protein (N x 5.46).....g	14.32	0.146	7	A	1		19.05	0.72	4.06
Total lipid (fat).....g	67.10	0.583	11	A	1		89.24	3.35	19.02
Ash.....g	3.43	0.079	8	A	1		4.56	0.17	0.97
Carbohydrate, by difference.....g	11.74		0	NC	4		15.61	0.59	3.33
Fiber, total dietary.....g	7.5	0.232	3	A	1		10.0	0.4	2.1
Sugars, total.....g	2.33	0.078	7	A	1		3.10	0.12	0.66
Sucrose.....g	2.33	0.078	7	A	1		3.10	0.12	0.66
Glucose (dextrose).....g	0.00	0.000	7	A	1		0.00	0.00	0.00
Fructose.....g	0.00	0.000	7	A	1		0.00	0.00	0.00
Lactose.....g	0.00	0.000	7	A	1		0.00	0.00	0.00
Maltose.....g	0.00	0.000	7	A	1		0.00	0.00	0.00
Galactose.....g	0.00	0.000	7	A	1		0.00	0.00	0.00
Starch.....g	0.25	0.000	7	A	1		0.33	0.01	0.07
Minerals:									
Calcium, Ca.....mg	160	5.660	7	A	1		213	8	45
Iron, Fe.....mg	2.43	0.030	7	A	1		3.24	0.12	0.69
Magnesium, Mg.....mg	376	3.746	7	A	1		500	19	107
Phosphorus, P.....mg	725	5.614	7	A	1		964	36	206
Potassium, K.....mg	659	8.853	7	A	1		876	33	187
Sodium, Na.....mg	3	0.252	7	A	1		4	0	1
Zinc, Zn.....mg	4.06	0.043	7	A	1		5.39	0.20	1.15
Copper, Cu.....mg	1.743	0.021	7	A	1		2.318	0.087	0.494
Manganese, Mn.....mg	1.223	0.052	7	A	1		1.626	0.061	0.347
Selenium, Se.....µg	1917.0	231.798	15	A	1		2549.7	95.9	543.5
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.7	0.000	3	A	1		1.0	0.0	0.2
Thiamin.....mg	0.617	0.053	7	A	1		0.821	0.031	0.175
Riboflavin.....mg	0.035	0.001	7	A	1		0.047	0.002	0.010
Niacin.....mg	0.295	0.019	7	A	1		0.392	0.015	0.084
Pantothenic acid.....mg	0.184	0.012	7	A	1		0.244	0.009	0.052
Vitamin B-6.....mg	0.101	0.004	7	A	1		0.135	0.005	0.029
Folate, total.....µg	22	2.316	4	A	1		30	1	6
Folic acid.....µg	0		0	Z	7		0	0	0
Folate, food.....µg	22	2.316	4	A	1		30	1	6
Folate, DFE.....µg	22		0	NC	4		30	1	6
Choline, total.....mg	28.8		0	AS	1		38.2	1.4	8.2
Betaine.....mg	0.4		2	A	1		0.6	0.0	0.1
Vitamin B-12.....µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin B-12, added.....µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE.....µg	0		1	A	1		0	0	0
Retinol.....µg	0		0	Z	7		0	0	0
Carotene, beta.....µg	0		1	A	1		0	0	0
Carotene, alpha.....µg	0		1	A	1		0	0	0
Cryptoxanthin, beta.....µg	0		1	A	1		0	0	0
Vitamin A, IU.....IU	0		1	A	1		0	0	0
Lycopene.....µg	0		1	A	1		0	0	0
Lutein + zeaxanthin.....µg	0		1	A	1		0	0	0
Vitamin E (alpha-tocopherol).....mg	5.65	1.091	9	A	1		7.52	0.28	1.60
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta.....mg	0.01	0.008	9	A	1		0.01	0.00	0.00
Tocopherol, gamma.....mg	9.56	2.272	9	A	1		12.72	0.48	2.71
Tocopherol, delta.....mg	0.63	0.485	9	A	1		0.83	0.03	0.18
Tocotrienol, alpha.....mg	0.00	0.000	7	A	1		0.00	0.00	0.00
Tocotrienol, beta.....mg	0.00	0.000	4	A	1		0.00	0.00	0.00

NDB No. 12078
Nuts, brazilnuts, dried, unblanched (1)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	measures of food		
							Measure 1	Measure 2	Measure 3
Tocotrienol, gamma.....mg	0.17	0.004	7	A	1		0.22	0.01	0.05
Tocotrienol, delta.....mg	0.00	0.000	7	A	1		0.00	0.00	0.00
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0	0.0	0.0
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	0		0	Z	7		0	0	0
Vitamin K (phylloquinone).....µg	0.0	0.000	7	A	1		0.0	0.0	0.0
Dihydrophyloquinone.....µg	0.0	0.000	7	A	1		0.0	0.0	0.0
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	16.134		0	NC	4		21.458	0.807	4.574
4:0.....g	0.000		0		1		0.000	0.000	0.000
6:0.....g	0.000		0		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	3	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	0.046	0.007	4	A	1		0.062	0.002	0.013
15:0.....g	0.000	0.000	4	A	1		0.000	0.000	0.000
16:0.....g	9.626	0.221	7	A	1		12.803	0.481	2.729
17:0.....g	0.041	0.021	4	A	1		0.055	0.002	0.012
18:0.....g	6.244	0.250	7	A	1		8.304	0.312	1.770
20:0.....g	0.167	0.009	4	A	1		0.222	0.008	0.047
22:0.....g	0.010	0.010	7	A	1		0.013	0.000	0.003
24:0.....g	0.000		1	A	1		0.000	0.000	0.000
Fatty acids, total monounsaturated.....g	23.879		0	NC	4		31.759	1.194	6.770
14:1.....g	0.000	0.000	4	A	1		0.000	0.000	0.000
15:1.....g	0.000	0.000	3	A	1		0.000	0.000	0.000
16:1 undifferentiated.....g	0.214	0.013	7	A	1		0.284	0.011	0.061
17:1.....g	0.045	0.009	3	A	1		0.059	0.002	0.013
18:1 undifferentiated.....g	23.594	1.616	7	A	1		31.380	1.180	6.689
20:1.....g	0.027	0.015	7	A	1		0.035	0.001	0.008
22:1 undifferentiated.....g	0.000		1	A	1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	24.399		0	NC	4		32.450	1.220	6.917
18:2 undifferentiated.....g	24.363	1.992	7	JA	6		32.403	1.218	6.907
18:2 n-6 c,c.....g	23.859		3	A	1		31.732	1.193	6.764
18:2 CLAs.....g									
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g									
18:3 undifferentiated.....g	0.036		0	AS	1		0.047	0.002	0.010
18:3 n-3 c,c,c (ALA).....g	0.018	0.017	6	A	1		0.024	0.001	0.005
18:3 n-6 c,c,c.....g	0.018	0.000	3	A	1		0.024	0.001	0.005
18:3i.....g									
18:4.....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c.....g	0.000	0.000	6	A	1		0.000	0.000	0.000
20:3 undifferentiated.....g	0.000	0.000	3	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	3	A	1		0.000	0.000	0.000
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.000		0		1		0.000	0.000	0.000
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3 (DHA).....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	0
Phytosterols.....mg									
Stigmasterol.....mg	6	0.344	7	A	1		8	0	2
Campesterol.....mg	2	0.340	7	A	1		2	0	0
Beta-sitosterol.....mg	64	1.674	7	A	1		86	3	18

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion 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	0.135		0	A	1		0.180	0.007	0.038
Threonine.....g	0.365		0	A	1		0.485	0.018	0.103
Isoleucine.....g	0.518		0	A	1		0.689	0.026	0.147
Leucine.....g	1.190		0	A	1		1.582	0.059	0.337
Lysine.....g	0.490		0	A	1		0.651	0.024	0.139
Methionine.....g	1.124		0	A	1		1.495	0.056	0.319
Cystine.....g	0.306		0	A	1		0.406	0.015	0.087
Phenylalanine.....g	0.639		0	A	1		0.850	0.032	0.181
Tyrosine.....g	0.416		0	A	1		0.553	0.021	0.118
Valine.....g	0.760		0	A	1		1.011	0.038	0.216
Arginine.....g	2.140		0	A	1		2.846	0.107	0.607
Histidine.....g	0.409		0	A	1		0.545	0.020	0.116
Alanine.....g	0.609		0	A	1		0.810	0.030	0.173
Aspartic acid.....g	1.325		0	A	1		1.762	0.066	0.376
Glutamic acid.....g	3.190		0	A	1		4.243	0.160	0.904
Glycine.....g	0.733		0	A	1		0.975	0.037	0.208
Proline.....g	0.706		0	A	1		0.939	0.035	0.200
Serine.....g	0.676		0	A	1		0.899	0.034	0.192
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		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 = 133g: 1 cup, whole
- Measure 2 = 5.0g: 1 kernel
- Measure 3 = 28.35g: 1 oz (6 kernels)

Footnotes:

1 Other phytosterols total 51.5 mg/100g; these include delta 5-avenasterol + beta-sitostanol (19.7) and other minor phytosterols.

NDB No. 12084
Nuts, butternuts, dried
Juglans cinerea

Refuse:73% Shells

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food				
	Number			Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3	
	Mean	Std. Error	Points							
Proximates:										
Water.....g	3.34	0.330	4		1		4.01	0.95	0.10	
Energy.....kcal	612		0	NC	4		734	174	18	
Energy.....kJ	2561				4		3073	726	77	
Protein (N x 5.3).....g	24.90	1.353	6		1		29.88	7.06	0.75	
Total lipid (fat).....g	56.98	0.540	12		1		68.38	16.15	1.71	
Ash.....g	2.73	0.215	4		1		3.28	0.77	0.08	
Carbohydrate, by difference.....g	12.05		0	NC	4		14.46	3.42	0.36	
Fiber, total dietary.....g	4.7		0		4		5.6	1.3	0.1	
Sugars, total.....g										
Starch.....g										
Minerals:										
Calcium, Ca.....mg	53	1.808	4		1		64	15	2	
Iron, Fe.....mg	4.02	0.197	4		1		4.82	1.14	0.12	
Magnesium, Mg.....mg	237	15.785	4		1		284	67	7	
Phosphorus, P.....mg	446	37.420	4		1		535	126	13	
Potassium, K.....mg	421	16.561	4		1		505	119	13	
Sodium, Na.....mg	1	0.136	4		1		1	0	0	
Zinc, Zn.....mg	3.13	0.454	4		1		3.76	0.89	0.09	
Copper, Cu.....mg	0.450	0.061	4		1		0.540	0.128	0.014	
Manganese, Mn.....mg	6.560	0.437	4		1		7.872	1.860	0.197	
Selenium, Se.....µg	17.2		0	BFSN	4		20.6	4.9	0.5	
Vitamins:										
Vitamin C, total ascorbic acid.....mg	3.2		0		4		3.8	0.9	0.1	
Thiamin.....mg	0.383		0		4		0.460	0.109	0.011	
Riboflavin.....mg	0.148		0		4		0.178	0.042	0.004	
Niacin.....mg	1.045		0		4		1.254	0.296	0.031	
Pantothenic acid.....mg	0.633		0		4		0.760	0.179	0.019	
Vitamin B-6.....mg	0.560		0		4		0.672	0.159	0.017	
Folate, total.....µg	66		0		4		79	19	2	
Folic acid.....µg	0		0	Z	7		0	0	0	
Folate, food.....µg	66		0		4		79	19	2	
Folate, DFE.....µg	66		0	NC	4		79	19	2	
Choline, total.....mg										
Betaine.....mg										
Vitamin B-12.....µg	0.00		0	Z	7		0.00	0.00	0.00	
Vitamin A, RAE.....µg	6		0		4		7	2	0	
Retinol.....µg	0		0	Z	7		0	0	0	
Carotene, beta.....µg										
Carotene, alpha.....µg										
Cryptoxanthin, beta.....µg										
Vitamin A, IU.....IU	124		0		4		149	35	4	
Lycopene.....µg										
Lutein + zeaxanthin.....µg										
Vitamin E (alpha-tocopherol).....mg										
Tocopherol, beta.....mg										
Tocopherol, gamma.....mg										
Tocopherol, delta.....mg										
Tocotrienol, alpha.....mg										
Tocotrienol, beta.....mg										
Tocotrienol, gamma.....mg										
Tocotrienol, delta.....mg										
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0	0.0	0.0	
Vitamin D.....IU	0		0	Z	7		0	0	0	
Vitamin K (phylloquinone).....µg										
Dihydrophylloquinone.....µg										
Menaquinone-4.....µg										

Lipids:

NDB No. 12084
Nuts, butternuts, dried

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	measures of food			
						Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated.....g	1.306		0		1		1.567	0.370	0.039
4:0.....g	0.000		0		1		0.000	0.000	0.000
6:0.....g	0.000		0		1		0.000	0.000	0.000
8:0.....g	0.000		0		1		0.000	0.000	0.000
10:0.....g	0.000		0		1		0.000	0.000	0.000
12:0.....g	0.000		0		1		0.000	0.000	0.000
13:0.....g									
14:0.....g	0.000		0		1		0.000	0.000	0.000
15:0.....g									
16:0.....g	0.872		1		1		1.046	0.247	0.026
17:0.....g									
18:0.....g	0.425		1		1		0.510	0.120	0.013
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	10.425		0		1		12.510	2.955	0.313
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
17:1.....g									
18:1 undifferentiated.....g	10.352		2		1		12.422	2.935	0.311
20:1.....g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	42.741		0		1		51.289	12.117	1.282
18:2 undifferentiated.....g	33.727		2		1		40.472	9.562	1.012
18:3 undifferentiated.....g	8.718		2		1		10.462	2.472	0.262
18:4.....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3 (EPA).....g	0.000		0		1		0.000	0.000	0.000
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3 (DHA).....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	0
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.366		4		1		0.439	0.104	0.011
Threonine.....g	0.940		2		1		1.128	0.266	0.028
Isoleucine.....g	1.179		2		1		1.415	0.334	0.035
Leucine.....g	2.199		2		1		2.639	0.623	0.066
Lysine.....g	0.770		2		1		0.924	0.218	0.023
Methionine.....g	0.611		6		1		0.733	0.173	0.018
Cystine.....g	0.484		6		1		0.581	0.137	0.015
Phenylalanine.....g	1.442		2		1		1.730	0.409	0.043
Tyrosine.....g	0.977		2		1		1.172	0.277	0.029
Valine.....g	1.541		2		1		1.849	0.437	0.046
Arginine.....g	4.862		2		1		5.834	1.378	0.146
Histidine.....g	0.808		2		1		0.970	0.229	0.024
Alanine.....g	1.372		2		1		1.646	0.389	0.041
Aspartic acid.....g	3.096		2		1		3.715	0.878	0.093
Glutamic acid.....g	6.084		2		1		7.301	1.725	0.183
Glycine.....g	1.508		2		1		1.810	0.428	0.045
Proline.....g	1.236		2		1		1.483	0.350	0.037
Serine.....g	1.640		2		1		1.968	0.465	0.049
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg									
Theobromine.....mg									

NDB No. 12084
Nuts, butternuts, dried

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

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 cup
Measure 2 = 28.35g: 1 oz
Measure 3 = 3.0g: 1 nutmeat

Calories Factors: Protein 3.47 Fat 8.37 Carbohydrate4.07

Food Group: 12 Nut and Seed Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

Nuts, cashew butter, plain, with salt added

[illegible]

NDB No. 12588
Nuts, cashew butter, plain, with salt added

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Lipids:									
Fatty acids, total saturated.....g	10.606		0	FLC	4		1.697	3.007	
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	0.116		0	FLC	4		0.019	0.033	
10:0.....g	0.116		0	FLC	4		0.019	0.033	
12:0.....g	0.687		0	FLC	4		0.110	0.195	
13:0.....g									
14:0.....g	0.333		0	FLC	4		0.053	0.094	
15:0.....g									
16:0.....g	5.197		0	FLC	4		0.831	1.473	
17:0.....g									
18:0.....g	3.784		0	FLC	4		0.605	1.073	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	26.709		0	FLC	4		4.273	7.572	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.254		0	FLC	4		0.041	0.072	
17:1.....g									
18:1 undifferentiated.....g	26.303		0	FLC	4		4.209	7.457	
20:1.....g	0.111		0	FLC	4		0.018	0.031	
22:1 undifferentiated.....g	0.000		0	FLC	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	13.371		0	FLC	4		2.139	3.791	
18:2 undifferentiated.....g	13.200		0	FLC	4		2.112	3.742	
18:3 undifferentiated.....g	0.159		0	FLC	4		0.026	0.045	
18:4.....g	0.000		0	FLC	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLC	4		0.000	0.000	
20:5 n-3 (EPA).....g	0.000		0	FLC	4		0.000	0.000	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	FLC	4		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0	FLC	4		0.000	0.000	
Fatty acids, total trans.....g	0.000		0	LC	8		0.000	0.000	
Cholesterol.....mg	0		0	Z	7		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.162		0	LC	8		0.026	0.046	
Threonine.....g	0.388		0	LC	8		0.062	0.110	
Isoleucine.....g	0.445		0	LC	8		0.071	0.126	
Leucine.....g	0.831		0	LC	8		0.133	0.235	
Lysine.....g	0.523		0	LC	8		0.084	0.148	
Methionine.....g	0.204		0	LC	8		0.033	0.058	
Cystine.....g	0.222		0	LC	8		0.036	0.063	
Phenylalanine.....g	0.537		0	LC	8		0.086	0.152	
Tyrosine.....g	0.286		0	LC	8		0.046	0.081	
Valine.....g	0.617		0	LC	8		0.099	0.175	
Arginine.....g	1.198		0	LC	8		0.192	0.340	
Histidine.....g	0.257		0	LC	8		0.041	0.073	
Alanine.....g	0.472		0	LC	8		0.076	0.134	
Aspartic acid.....g	1.013		0	LC	8		0.162	0.287	
Glutamic acid.....g	2.542		0	LC	8		0.407	0.721	
Glycine.....g	0.529		0	LC	8		0.085	0.150	
Proline.....g	0.458		0	LC	8		0.073	0.130	
Serine.....g	0.609		0	LC	8		0.097	0.173	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	

NDB No. 12588
Nuts, cashew butter, plain, with salt added

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	Mean	Std. Error	Number		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code					
Theobromine.....mg	0		0	Z	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 = 16g: 1 tbsp
Measure 2 = 28.35g: 1 oz

Calories Factors: Protein 3.47 Fat 8.37 Carbohydrate4.07 **Food Group:** 12 Nut and Seed Products
USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 12088
Nuts, cashew butter, plain, without salt added

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	2.96	0.889	3		1		0.47	0.84	
Energy.....kcal	587		0	NC	4		94	166	
Energy.....kJ	2456				4		393	696	
Protein (N x 5.3).....g	17.56	0.592	3		1		2.81	4.98	
Total lipid (fat).....g	49.41	0.376	3		1		7.91	14.01	
Ash.....g	2.50	0.105	3		1		0.40	0.71	
Carbohydrate, by difference.....g	27.57		0	NC	4		4.41	7.82	
Fiber, total dietary.....g	2.0		0		4		0.3	0.6	
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	43		0		1		7	12	
Iron, Fe.....mg	5.03		0		1		0.80	1.43	
Magnesium, Mg.....mg	258		0		1		41	73	
Phosphorus, P.....mg	457		0		1		73	130	
Potassium, K.....mg	546		0		1		87	155	
Sodium, Na.....mg	15		0		1		2	4	
Zinc, Zn.....mg	5.16		0		1		0.83	1.46	
Copper, Cu.....mg	2.190		0		1		0.350	0.621	
Manganese, Mn.....mg	0.815		0		4		0.130	0.231	
Selenium, Se.....µg	11.5		0	BFSN	4		1.8	3.3	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0		1		0.0	0.0	
Thiamin.....mg	0.312		0		1		0.050	0.088	
Riboflavin.....mg	0.187		0		1		0.030	0.053	
Niacin.....mg	1.599		0		1		0.256	0.453	
Pantothenic acid.....mg	1.201		0		1		0.192	0.340	
Vitamin B-6.....mg	0.252		0		1		0.040	0.071	
Folate, total.....µg	68		0		1		11	19	
Folic acid.....µg	0		0	Z	7		0	0	
Folate, food.....µg	68		0		1		11	19	
Folate, DFE.....µg	68		0	NC	4		11	19	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....µg	0		0		1		0	0	
Retinol.....µg	0		0	Z	7		0	0	
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	0		0		1		0	0	
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D.....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone).....µg									
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									

Lipids:

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data						
			Points						
Fatty acids, total saturated.....g	9.763		0		1		1.562	2.768	
4:0.....g									
6:0.....g									
8:0.....g	0.140		0		1		0.022	0.040	
10:0.....g	0.140		0		1		0.022	0.040	
12:0.....g	0.836		0		1		0.134	0.237	
13:0.....g									
14:0.....g	0.370		0		1		0.059	0.105	
15:0.....g									
16:0.....g	4.639		0		1		0.742	1.315	
17:0.....g									
18:0.....g	3.168		0		1		0.507	0.898	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	29.122		0		1		4.660	8.256	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.339		0		1		0.054	0.096	
17:1.....g									
18:1 undifferentiated.....g	28.579		0		1		4.573	8.102	
20:1.....g	0.148		0		1		0.024	0.042	
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	8.354		0		1		1.337	2.368	
18:2 undifferentiated.....g	8.166		0		1		1.307	2.315	
18:3 undifferentiated.....g	0.171		0		1		0.027	0.048	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....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	Z	7		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.272		0		1		0.044	0.077	
Threonine.....g	0.679		0		1		0.109	0.192	
Isoleucine.....g	0.838		0		1		0.134	0.238	
Leucine.....g	1.475		0		1		0.236	0.418	
Lysine.....g	0.938		0		1		0.150	0.266	
Methionine.....g	0.315		0		1		0.050	0.089	
Cystine.....g	0.325		0		1		0.052	0.092	
Phenylalanine.....g	0.908		0		1		0.145	0.257	
Tyrosine.....g	0.563		0		1		0.090	0.160	
Valine.....g	1.193		0		1		0.191	0.338	
Arginine.....g	1.998		0		1		0.320	0.566	
Histidine.....g	0.457		0		1		0.073	0.130	
Alanine.....g	0.805		0		1		0.129	0.228	
Aspartic acid.....g	1.727		0		1		0.276	0.490	
Glutamic acid.....g	4.159		0		1		0.665	1.179	
Glycine.....g	0.921		0		1		0.147	0.261	
Proline.....g	0.792		0		1		0.127	0.225	
Serine.....g	0.974		0		1		0.156	0.276	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg									
Theobromine.....mg									

NDB No. 12088
Nuts, cashew butter, plain, without salt added

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

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

Common Measures:
Measure 1 = 16g: 1 tbsp
Measure 2 = 28.35g: 1 oz

Calories Factors: Protein 3.47 Fat 8.37 Carbohydrate4.07

Food Group: 12 Nut and Seed Products
USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 12585

Nuts, cashew nuts, dry roasted, with salt added

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	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data						
			Points						
Proximates:									
Water.....g	1.70		2		1		2.33	0.48	
Energy.....kcal	574		0	NC	4		786	163	
Energy.....kJ	2402		0		4		3290	681	
Protein (N x 5.3).....g	15.31		2		1		20.97	4.34	
Total lipid (fat).....g	46.35		2		1		63.50	13.14	
Ash.....g	3.95		2		1		5.41	1.12	
Carbohydrate, by difference.....g	32.69		0	NC	4		44.79	9.27	
Fiber, total dietary.....g	3.0		0		4		4.1	0.9	
Sugars, total.....g	5.01		0	BFZN	4		6.86	1.42	
Starch.....g									
Minerals:									
Calcium, Ca.....mg	45		1		1		62	13	
Iron, Fe.....mg	6.00		1		1		8.22	1.70	
Magnesium, Mg.....mg	260		1		1		356	74	
Phosphorus, P.....mg	490		1		1		671	139	
Potassium, K.....mg	565		2		1		774	160	
Sodium, Na.....mg	640		2		1		877	181	
Zinc, Zn.....mg	5.60		1		1		7.67	1.59	
Copper, Cu.....mg	2.220		0		1		3.041	0.629	
Manganese, Mn.....mg	0.826		0		4		1.132	0.234	
Selenium, Se.....µg	11.7		0	BFSN	4		16.0	3.3	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0		1		0.0	0.0	
Thiamin.....mg	0.200		1		1		0.274	0.057	
Riboflavin.....mg	0.200		1		1		0.274	0.057	
Niacin.....mg	1.400		1		1		1.918	0.397	
Pantothenic acid.....mg	1.217		0		1		1.667	0.345	
Vitamin B-6.....mg	0.256		0		1		0.351	0.073	
Folate, total.....µg	69		0		1		95	20	
Folic acid.....µg	0		0	Z	7		0	0	
Folate, food.....µg	69		0		1		95	20	
Folate, DFE.....µg	69		0	NC	4		95	20	
Choline, total.....mg	61.0		0	BFZN	4		83.6	17.3	
Betaine.....mg									
Vitamin B-12.....µg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added.....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....µg	0		0	NC	4		0	0	
Retinol.....µg	0		0	Z	7		0	0	
Carotene, beta.....µg	0		0	BFZN	4		0	0	
Carotene, alpha.....µg	0		0	BFZN	4		0	0	
Cryptoxanthin, beta.....µg	0		0	BFZN	4		0	0	
Vitamin A, IU.....IU	0		0		1		0	0	
Lycopene.....µg	0		0	BFZN	4		0	0	
Lutein + zeaxanthin.....µg	23		0	BFZN	4		31	6	
Vitamin E (alpha-tocopherol).....mg	0.92		0	BFZN	4		1.26	0.26	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D.....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone).....µg	34.7		0	BFZN	4		47.6	9.9	
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									

NDB No. 12585

Nuts, cashew nuts, dry roasted, with salt added

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
<u>Lipids:</u>									
Fatty acids, total saturated.....g	9.157		0		1		12.545	2.596	
4:0.....g	0.000		0		1		0.000	0.000	
6:0.....g	0.000		0		1		0.000	0.000	
8:0.....g	0.132		1		1		0.181	0.037	
10:0.....g	0.132		1		1		0.181	0.037	
12:0.....g	0.784		2		1		1.074	0.222	
13:0.....g									
14:0.....g	0.347		3		1		0.475	0.098	
15:0.....g									
16:0.....g	4.351		20		1		5.961	1.234	
17:0.....g									
18:0.....g	2.972		20		1		4.072	0.843	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	27.317		0		1		37.424	7.744	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.318		13		1		0.436	0.090	
17:1.....g									
18:1 undifferentiated.....g	26.808		21		1		36.727	7.600	
20:1.....g	0.139		4		1		0.190	0.039	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	7.836		0		1		10.735	2.222	
18:2 undifferentiated.....g	7.660		22		1		10.494	2.172	
18:3 undifferentiated.....g	0.161		8		1		0.221	0.046	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA).....g	0.000		0		1		0.000	0.000	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	
Phytosterols.....mg	158		0		1		216	45	
<u>Amino Acids:</u>									
Tryptophan.....g	0.237		5		1		0.325	0.067	
Threonine.....g	0.592		10		1		0.811	0.168	
Isoleucine.....g	0.731		9		1		1.001	0.207	
Leucine.....g	1.285		10		1		1.760	0.364	
Lysine.....g	0.817		10		1		1.119	0.232	
Methionine.....g	0.274		10		1		0.375	0.078	
Cystine.....g	0.283		10		1		0.388	0.080	
Phenylalanine.....g	0.791		10		1		1.084	0.224	
Tyrosine.....g	0.491		10		1		0.673	0.139	
Valine.....g	1.040		10		1		1.425	0.295	
Arginine.....g	1.741		10		1		2.385	0.494	
Histidine.....g	0.399		10		1		0.547	0.113	
Alanine.....g	0.702		10		1		0.962	0.199	
Aspartic acid.....g	1.505		10		1		2.062	0.427	
Glutamic acid.....g	3.624		10		1		4.965	1.027	
Glycine.....g	0.803		10		1		1.100	0.228	
Proline.....g	0.690		10		1		0.945	0.196	
Serine.....g	0.849		10		1		1.163	0.241	
Hydroxyproline.....g									
<u>Others:</u>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	

NDB No. 12585
Nuts, cashew nuts, dry roasted, with salt added

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	Mean	Std. Error	Number			Measure 1	Measure 2	Measure 3	
			of Data	Deriv	Source				
			Points	Code	Code	Code			
Theobromine.....mg	0		0	Z	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 = 137g: 1 cup, halves and whole
Measure 2 = 28.35g: 1 oz

Calories Factors: Protein 3.47 Fat 8.37 Carbohydrate4.07 **Food Group:** 12 Nut and Seed Products
USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 12085

Nuts, cashew nuts, dry roasted, without salt added

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	measures of food			
						Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated.....g	9.157		0		1		12.545	0.788	2.596
4:0.....g	0.000		0		1		0.000	0.000	0.000
6:0.....g	0.000		0		1		0.000	0.000	0.000
8:0.....g	0.132		1		1		0.181	0.011	0.037
10:0.....g	0.132		1		1		0.181	0.011	0.037
12:0.....g	0.784		2		1		1.074	0.067	0.222
13:0.....g									
14:0.....g	0.347		3		1		0.475	0.030	0.098
15:0.....g									
16:0.....g	4.351		20		1		5.961	0.374	1.234
17:0.....g									
18:0.....g	2.972		20		1		4.072	0.256	0.843
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	27.317		0		1		37.424	2.349	7.744
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.318		13		1		0.436	0.027	0.090
17:1.....g									
18:1 undifferentiated.....g	26.808		21		1		36.727	2.305	7.600
20:1.....g	0.139		4		1		0.190	0.012	0.039
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	7.836		0		1		10.735	0.674	2.222
18:2 undifferentiated.....g	7.660		22		1		10.494	0.659	2.172
18:3 undifferentiated.....g	0.161		8		1		0.221	0.014	0.046
18:4.....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3 (EPA).....g	0.000		0		1		0.000	0.000	0.000
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3 (DHA).....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	0
Phytosterols.....mg	158		0		1		216	14	45
Amino Acids:									
Tryptophan.....g	0.237		5		1		0.325	0.020	0.067
Threonine.....g	0.592		10		1		0.811	0.051	0.168
Isoleucine.....g	0.731		9		1		1.001	0.063	0.207
Leucine.....g	1.285		10		1		1.760	0.111	0.364
Lysine.....g	0.817		10		1		1.119	0.070	0.232
Methionine.....g	0.274		10		1		0.375	0.024	0.078
Cystine.....g	0.283		10		1		0.388	0.024	0.080
Phenylalanine.....g	0.791		10		1		1.084	0.068	0.224
Tyrosine.....g	0.491		10		1		0.673	0.042	0.139
Valine.....g	1.040		10		1		1.425	0.089	0.295
Arginine.....g	1.741		10		1		2.385	0.150	0.494
Histidine.....g	0.399		10		1		0.547	0.034	0.113
Alanine.....g	0.702		10		1		0.962	0.060	0.199
Aspartic acid.....g	1.505		10		1		2.062	0.129	0.427
Glutamic acid.....g	3.624		10		1		4.965	0.312	1.027
Glycine.....g	0.803		10		1		1.100	0.069	0.228
Proline.....g	0.690		10		1		0.945	0.059	0.196
Serine.....g	0.849		10		1		1.163	0.073	0.241
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0

NDB No. 12085
Nuts, cashew nuts, dry roasted, without salt added

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	Mean	Std. Error	Number		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code					
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 = 137g: 1 cup, halves and whole
Measure 2 = 8.6g: 1 tbsp
Measure 3 = 28.35g: 1 oz

Calories Factors: Protein 3.47 **Fat** 8.37 **Carbohydrate**4.07 **Food Group:** 12 Nut and Seed Products
USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 12586

Nuts, cashew nuts, oil roasted, with salt added (1)

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	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Proximates:									
Water.....g	2.34	0.206	7	A	1		3.01	3.01	0.66
Energy.....kcal	581		0	NC	4		749	749	165
Energy.....kJ	2431		0	NC	4		3136	3136	689
Protein (N x 5.3).....g	16.84	0.353	8	A	1		21.73	21.73	4.77
Total lipid (fat).....g	47.77	1.866	3	A	1		61.62	61.62	13.54
Ash.....g	2.89	0.078	6	A	1		3.73	3.73	0.82
Carbohydrate, by difference.....g	30.16		0	NC	4		38.91	38.91	8.55
Fiber, total dietary.....g	3.3		2	A	1		4.3	4.3	0.9
Sugars, total.....g	5.01	0.549	8	A	1		6.46	6.46	1.42
Sucrose.....g	4.84	0.608	8	A	1		6.25	6.25	1.37
Glucose (dextrose).....g	0.08	0.033	8	A	1		0.11	0.11	0.02
Fructose.....g	0.08	0.033	8	A	1		0.11	0.11	0.02
Lactose.....g	0.00	0.000	8	A	1		0.00	0.00	0.00
Maltose.....g	0.00	0.000	8	A	1		0.00	0.00	0.00
Galactose.....g	0.00		2	A	1		0.00	0.00	0.00
Starch.....g	10.93	1.551	7	A	1		14.10	14.10	3.10
Minerals:									
Calcium, Ca.....mg	43	0.639	8	A	1		56	56	12
Iron, Fe.....mg	6.05	0.387	9	A	1		7.80	7.80	1.71
Magnesium, Mg.....mg	273	16.425	8	A	1		352	352	77
Phosphorus, P.....mg	531	37.185	8	A	1		686	686	151
Potassium, K.....mg	632	20.071	8	A	1		815	815	179
Sodium, Na.....mg	308	30.570	6	A	1		398	398	87
Zinc, Zn.....mg	5.35	0.242	8	A	1		6.91	6.91	1.52
Copper, Cu.....mg	2.043	0.098	8	A	1		2.635	2.635	0.579
Manganese, Mn.....mg	1.668	0.097	8	A	1		2.152	2.152	0.473
Selenium, Se.....µg	20.3	6.297	7	A	1		26.2	26.2	5.7
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.3	0.288	8	A	1		0.4	0.4	0.1
Thiamin.....mg	0.363	0.043	8	A	1		0.469	0.469	0.103
Riboflavin.....mg	0.218	0.014	8	A	1		0.281	0.281	0.062
Niacin.....mg	1.736	0.429	8	A	1		2.239	2.239	0.492
Pantothenic acid.....mg	0.880		2	A	1		1.135	1.135	0.249
Vitamin B-6.....mg	0.323	0.091	8	A	1		0.417	0.417	0.092
Folate, total.....µg	25		2	A	1		33	33	7
Folic acid.....µg	0		0	Z	7		0	0	0
Folate, food.....µg	25		2	A	1		33	33	7
Folate, DFE.....µg	25		0	NC	4		33	33	7
Choline, total.....mg	61.0		0	AS	1		78.7	78.7	17.3
Betaine.....mg	11.2	0.975	5	A	1		14.5	14.5	3.2
Vitamin B-12.....µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin B-12, added.....µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE.....µg	0	0.000	8	A	1		0	0	0
Retinol.....µg	0		0	Z	7		0	0	0
Carotene, beta.....µg	0	0.000	8	A	1		0	0	0
Carotene, alpha.....µg	0	0.000	8	A	1		0	0	0
Cryptoxanthin, beta.....µg	0	0.000	8	A	1		0	0	0
Vitamin A, IU.....IU	0	0.000	8	A	1		0	0	0
Lycopene.....µg	0	0.000	8	A	1		0	0	0
Lutein + zeaxanthin.....µg	23	1.524	8	AS	1		29	29	6
Vitamin E (alpha-tocopherol).....mg	0.92	0.244	5	A	1		1.18	1.18	0.26
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta.....mg	0.03	0.018	5	A	1		0.04	0.04	0.01
Tocopherol, gamma.....mg	5.40	0.369	5	A	1		6.97	6.97	1.53
Tocopherol, delta.....mg	0.37	0.040	5	A	1		0.48	0.48	0.10
Tocotrienol, alpha.....mg	0.00	0.000	5	A	1		0.00	0.00	0.00
Tocotrienol, beta.....mg	0.10	0.100	5	A	1		0.13	0.13	0.03

NDB No. 12586

Nuts, cashew nuts, oil roasted, with salt added (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 Deriv Source Confidence			Measure 1	Measure 2	Measure 3
			Points	Code	Code			
Tocotrienol, gamma.....mg	0.20	0.200	5	A	1	0.26	0.26	0.06
Tocotrienol, delta.....mg	0.00	0.000	4	A	1	0.00	0.00	0.00
Vitamin D (D2 + D3).....µg	0.0		0	Z	7	0.0	0.0	0.0
Vitamin D2 (ergocalciferol).....µg								
Vitamin D3 (cholecalciferol).....µg								
Vitamin D.....IU	0		0	Z	7	0	0	0
Vitamin K (phylloquinone).....µg	34.7	3.448	8	A	1	44.8	44.8	9.9
Dihydrophyloquinone.....µg	0.0	0.000	8	A	1	0.0	0.0	0.0
Menaquinone-4.....µg								
Lipids:								
Fatty acids, total saturated.....g	8.478		0	NC	4	10.937	10.937	2.404
4:0.....g	0.000		0		1	0.000	0.000	0.000
6:0.....g	0.000		0		1	0.000	0.000	0.000
8:0.....g	0.016		2	A	1	0.021	0.021	0.005
10:0.....g	0.016		2	A	1	0.021	0.021	0.005
12:0.....g	0.016		2	A	1	0.021	0.021	0.005
13:0.....g								
14:0.....g	0.016		2	A	1	0.021	0.021	0.005
15:0.....g	0.000		2	A	1	0.000	0.000	0.000
16:0.....g	4.265		2	A	1	5.502	5.502	1.209
17:0.....g	0.051		2	A	1	0.065	0.065	0.014
18:0.....g	3.511		2	A	1	4.529	4.529	0.995
20:0.....g	0.290		2	A	1	0.374	0.374	0.082
22:0.....g	0.188		2	A	1	0.243	0.243	0.053
24:0.....g	0.110		1	A	1	0.142	0.142	0.031
Fatty acids, total monounsaturated.....g	25.923		0	NC	4	33.441	33.441	7.349
14:1.....g	0.000		2	A	1	0.000	0.000	0.000
15:1.....g	0.000		2	A	1	0.000	0.000	0.000
16:1 undifferentiated.....g	0.149		2	A	1	0.192	0.192	0.042
17:1.....g	0.000		2	A	1	0.000	0.000	0.000
18:1 undifferentiated.....g	25.624		2	A	1	33.056	33.056	7.265
20:1.....g	0.150		2	A	1	0.194	0.194	0.043
22:1 undifferentiated.....g	0.000		1	A	1	0.000	0.000	0.000
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	8.546		0	NC	4	11.024	11.024	2.423
18:2 undifferentiated.....g	8.478		2	A	1	10.936	10.936	2.403
18:3 undifferentiated.....g	0.068		2	A	1	0.088	0.088	0.019
18:4.....g	0.000		1	A	1	0.000	0.000	0.000
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
20:4 undifferentiated.....g	0.000		2	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
21:5.....g								
22:4.....g								
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	0		0	Z	7	0	0	0
Phytosterols.....mg								
Stigmasterol.....mg	0	0.000	4	A	1	0	0	0
Campesterol.....mg	10	0.756	4	A	1	13	13	3
Beta-sitosterol.....mg	119	2.238	4	A	1	153	153	34
Amino Acids:								
Tryptophan.....g	0.265		0	A	1	0.342	0.342	0.075
Threonine.....g	0.636		0	A	1	0.820	0.820	0.180
Isoleucine.....g	0.729		0	A	1	0.941	0.941	0.207
Leucine.....g	1.361		0	A	1	1.756	1.756	0.386
Lysine.....g	0.858		0	A	1	1.106	1.106	0.243
Methionine.....g	0.334		0	A	1	0.431	0.431	0.095
Cystine.....g	0.364		0	A	1	0.469	0.469	0.103
Phenylalanine.....g	0.879		0	A	1	1.134	1.134	0.249
Tyrosine.....g	0.469		0	A	1	0.606	0.606	0.133
Valine.....g	1.011		0	A	1	1.305	1.305	0.287

NDB No. 12586

Nuts, cashew nuts, oil roasted, with salt added (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
Arginine.....g	1.963		0	A	1		2.532	2.532	0.556
Histidine.....g	0.421		0	A	1		0.544	0.544	0.119
Alanine.....g	0.774		0	A	1		0.999	0.999	0.219
Aspartic acid.....g	1.659		0	A	1		2.140	2.140	0.470
Glutamic acid.....g	4.165		0	A	1		5.373	5.373	1.181
Glycine.....g	0.866		0	A	1		1.117	1.117	0.245
Proline.....g	0.751		0	A	1		0.968	0.968	0.213
Serine.....g	0.997		0	A	1		1.286	1.286	0.283
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		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 = 129g: 1 cup, whole

Measure 2 = 129g: 1 cup, halves and pieces

Measure 3 = 28.35g: 1 oz (18 kernels)

Footnotes:

- Other phytosterols total 35.0 mg/100g; these include delta 5-avenasterol (13.5), campestanol (2.7), and other minor phytosterols (18.9 mg).

Calories Factors: Protein 3.47

Fat 8.37

Carbohydrate 4.07

Food Group: 12 Nut and Seed Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 12086

Nuts, cashew nuts, oil roasted, without salt added (1)

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	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Proximates:									
Water.....g	3.48	0.165	3	A	1		4.50	4.50	0.99
Energy.....kcal	580		0	NC	4		748	748	164
Energy.....kJ	2426		0	NC	4		3130	3130	688
Protein (N x 5.3).....g	16.84	0.353	8	A	1		21.73	21.73	4.77
Total lipid (fat).....g	47.77	1.866	3	A	1		61.62	61.62	13.54
Ash.....g	2.03	0.429	3	A	1		2.62	2.62	0.58
Carbohydrate, by difference.....g	29.87		0	NC	4		38.54	38.54	8.47
Fiber, total dietary.....g	3.3		2	A	1		4.3	4.3	0.9
Sugars, total.....g	5.01	0.549	8	A	1		6.46	6.46	1.42
Sucrose.....g	4.84	0.608	8	A	1		6.25	6.25	1.37
Glucose (dextrose).....g	0.08	0.033	8	A	1		0.11	0.11	0.02
Fructose.....g	0.08	0.033	8	A	1		0.11	0.11	0.02
Lactose.....g	0.00	0.000	8	A	1		0.00	0.00	0.00
Maltose.....g	0.00	0.000	8	A	1		0.00	0.00	0.00
Galactose.....g	0.00		2	A	1		0.00	0.00	0.00
Starch.....g	10.93	1.551	7	A	1		14.10	14.10	3.10
Minerals:									
Calcium, Ca.....mg	43	0.639	8	A	1		56	56	12
Iron, Fe.....mg	6.05	0.387	9	A	1		7.80	7.80	1.71
Magnesium, Mg.....mg	273	16.425	8	A	1		352	352	77
Phosphorus, P.....mg	531	37.185	8	A	1		686	686	151
Potassium, K.....mg	632	20.071	8	A	1		815	815	179
Sodium, Na.....mg	13	2.326	3	A	1		17	17	4
Zinc, Zn.....mg	5.35	0.242	8	A	1		6.91	6.91	1.52
Copper, Cu.....mg	2.043	0.098	8	A	1		2.635	2.635	0.579
Manganese, Mn.....mg	1.668	0.097	8	A	1		2.152	2.152	0.473
Selenium, Se.....µg	20.3	6.297	7	A	1		26.2	26.2	5.7
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.3	0.288	8	A	1		0.4	0.4	0.1
Thiamin.....mg	0.363	0.043	8	A	1		0.469	0.469	0.103
Riboflavin.....mg	0.218	0.014	8	A	1		0.281	0.281	0.062
Niacin.....mg	1.736	0.429	8	A	1		2.239	2.239	0.492
Pantothenic acid.....mg	0.880		2	A	1		1.135	1.135	0.249
Vitamin B-6.....mg	0.323	0.091	8	A	1		0.417	0.417	0.092
Folate, total.....µg	25		2	A	1		33	33	7
Folic acid.....µg	0		0	Z	7		0	0	0
Folate, food.....µg	25		2	A	1		33	33	7
Folate, DFE.....µg	25		0	NC	4		33	33	7
Choline, total.....mg	61.0		0	AS	1		78.7	78.7	17.3
Betaine.....mg	11.2	0.975	5	A	1		14.5	14.5	3.2
Vitamin B-12.....µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin B-12, added.....µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE.....µg	0	0.000	8	A	1		0	0	0
Retinol.....µg	0		0	Z	7		0	0	0
Carotene, beta.....µg	0	0.000	8	A	1		0	0	0
Carotene, alpha.....µg	0	0.000	8	A	1		0	0	0
Cryptoxanthin, beta.....µg	0	0.000	8	A	1		0	0	0
Vitamin A, IU.....IU	0	0.000	8	A	1		0	0	0
Lycopene.....µg	0	0.000	8	A	1		0	0	0
Lutein + zeaxanthin.....µg	23	1.524	8	AS	1		29	29	6
Vitamin E (alpha-tocopherol).....mg	0.92	0.244	5	A	1		1.18	1.18	0.26
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta.....mg	0.03	0.018	5	A	1		0.04	0.04	0.01
Tocopherol, gamma.....mg	5.40	0.369	5	A	1		6.97	6.97	1.53
Tocopherol, delta.....mg	0.37	0.040	5	A	1		0.48	0.48	0.10
Tocotrienol, alpha.....mg	0.00	0.000	5	A	1		0.00	0.00	0.00
Tocotrienol, beta.....mg	0.10	0.100	5	A	1		0.13	0.13	0.03

NDB No. 12086

Nuts, cashew nuts, oil roasted, without salt added (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 Deriv Source Confidence			Measure 1	Measure 2	Measure 3
			Points	Code	Code			
Tocotrienol, gamma.....mg	0.20	0.200	5	A	1	0.26	0.26	0.06
Tocotrienol, delta.....mg	0.00	0.000	5	A	1	0.00	0.00	0.00
Vitamin D (D2 + D3).....µg	0.0		0	Z	7	0.0	0.0	0.0
Vitamin D2 (ergocalciferol).....µg								
Vitamin D3 (cholecalciferol).....µg								
Vitamin D.....IU	0		0	Z	7	0	0	0
Vitamin K (phylloquinone).....µg	34.7	3.448	8	A	1	44.8	44.8	9.9
Dihydrophyloquinone.....µg	0.0	0.000	8	A	1	0.0	0.0	0.0
Menaquinone-4.....µg								
Lipids:								
Fatty acids, total saturated.....g	8.478		0	NC	4	10.937	10.937	2.404
4:0.....g	0.000		0		1	0.000	0.000	0.000
6:0.....g	0.000		0		1	0.000	0.000	0.000
8:0.....g	0.016		2	A	1	0.021	0.021	0.005
10:0.....g	0.016		2	A	1	0.021	0.021	0.005
12:0.....g	0.016		2	A	1	0.021	0.021	0.005
13:0.....g								
14:0.....g	0.016		2	A	1	0.021	0.021	0.005
15:0.....g	0.000		2	A	1	0.000	0.000	0.000
16:0.....g	4.265		2	A	1	5.502	5.502	1.209
17:0.....g	0.051		2	A	1	0.065	0.065	0.014
18:0.....g	3.511		2	A	1	4.529	4.529	0.995
20:0.....g	0.290		2	A	1	0.374	0.374	0.082
22:0.....g	0.188		2	A	1	0.243	0.243	0.053
24:0.....g	0.110		1	A	1	0.142	0.142	0.031
Fatty acids, total monounsaturated.....g	25.923		0	NC	4	33.441	33.441	7.349
14:1.....g	0.000		2	A	1	0.000	0.000	0.000
15:1.....g	0.000		2	A	1	0.000	0.000	0.000
16:1 undifferentiated.....g	0.149		2	A	1	0.192	0.192	0.042
17:1.....g	0.000		2	A	1	0.000	0.000	0.000
18:1 undifferentiated.....g	25.624		2	A	1	33.056	33.056	7.265
20:1.....g	0.150		2	A	1	0.194	0.194	0.043
22:1 undifferentiated.....g	0.000		1	A	1	0.000	0.000	0.000
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	8.546		0	NC	4	11.024	11.024	2.423
18:2 undifferentiated.....g	8.478		2	A	1	10.936	10.936	2.403
18:3 undifferentiated.....g	0.068		2	A	1	0.088	0.088	0.019
18:4.....g	0.000		1	A	1	0.000	0.000	0.000
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
20:4 undifferentiated.....g	0.000		2	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
21:5.....g								
22:4.....g								
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	0		0	Z	7	0	0	0
Phytosterols.....mg								
Stigmasterol.....mg	0	0.000	4	A	1	0	0	0
Campesterol.....mg	10	0.756	4	A	1	13	13	3
Beta-sitosterol.....mg	119	2.238	4	A	1	153	153	34
Amino Acids:								
Tryptophan.....g	0.265		0	A	1	0.342	0.342	0.075
Threonine.....g	0.636		0	A	1	0.820	0.820	0.180
Isoleucine.....g	0.729		0	A	1	0.941	0.941	0.207
Leucine.....g	1.361		0	A	1	1.756	1.756	0.386
Lysine.....g	0.858		0	A	1	1.106	1.106	0.243
Methionine.....g	0.334		0	A	1	0.431	0.431	0.095
Cystine.....g	0.364		0	A	1	0.469	0.469	0.103
Phenylalanine.....g	0.879		0	A	1	1.134	1.134	0.249
Tyrosine.....g	0.469		0	A	1	0.606	0.606	0.133
Valine.....g	1.011		0	A	1	1.305	1.305	0.287

NDB No. 12086

Nuts, cashew nuts, oil roasted, without salt added (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	
			Points					
Arginine.....g	1.963		0	A	1		2.532	2.532 0.556
Histidine.....g	0.421		0	A	1		0.544	0.544 0.119
Alanine.....g	0.774		0	A	1		0.999	0.999 0.219
Aspartic acid.....g	1.659		0	A	1		2.140	2.140 0.470
Glutamic acid.....g	4.165		0	A	1		5.373	5.373 1.181
Glycine.....g	0.866		0	A	1		1.117	1.117 0.245
Proline.....g	0.751		0	A	1		0.968	0.968 0.213
Serine.....g	0.997		0	A	1		1.286	1.286 0.283
Hydroxyproline.....g								
Others:								
Alcohol, ethyl.....g	0.0		0		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 = 129g: 1 cup, whole

Measure 2 = 129g: 1 cup, halves and pieces

Measure 3 = 28.35g: 1 oz (18 kernels)

Footnotes:

- Other phytosterols total 35.0 mg/100g; these include delta 5-avenasterol (13.5), campestanol (2.7), and other minor phytosterols (18.9 mg).

Calories Factors: Protein 3.47

Fat 8.37

Carbohydrate 4.07

Food Group: 12 Nut and Seed Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 12087
 Nuts, cashew nuts, raw (1, 2)
Anacardium occidentale

Refuse:

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion 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	5.20		2	A	1		1.47		
Energy.....kcal	553		0	NC	4		157		
Energy.....kJ	2314		0	NC	4		656		
Protein (N x 5.3).....g	18.22		2	A	1		5.17		
Total lipid (fat).....g	43.85		0	O	4		12.43		
Ash.....g	2.54		2	A	1		0.72		
Carbohydrate, by difference.....g	30.19		0	NC	4		8.56		
Fiber, total dietary.....g	3.3		0	BFSN	4		0.9		
Sugars, total.....g	5.91		2	A	1		1.68		
Sucrose.....g	5.81		2	A	1		1.65		
Glucose (dextrose).....g	0.05		2	A	1		0.01		
Fructose.....g	0.05		2	A	1		0.01		
Lactose.....g	0.00		2	A	1		0.00		
Maltose.....g	0.00		2	A	1		0.00		
Galactose.....g	0.00		0	BFSN	4		0.00		
Starch.....g	23.49		2	A	1		6.66		
Minerals:									
Calcium, Ca.....mg	37		2	A	1		11		
Iron, Fe.....mg	6.68		2	A	1		1.89		
Magnesium, Mg.....mg	292		2	A	1		83		
Phosphorus, P.....mg	593		2	A	1		168		
Potassium, K.....mg	660		2	A	1		187		
Sodium, Na.....mg	12		2	A	1		3		
Zinc, Zn.....mg	5.78		2	A	1		1.64		
Copper, Cu.....mg	2.195		2	A	1		0.622		
Manganese, Mn.....mg	1.655		2	A	1		0.469		
Selenium, Se.....µg	19.9		0	BFSN	4		5.6		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.5		2	A	1		0.1		
Thiamin.....mg	0.423		2	A	1		0.120		
Riboflavin.....mg	0.058		2	A	1		0.016		
Niacin.....mg	1.062		2	A	1		0.301		
Pantothenic acid.....mg	0.864		0	BFSN	4		0.245		
Vitamin B-6.....mg	0.417		2	A	1		0.118		
Folate, total.....µg	25		0	BFSN	4		7		
Folic acid.....µg	0		0	Z	7		0		
Folate, food.....µg	25		0	BFSN	4		7		
Folate, DFE.....µg	25		0	NC	4		7		
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		0	Z	7		0.00		
Vitamin A, RAE.....µg	0		0	BFSN	4		0		
Retinol.....µg	0		0	Z	7		0		
Carotene, beta.....µg	0		0	BFSN	4		0		
Carotene, alpha.....µg	0		0	BFSN	4		0		
Cryptoxanthin, beta.....µg	0		0	BFSN	4		0		
Vitamin A, IU.....IU	0		0	BFSN	4		0		
Lycopene.....µg	0		0	BFSN	4		0		
Lutein + zeaxanthin.....µg	22		0	BFSN	4		6		
Vitamin E (alpha-tocopherol).....mg	0.90		0	BFSN	4		0.26		
Tocopherol, beta.....mg	0.03		0	BFSN	4		0.01		
Tocopherol, gamma.....mg	5.31		0	BFSN	4		1.50		
Tocopherol, delta.....mg	0.36		0	BFSN	4		0.10		
Tocotrienol, alpha.....mg	0.00		0	BFSN	4		0.00		
Tocotrienol, beta.....mg	0.10		0	BFSN	4		0.03		
Tocotrienol, gamma.....mg	0.20		0	BFSN	4		0.06		
Tocotrienol, delta.....mg	0.00		0	BFSN	4		0.00		

NDB No. 12087
Nuts, cashew nuts, raw (1, 2)

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0		
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	0		0	Z	7		0		
Vitamin K (phylloquinone).....µg	34.1		0	BFSN	4		9.7		
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
<u>Lipids:</u>									
Fatty acids, total saturated.....g	7.783		0	NC	4		2.207		
4:0.....g	0.000		0	BFFN	4		0.000		
6:0.....g	0.000		0	BFFN	4		0.000		
8:0.....g	0.015		0	BFFN	4		0.004		
10:0.....g	0.015		0	BFFN	4		0.004		
12:0.....g	0.015		0	BFFN	4		0.004		
13:0.....g									
14:0.....g	0.015		0	BFFN	4		0.004		
15:0.....g	0.000		0	BFFN	4		0.000		
16:0.....g	3.916		0	BFFN	4		1.110		
17:0.....g	0.046		0	BFFN	4		0.013		
18:0.....g	3.223		0	BFFN	4		0.914		
20:0.....g	0.266		0	BFFN	4		0.075		
22:0.....g	0.173		0	BFFN	4		0.049		
24:0.....g	0.101		0	BFFN	4		0.029		
Fatty acids, total monounsaturated.....g	23.797		0	NC	4		6.747		
14:1.....g	0.000		0	BFFN	4		0.000		
15:1.....g	0.000		0	BFFN	4		0.000		
16:1 undifferentiated.....g	0.136		0	BFFN	4		0.039		
17:1.....g	0.000		0	BFFN	4		0.000		
18:1 undifferentiated.....g	23.523		0	BFFN	4		6.669		
20:1.....g	0.138		0	BFFN	4		0.039		
22:1 undifferentiated.....g	0.000		0	BFFN	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	7.845		0	NC	4		2.224		
18:2 undifferentiated.....g	7.782		0	BFFN	4		2.206		
18:3 undifferentiated.....g	0.062		0	BFFN	4		0.018		
18:4.....g	0.000		0	BFFN	4		0.000		
20:2 n-6 c,c.....g	0.000		0	BFFN	4		0.000		
20:3 undifferentiated.....g	0.000		0	BFFN	4		0.000		
20:4 undifferentiated.....g	0.000		0	BFFN	4		0.000		
20:5 n-3 (EPA).....g	0.000		0	BFFN	4		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	BFFN	4		0.000		
22:6 n-3 (DHA).....g	0.000		0	BFFN	4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
Stigmasterol.....mg	0		1	A	1		0		
Campesterol.....mg	9		1	A	1		3		
Beta-sitosterol.....mg	113		1	A	1		32		
<u>Amino Acids:</u>									
Tryptophan.....g	0.287		0	A	1		0.081		
Threonine.....g	0.688		0	A	1		0.195		
Isoleucine.....g	0.789		0	A	1		0.224		
Leucine.....g	1.472		0	A	1		0.417		
Lysine.....g	0.928		0	A	1		0.263		
Methionine.....g	0.362		0	A	1		0.102		
Cystine.....g	0.393		0	A	1		0.112		
Phenylalanine.....g	0.951		0	A	1		0.270		
Tyrosine.....g	0.508		0	A	1		0.144		
Valine.....g	1.094		0	A	1		0.310		
Arginine.....g	2.123		0	A	1		0.602		
Histidine.....g	0.456		0	A	1		0.129		

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>			
	Mean	Std. Error	Number			Measure 1	Measure 2	Measure 3
			of Data	Deriv	Source			
			Points	Code	Code	Code		
Alanine.....g	0.837		0	A	1		0.237	
Aspartic acid.....g	1.795		0	A	1		0.509	
Glutamic acid.....g	4.506		0	A	1		1.277	
Glycine.....g	0.937		0	A	1		0.266	
Proline.....g	0.812		0	A	1		0.230	
Serine.....g	1.079		0	A	1		0.306	
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 = 28.35g: 1 oz

Footnotes:

- 1 Raw cashews have been heat-treated to safely remove kernel from shell, but not further roasted.
- 2 Other phytosterols = 29 mg/100g; these include 2 mg campestanol, 14 mg delta-5-avenasterol, and 13 mg other minor sterols.

NDB No. 12095
Nuts, chestnuts, chinese, boiled and steamed

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	61.57		0		1		17.46		
Energy.....kcal	153		0	NC	4		43		
Energy.....kJ	640		0		4		181		
Protein (N x 5.3).....g	2.88		0		1		0.82		
Total lipid (fat).....g	0.76		0		1		0.22		
Ash.....g	1.14		0		1		0.32		
Carbohydrate, by difference.....g	33.64		0	NC	4		9.54		
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	12		0		1		3		
Iron, Fe.....mg	0.97		0		1		0.27		
Magnesium, Mg.....mg	58		0		1		16		
Phosphorus, P.....mg	66		0		1		19		
Potassium, K.....mg	306		0		1		87		
Sodium, Na.....mg	2		0		1		1		
Zinc, Zn.....mg	0.60		0		1		0.17		
Copper, Cu.....mg	0.249		0		1		0.071		
Manganese, Mn.....mg	1.097		0		1		0.311		
Selenium, Se.....µg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	24.7		0		4		7.0		
Thiamin.....mg	0.110		0		4		0.031		
Riboflavin.....mg	0.123		0		4		0.035		
Niacin.....mg	0.548		0		4		0.155		
Pantothenic acid.....mg	0.381		0		4		0.108		
Vitamin B-6.....mg	0.281		0		4		0.080		
Folate, total.....µg	46		0		4		13		
Folic acid.....µg	0		0	Z	7		0		
Folate, food.....µg	46		0		4		13		
Folate, DFE.....µg	46		0	NC	4		13		
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		0	Z	7		0.00		
Vitamin A, RAE.....µg	7		0		4		2		
Retinol.....µg	0		0	Z	7		0		
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	138		0		4		39		
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0		
Vitamin D.....IU	0		0	Z	7		0		
Vitamin K (phylloquinone).....µg									
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									

Lipids:

NDB No. 12095
Nuts, chestnuts, chinese, boiled and steamed

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>		
	Mean	Std. Error	Number		Source Code	Confidence Code	
			of Data Points	Deriv Code			
							Measure 1 Measure 2 Measure 3
Fatty acids, total saturated.....g	0.112		0		1		0.032
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	0.104		0		1		0.029
17:0.....g							
18:0.....g	0.008		0		1		0.002
20:0.....g							
22:0.....g							
24:0.....g							
Fatty acids, total monounsaturated.....g	0.399		0		1		0.113
14:1.....g							
15:1.....g							
16:1 undifferentiated.....g	0.005		0		1		0.001
17:1.....g							
18:1 undifferentiated.....g	0.383		0		1		0.109
20:1.....g	0.007		0		1		0.002
22:1 undifferentiated.....g							
24:1 c.....g							
Fatty acids, total polyunsaturated.....g	0.197		0		1		0.056
18:2 undifferentiated.....g	0.177		0		1		0.050
18:3 undifferentiated.....g	0.019		0		1		0.005
18:4.....g							
20:2 n-6 c,c.....g							
20:3 undifferentiated.....g							
20:4 undifferentiated.....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	Z	7		0
Phytosterols.....mg							
Amino Acids:							
Tryptophan.....g	0.034		0		1		0.010
Threonine.....g	0.115		0		1		0.033
Isoleucine.....g	0.108		0		1		0.031
Leucine.....g	0.178		0		1		0.050
Lysine.....g	0.156		0		1		0.044
Methionine.....g	0.070		0		1		0.020
Cystine.....g	0.075		0		1		0.021
Phenylalanine.....g	0.130		0		1		0.037
Tyrosine.....g	0.086		0		1		0.024
Valine.....g	0.151		0		1		0.043
Arginine.....g	0.295		0		1		0.084
Histidine.....g	0.083		0		1		0.024
Alanine.....g	0.137		0		1		0.039
Aspartic acid.....g	0.584		0		1		0.166
Glutamic acid.....g	0.368		0		1		0.104
Glycine.....g	0.126		0		1		0.036
Proline.....g	0.111		0		1		0.031
Serine.....g	0.126		0		1		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.

NDB No. 12095
Nuts, chestnuts, chinese, boiled and steamed

Common Measures:
Measure 1 = 28.35g: 1 oz

Calories Factors: Protein 3.47 Fat 8.37 Carbohydrate4.07 Food Group: 12 Nut and Seed Products
USDA National Nutrient Database for Standard Reference, Release 27 (2014)

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	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Proximates:									
Water.....g	8.90		0		1		2.52		
Energy.....kcal	363		0	NC	4		103		
Energy.....kJ	1519				4		431		
Protein (N x 5.3).....g	6.82		0		1		1.93		
Total lipid (fat).....g	1.81		0		1		0.51		
Ash.....g	2.71		0		1		0.77		
Carbohydrate, by difference.....g	79.76		0	NC	4		22.61		
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	29		0		1		8		
Iron, Fe.....mg	2.29		0		1		0.65		
Magnesium, Mg.....mg	137		0		1		39		
Phosphorus, P.....mg	155		0		1		44		
Potassium, K.....mg	726		0		1		206		
Sodium, Na.....mg	5		0		1		1		
Zinc, Zn.....mg	1.41		0		1		0.40		
Copper, Cu.....mg	0.590		0		1		0.167		
Manganese, Mn.....mg	2.601		0		1		0.737		
Selenium, Se.....µg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	58.5		0		4		16.6		
Thiamin.....mg	0.260		0		4		0.074		
Riboflavin.....mg	0.293		0		4		0.083		
Niacin.....mg	1.300		0		4		0.369		
Pantothenic acid.....mg	0.902		0		4		0.256		
Vitamin B-6.....mg	0.666		0		4		0.189		
Folate, total.....µg	110		0		4		31		
Folic acid.....µg	0		0	Z	7		0		
Folate, food.....µg	110		0		4		31		
Folate, DFE.....µg	110		0	NC	4		31		
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		0	Z	7		0.00		
Vitamin A, RAE.....µg	16		0		4		5		
Retinol.....µg	0		0	Z	7		0		
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	328		0		4		93		
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0		
Vitamin D.....IU	0		0	Z	7		0		
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									

Lipids:

NDB No. 12094
Nuts, chestnuts, chinese, dried

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>		
	Mean	Std. Error	Number		Source Code	Confidence Code	
			of Data Points	Deriv Code			
							Measure 1 Measure 2 Measure 3
Fatty acids, total saturated.....g	0.266		0		1		0.075
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	0.246		0		1		0.070
17:0.....g							
18:0.....g	0.019		0		1		0.005
20:0.....g							
22:0.....g							
24:0.....g							
Fatty acids, total monounsaturated.....g	0.945		0		1		0.268
14:1.....g							
15:1.....g							
16:1 undifferentiated.....g	0.012		0		1		0.003
17:1.....g							
18:1 undifferentiated.....g	0.909		0		1		0.258
20:1.....g	0.017		0		1		0.005
22:1 undifferentiated.....g							
24:1 c.....g							
Fatty acids, total polyunsaturated.....g	0.468		0		1		0.133
18:2 undifferentiated.....g	0.419		0		1		0.119
18:3 undifferentiated.....g	0.045		0		1		0.013
18:4.....g							
20:2 n-6 c,c.....g							
20:3 undifferentiated.....g							
20:4 undifferentiated.....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	Z	7		0
Phytosterols.....mg							
Amino Acids:							
Tryptophan.....g	0.080		0		1		0.023
Threonine.....g	0.272		0		1		0.077
Isoleucine.....g	0.255		0		1		0.072
Leucine.....g	0.421		0		1		0.119
Lysine.....g	0.371		0		1		0.105
Methionine.....g	0.165		0		1		0.047
Cystine.....g	0.179		0		1		0.051
Phenylalanine.....g	0.309		0		1		0.088
Tyrosine.....g	0.203		0		1		0.058
Valine.....g	0.358		0		1		0.101
Arginine.....g	0.699		0		1		0.198
Histidine.....g	0.197		0		1		0.056
Alanine.....g	0.324		0		1		0.092
Aspartic acid.....g	1.385		0		1		0.393
Glutamic acid.....g	0.873		0		1		0.247
Glycine.....g	0.299		0		1		0.085
Proline.....g	0.263		0		1		0.075
Serine.....g	0.299		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.

NDB No. 12094
Nuts, chestnuts, chinese, dried

Common Measures:
Measure 1 = 28.35g: 1 oz

Calories Factors: Protein 3.47 Fat 8.37 Carbohydrate4.07 Food Group: 12 Nut and Seed Products
USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 12093
Nuts, chestnuts, chinese, raw
Castanea mollissima

Refuse:16% Shells

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion 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	43.95		1		1		12.46		
Energy.....kcal	224		0	NC	4		64		
Energy.....kJ	937				4		266		
Protein (N x 5.3).....g	4.20		2		1		1.19		
Total lipid (fat).....g	1.11		2		1		0.31		
Ash.....g	1.67		2		1		0.47		
Carbohydrate, by difference.....g	49.07		0	NC	4		13.91		
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	18		2		1		5		
Iron, Fe.....mg	1.41		2		1		0.40		
Magnesium, Mg.....mg	84		2		1		24		
Phosphorus, P.....mg	96		2		1		27		
Potassium, K.....mg	447		2		1		127		
Sodium, Na.....mg	3		2		1		1		
Zinc, Zn.....mg	0.87		2		1		0.25		
Copper, Cu.....mg	0.363		2		1		0.103		
Manganese, Mn.....mg	1.601		2		1		0.454		
Selenium, Se.....µg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	36.0		0		1		10.2		
Thiamin.....mg	0.160		0		1		0.045		
Riboflavin.....mg	0.180		0		1		0.051		
Niacin.....mg	0.800		0		1		0.227		
Pantothenic acid.....mg	0.555		0		4		0.157		
Vitamin B-6.....mg	0.410		0		4		0.116		
Folate, total.....µg	68		0		4		19		
Folic acid.....µg	0		0	Z	7		0		
Folate, food.....µg	68		0		4		19		
Folate, DFE.....µg	68		0	NC	4		19		
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		0	Z	7		0.00		
Vitamin A, RAE.....µg	10		0		1		3		
Retinol.....µg	0		0	Z	7		0		
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	202		0		1		57		
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0		
Vitamin D.....IU	0		0	Z	7		0		
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									

Lipids:

NDB No. 12093
Nuts, chestnuts, chinese, raw

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total saturated.....g	0.164		0		1		0.046		
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	0.151		1		1		0.043		
17:0.....g									
18:0.....g	0.011		1		1		0.003		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.581		0		1		0.165		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.008		2		1		0.002		
17:1.....g									
18:1 undifferentiated.....g	0.559		2		1		0.158		
20:1.....g	0.010		1		1		0.003		
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.288		0		1		0.082		
18:2 undifferentiated.....g	0.258		2		1		0.073		
18:3 undifferentiated.....g	0.028		2		1		0.008		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....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	Z	7		0		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.049		2		1		0.014		
Threonine.....g	0.167		2		1		0.047		
Isoleucine.....g	0.157		2		1		0.045		
Leucine.....g	0.259		2		1		0.073		
Lysine.....g	0.228		2		1		0.065		
Methionine.....g	0.101		2		1		0.029		
Cystine.....g	0.110		2		1		0.031		
Phenylalanine.....g	0.190		2		1		0.054		
Tyrosine.....g	0.125		2		1		0.035		
Valine.....g	0.220		2		1		0.062		
Arginine.....g	0.430		2		1		0.122		
Histidine.....g	0.121		2		1		0.034		
Alanine.....g	0.200		2		1		0.057		
Aspartic acid.....g	0.852		2		1		0.242		
Glutamic acid.....g	0.537		2		1		0.152		
Glycine.....g	0.184		2		1		0.052		
Proline.....g	0.162		2		1		0.046		
Serine.....g	0.184		2		1		0.052		
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.

NDB No. 12093
Nuts, chestnuts, chinese, raw

Common Measures:
Measure 1 = 28.35g: 1 oz

Calories Factors: Protein 3.47 Fat 8.37 Carbohydrate4.07 Food Group: 12 Nut and Seed Products
USDA National Nutrient Database for Standard Reference, Release 27 (2014)

Refuse:25% Shells

Lipids:

NDB No. 12096
Nuts, chestnuts, chinese, roasted

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data						
Fatty acids, total saturated.....g	0.175		0		1		0.050		
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	0.161		0		1		0.046		
17:0.....g									
18:0.....g	0.012		0		1		0.003		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.620		0		1		0.176		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.008		0		1		0.002		
17:1.....g									
18:1 undifferentiated.....g	0.596		0		1		0.169		
20:1.....g	0.011		0		1		0.003		
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.307		0		1		0.087		
18:2 undifferentiated.....g	0.275		0		1		0.078		
18:3 undifferentiated.....g	0.030		0		1		0.009		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....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	Z	7		0		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.052		0		1		0.015		
Threonine.....g	0.178		0		1		0.050		
Isoleucine.....g	0.167		0		1		0.047		
Leucine.....g	0.276		0		1		0.078		
Lysine.....g	0.243		0		1		0.069		
Methionine.....g	0.108		0		1		0.031		
Cystine.....g	0.117		0		1		0.033		
Phenylalanine.....g	0.203		0		1		0.058		
Tyrosine.....g	0.134		0		1		0.038		
Valine.....g	0.235		0		1		0.067		
Arginine.....g	0.459		0		1		0.130		
Histidine.....g	0.129		0		1		0.037		
Alanine.....g	0.213		0		1		0.060		
Aspartic acid.....g	0.909		0		1		0.258		
Glutamic acid.....g	0.573		0		1		0.162		
Glycine.....g	0.196		0		1		0.056		
Proline.....g	0.172		0		1		0.049		
Serine.....g	0.196		0		1		0.056		
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.

NDB No. 12096
Nuts, chestnuts, chinese, roasted

Common Measures:
Measure 1 = 28.35g: 1 oz

Calories Factors: Protein 3.47 Fat 8.37 Carbohydrate4.07 Food Group: 12 Nut and Seed Products
USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 12101
Nuts, chestnuts, european, boiled and steamed

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	68.15		0		1		19.32		
Energy.....kcal	131		0	NC	4		37		
Energy.....kJ	548				4		155		
Protein (N x 5.3).....g	2.00		1		1		0.57		
Total lipid (fat).....g	1.38		1		1		0.39		
Ash.....g	0.71		0		1		0.20		
Carbohydrate, by difference.....g	27.76		0	NC	4		7.87		
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	46		0		1		13		
Iron, Fe.....mg	1.73		0		1		0.49		
Magnesium, Mg.....mg	54		0		1		15		
Phosphorus, P.....mg	99		0		1		28		
Potassium, K.....mg	715		0		1		203		
Sodium, Na.....mg	27		0		1		8		
Zinc, Zn.....mg	0.25		0		1		0.07		
Copper, Cu.....mg	0.472		0		1		0.134		
Manganese, Mn.....mg	0.854		0		1		0.242		
Selenium, Se.....µg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	26.7		0		4		7.6		
Thiamin.....mg	0.148		0		4		0.042		
Riboflavin.....mg	0.104		0		4		0.029		
Niacin.....mg	0.731		0		4		0.207		
Pantothenic acid.....mg	0.316		0		4		0.090		
Vitamin B-6.....mg	0.233		0		4		0.066		
Folate, total.....µg	38		0		4		11		
Folic acid.....µg	0		0	Z	7		0		
Folate, food.....µg	38		0		4		11		
Folate, DFE.....µg	38		0	NC	4		11		
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		0	Z	7		0.00		
Vitamin A, RAE.....µg	1		0		4		0		
Retinol.....µg	0		0	Z	7		0		
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	17		0		4		5		
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0		
Vitamin D.....IU	0		0	Z	7		0		
Vitamin K (phylloquinone).....µg									
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									

Lipids:

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data Points	Code	Code	Code			
Fatty acids, total saturated.....g	0.260		0		1		0.074		
4:0.....g									
6:0.....g									
8:0.....g									
10:0.....g									
12:0.....g									
13:0.....g									
14:0.....g	0.006		0		1		0.002		
15:0.....g									
16:0.....g	0.234		0		1		0.066		
17:0.....g									
18:0.....g	0.013		0		1		0.004		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.476		0		1		0.135		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.013		0		1		0.004		
17:1.....g									
18:1 undifferentiated.....g	0.457		0		1		0.130		
20:1.....g	0.006		0		1		0.002		
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.545		0		1		0.155		
18:2 undifferentiated.....g	0.487		0		1		0.138		
18:3 undifferentiated.....g	0.058		0		1		0.016		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....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	Z	7		0		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.022		0		1		0.006		
Threonine.....g	0.071		0		1		0.020		
Isoleucine.....g	0.079		0		1		0.022		
Leucine.....g	0.118		0		1		0.033		
Lysine.....g	0.118		0		1		0.033		
Methionine.....g	0.047		0		1		0.013		
Cystine.....g	0.063		0		1		0.018		
Phenylalanine.....g	0.084		0		1		0.024		
Tyrosine.....g	0.055		0		1		0.016		
Valine.....g	0.112		0		1		0.032		
Arginine.....g	0.143		0		1		0.041		
Histidine.....g	0.055		0		1		0.016		
Alanine.....g	0.133		0		1		0.038		
Aspartic acid.....g	0.345		0		1		0.098		
Glutamic acid.....g	0.258		0		1		0.073		
Glycine.....g	0.103		0		1		0.029		
Proline.....g	0.105		0		1		0.030		
Serine.....g	0.100		0		1		0.028		
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.

NDB No. 12101
Nuts, chestnuts, european, boiled and steamed

Common Measures:
Measure 1 = 28.35g: 1 oz

Calories Factors: Protein 3.47 Fat 8.37 Carbohydrate4.07 Food Group: 12 Nut and Seed Products
USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 12100
Nuts, chestnuts, european, dried, peeled

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	9.00		1		1		2.55		
Energy.....kcal	369		0		NC	4	105		
Energy.....kJ	1544					4	438		
Protein (N x 5.3).....g	5.01		1		1		1.42		
Total lipid (fat).....g	3.91		1		1		1.11		
Ash.....g	3.64		1		1		1.03		
Carbohydrate, by difference.....g	78.43		0		NC	4	22.23		
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	64		1		1		18		
Iron, Fe.....mg	2.39		0		1		0.68		
Magnesium, Mg.....mg	74		0		1		21		
Phosphorus, P.....mg	137		1		1		39		
Potassium, K.....mg	991		0		1		281		
Sodium, Na.....mg	37		0		1		10		
Zinc, Zn.....mg	0.35		0		1		0.10		
Copper, Cu.....mg	0.653		0		1		0.185		
Manganese, Mn.....mg	1.183		1		1		0.335		
Selenium, Se.....µg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	15.1		0		4		4.3		
Thiamin.....mg	0.354		1		1		0.100		
Riboflavin.....mg	0.054		1		1		0.015		
Niacin.....mg	0.854		0		4		0.242		
Pantothenic acid.....mg	0.901		0		4		0.255		
Vitamin B-6.....mg	0.666		0		4		0.189		
Folate, total.....µg	110		0		4		31		
Folic acid.....µg	0		0		Z	7	0		
Folate, food.....µg	110		0		4		31		
Folate, DFE.....µg	110		0		NC	4	31		
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		0		Z	7	0.00		
Vitamin A, RAE.....µg	0		0		4		0		
Retinol.....µg	0		0		Z	7	0		
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	0		0		4		0		
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0		Z	7	0.0		
Vitamin D.....IU	0		0		Z	7	0		
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									

Lipids:

NDB No. 12100
Nuts, chestnuts, european, dried, peeled

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data Points	Code	Code	Code			
Fatty acids, total saturated.....g	0.736		0		1		0.209		
4:0.....g									
6:0.....g									
8:0.....g									
10:0.....g									
12:0.....g									
13:0.....g									
14:0.....g	0.017		0		1		0.005		
15:0.....g									
16:0.....g	0.664		0		1		0.188		
17:0.....g									
18:0.....g	0.037		0		1		0.010		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	1.349		0		1		0.382		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.037		0		1		0.010		
17:1.....g									
18:1 undifferentiated.....g	1.296		0		1		0.367		
20:1.....g	0.017		0		1		0.005		
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.546		0		1		0.438		
18:2 undifferentiated.....g	1.381		0		1		0.392		
18:3 undifferentiated.....g	0.165		0		1		0.047		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....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	Z	7		0		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.056		0		1		0.016		
Threonine.....g	0.179		0		1		0.051		
Isoleucine.....g	0.198		0		1		0.056		
Leucine.....g	0.297		0		1		0.084		
Lysine.....g	0.297		0		1		0.084		
Methionine.....g	0.118		0		1		0.033		
Cystine.....g	0.159		0		1		0.045		
Phenylalanine.....g	0.212		0		1		0.060		
Tyrosine.....g	0.139		0		1		0.039		
Valine.....g	0.280		0		1		0.079		
Arginine.....g	0.359		0		1		0.102		
Histidine.....g	0.139		0		1		0.039		
Alanine.....g	0.335		0		1		0.095		
Aspartic acid.....g	0.866		0		1		0.246		
Glutamic acid.....g	0.647		0		1		0.183		
Glycine.....g	0.258		0		1		0.073		
Proline.....g	0.264		0		1		0.075		
Serine.....g	0.251		0		1		0.071		
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.

NDB No. 12100
Nuts, chestnuts, european, dried, peeled

Common Measures:
Measure 1 = 28.35g: 1 oz

Calories Factors: Protein 3.47 Fat 8.37 Carbohydrate4.07 Food Group: 12 Nut and Seed Products
USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 12099
Nuts, chestnuts, european, dried, unpeeled

Refuse:20% Shells

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion 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	9.45		2		1		2.68		
Energy.....kcal	374		0	NC	4		106		
Energy.....kJ	1565				4		444		
Protein (N x 5.3).....g	6.39		2		1		1.81		
Total lipid (fat).....g	4.45		2		1		1.26		
Ash.....g	2.40		1		1		0.68		
Carbohydrate, by difference.....g	77.31		0	NC	4		21.92		
Fiber, total dietary.....g	11.7		0		4		3.3		
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	67		2		1		19		
Iron, Fe.....mg	2.38		2		1		0.67		
Magnesium, Mg.....mg	74		1		1		21		
Phosphorus, P.....mg	175		2		1		50		
Potassium, K.....mg	986		1		1		280		
Sodium, Na.....mg	37		1		1		10		
Zinc, Zn.....mg	0.35		1		1		0.10		
Copper, Cu.....mg	0.650		1		1		0.184		
Manganese, Mn.....mg	1.300		1		1		0.369		
Selenium, Se.....µg	1.8	0.358	5	A	1		0.5		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	15.0		1		1		4.3		
Thiamin.....mg	0.295		2		1		0.084		
Riboflavin.....mg	0.360		2		1		0.102		
Niacin.....mg	0.850		2		1		0.241		
Pantothenic acid.....mg	0.897		0		1		0.254		
Vitamin B-6.....mg	0.663		0		1		0.188		
Folate, total.....µg	109		0		1		31		
Folic acid.....µg	0		0	Z	7		0		
Folate, food.....µg	109		0		1		31		
Folate, DFE.....µg	109		0	NC	4		31		
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		0	Z	7		0.00		
Vitamin A, RAE.....µg	0		1		1		0		
Retinol.....µg	0		0	Z	7		0		
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	0		1		1		0		
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0		
Vitamin D.....IU	0		0	Z	7		0		
Vitamin K (phylloquinone).....µg									
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									

Lipids:

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total saturated.....g	0.837		0		1		0.237		
4:0.....g	0.000		0		1		0.000		
6:0.....g	0.000		0		1		0.000		
8:0.....g	0.000		0		1		0.000		
10:0.....g	0.000		0		1		0.000		
12:0.....g	0.000		0		1		0.000		
13:0.....g									
14:0.....g	0.019		0		1		0.005		
15:0.....g									
16:0.....g	0.755		0		1		0.214		
17:0.....g									
18:0.....g	0.042		0		1		0.012		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	1.535		0		1		0.435		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.042		0		1		0.012		
17:1.....g									
18:1 undifferentiated.....g	1.473		0		1		0.418		
20:1.....g	0.019		0		1		0.005		
22:1 undifferentiated.....g	0.000		0		1		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.758		0		1		0.498		
18:2 undifferentiated.....g	1.570		0		1		0.445		
18:3 undifferentiated.....g	0.188		0		1		0.053		
18:4.....g	0.000		0		1		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000		
20:5 n-3 (EPA).....g	0.000		0		1		0.000		
21:5.....g									
22:4.....g									
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	0		0	Z	7		0		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.071		0		1		0.020		
Threonine.....g	0.228		0		1		0.065		
Isoleucine.....g	0.252		0		1		0.071		
Leucine.....g	0.378		0		1		0.107		
Lysine.....g	0.378		0		1		0.107		
Methionine.....g	0.151		0		1		0.043		
Cystine.....g	0.202		0		1		0.057		
Phenylalanine.....g	0.270		0		1		0.077		
Tyrosine.....g	0.177		0		1		0.050		
Valine.....g	0.357		0		1		0.101		
Arginine.....g	0.457		0		1		0.130		
Histidine.....g	0.177		0		1		0.050		
Alanine.....g	0.427		0		1		0.121		
Aspartic acid.....g	1.103		0		1		0.313		
Glutamic acid.....g	0.824		0		1		0.234		
Glycine.....g	0.329		0		1		0.093		
Proline.....g	0.336		0		1		0.095		
Serine.....g	0.319		0		1		0.090		
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0		
Caffeine.....mg									
Theobromine.....mg									

NDB No. 12099
Nuts, chestnuts, european, dried, unpeeled

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

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

Common Measures:
Measure 1 = 28.35g: 1 oz

Calories Factors: Protein 3.47 Fat 8.37 Carbohydrate4.07 Food Group: 12 Nut and Seed Products
USDA National Nutrient Database for Standard Reference, Release 27 (2014)

Nuts, chestnuts, european, raw, peeled

[illegible]

Lipids:

NDB No. 12098
Nuts, chestnuts, european, raw, peeled

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>		
	Mean	Std. Error	Number		Source Code	Confidence Code	
			of Data Points	Deriv Code			
							Measure 1 Measure 2 Measure 3
Fatty acids, total saturated.....g	0.235		0		1		0.067
4:0.....g							
6:0.....g							
8:0.....g							
10:0.....g							
12:0.....g							
13:0.....g							
14:0.....g	0.005		0		1		0.001
15:0.....g							
16:0.....g	0.212		0		1		0.060
17:0.....g							
18:0.....g	0.012		0		1		0.003
20:0.....g							
22:0.....g							
24:0.....g							
Fatty acids, total monounsaturated.....g	0.430		0		1		0.122
14:1.....g							
15:1.....g							
16:1 undifferentiated.....g	0.012		0		1		0.003
17:1.....g							
18:1 undifferentiated.....g	0.413		0		1		0.117
20:1.....g	0.005		0		1		0.001
22:1 undifferentiated.....g							
24:1 c.....g							
Fatty acids, total polyunsaturated.....g	0.493		0		1		0.140
18:2 undifferentiated.....g	0.440		0		1		0.125
18:3 undifferentiated.....g	0.053		0		1		0.015
18:4.....g							
20:2 n-6 c,c.....g							
20:3 undifferentiated.....g							
20:4 undifferentiated.....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	Z	7		0
Phytosterols.....mg							
Amino Acids:							
Tryptophan.....g	0.018		0		1		0.005
Threonine.....g	0.058		0		1		0.016
Isoleucine.....g	0.064		0		1		0.018
Leucine.....g	0.096		0		1		0.027
Lysine.....g	0.096		0		1		0.027
Methionine.....g	0.038		0		1		0.011
Cystine.....g	0.052		0		1		0.015
Phenylalanine.....g	0.069		0		1		0.020
Tyrosine.....g	0.045		0		1		0.013
Valine.....g	0.091		0		1		0.026
Arginine.....g	0.116		0		1		0.033
Histidine.....g	0.045		0		1		0.013
Alanine.....g	0.109		0		1		0.031
Aspartic acid.....g	0.281		0		1		0.080
Glutamic acid.....g	0.210		0		1		0.060
Glycine.....g	0.084		0		1		0.024
Proline.....g	0.086		0		1		0.024
Serine.....g	0.081		0		1		0.023
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.

NDB No. 12098
Nuts, chestnuts, european, raw, peeled

Common Measures:
Measure 1 = 28.35g: 1 oz

Calories Factors: Protein 3.47 Fat 8.37 Carbohydrate4.07 Food Group: 12 Nut and Seed Products
USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 12097
Nuts, chestnuts, european, raw, unpeeled
Castanea sativa

Refuse:26% Shells

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number			Measure 1	Measure 2	Measure 3	
			of Data Points	Deriv Code	Source Confidence Code				
Proximates:									
Water.....g	48.65	1.636	4		1	70.54	13.79		
Energy.....kcal	213		0	NC	4	309	60		
Energy.....kJ	891				4	1292	253		
Protein (N x 5.3).....g	2.42	0.028	4		1	3.51	0.69		
Total lipid (fat).....g	2.26	0.132	4		1	3.28	0.64		
Ash.....g	1.13	0.037	4		1	1.64	0.32		
Carbohydrate, by difference.....g	45.54		0	NC	4	66.03	12.91		
Fiber, total dietary.....g	8.1		0		4	11.7	2.3		
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	27	0.664	4		1	39	8		
Iron, Fe.....mg	1.01	0.210	4		1	1.46	0.29		
Magnesium, Mg.....mg	32	0.968	4		1	46	9		
Phosphorus, P.....mg	93	7.461	4		1	135	26		
Potassium, K.....mg	518	29.790	4		1	751	147		
Sodium, Na.....mg	3	0.603	4		1	4	1		
Zinc, Zn.....mg	0.52	0.028	4		1	0.75	0.15		
Copper, Cu.....mg	0.447	0.038	4		1	0.648	0.127		
Manganese, Mn.....mg	0.952	0.190	4		1	1.380	0.270		
Selenium, Se.....µg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	43.0	6.880	4		1	62.4	12.2		
Thiamin.....mg	0.238	0.010	4		1	0.345	0.067		
Riboflavin.....mg	0.168	0.021	4		1	0.244	0.048		
Niacin.....mg	1.179	0.141	4		1	1.710	0.334		
Pantothenic acid.....mg	0.509	0.017	3		1	0.738	0.144		
Vitamin B-6.....mg	0.376	0.036	5		1	0.545	0.107		
Folate, total.....µg	62	4.334	3		1	90	18		
Folic acid.....µg	0		0	Z	7	0	0		
Folate, food.....µg	62	4.334	3		1	90	18		
Folate, DFE.....µg	62		0	NC	4	90	18		
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		0	Z	7	0.00	0.00		
Vitamin A, RAE.....µg	1	0.350	3		1	2	0		
Retinol.....µg	0		0	Z	7	0	0		
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	28	7.000	3		1	41	8		
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7	0.0	0.0		
Vitamin D.....IU	0		0	Z	7	0	0		
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									

Lipids:

NDB No. 12097
Nuts, chestnuts, european, raw, unpeeled

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total saturated.....g	0.425		0		1		0.616	0.120	
4:0.....g									
6:0.....g									
8:0.....g									
10:0.....g									
12:0.....g									
13:0.....g									
14:0.....g	0.010		17		1		0.015	0.003	
15:0.....g									
16:0.....g	0.384		22		1		0.557	0.109	
17:0.....g									
18:0.....g	0.021		22		1		0.030	0.006	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.780		0		1		1.131	0.221	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.021		22		1		0.030	0.006	
17:1.....g									
18:1 undifferentiated.....g	0.749		22		1		1.086	0.212	
20:1.....g	0.010		1		1		0.015	0.003	
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.894		0		1		1.296	0.253	
18:2 undifferentiated.....g	0.798		22		1		1.157	0.226	
18:3 undifferentiated.....g	0.095		22		1		0.138	0.027	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....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	Z	7		0	0	
Phytosterols.....mg	22		0		1		32	6	
Amino Acids:									
Tryptophan.....g	0.027		2		1		0.039	0.008	
Threonine.....g	0.086		2		1		0.125	0.024	
Isoleucine.....g	0.095		2		1		0.138	0.027	
Leucine.....g	0.143		2		1		0.207	0.041	
Lysine.....g	0.143		2		1		0.207	0.041	
Methionine.....g	0.057		2		1		0.083	0.016	
Cystine.....g	0.077		2		1		0.112	0.022	
Phenylalanine.....g	0.102		2		1		0.148	0.029	
Tyrosine.....g	0.067		2		1		0.097	0.019	
Valine.....g	0.135		2		1		0.196	0.038	
Arginine.....g	0.173		2		1		0.251	0.049	
Histidine.....g	0.067		2		1		0.097	0.019	
Alanine.....g	0.161		2		1		0.233	0.046	
Aspartic acid.....g	0.417		2		1		0.605	0.118	
Glutamic acid.....g	0.312		2		1		0.452	0.088	
Glycine.....g	0.124		2		1		0.180	0.035	
Proline.....g	0.127		2		1		0.184	0.036	
Serine.....g	0.121		2		1		0.175	0.034	
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.

NDB No. 12097

Nuts, chestnuts, european, raw, unpeeled

Common Measures:

Measure 1 = 145g: 1 cup

Measure 2 = 28.35g: 1 oz

Calories Factors: Protein 3.47

Fat 8.37

Carbohydrate4.07

Food Group: 12 Nut and Seed Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

Nuts, chestnuts, european, roasted

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number			Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code	Source Code			
					Confidence Code			
Proximates:								
Water.....g	40.48	1.716	4		1	57.89	11.48	34.00
Energy.....kcal	245		0	NC	4	350	69	206
Energy.....kJ	1025		0		4	1466	291	861
Protein (N x 5.3).....g	3.17	0.461	4		1	4.53	0.90	2.66
Total lipid (fat).....g	2.20	0.132	4		1	3.15	0.62	1.85
Ash.....g	1.20	0.050	4		1	1.72	0.34	1.01
Carbohydrate, by difference.....g	52.96		0	NC	4	75.73	15.01	44.49
Fiber, total dietary.....g	5.1		0		4	7.3	1.4	4.3
Sugars, total.....g	10.60		0	T	4	15.16	3.01	8.90
Starch.....g								
Minerals:								
Calcium, Ca.....mg	29	0.837	4		1	41	8	24
Iron, Fe.....mg	0.91	0.132	4		1	1.30	0.26	0.76
Magnesium, Mg.....mg	33	0.651	3		1	47	9	28
Phosphorus, P.....mg	107	13.425	4		1	153	30	90
Potassium, K.....mg	592	15.409	3		1	847	168	497
Sodium, Na.....mg	2	0.000	3		1	3	1	2
Zinc, Zn.....mg	0.57	0.012	3		1	0.82	0.16	0.48
Copper, Cu.....mg	0.507	0.003	3		1	0.725	0.144	0.426
Manganese, Mn.....mg	1.180	0.222	3		1	1.687	0.335	0.991
Selenium, Se.....µg	1.2		0	BFSN	4	1.7	0.3	1.0
Vitamins:								
Vitamin C, total ascorbic acid.....mg	26.0	6.028	3		1	37.2	7.4	21.8
Thiamin.....mg	0.243	0.028	4		1	0.347	0.069	0.204
Riboflavin.....mg	0.175	0.008	4		1	0.250	0.050	0.147
Niacin.....mg	1.342	0.162	4		1	1.919	0.380	1.127
Pantothenic acid.....mg	0.554	0.020	3		1	0.792	0.157	0.465
Vitamin B-6.....mg	0.497	0.057	3		1	0.711	0.141	0.417
Folate, total.....µg	70		2		1	100	20	59
Folic acid.....µg	0		0	Z	7	0	0	0
Folate, food.....µg	70		2		1	100	20	59
Folate, DFE.....µg	70		0	NC	4	100	20	59
Choline, total.....mg	1.5		0	BFFN	4	2.2	0.4	1.3
Betaine.....mg								
Vitamin B-12.....µg	0.00		0	Z	7	0.00	0.00	0.00
Vitamin B-12, added.....µg	0.00		0	Z	7	0.00	0.00	0.00
Vitamin A, RAE.....µg	1		0	NC	4	2	0	1
Retinol.....µg	0		0	Z	7	0	0	0
Carotene, beta.....µg	14		0	0	4	21	4	12
Carotene, alpha.....µg	0		0	Z	7	0	0	0
Cryptoxanthin, beta.....µg	0		0	Z	7	0	0	0
Vitamin A, IU.....IU	24	9.597	3		1	34	7	20
Lycopene.....µg	0		0	BFSN	4	0	0	0
Lutein + zeaxanthin.....µg	13		0	BFSN	4	18	4	11
Vitamin E (alpha-tocopherol).....mg	0.50		0	T	4	0.72	0.14	0.42
Vitamin E, added.....mg	0.00		0	Z	7	0.00	0.00	0.00
Tocopherol, beta.....mg								
Tocopherol, gamma.....mg								
Tocopherol, delta.....mg								
Tocotrienol, alpha.....mg								
Tocotrienol, beta.....mg								
Tocotrienol, gamma.....mg								
Tocotrienol, delta.....mg								
Vitamin D (D2 + D3).....µg	0.0		0	Z	7	0.0	0.0	0.0
Vitamin D.....IU	0		0	Z	7	0	0	0
Vitamin K (phylloquinone).....µg	7.8		0	BFSN	4	11.2	2.2	6.6
Dihydrophylloquinone.....µg								
Menaquinone-4.....µg								

NDB No. 12167
Nuts, chestnuts, european, roasted

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
<u>Lipids:</u>									
Fatty acids, total saturated.....g	0.414		0		1		0.592	0.117	0.348
4:0.....g	0.000		0		1		0.000	0.000	0.000
6:0.....g	0.000		0		1		0.000	0.000	0.000
8:0.....g	0.000		0		1		0.000	0.000	0.000
10:0.....g	0.000		0		1		0.000	0.000	0.000
12:0.....g	0.000		0		1		0.000	0.000	0.000
13:0.....g									
14:0.....g	0.010		0		1		0.014	0.003	0.008
15:0.....g									
16:0.....g	0.373		0		1		0.533	0.106	0.313
17:0.....g									
18:0.....g	0.021		0		1		0.030	0.006	0.018
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.759		0		1		1.085	0.215	0.638
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.021		0		1		0.030	0.006	0.018
17:1.....g									
18:1 undifferentiated.....g	0.728		0		1		1.041	0.206	0.612
20:1.....g	0.010		0		1		0.014	0.003	0.008
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.869		0		1		1.243	0.246	0.730
18:2 undifferentiated.....g	0.776		0		1		1.110	0.220	0.652
18:3 undifferentiated.....g	0.093		0		1		0.133	0.026	0.078
18:4.....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3 (EPA).....g	0.000		0		1		0.000	0.000	0.000
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3 (DHA).....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	0
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.035		0		1		0.050	0.010	0.029
Threonine.....g	0.113		0		1		0.162	0.032	0.095
Isoleucine.....g	0.125		0		1		0.179	0.035	0.105
Leucine.....g	0.188		0		1		0.269	0.053	0.158
Lysine.....g	0.188		0		1		0.269	0.053	0.158
Methionine.....g	0.075		0		1		0.107	0.021	0.063
Cystine.....g	0.101		0		1		0.144	0.029	0.085
Phenylalanine.....g	0.134		0		1		0.192	0.038	0.113
Tyrosine.....g	0.088		0		1		0.126	0.025	0.074
Valine.....g	0.178		0		1		0.255	0.050	0.150
Arginine.....g	0.227		0		1		0.325	0.064	0.191
Histidine.....g	0.088		0		1		0.126	0.025	0.074
Alanine.....g	0.212		0		1		0.303	0.060	0.178
Aspartic acid.....g	0.549		0		1		0.785	0.156	0.461
Glutamic acid.....g	0.410		0		1		0.586	0.116	0.344
Glycine.....g	0.164		0		1		0.235	0.046	0.138
Proline.....g	0.167		0		1		0.239	0.047	0.140
Serine.....g	0.159		0		1		0.227	0.045	0.134
Hydroxyproline.....g									
<u>Others:</u>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0

NDB No. 12167
Nuts, chestnuts, european, roasted

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	Mean	Std. Error	Number			Measure 1	Measure 2	Measure 3	
			of Data	Deriv	Source				
			Points	Code	Code	Code			
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 = 143g: 1 cup
Measure 2 = 28.35g: 1 oz
Measure 3 = 84g: 10 kernels

Calories Factors: Protein 3.47 **Fat** 8.37 **Carbohydrate**4.07 **Food Group:** 12 Nut and Seed Products
USDA National Nutrient Database for Standard Reference, Release 27 (2014)

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	86.03		0		1		24.39		
Energy.....kcal	56		0	NC	4		16		
Energy.....kJ	234				4		66		
Protein (N x 5.3).....g	0.82		0		1		0.23		
Total lipid (fat).....g	0.19		0		1		0.05		
Ash.....g	0.33		0		1		0.09		
Carbohydrate, by difference.....g	12.64		0	NC	4		3.58		
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	11		0		1		3		
Iron, Fe.....mg	0.53		0		1		0.15		
Magnesium, Mg.....mg	18		0		1		5		
Phosphorus, P.....mg	26		0		1		7		
Potassium, K.....mg	119		0		1		34		
Sodium, Na.....mg	5		0		1		1		
Zinc, Zn.....mg	0.40		0		1		0.11		
Copper, Cu.....mg	0.204		0		1		0.058		
Manganese, Mn.....mg	0.576		0		1		0.163		
Selenium, Se.....µg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	9.5		0		1		2.7		
Thiamin.....mg	0.125		0		1		0.035		
Riboflavin.....mg	0.059		0		1		0.017		
Niacin.....mg	0.543		0		1		0.154		
Pantothenic acid.....mg	0.075		0		1		0.021		
Vitamin B-6.....mg	0.102		0		4		0.029		
Folate, total.....µg	17		0		4		5		
Folic acid.....µg	0		0	Z	7		0		
Folate, food.....µg	17		0		4		5		
Folate, DFE.....µg	17		0	NC	4		5		
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		0	Z	7		0.00		
Vitamin A, RAE.....µg	1		0		1		0		
Retinol.....µg	0		0	Z	7		0		
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	13		0		1		4		
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0		
Vitamin D.....IU	0		0	Z	7		0		
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									

Lipids:

NDB No. 12203

Nuts, chestnuts, japanese, boiled and steamed

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data Points	Code	Code	Code			
Fatty acids, total saturated.....g	0.028		0		1		0.008		
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	0.026		0		1		0.007		
17:0.....g									
18:0.....g	0.002		0		1		0.001		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.101		0		1		0.029		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0		1		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.097		0		1		0.027		
20:1.....g	0.002		0		1		0.001		
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.050		0		1		0.014		
18:2 undifferentiated.....g	0.045		0		1		0.013		
18:3 undifferentiated.....g	0.005		0		1		0.001		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....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	Z	7		0		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.012		0		1		0.003		
Threonine.....g	0.033		0		1		0.009		
Isoleucine.....g	0.040		0		1		0.011		
Leucine.....g	0.051		0		1		0.014		
Lysine.....g	0.053		0		1		0.015		
Methionine.....g	0.020		0		1		0.006		
Cystine.....g	0.024		0		1		0.007		
Phenylalanine.....g	0.032		0		1		0.009		
Tyrosine.....g	0.023		0		1		0.007		
Valine.....g	0.049		0		1		0.014		
Arginine.....g	0.054		0		1		0.015		
Histidine.....g	0.020		0		1		0.006		
Alanine.....g	0.073		0		1		0.021		
Aspartic acid.....g	0.172		0		1		0.049		
Glutamic acid.....g	0.156		0		1		0.044		
Glycine.....g	0.041		0		1		0.012		
Proline.....g	0.051		0		1		0.014		
Serine.....g	0.040		0		1		0.011		
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.

NDB No. 12203
Nuts, chestnuts, japanese, boiled and steamed

Common Measures:
Measure 1 = 28.35g: 1 oz

Calories Factors: Protein 3.47 Fat 8.37 Carbohydrate4.07 Food Group: 12 Nut and Seed Products
USDA National Nutrient Database for Standard Reference, Release 27 (2014)

Refuse:34% Shells

Lipids:

NDB No. 12175
Nuts, chestnuts, japanese, dried

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>		
	Mean	Std. Error	Number		Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code Source Confidence Code			
Fatty acids, total saturated.....g	0.183		0		1	0.284	0.052
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	0.169		0		1	0.262	0.048
17:0.....g							
18:0.....g	0.013		0		1	0.020	0.004
20:0.....g							
22:0.....g							
24:0.....g							
Fatty acids, total monounsaturated.....g	0.650		0		1	1.008	0.184
14:1.....g							
15:1.....g							
16:1 undifferentiated.....g	0.008		0		1	0.012	0.002
17:1.....g							
18:1 undifferentiated.....g	0.624		0		1	0.967	0.177
20:1.....g	0.012		0		1	0.019	0.003
22:1 undifferentiated.....g							
24:1 c.....g							
Fatty acids, total polyunsaturated.....g	0.322		0		1	0.499	0.091
18:2 undifferentiated.....g	0.288		0		1	0.446	0.082
18:3 undifferentiated.....g	0.031		0		1	0.048	0.009
18:4.....g							
20:2 n-6 c,c.....g							
20:3 undifferentiated.....g							
20:4 undifferentiated.....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	Z	7	0	0
Phytosterols.....mg							
Amino Acids:							
Tryptophan.....g	0.075		0		1	0.116	0.021
Threonine.....g	0.210		0		1	0.326	0.060
Isoleucine.....g	0.258		0		1	0.400	0.073
Leucine.....g	0.325		0		1	0.504	0.092
Lysine.....g	0.342		0		1	0.530	0.097
Methionine.....g	0.126		0		1	0.195	0.036
Cystine.....g	0.153		0		1	0.237	0.043
Phenylalanine.....g	0.205		0		1	0.318	0.058
Tyrosine.....g	0.150		0		1	0.233	0.043
Valine.....g	0.312		0		1	0.484	0.088
Arginine.....g	0.345		0		1	0.535	0.098
Histidine.....g	0.131		0		1	0.203	0.037
Alanine.....g	0.473		0		1	0.733	0.134
Aspartic acid.....g	1.106		0		1	1.714	0.314
Glutamic acid.....g	1.001		0		1	1.552	0.284
Glycine.....g	0.267		0		1	0.414	0.076
Proline.....g	0.328		0		1	0.508	0.093
Serine.....g	0.257		0		1	0.398	0.073
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.

NDB No. 12175
Nuts, chestnuts, japanese, dried

Common Measures:
Measure 1 = 155g: 1 cup
Measure 2 = 28.35g: 1 oz

Calories Factors: Protein 3.47 Fat 8.37 Carbohydrate4.07

Food Group: 12 Nut and Seed Products
USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 12202
Nuts, chestnuts, japanese, raw
Castanea crenata

Refuse:34% Shells

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion 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	61.41		0		1		17.41		
Energy.....kcal	154		0	NC	4		44		
Energy.....kJ	644				4		183		
Protein (N x 5.3).....g	2.25		0		1		0.64		
Total lipid (fat).....g	0.53		0		1		0.15		
Ash.....g	0.91		0		1		0.26		
Carbohydrate, by difference.....g	34.91		0	NC	4		9.90		
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	31		0		1		9		
Iron, Fe.....mg	1.45		0		1		0.41		
Magnesium, Mg.....mg	49		0		1		14		
Phosphorus, P.....mg	72		0		1		20		
Potassium, K.....mg	329		0		1		93		
Sodium, Na.....mg	14		0		1		4		
Zinc, Zn.....mg	1.10		0		1		0.31		
Copper, Cu.....mg	0.562		0		1		0.159		
Manganese, Mn.....mg	1.591		0		1		0.451		
Selenium, Se.....µg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	26.3		0		1		7.5		
Thiamin.....mg	0.344		0		1		0.098		
Riboflavin.....mg	0.163		0		1		0.046		
Niacin.....mg	1.500		0		1		0.425		
Pantothenic acid.....mg	0.206		0		1		0.058		
Vitamin B-6.....mg	0.283		0		4		0.080		
Folate, total.....µg	47		0		4		13		
Folic acid.....µg	0		0	Z	7		0		
Folate, food.....µg	47		0		4		13		
Folate, DFE.....µg	47		0	NC	4		13		
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		0	Z	7		0.00		
Vitamin A, RAE.....µg	2		0		1		1		
Retinol.....µg	0		0	Z	7		0		
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	37		0		1		10		
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0		
Vitamin D.....IU	0		0	Z	7		0		
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									

Lipids:

NDB No. 12202
Nuts, chestnuts, japanese, raw

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>		
	Mean	Std. Error	Number		Source Code	Confidence Code	Measure 1
			of Data Points	Deriv Code			Measure 2
							Measure 3
Fatty acids, total saturated.....g	0.078		0		1		0.022
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	0.072		1		1		0.020
17:0.....g							
18:0.....g	0.005		1		1		0.001
20:0.....g							
22:0.....g							
24:0.....g							
Fatty acids, total monounsaturated.....g	0.278		0		1		0.079
14:1.....g							
15:1.....g							
16:1 undifferentiated.....g	0.004		2		1		0.001
17:1.....g							
18:1 undifferentiated.....g	0.268		2		1		0.076
20:1.....g	0.005		1		1		0.001
22:1 undifferentiated.....g							
24:1 c.....g							
Fatty acids, total polyunsaturated.....g	0.138		0		1		0.039
18:2 undifferentiated.....g	0.123		2		1		0.035
18:3 undifferentiated.....g	0.013		2		1		0.004
18:4.....g							
20:2 n-6 c,c.....g							
20:3 undifferentiated.....g							
20:4 undifferentiated.....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	Z	7		0
Phytosterols.....mg							
Amino Acids:							
Tryptophan.....g	0.032		4		1		0.009
Threonine.....g	0.090		4		1		0.026
Isoleucine.....g	0.111		4		1		0.031
Leucine.....g	0.139		4		1		0.039
Lysine.....g	0.147		4		1		0.042
Methionine.....g	0.054		0		1		0.015
Cystine.....g	0.065		0		1		0.018
Phenylalanine.....g	0.088		4		1		0.025
Tyrosine.....g	0.064		0		1		0.018
Valine.....g	0.134		4		1		0.038
Arginine.....g	0.148		4		1		0.042
Histidine.....g	0.056		4		1		0.016
Alanine.....g	0.203		4		1		0.058
Aspartic acid.....g	0.474		4		1		0.134
Glutamic acid.....g	0.429		4		1		0.122
Glycine.....g	0.114		4		1		0.032
Proline.....g	0.141		4		1		0.040
Serine.....g	0.110		4		1		0.031
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.

NDB No. 12202
Nuts, chestnuts, japanese, raw

Common Measures:
Measure 1 = 28.35g: 1 oz

Calories Factors: Protein 3.47 Fat 8.37 Carbohydrate4.07 Food Group: 12 Nut and Seed Products
USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 12204
Nuts, chestnuts, japanese, roasted

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	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Proximates:									
Water.....g	49.90		2		1		14.15		
Energy.....kcal	201		0	NC	4		57		
Energy.....kJ	841				4		238		
Protein (N x 5.3).....g	2.97		0		1		0.84		
Total lipid (fat).....g	0.80		0		1		0.23		
Ash.....g	1.20		0		1		0.34		
Carbohydrate, by difference.....g	45.13		0	NC	4		12.79		
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	35		0		1		10		
Iron, Fe.....mg	2.10		0		1		0.60		
Magnesium, Mg.....mg	64		0		1		18		
Phosphorus, P.....mg	93		0		1		26		
Potassium, K.....mg	427		0		4		121		
Sodium, Na.....mg	19		0		4		5		
Zinc, Zn.....mg	1.43		0		1		0.41		
Copper, Cu.....mg	0.730		0		1		0.207		
Manganese, Mn.....mg	2.065		0		1		0.585		
Selenium, Se.....µg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	28.0		0		1		7.9		
Thiamin.....mg	0.450		0		1		0.128		
Riboflavin.....mg									
Niacin.....mg	0.700		0		1		0.198		
Pantothenic acid.....mg	0.466		0		4		0.132		
Vitamin B-6.....mg	0.418		0		4		0.119		
Folate, total.....µg	59		0		4		17		
Folic acid.....µg	0		0	Z	7		0		
Folate, food.....µg	59		0		4		17		
Folate, DFE.....µg	59		0	NC	4		17		
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		0	Z	7		0.00		
Vitamin A, RAE.....µg	4		0		1		1		
Retinol.....µg	0		0	Z	7		0		
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	74		0		1		21		
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0		
Vitamin D.....IU	0		0	Z	7		0		
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									

Lipids:

NDB No. 12204
Nuts, chestnuts, japanese, roasted

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>		
	Mean	Std. Error	Number		Source Code	Confidence Code	
			of Data Points	Deriv Code			
							Measure 1 Measure 2 Measure 3
Fatty acids, total saturated.....g	0.118		0		1		0.033
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	0.109		0		1		0.031
17:0.....g							
18:0.....g	0.008		0		1		0.002
20:0.....g							
22:0.....g							
24:0.....g							
Fatty acids, total monounsaturated.....g	0.419		0		1		0.119
14:1.....g							
15:1.....g							
16:1 undifferentiated.....g	0.005		0		1		0.001
17:1.....g							
18:1 undifferentiated.....g	0.402		0		1		0.114
20:1.....g	0.007		0		1		0.002
22:1 undifferentiated.....g							
24:1 c.....g							
Fatty acids, total polyunsaturated.....g	0.207		0		1		0.059
18:2 undifferentiated.....g	0.186		0		1		0.053
18:3 undifferentiated.....g	0.020		0		1		0.006
18:4.....g							
20:2 n-6 c,c.....g							
20:3 undifferentiated.....g							
20:4 undifferentiated.....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	Z	7		0
Phytosterols.....mg							
Amino Acids:							
Tryptophan.....g	0.043		0		1		0.012
Threonine.....g	0.119		0		1		0.034
Isoleucine.....g	0.146		0		1		0.041
Leucine.....g	0.184		0		1		0.052
Lysine.....g	0.193		0		1		0.055
Methionine.....g	0.071		0		1		0.020
Cystine.....g	0.086		0		1		0.024
Phenylalanine.....g	0.116		0		1		0.033
Tyrosine.....g	0.085		0		1		0.024
Valine.....g	0.176		0		1		0.050
Arginine.....g	0.195		0		1		0.055
Histidine.....g	0.074		0		1		0.021
Alanine.....g	0.267		0		1		0.076
Aspartic acid.....g	0.625		0		1		0.177
Glutamic acid.....g	0.566		0		1		0.160
Glycine.....g	0.151		0		1		0.043
Proline.....g	0.185		0		1		0.052
Serine.....g	0.145		0		1		0.041
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.

NDB No. 12204
Nuts, chestnuts, japanese, roasted

Common Measures:
Measure 1 = 28.35g: 1 oz

Calories Factors: Protein 3.47 Fat 8.37 Carbohydrate4.07 Food Group: 12 Nut and Seed Products
USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 12116
Nuts, coconut cream, canned, sweetened

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	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data						
			Points						
Proximates:									
Water.....g	28.97		1	MA	12		5.50	85.75	
Energy.....kcal	357		0	NC	4		68	1057	
Energy.....kJ	1494		0	NC	4		284	4423	
Protein (N x 5.3).....g	1.17		1	MA	12		0.22	3.47	
Total lipid (fat).....g	16.31		1	MA	12		3.10	48.28	
Ash.....g	0.34		1	MA	12		0.06	1.01	
Carbohydrate, by difference.....g	53.21		0	NC	4		10.11	157.50	
Fiber, total dietary.....g	0.2		1	MA	12		0.0	0.5	
Sugars, total.....g	51.50		1	MA	12		9.79	152.44	
Sucrose.....g	51.50		1	MA	12		9.79	152.44	
Glucose (dextrose).....g	0.00		1	MA	12		0.00	0.00	
Fructose.....g	0.00		1	MA	12		0.00	0.00	
Lactose.....g	0.00		1	MA	12		0.00	0.00	
Maltose.....g	0.00		1	MA	12		0.00	0.00	
Galactose.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	4		1	MA	12		1	11	
Iron, Fe.....mg	0.13		1	MA	12		0.02	0.38	
Magnesium, Mg.....mg	17		0		4		3	50	
Phosphorus, P.....mg	22		1		1		4	65	
Potassium, K.....mg	101		1		1		19	299	
Sodium, Na.....mg	36		1	MA	12		7	108	
Zinc, Zn.....mg	0.60		0		1		0.11	1.78	
Copper, Cu.....mg	0.236		0		1		0.045	0.699	
Manganese, Mn.....mg	0.815		0		1		0.155	2.412	
Selenium, Se.....µg	5.5		0	BFSN	4		1.0	16.3	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		1	MA	12		0.0	0.0	
Thiamin.....mg	0.022		1		1		0.004	0.065	
Riboflavin.....mg	0.040		1		1		0.008	0.118	
Niacin.....mg	0.038		1		1		0.007	0.112	
Pantothenic acid.....mg	0.163		0		4		0.031	0.482	
Vitamin B-6.....mg	0.029		0		4		0.006	0.086	
Folate, total.....µg	14		0		4		3	42	
Folic acid.....µg	0		0	Z	7		0	0	
Folate, food.....µg	14		0		4		3	42	
Folate, DFE.....µg	14		0	NC	4		3	42	
Choline, total.....mg	6.6		0	BFSN	4		1.2	19.5	
Betaine.....mg									
Vitamin B-12.....µg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added.....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....µg	0		0	NC	4		0	0	
Retinol.....µg	0		0	Z	7		0	0	
Carotene, beta.....µg	0		1	MA	12		0	0	
Carotene, alpha.....µg	0		0	Z	7		0	0	
Cryptoxanthin, beta.....µg	0		0	Z	7		0	0	
Vitamin A, IU.....IU	0		0	NC	4		0	0	
Lycopene.....µg	0		0	Z	7		0	0	
Lutein + zeaxanthin.....µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol).....mg	0.13		0	BFSN	4		0.02	0.38	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									

NDB No. 12116
Nuts, coconut cream, canned, sweetened

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D.....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone).....µg	0.1		0	BFSN	4		0.0	0.3	
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
<u>Lipids:</u>									
Fatty acids, total saturated.....g	15.472		0	NC	4		2.940	45.798	
4:0.....g	0.000		0		1		0.000	0.000	
6:0.....g	0.082		1	MA	12		0.016	0.243	
8:0.....g	1.409		1	MA	12		0.268	4.171	
10:0.....g	1.115		1	MA	12		0.212	3.300	
12:0.....g	8.442		1	MA	12		1.604	24.989	
13:0.....g									
14:0.....g	3.024		1	MA	12		0.575	8.950	
15:0.....g									
16:0.....g	1.105		1	MA	12		0.210	3.272	
17:0.....g									
18:0.....g	0.295		1	MA	12		0.056	0.873	
20:0.....g	0.000		1	MA	12		0.000	0.000	
22:0.....g	0.000		1	MA	12		0.000	0.000	
24:0.....g	0.000		1	MA	12		0.000	0.000	
Fatty acids, total monounsaturated.....g	0.679		0	NC	4		0.129	2.010	
14:1.....g	0.000		1	MA	12		0.000	0.000	
15:1.....g									
16:1 undifferentiated.....g	0.000		1	MA	12		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.679		1	MA	12		0.129	2.010	
20:1.....g	0.000		1	MA	12		0.000	0.000	
22:1 undifferentiated.....g	0.000		1	MA	12		0.000	0.000	
24:1 c.....g	0.000		1	MA	12		0.000	0.000	
Fatty acids, total polyunsaturated.....g	0.159		0	NC	4		0.030	0.469	
18:2 undifferentiated.....g	0.159		1	MA	12		0.030	0.469	
18:3 undifferentiated.....g	0.000		1	MA	12		0.000	0.000	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g	0.000		1	MA	12		0.000	0.000	
20:4 undifferentiated.....g	0.000		1	MA	12		0.000	0.000	
20:5 n-3 (EPA).....g	0.000		1	MA	12		0.000	0.000	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		1	MA	12		0.000	0.000	
Fatty acids, total trans.....g	0.000		1	MA	12		0.000	0.000	
Cholesterol.....mg	0		0	Z	7		0	0	
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.013		0	BFPN	4		0.003	0.040	
Threonine.....g	0.043		0	BFPN	4		0.008	0.126	
Isoleucine.....g	0.046		0	BFPN	4		0.009	0.137	
Leucine.....g	0.087		0	BFPN	4		0.017	0.258	
Lysine.....g	0.052		0	BFPN	4		0.010	0.153	
Methionine.....g	0.022		0	BFPN	4		0.004	0.064	
Cystine.....g	0.023		0	BFPN	4		0.004	0.068	
Phenylalanine.....g	0.060		0	BFPN	4		0.011	0.177	
Tyrosine.....g	0.036		0	BFPN	4		0.007	0.107	
Valine.....g	0.071		0	BFPN	4		0.013	0.210	
Arginine.....g	0.192		0	BFPN	4		0.037	0.570	
Histidine.....g	0.027		0	BFPN	4		0.005	0.080	
Alanine.....g	0.060		0	BFPN	4		0.011	0.178	
Aspartic acid.....g	0.115		0	BFPN	4		0.022	0.339	
Glutamic acid.....g	0.268		0	BFPN	4		0.051	0.794	
Glycine.....g	0.056		0	BFPN	4		0.011	0.165	

NDB No. 12116
Nuts, coconut cream, canned, sweetened

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	Mean	Std. Error	Number			Measure 1	Measure 2	Measure 3	
			of Data	Deriv	Source				
			Points	Code	Code	Code			
Proline.....g	0.048		0	BFPN	4		0.009	0.143	
Serine.....g	0.061		0	BFPN	4		0.011	0.179	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	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 = 19g: 1 tbsp

Measure 2 = 296g: 1 cup

Calories Factors: Protein 3.47

Fat 8.37

Carbohydrate4.07

Food Group: 12 Nut and Seed Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 12115
Nuts, coconut cream, raw (liquid expressed from grated 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	53.90		1		1		8.09	129.36	
Energy.....kcal	330		0	NC	4		50	792	
Energy.....kJ	1381				4		207	3314	
Protein (N x 5.3).....g	3.63		1		1		0.54	8.71	
Total lipid (fat).....g	34.68		1		1		5.20	83.23	
Ash.....g	1.15		1		1		0.17	2.76	
Carbohydrate, by difference.....g	6.65		0	NC	4		1.00	15.96	
Fiber, total dietary.....g	2.2		0		4		0.3	5.3	
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	11		1		1		2	26	
Iron, Fe.....mg	2.28		1		1		0.34	5.47	
Magnesium, Mg.....mg	28		0		4		4	67	
Phosphorus, P.....mg	122		1		1		18	293	
Potassium, K.....mg	325		0		1		49	780	
Sodium, Na.....mg	4		0		1		1	10	
Zinc, Zn.....mg	0.96		0		1		0.14	2.30	
Copper, Cu.....mg	0.378		0		1		0.057	0.907	
Manganese, Mn.....mg	1.304		0		1		0.196	3.130	
Selenium, Se.....µg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	2.8		1		1		0.4	6.7	
Thiamin.....mg	0.030		1		1		0.005	0.072	
Riboflavin.....mg	0.000		1		1		0.000	0.000	
Niacin.....mg	0.890		1		1		0.134	2.136	
Pantothenic acid.....mg	0.261		0		4		0.039	0.626	
Vitamin B-6.....mg	0.047		0		4		0.007	0.113	
Folate, total.....µg	23		0		4		3	55	
Folic acid.....µg	0		0	Z	7		0	0	
Folate, food.....µg	23		0		4		3	55	
Folate, DFE.....µg	23		0	NC	4		3	55	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....µg	0		1		1		0	0	
Retinol.....µg	0		0	Z	7		0	0	
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	0		1		1		0	0	
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D.....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone).....µg									
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									

Lipids:

Nuts, coconut cream, raw (liquid expressed from grated meat)

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total saturated.....g	30.753		0		1		4.613	73.807	
4:0.....g	0.000		0		1		0.000	0.000	
6:0.....g	0.197		0		1		0.030	0.473	
8:0.....g	2.430		0		1		0.365	5.832	
10:0.....g	1.931		0		1		0.290	4.634	
12:0.....g	15.385		0		1		2.308	36.924	
13:0.....g									
14:0.....g	6.075		0		1		0.911	14.580	
15:0.....g									
16:0.....g	2.940		0		1		0.441	7.056	
17:0.....g									
18:0.....g	1.796		0		1		0.269	4.310	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	1.475		0		1		0.221	3.540	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	1.475		0		1		0.221	3.540	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.379		0		1		0.057	0.910	
18:2 undifferentiated.....g	0.379		0		1		0.057	0.910	
18:3 undifferentiated.....g	0.000		0		1		0.000	0.000	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA).....g	0.000		0		1		0.000	0.000	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.042		0		1		0.006	0.101	
Threonine.....g	0.132		0		1		0.020	0.317	
Isoleucine.....g	0.142		0		1		0.021	0.341	
Leucine.....g	0.269		0		1		0.040	0.646	
Lysine.....g	0.160		0		1		0.024	0.384	
Methionine.....g	0.068		0		1		0.010	0.163	
Cystine.....g	0.072		0		1		0.011	0.173	
Phenylalanine.....g	0.184		0		1		0.028	0.442	
Tyrosine.....g	0.112		0		1		0.017	0.269	
Valine.....g	0.220		0		1		0.033	0.528	
Arginine.....g	0.595		0		1		0.089	1.428	
Histidine.....g	0.083		0		1		0.012	0.199	
Alanine.....g	0.185		0		1		0.028	0.444	
Aspartic acid.....g	0.354		0		1		0.053	0.850	
Glutamic acid.....g	0.829		0		1		0.124	1.990	
Glycine.....g	0.172		0		1		0.026	0.413	
Proline.....g	0.150		0		1		0.023	0.360	
Serine.....g	0.187		0		1		0.028	0.449	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg									
Theobromine.....mg									

NDB No. 12115
Nuts, coconut cream, raw (liquid expressed from grated meat)

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

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

Common Measures:
Measure 1 = 15.0g: 1 tbsp
Measure 2 = 240g: 1 cup

Calories Factors: Protein 3.47 Fat 8.37 Carbohydrate4.07

Food Group: 12 Nut and Seed Products
USDA National Nutrient Database for Standard Reference, Release 27 (2014)

Nuts, coconut meat, dried (desiccated), creamed

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion 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	1.67		0		1		0.47		
Energy.....kcal	684		0	NC	4		194		
Energy.....kJ	2862				4		811		
Protein (N x 5.3).....g	5.30		0		1		1.50		
Total lipid (fat).....g	69.08		0		1		19.58		
Ash.....g	2.44		0		1		0.69		
Carbohydrate, by difference.....g	21.52		0	NC	4		6.10		
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	26		0		1		7		
Iron, Fe.....mg	3.36		0		1		0.95		
Magnesium, Mg.....mg	92		0		1		26		
Phosphorus, P.....mg	209		0		1		59		
Potassium, K.....mg	551		0		1		156		
Sodium, Na.....mg	37		0		1		10		
Zinc, Zn.....mg	2.04		0		1		0.58		
Copper, Cu.....mg	0.807		0		1		0.229		
Manganese, Mn.....mg	2.783		0		1		0.789		
Selenium, Se.....µg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	1.5		0		4		0.4		
Thiamin.....mg	0.061		0		4		0.017		
Riboflavin.....mg	0.101		0		4		0.029		
Niacin.....mg	0.611		0		4		0.173		
Pantothenic acid.....mg	0.811		0		4		0.230		
Vitamin B-6.....mg	0.304		0		4		0.086		
Folate, total.....µg	9		0		4		3		
Folic acid.....µg	0		0	Z	7		0		
Folate, food.....µg	9		0		4		3		
Folate, DFE.....µg	9		0	NC	4		3		
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		0	Z	7		0.00		
Vitamin A, RAE.....µg	0		0		4		0		
Retinol.....µg	0		0	Z	7		0		
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	0		0		4		0		
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0		
Vitamin D.....IU	0		0	Z	7		0		
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									

Lipids:

NDB No. 12177

Nuts, coconut meat, dried (desiccated), creamed

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data Points	Code	Code	Code			
Fatty acids, total saturated.....g	61.257		0		1		17.366		
4:0.....g									
6:0.....g	0.393		0		1		0.111		
8:0.....g	4.840		0		1		1.372		
10:0.....g	3.846		0		1		1.090		
12:0.....g	30.646		0		1		8.688		
13:0.....g									
14:0.....g	12.100		0		1		3.430		
15:0.....g									
16:0.....g	5.856		0		1		1.660		
17:0.....g									
18:0.....g	3.577		0		1		1.014		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	2.939		0		1		0.833		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	2.939		0		1		0.833		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.756		0		1		0.214		
18:2 undifferentiated.....g	0.756		0		1		0.214		
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									
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	Z	7		0		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.062		0		1		0.018		
Threonine.....g	0.193		0		1		0.055		
Isoleucine.....g	0.208		0		1		0.059		
Leucine.....g	0.393		0		1		0.111		
Lysine.....g	0.234		0		1		0.066		
Methionine.....g	0.099		0		1		0.028		
Cystine.....g	0.105		0		1		0.030		
Phenylalanine.....g	0.269		0		1		0.076		
Tyrosine.....g	0.164		0		1		0.046		
Valine.....g	0.321		0		1		0.091		
Arginine.....g	0.870		0		1		0.247		
Histidine.....g	0.122		0		1		0.035		
Alanine.....g	0.271		0		1		0.077		
Aspartic acid.....g	0.518		0		1		0.147		
Glutamic acid.....g	1.212		0		1		0.344		
Glycine.....g	0.251		0		1		0.071		
Proline.....g	0.219		0		1		0.062		
Serine.....g	0.274		0		1		0.078		
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.

NDB No. 12177
Nuts, coconut meat, dried (desiccated), creamed

Common Measures:
Measure 1 = 28.35g: 1 oz

Calories Factors: Protein 3.47 Fat 8.37 Carbohydrate4.07 Food Group: 12 Nut and Seed Products
USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 12108

Nuts, coconut meat, dried (desiccated), not sweetened

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Lipids:									
Fatty acids, total saturated.....g	57.218		0		1		16.221		
4:0.....g	0.000		0		1		0.000		
6:0.....g	0.367		0		1		0.104		
8:0.....g	4.520		0		1		1.281		
10:0.....g	3.592		0		1		1.018		
12:0.....g	28.625		0		1		8.115		
13:0.....g									
14:0.....g	11.302		0		1		3.204		
15:0.....g									
16:0.....g	5.469		0		1		1.550		
17:0.....g									
18:0.....g	3.341		0		1		0.947		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	2.745		0		1		0.778		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000		
17:1.....g									
18:1 undifferentiated.....g	2.745		0		1		0.778		
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	0.706		0		1		0.200		
18:2 undifferentiated.....g	0.706		0		1		0.200		
18:3 undifferentiated.....g	0.000		0		1		0.000		
18:4.....g	0.000		0		1		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000		
20:5 n-3 (EPA).....g	0.000		0		1		0.000		
21:5.....g									
22:4.....g									
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	0		0	Z	7		0		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.081		0		1		0.023		
Threonine.....g	0.251		0		1		0.071		
Isoleucine.....g	0.270		0		1		0.077		
Leucine.....g	0.511		0		1		0.145		
Lysine.....g	0.304		0		1		0.086		
Methionine.....g	0.129		0		1		0.037		
Cystine.....g	0.136		0		1		0.039		
Phenylalanine.....g	0.349		0		1		0.099		
Tyrosine.....g	0.213		0		1		0.060		
Valine.....g	0.417		0		1		0.118		
Arginine.....g	1.130		0		1		0.320		
Histidine.....g	0.158		0		1		0.045		
Alanine.....g	0.352		0		1		0.100		
Aspartic acid.....g	0.673		0		1		0.191		
Glutamic acid.....g	1.574		0		1		0.446		
Glycine.....g	0.326		0		1		0.092		
Proline.....g	0.284		0		1		0.081		
Serine.....g	0.356		0		1		0.101		
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0		
Caffeine.....mg	0		0	Z	7		0		

NDB No. 12108
Nuts, coconut meat, dried (desiccated), not sweetened

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	Mean	Std. Error	Number		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code					
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 = 28.35g: 1 oz

Calories Factors: Protein 3.47 Fat 8.37 Carbohydrate4.07 Food Group: 12 Nut and Seed Products
USDA National Nutrient Database for Standard Reference, Release 27 (2014)

Nuts, coconut meat, dried (desiccated), sweetened, flaked, canned

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			Points						
Proximates:									
Water.....g	23.27		0		1		17.92	26.53	
Energy.....kcal	443		0	NC	4		341	505	
Energy.....kJ	1854				4		1427	2113	
Protein (N x 5.3).....g	3.35		0		1		2.58	3.82	
Total lipid (fat).....g	31.69		0		1		24.40	36.13	
Ash.....g	0.78		0		1		0.60	0.89	
Carbohydrate, by difference.....g	40.91		0	NC	4		31.50	46.64	
Fiber, total dietary.....g	4.5		0		4		3.5	5.1	
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	14		0		1		11	16	
Iron, Fe.....mg	1.84		0		1		1.42	2.10	
Magnesium, Mg.....mg	49		0		1		38	56	
Phosphorus, P.....mg	103		0		1		79	117	
Potassium, K.....mg	324		0		1		249	369	
Sodium, Na.....mg	20		0		1		15	23	
Zinc, Zn.....mg	1.59		0		1		1.22	1.81	
Copper, Cu.....mg	0.308		0		1		0.237	0.351	
Manganese, Mn.....mg	2.171		0		1		1.672	2.475	
Selenium, Se.....µg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0		1		0.0	0.0	
Thiamin.....mg	0.030		0		1		0.023	0.034	
Riboflavin.....mg	0.020		0		1		0.015	0.023	
Niacin.....mg	0.305		0		1		0.235	0.348	
Pantothenic acid.....mg	0.633		0		4		0.487	0.722	
Vitamin B-6.....mg	0.237		0		4		0.182	0.270	
Folate, total.....µg	7		0		4		5	8	
Folic acid.....µg	0		0	Z	7		0	0	
Folate, food.....µg	7		0		4		5	8	
Folate, DFE.....µg	7		0	NC	4		5	8	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....µg	0		0		1		0	0	
Retinol.....µg	0		0	Z	7		0	0	
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	0		0		1		0	0	
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D.....IU	0		0	Z	7		0	0</	

Lipids:

NDB No. 12110
Nuts, coconut meat, dried (desiccated), sweetened, flaked, canned

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion 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	28.101		0		1		21.638	32.035	
4:0.....g									
6:0.....g	0.180		0		1		0.139	0.205	
8:0.....g	2.220		0		1		1.709	2.531	
10:0.....g	1.764		0		1		1.358	2.011	
12:0.....g	14.058		0		1		10.825	16.026	
13:0.....g									
14:0.....g	5.551		0		1		4.274	6.328	
15:0.....g									
16:0.....g	2.686		0		1		2.068	3.062	
17:0.....g									
18:0.....g	1.641		0		1		1.264	1.871	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	1.348		0		1		1.038	1.537	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	1.348		0		1		1.038	1.537	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.347		0		1		0.267	0.396	
18:2 undifferentiated.....g	0.347		0		1		0.267	0.396	
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									
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	Z	7		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.039		0		1		0.030	0.044	
Threonine.....g	0.122		0		1		0.094	0.139	
Isoleucine.....g	0.132		0		1		0.102	0.150	
Leucine.....g	0.249		0		1		0.192	0.284	
Lysine.....g	0.148		0		1		0.114	0.169	
Methionine.....g	0.063		0		1		0.049	0.072	
Cystine.....g	0.066		0		1		0.051	0.075	
Phenylalanine.....g	0.170		0		1		0.131	0.194	
Tyrosine.....g	0.104		0		1		0.080	0.119	
Valine.....g	0.203		0		1		0.156	0.231	
Arginine.....g	0.551		0		1		0.424	0.628	
Histidine.....g	0.077		0		1		0.059	0.088	
Alanine.....g	0.172		0		1		0.132	0.196	
Aspartic acid.....g	0.328		0		1		0.253	0.374	
Glutamic acid.....g	0.767		0		1		0.591	0.874	
Glycine.....g	0.159		0		1		0.122	0.181	
Proline.....g	0.139		0		1		0.107	0.158	
Serine.....g	0.173		0		1		0.133	0.197	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg									
Theobromine.....mg									

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Nuts, coconut meat, dried (desiccated), sweetened, flaked, canned

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

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 cup
Measure 2 = 114g: 4 oz

Calories Factors: Protein 3.47 Fat 8.37 Carbohydrate4.07

Food Group: 12 Nut and Seed Products
USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 12109

Nuts, coconut meat, dried (desiccated), sweetened, flaked, packaged

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	15.46	1.807	3	A	1		13.14	4.38	
Energy.....kcal	456		0	NC	4		388	129	
Energy.....kJ	1908		0	NC	4		1622	541	
Protein (N x 5.3).....g	3.13	0.153	3	A	1		2.66	0.89	
Total lipid (fat).....g	27.99	0.959	3	A	1		23.79	7.94	
Ash.....g	1.57	0.048	3	A	1		1.34	0.45	
Carbohydrate, by difference.....g	51.85		0	NC	4		44.07	14.70	
Fiber, total dietary.....g	9.9	0.836	3	A	1		8.4	2.8	
Sugars, total.....g	36.75	0.934	3	A	1		31.24	10.42	
Sucrose.....g	36.21	0.944	3	A	1		30.78	10.26	
Glucose (dextrose).....g	0.53	0.023	3	A	1		0.45	0.15	
Fructose.....g	0.01	0.000	3	A	1		0.01	0.00	
Lactose.....g	0.00	0.000	3	A	1		0.00	0.00	
Maltose.....g	0.00	0.000	3	A	1		0.00	0.00	
Galactose.....g	0.00	0.000	3	A	1		0.00	0.00	
Starch.....g	0.00	0.000	3	A	1		0.00	0.00	
Minerals:									
Calcium, Ca.....mg	11	0.657	3	A	1		9	3	
Iron, Fe.....mg	1.51	0.035	3	A	1		1.28	0.43	
Magnesium, Mg.....mg	51	0.895	3	A	1		44	15	
Phosphorus, P.....mg	100	2.867	3	A	1		85	28	
Potassium, K.....mg	361	17.521	3	A	1		307	102	
Sodium, Na.....mg	285	25.751	3	A	1		242	81	
Zinc, Zn.....mg	0.71	0.025	3	A	1		0.61	0.20	
Copper, Cu.....mg	0.295	0.018	3	A	1		0.251	0.084	
Manganese, Mn.....mg	0.959	0.010	3	A	1		0.815	0.272	
Selenium, Se.....µg	16.1	1.068	3	A	1		13.7	4.6	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0	0.000	3	A	1		0.0	0.0	
Thiamin.....mg	0.015	0.000	3	A	1		0.012	0.004	
Riboflavin.....mg	0.015	0.000	3	A	1		0.012	0.004	
Niacin.....mg	0.697	0.058	3	A	1		0.592	0.197	
Pantothenic acid.....mg	0.140	0.006	3	A	1		0.119	0.040	
Vitamin B-6.....mg	0.030	0.000	3	A	1		0.025	0.008	
Folate, total.....µg	3	1.333	3	A	1		3	1	
Folic acid.....µg	0		0	Z	7		0	0	
Folate, food.....µg	3	1.333	3	A	1		3	1	
Folate, DFE.....µg	3		0	NC	4		3	1	
Choline, total.....mg	19.3		0	AS	1		16.4	5.5	
Betaine.....mg	1.3		1	A	1		1.1	0.4	
Vitamin B-12.....µg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added.....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....µg	0		0	NC	4		0	0	
Retinol.....µg	0		0	Z	7		0	0	
Carotene, beta.....µg	0		0	BFSN	4		0	0	
Carotene, alpha.....µg	0		0	Z	7		0	0	
Cryptoxanthin, beta.....µg	0		0	Z	7		0	0	
Vitamin A, IU.....IU	0		0		1		0	0	
Lycopene.....µg	0		0	Z	7		0	0	
Lutein + zeaxanthin.....µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol).....mg	0.00	0.000	3	A	1		0.00	0.00	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg	0.00	0.000	3	A	1		0.00	0.00	
Tocopherol, gamma.....mg	0.03	0.000	3	A	1		0.03	0.01	
Tocopherol, delta.....mg	0.00	0.000	3	A	1		0.00	0.00	
Tocotrienol, alpha.....mg	0.46	0.003	3	A	1		0.39	0.13	
Tocotrienol, beta.....mg	0.00	0.000	3	A	1		0.00	0.00	

NDB No. 12109

Nuts, coconut meat, dried (desiccated), sweetened, flaked, packaged

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Deriv			Confidence Code	Measure 1	Measure 2	Measure 3
			Points	Code	Code				
Tocotrienol, gamma.....mg	0.12	0.003	3	A	1		0.10	0.03	
Tocotrienol, delta.....mg	0.00	0.000	3	A	1		0.00	0.00	
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone).....µg	0.0	0.000	3	A	1		0.0	0.0	
Dihydrophyloquinone.....µg	0.0	0.000	3	A	1		0.0	0.0	
Menaquinone-4.....µg	0.0	0.000	3	A	1		0.0	0.0	
Lipids:									
Fatty acids, total saturated.....g	26.396		0	NC	4		22.437	7.483	
4:0.....g	0.000	0.000	3	A	1		0.000	0.000	
6:0.....g	0.206	0.014	3	A	1		0.175	0.058	
8:0.....g	2.362	0.152	3	A	1		2.007	0.670	
10:0.....g	1.841	0.112	3	A	1		1.565	0.522	
12:0.....g	13.780	0.882	3	A	1		11.713	3.907	
13:0.....g									
14:0.....g	5.103	0.344	3	A	1		4.337	1.447	
15:0.....g	0.003	0.000	3	A	1		0.002	0.001	
16:0.....g	2.242	0.158	3	A	1		1.906	0.636	
17:0.....g	0.002	0.000	3	A	1		0.002	0.001	
18:0.....g	0.825	0.068	3	A	1		0.701	0.234	
20:0.....g	0.022	0.002	3	A	1		0.019	0.006	
22:0.....g	0.004	0.001	3	A	1		0.003	0.001	
24:0.....g	0.008	0.001	3	A	1		0.006	0.002	
Fatty acids, total monounsaturated.....g	1.377		0	NC	4		1.171	0.390	
14:1.....g	0.000	0.000	3	A	1		0.000	0.000	
15:1.....g	0.000	0.000	3	A	1		0.000	0.000	
16:1 undifferentiated.....g	0.004	0.000	3	AS	1		0.003	0.001	
16:1 c.....g	0.004	0.000	3	A	1		0.003	0.001	
16:1 t.....g	0.000	0.000	3	A	1		0.000	0.000	
17:1.....g	0.000	0.000	3	A	1		0.000	0.000	
18:1 undifferentiated.....g	1.363	0.095	3	AS	1		1.158	0.386	
18:1 c.....g	1.363	0.095	3	A	1		1.158	0.386	
18:1 t.....g	0.000	0.000	3	A	1		0.000	0.000	
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.009	0.002	3	A	1		0.008	0.003	
22:1 undifferentiated.....g	0.002	0.002	3	AS	1		0.001	0.000	
22:1 c.....g	0.000	0.000	3	A	1		0.000	0.000	
22:1 t.....g	0.002	0.002	3	A	1		0.001	0.000	
24:1 c.....g	0.000	0.000	3	A	1		0.000	0.000	
Fatty acids, total polyunsaturated.....g	0.222		0	NC	4		0.189	0.063	
18:2 undifferentiated.....g	0.222	0.013	3	AS	1		0.188	0.063	
18:2 n-6 c,c.....g	0.222	0.013	3	A	1		0.188	0.063	
18:2 CLAs.....g	0.000	0.000	3	A	1		0.000	0.000	
18:2 t,t.....g	0.000	0.000	3	A	1		0.000	0.000	
18:2 i.....g									
18:2 t not further defined.....g									
18:3 undifferentiated.....g	0.000	0.000	3	AS	1		0.000	0.000	
18:3 n-3 c,c,c (ALA).....g	0.000	0.000	3	A	1		0.000	0.000	
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	0.000	0.000	3	A	1		0.000	0.000	
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	AS	1		0.000	0.000	
20:3 n-3.....g	0.000	0.000	3	A	1		0.000	0.000	
20:3 n-6.....g	0.000	0.000	3	A	1		0.000	0.000	
20:4 undifferentiated.....g	0.000	0.000	3	A	1		0.000	0.000	
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.000	0.000	3	A	1		0.000	0.000	
21:5.....g									
22:4.....g	0.000	0.000	3	A	1		0.000	0.000	
22:5 n-3 (DPA).....g	0.000	0.000	3	A	1		0.000	0.000	

NDB No. 12109

Nuts, coconut meat, dried (desiccated), sweetened, flaked, packaged

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points			Measure 1	Measure 2	Measure 3	
			Deriv	Source	Confidence				
			Points	Code	Code				
22:6 n-3 (DHA).....g	0.000	0.000	3	A	1	0.000	0.000		
Fatty acids, total trans.....g	0.002		0	NC	4	0.001	0.000		
Fatty acids, total trans-monoenoic.....g	0.002		0	NC	4	0.001	0.000		
Fatty acids, total trans-polyenoic.....g	0.000		0	NC	4	0.000	0.000		
Cholesterol.....mg	0		0	Z	7	0	0		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.020		0	A	1	0.017	0.006		
Threonine.....g	0.084		0	A	1	0.071	0.024		
Isoleucine.....g	0.067		0	A	1	0.057	0.019		
Leucine.....g	0.188		0	A	1	0.160	0.053		
Lysine.....g	0.146		0	A	1	0.124	0.042		
Methionine.....g	0.060		0	A	1	0.051	0.017		
Cystine.....g	0.030		0	A	1	0.026	0.009		
Phenylalanine.....g	0.131		0	A	1	0.111	0.037		
Tyrosine.....g	0.057		0	A	1	0.048	0.016		
Valine.....g	0.120		0	A	1	0.102	0.034		
Arginine.....g	0.536		0	A	1	0.456	0.152		
Histidine.....g	0.074		0	A	1	0.063	0.021		
Alanine.....g	0.168		0	A	1	0.143	0.048		
Aspartic acid.....g	0.339		0	A	1	0.288	0.096		
Glutamic acid.....g	0.775		0	A	1	0.659	0.220		
Glycine.....g	0.158		0	A	1	0.134	0.045		
Proline.....g	0.164		0	A	1	0.140	0.047		
Serine.....g	0.218		0	A	1	0.185	0.062		
Hydroxyproline.....g	0.000	0.000	3	A	1	0.000	0.000		
Others:									
Alcohol, ethyl.....g	0.0		0		7	0.0	0.0		
Caffeine.....mg	0		0	Z	7	0	0		
Theobromine.....mg	0		0	Z	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 = 85g: 1 cup

Measure 2 = 28.35g: 1 oz

Calories Factors: Protein 3.47**Fat** 8.37**Carbohydrate**4.07**Food Group:** 12 Nut and Seed Products

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NDB No. 12179
Nuts, coconut meat, dried (desiccated), sweetened, shredded

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			Measure 1	Measure 2	Measure 3	
			of Data Points	Deriv Code	Source Code				
									Confidence Code
Proximates:									
Water.....g	12.55		0		1	11.67	24.97		
Energy.....kcal	501		0	NC	4	466	997		
Energy.....kJ	2096		0		4	1949	4171		
Protein (N x 5.3).....g	2.88		0		1	2.68	5.73		
Total lipid (fat).....g	35.49		0		1	33.01	70.63		
Ash.....g	1.42		0		1	1.32	2.83		
Carbohydrate, by difference.....g	47.67		0	NC	4	44.33	94.86		
Fiber, total dietary.....g	4.5		0		4	4.2	9.0		
Sugars, total.....g	43.17		0	NR	4	40.15	85.91		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	15		0		1	14	30		
Iron, Fe.....mg	1.92		0		1	1.79	3.82		
Magnesium, Mg.....mg	50		0		1	47	100		
Phosphorus, P.....mg	107		0		1	100	213		
Potassium, K.....mg	337		0		1	313	671		
Sodium, Na.....mg	262		0		1	244	521		
Zinc, Zn.....mg	1.82		0		1	1.69	3.62		
Copper, Cu.....mg	0.313		0		1	0.291	0.623		
Manganese, Mn.....mg	2.475		0		1	2.302	4.925		
Selenium, Se.....µg	16.7		0	BFSN	4	15.5	33.2		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.7		0		1	0.7	1.4		
Thiamin.....mg	0.031		0		1	0.029	0.062		
Riboflavin.....mg	0.020		0		1	0.019	0.040		
Niacin.....mg	0.474		0		1	0.441	0.943		
Pantothenic acid.....mg	0.722		0		4	0.671	1.437		
Vitamin B-6.....mg	0.271		0		4	0.252	0.539		
Folate, total.....µg	8		0		4	8	16		
Folic acid.....µg	0		0	Z	7	0	0		
Folate, food.....µg	8		0		4	8	16		
Folate, DFE.....µg	8		0	NC	4	8	16		
Choline, total.....mg	19.3		0	BFZN	4	18.0	38.4		
Betaine.....mg									
Vitamin B-12.....µg	0.00		0	Z	7	0.00	0.00		
Vitamin B-12, added.....µg	0.00		0	Z	7	0.00	0.00		
Vitamin A, RAE.....µg	0		0	NC	4	0	0		
Retinol.....µg	0		0	Z	7	0	0		
Carotene, beta.....µg	0		0	BFSN	4	0	0		
Carotene, alpha.....µg	0		0	Z	7	0	0		
Cryptoxanthin, beta.....µg	0		0	Z	7	0	0		
Vitamin A, IU.....IU	0		0		1	0	0		
Lycopene.....µg	0		0	Z	7	0	0		
Lutein + zeaxanthin.....µg	0		0	Z	7	0	0		
Vitamin E (alpha-tocopherol).....mg	0.39		0	BFSN	4	0.37	0.78		
Vitamin E, added.....mg	0.00		0	Z	7	0.00	0.00		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7	0.0	0.0		
Vitamin D.....IU	0		0	Z	7	0	0		
Vitamin K (phylloquinone).....µg	0.3		0	BFSN	4	0.3	0.5		
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									

NDB No. 12179

Nuts, coconut meat, dried (desiccated), sweetened, shredded

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
<u>Lipids:</u>									
Fatty acids, total saturated.....g	31.468		0		1		29.265	62.621	
4:0.....g	0.000		0		1		0.000	0.000	
6:0.....g	0.202		0		1		0.188	0.402	
8:0.....g	2.486		0		1		2.312	4.947	
10:0.....g	1.976		0		1		1.838	3.932	
12:0.....g	15.743		0		1		14.641	31.329	
13:0.....g									
14:0.....g	6.216		0		1		5.781	12.370	
15:0.....g									
16:0.....g	3.008		0		1		2.797	5.986	
17:0.....g									
18:0.....g	1.838		0		1		1.709	3.658	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	1.510		0		1		1.404	3.005	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	1.510		0		1		1.404	3.005	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.388		0		1		0.361	0.772	
18:2 undifferentiated.....g	0.388		0		1		0.361	0.772	
18:3 undifferentiated.....g	0.000		0		1		0.000	0.000	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA).....g	0.000		0		1		0.000	0.000	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.034		0		1		0.032	0.068	
Threonine.....g	0.105		0		1		0.098	0.209	
Isoleucine.....g	0.113		0		1		0.105	0.225	
Leucine.....g	0.214		0		1		0.199	0.426	
Lysine.....g	0.127		0		1		0.118	0.253	
Methionine.....g	0.054		0		1		0.050	0.107	
Cystine.....g	0.057		0		1		0.053	0.113	
Phenylalanine.....g	0.146		0		1		0.136	0.291	
Tyrosine.....g	0.089		0		1		0.083	0.177	
Valine.....g	0.175		0		1		0.163	0.348	
Arginine.....g	0.473		0		1		0.440	0.941	
Histidine.....g	0.066		0		1		0.061	0.131	
Alanine.....g	0.147		0		1		0.137	0.293	
Aspartic acid.....g	0.282		0		1		0.262	0.561	
Glutamic acid.....g	0.659		0		1		0.613	1.311	
Glycine.....g	0.137		0		1		0.127	0.273	
Proline.....g	0.119		0		1		0.111	0.237	
Serine.....g	0.149		0		1		0.139	0.297	
Hydroxyproline.....g									
<u>Others:</u>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	

NDB No. 12179
Nuts, coconut meat, dried (desiccated), sweetened, shredded

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	Mean	Std. Error	Number			Measure 1	Measure 2	Measure 3	
			of Data	Deriv	Source				
			Points	Code	Code	Code			
Theobromine.....mg	0		0	Z	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 = 93g: 1 cup, shredded
Measure 2 = 199g: 1 package (7 oz)

Calories Factors: Protein 3.47 Fat 8.37 Carbohydrate4.07 **Food Group:** 12 Nut and Seed Products
USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 12114
Nuts, coconut meat, dried (desiccated), toasted

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	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Proximates:									
Water.....g	1.00		0		1		0.28		
Energy.....kcal	592		0	NC	4		168		
Energy.....kJ	2477				4		702		
Protein (N x 5.3).....g	5.30		0		1		1.50		
Total lipid (fat).....g	47.00		0		1		13.32		
Ash.....g	2.30		0		1		0.65		
Carbohydrate, by difference.....g	44.40		0	NC	4		12.59		
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	27		0		1		8		
Iron, Fe.....mg	3.39		0		1		0.96		
Magnesium, Mg.....mg	92		0		1		26		
Phosphorus, P.....mg	211		0		1		60		
Potassium, K.....mg	554		0		1		157		
Sodium, Na.....mg	37		0		1		10		
Zinc, Zn.....mg	2.05		0		1		0.58		
Copper, Cu.....mg	0.812		0		1		0.230		
Manganese, Mn.....mg	2.801		0		1		0.794		
Selenium, Se.....µg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	1.5		0		4		0.4		
Thiamin.....mg	0.061		0		4		0.017		
Riboflavin.....mg	0.102		0		4		0.029		
Niacin.....mg	0.616		0		4		0.175		
Pantothenic acid.....mg	0.817		0		4		0.232		
Vitamin B-6.....mg	0.306		0		4		0.087		
Folate, total.....µg	9		0		4		3		
Folic acid.....µg	0		0	Z	7		0		
Folate, food.....µg	9		0		4		3		
Folate, DFE.....µg	9		0	NC	4		3		
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		0	Z	7		0.00		
Vitamin A, RAE.....µg	0		0		4		0		
Retinol.....µg	0		0	Z	7		0		
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	0		0		4		0		
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0		
Vitamin D.....IU	0		0	Z	7		0		
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									

Lipids:

NDB No. 12114

Nuts, coconut meat, dried (desiccated), toasted

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total saturated.....g	41.678		0		1		11.816		
4:0.....g									
6:0.....g	0.267		0		1		0.076		
8:0.....g	3.293		0		1		0.934		
10:0.....g	2.616		0		1		0.742		
12:0.....g	20.851		0		1		5.911		
13:0.....g									
14:0.....g	8.233		0		1		2.334		
15:0.....g									
16:0.....g	3.984		0		1		1.129		
17:0.....g									
18:0.....g	2.434		0		1		0.690		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	1.999		0		1		0.567		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	1.999		0		1		0.567		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.514		0		1		0.146		
18:2 undifferentiated.....g	0.514		0		1		0.146		
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									
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	Z	7		0		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.062		0		1		0.018		
Threonine.....g	0.193		0		1		0.055		
Isoleucine.....g	0.208		0		1		0.059		
Leucine.....g	0.393		0		1		0.111		
Lysine.....g	0.234		0		1		0.066		
Methionine.....g	0.099		0		1		0.028		
Cystine.....g	0.105		0		1		0.030		
Phenylalanine.....g	0.269		0		1		0.076		
Tyrosine.....g	0.164		0		1		0.046		
Valine.....g	0.321		0		1		0.091		
Arginine.....g	0.870		0		1		0.247		
Histidine.....g	0.122		0		1		0.035		
Alanine.....g	0.271		0		1		0.077		
Aspartic acid.....g	0.518		0		1		0.147		
Glutamic acid.....g	1.212		0		1		0.344		
Glycine.....g	0.251		0		1		0.071		
Proline.....g	0.219		0		1		0.062		
Serine.....g	0.274		0		1		0.078		
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.

NDB No. 12114
Nuts, coconut meat, dried (desiccated), toasted

Common Measures:
Measure 1 = 28.35g: 1 oz

Calories Factors: Protein 3.47 Fat 8.37 Carbohydrate4.07 Food Group: 12 Nut and Seed Products
USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 12104
Nuts, coconut meat, raw (1)
Cocos nucifera

Refuse:48% Shells (brown), skin, water

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			Points						
Proximates:									
Water.....g	46.99	1.067	15		1		37.59	186.55	21.15
Energy.....kcal	354		0	NC	4		283	1405	159
Energy.....kJ	1481		0		4		1185	5880	667
Protein (N x 5.3).....g	3.33	0.217	12		1		2.66	13.22	1.50
Total lipid (fat).....g	33.49	1.409	12		1		26.79	132.96	15.07
Ash.....g	0.97	0.083	10		1		0.78	3.85	0.44
Carbohydrate, by difference.....g	15.23		0	NC	4		12.18	60.46	6.85
Fiber, total dietary.....g	9.0		0		1		7.2	35.7	4.1
Sugars, total.....g	6.23		0	NR	4		4.98	24.73	2.80
Starch.....g									
Minerals:									
Calcium, Ca.....mg	14	2.600	5		1		11	56	6
Iron, Fe.....mg	2.43	0.253	4		1		1.94	9.65	1.09
Magnesium, Mg.....mg	32		2		1		26	127	14
Phosphorus, P.....mg	113	13.483	5		1		90	449	51
Potassium, K.....mg	356		2		1		285	1413	160
Sodium, Na.....mg	20		2		1		16	79	9
Zinc, Zn.....mg	1.10	0.264	3		1		0.88	4.37	0.50
Copper, Cu.....mg	0.435		2		1		0.348	1.727	0.196
Manganese, Mn.....mg	1.500		1		1		1.200	5.955	0.675
Selenium, Se.....µg	10.1		0	BFSN	4		8.1	40.1	4.5
Vitamins:									
Vitamin C, total ascorbic acid.....mg	3.3	1.267	3		1		2.6	13.1	1.5
Thiamin.....mg	0.066	0.016	4		1		0.053	0.262	0.030
Riboflavin.....mg	0.020	0.006	3		1		0.016	0.079	0.009
Niacin.....mg	0.540		0		1		0.432	2.144	0.243
Pantothenic acid.....mg	0.300		1		1		0.240	1.191	0.135
Vitamin B-6.....mg	0.054	0.016	3		1		0.043	0.214	0.024
Folate, total.....µg	26	4.300	4		1		21	105	12
Folic acid.....µg	0		0	Z	7		0	0	0
Folate, food.....µg	26	4.300	4		1		21	105	12
Folate, DFE.....µg	26		0	NC	4		21	105	12
Choline, total.....mg	12.1		0	BFSN	4		9.7	48.1	5.4
Betaine.....mg									
Vitamin B-12.....µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin B-12, added.....µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE.....µg	0		0	NC	4		0	0	0
Retinol.....µg	0		0	Z	7		0	0	0
Carotene, beta.....µg	0		0	BFFN	4		0	0	0
Carotene, alpha.....µg	0		0	Z	7		0	0	0
Cryptoxanthin, beta.....µg	0		0	Z	7		0	0	0
Vitamin A, IU.....IU	0		1		1		0	0	0
Lycopene.....µg	0		0	Z	7		0	0	0
Lutein + zeaxanthin.....µg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol).....mg	0.24		0	BNA	4		0.19	0.95	0.11
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta.....mg	0.00		0	BNA	4		0.00	0.00	0.00
Tocopherol, gamma.....mg	0.53		0	BNA	4		0.42	2.11	0.24
Tocopherol, delta.....mg	0.00		0	BNA	4		0.00	0.00	0.00
Tocotrienol, alpha.....mg	1.46		0	BNA	4		1.17	5.80	0.66
Tocotrienol, beta.....mg	0.00		0	BNA	4		0.00	0.00	0.00
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0	0.0	0.0
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	0		0	Z	7		0	0	0
Vitamin K (phylloquinone).....µg	0.2		0	BFFN	4		0.1	0.7	0.1

NDB No. 12104
Nuts, coconut meat, raw (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		Measure 1	Measure 2	Measure 3
			Points	Deriv Code			
				Source Code	Confidence Code		
Dihydrophyloquinone.....µg							
Menaquinone-4.....µg							
Lipids:							
Fatty acids, total saturated.....g	29.698		0	1	23.758	117.901	13.364
4:0.....g	0.000		0	1	0.000	0.000	0.000
6:0.....g	0.191		26	1	0.153	0.758	0.086
8:0.....g	2.346		126	1	1.877	9.314	1.056
10:0.....g	1.864		129	1	1.491	7.400	0.839
12:0.....g	14.858		130	1	11.886	58.986	6.686
13:0.....g							
14:0.....g	5.866		132	1	4.693	23.288	2.640
15:0.....g							
16:0.....g	2.839		132	1	2.271	11.271	1.278
17:0.....g							
18:0.....g	1.734		132	1	1.387	6.884	0.780
20:0.....g							
22:0.....g							
24:0.....g							
Fatty acids, total monounsaturated.....g	1.425		0	1	1.140	5.657	0.641
14:1.....g							
15:1.....g							
16:1 undifferentiated.....g	0.000		0	1	0.000	0.000	0.000
17:1.....g							
18:1 undifferentiated.....g	1.425		132	1	1.140	5.657	0.641
20:1.....g	0.000		0	1	0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0	1	0.000	0.000	0.000
24:1 c.....g							
Fatty acids, total polyunsaturated.....g	0.366		0	1	0.293	1.453	0.165
18:2 undifferentiated.....g	0.366		130	1	0.293	1.453	0.165
18:3 undifferentiated.....g	0.000		0	1	0.000	0.000	0.000
18:4.....g	0.000		0	1	0.000	0.000	0.000
20:2 n-6 c,c.....g							
20:3 undifferentiated.....g							
20:4 undifferentiated.....g	0.000		0	1	0.000	0.000	0.000
20:5 n-3 (EPA).....g	0.000		0	1	0.000	0.000	0.000
21:5.....g							
22:4.....g							
22:5 n-3 (DPA).....g	0.000		0	1	0.000	0.000	0.000
22:6 n-3 (DHA).....g	0.000		0	1	0.000	0.000	0.000
Fatty acids, total trans.....g							
Cholesterol.....mg	0		0	Z	0	0	0
Phytosterols.....mg	47		0	1	38	187	21
Amino Acids:							
Tryptophan.....g	0.039		7	1	0.031	0.155	0.018
Threonine.....g	0.121		26	1	0.097	0.480	0.054
Isoleucine.....g	0.131		26	1	0.105	0.520	0.059
Leucine.....g	0.247		26	1	0.198	0.981	0.111
Lysine.....g	0.147		26	1	0.118	0.584	0.066
Methionine.....g	0.062		25	1	0.050	0.246	0.028
Cystine.....g	0.066		7	1	0.053	0.262	0.030
Phenylalanine.....g	0.169		26	1	0.135	0.671	0.076
Tyrosine.....g	0.103		23	1	0.082	0.409	0.046
Valine.....g	0.202		26	1	0.162	0.802	0.091
Arginine.....g	0.546		26	1	0.437	2.168	0.246
Histidine.....g	0.077		24	1	0.062	0.306	0.035
Alanine.....g	0.170		23	1	0.136	0.675	0.077
Aspartic acid.....g	0.325		23	1	0.260	1.290	0.146
Glutamic acid.....g	0.761		23	1	0.609	3.021	0.342
Glycine.....g	0.158		23	1	0.126	0.627	0.071
Proline.....g	0.138		23	1	0.110	0.548	0.062
Serine.....g	0.172		23	1	0.138	0.683	0.077
Hydroxyproline.....g							

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>			
	Mean	Std. Error	Number			Measure 1	Measure 2	Measure 3
			of Data	Deriv	Source			
			Points	Code	Code	Code		
Others:								
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0
Theobromine.....mg	0		0	Z	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 = 80g: 1 cup, shredded
Measure 2 = 397g: 1 medium
Measure 3 = 45g: 1 piece (2" x 2" x 1/2")

Footnotes:
1 From mature coconut.

Calories Factors: Protein 3.47 Fat 8.37 Carbohydrate4.07 **Food Group:** 12 Nut and Seed Products
USDA National Nutrient Database for Standard Reference, Release 27 (2014)

Nuts, coconut milk, canned (liquid expressed from grated meat and water)

[illegible]

Lipids:

NDB No. 12118

Nuts, coconut milk, canned (liquid expressed from grated meat and water)

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
			Points						
Fatty acids, total saturated.....g	18.915		0		1		42.748	2.837	
4:0.....g									
6:0.....g	0.121		0		1		0.273	0.018	
8:0.....g	1.494		0		1		3.376	0.224	
10:0.....g	1.187		0		1		2.683	0.178	
12:0.....g	9.463		0		1		21.386	1.419	
13:0.....g									
14:0.....g	3.736		0		1		8.443	0.560	
15:0.....g									
16:0.....g	1.808		0		1		4.086	0.271	
17:0.....g									
18:0.....g	1.104		0		1		2.495	0.166	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.907		0		1		2.050	0.136	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	0.907		0		1		2.050	0.136	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.233		0		1		0.527	0.035	
18:2 undifferentiated.....g	0.233		0		1		0.527	0.035	
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									
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	Z	7		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.024		0		1		0.054	0.004	
Threonine.....g	0.074		0		1		0.167	0.011	
Isoleucine.....g	0.079		0		1		0.179	0.012	
Leucine.....g	0.150		0		1		0.339	0.023	
Lysine.....g	0.089		0		1		0.201	0.013	
Methionine.....g	0.038		0		1		0.086	0.006	
Cystine.....g	0.040		0		1		0.090	0.006	
Phenylalanine.....g	0.102		0		1		0.231	0.015	
Tyrosine.....g	0.062		0		1		0.140	0.009	
Valine.....g	0.122		0		1		0.276	0.018	
Arginine.....g	0.331		0		1		0.748	0.050	
Histidine.....g	0.046		0		1		0.104	0.007	
Alanine.....g	0.103		0		1		0.233	0.015	
Aspartic acid.....g	0.197		0		1		0.445	0.030	
Glutamic acid.....g	0.462		0		1		1.044	0.069	
Glycine.....g	0.096		0		1		0.217	0.014	
Proline.....g	0.083		0		1		0.188	0.012	
Serine.....g	0.104		0		1		0.235	0.016	
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.

NDB No. 12118

Nuts, coconut milk, canned (liquid expressed from grated meat and water)

Common Measures:

Measure 1 = 226g: 1 cup

Measure 2 = 15.0g: 1 tbsp

Calories Factors: Protein 3.47

Fat 8.37

Carbohydrate4.07

Food Group: 12 Nut and Seed Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 12176

Nuts, coconut milk, frozen (liquid expressed from grated meat and water)

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	71.42		1		1		171.41	10.71	
Energy.....kcal	202		0		NC	4	485	30	
Energy.....kJ	845					4	2028	127	
Protein (N x 5.3).....g	1.61		1			1	3.86	0.24	
Total lipid (fat).....g	20.80		1			1	49.92	3.12	
Ash.....g	0.59		1			1	1.42	0.09	
Carbohydrate, by difference.....g	5.58		0		NC	4	13.39	0.84	
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	4		1			1	10	1	
Iron, Fe.....mg	0.81		1			1	1.94	0.12	
Magnesium, Mg.....mg	32		1			1	77	5	
Phosphorus, P.....mg	59		1			1	142	9	
Potassium, K.....mg	232		1			1	557	35	
Sodium, Na.....mg	12		1			1	29	2	
Zinc, Zn.....mg	0.59		0			1	1.42	0.09	
Copper, Cu.....mg	0.235		0			1	0.564	0.035	
Manganese, Mn.....mg	0.809		0			1	1.942	0.121	
Selenium, Se.....µg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	1.1		0			4	2.6	0.2	
Thiamin.....mg	0.023		0			4	0.055	0.003	
Riboflavin.....mg	0.000		0			4	0.000	0.000	
Niacin.....mg	0.671		0			4	1.610	0.101	
Pantothenic acid.....mg	0.161		0			4	0.386	0.024	
Vitamin B-6.....mg	0.030		0			4	0.072	0.005	
Folate, total.....µg	14		0			4	34	2	
Folic acid.....µg	0		0		Z	7	0	0	
Folate, food.....µg	14		0			4	34	2	
Folate, DFE.....µg	14		0		NC	4	34	2	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		0		Z	7	0.00	0.00	
Vitamin A, RAE.....µg	0		0			4	0	0	
Retinol.....µg	0		0		Z	7	0	0	
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	0		0			4	0	0	
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0		Z	7	0.0	0.0	
Vitamin D.....IU	0		0		Z	7	0	0	
Vitamin K (phylloquinone).....µg									
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									

Lipids:

NDB No. 12176

Nuts, coconut milk, frozen (liquid expressed from grated meat and water)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data Points	Code	Code	Code			
Fatty acids, total saturated.....g	18.445		0		1		44.268	2.767	
4:0.....g									
6:0.....g	0.118		0		1		0.283	0.018	
8:0.....g	1.457		0		1		3.497	0.219	
10:0.....g	1.158		0		1		2.779	0.174	
12:0.....g	9.228		0		1		22.147	1.384	
13:0.....g									
14:0.....g	3.643		0		1		8.743	0.546	
15:0.....g									
16:0.....g	1.763		0		1		4.231	0.264	
17:0.....g									
18:0.....g	1.077		0		1		2.585	0.162	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.885		0		1		2.124	0.133	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	0.885		0		1		2.124	0.133	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.228		0		1		0.547	0.034	
18:2 undifferentiated.....g	0.228		0		1		0.547	0.034	
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									
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	Z	7		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.019		0		1		0.046	0.003	
Threonine.....g	0.059		0		1		0.142	0.009	
Isoleucine.....g	0.063		0		1		0.151	0.009	
Leucine.....g	0.119		0		1		0.286	0.018	
Lysine.....g	0.071		0		1		0.170	0.011	
Methionine.....g	0.030		0		1		0.072	0.005	
Cystine.....g	0.032		0		1		0.077	0.005	
Phenylalanine.....g	0.082		0		1		0.197	0.012	
Tyrosine.....g	0.050		0		1		0.120	0.008	
Valine.....g	0.098		0		1		0.235	0.015	
Arginine.....g	0.264		0		1		0.634	0.040	
Histidine.....g	0.037		0		1		0.089	0.006	
Alanine.....g	0.082		0		1		0.197	0.012	
Aspartic acid.....g	0.157		0		1		0.377	0.024	
Glutamic acid.....g	0.368		0		1		0.883	0.055	
Glycine.....g	0.076		0		1		0.182	0.011	
Proline.....g	0.067		0		1		0.161	0.010	
Serine.....g	0.083		0		1		0.199	0.012	
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.

NDB No. 12176

Nuts, coconut milk, frozen (liquid expressed from grated meat and water)

Common Measures:

Measure 1 = 240g: 1 cup

Measure 2 = 15.0g: 1 tbsp

Calories Factors: Protein 3.47

Fat 8.37

Carbohydrate4.07

Food Group: 12 Nut and Seed Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 12117

Nuts, coconut milk, raw (liquid expressed from grated meat and water)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
<u>Lipids:</u>									
Fatty acids, total saturated.....g	21.140		0		1		50.736	3.171	
4:0.....g	0.000		0		1		0.000	0.000	
6:0.....g	0.136		0		1		0.326	0.020	
8:0.....g	1.670		0		1		4.008	0.251	
10:0.....g	1.327		0		1		3.185	0.199	
12:0.....g	10.576		0		1		25.382	1.586	
13:0.....g									
14:0.....g	4.176		0		1		10.022	0.626	
15:0.....g									
16:0.....g	2.021		0		1		4.850	0.303	
17:0.....g									
18:0.....g	1.234		0		1		2.962	0.185	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	1.014		0		1		2.434	0.152	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	1.014		0		1		2.434	0.152	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.261		0		1		0.626	0.039	
18:2 undifferentiated.....g	0.261		0		1		0.626	0.039	
18:3 undifferentiated.....g	0.000		0		1		0.000	0.000	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA).....g	0.000		0		1		0.000	0.000	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	
Phytosterols.....mg	1		0		1		2	0	
<u>Amino Acids:</u>									
Tryptophan.....g	0.027		0		1		0.065	0.004	
Threonine.....g	0.083		0		1		0.199	0.012	
Isoleucine.....g	0.090		0		1		0.216	0.014	
Leucine.....g	0.170		0		1		0.408	0.026	
Lysine.....g	0.101		0		1		0.242	0.015	
Methionine.....g	0.043		0		1		0.103	0.006	
Cystine.....g	0.045		0		1		0.108	0.007	
Phenylalanine.....g	0.116		0		1		0.278	0.017	
Tyrosine.....g	0.071		0		1		0.170	0.011	
Valine.....g	0.139		0		1		0.334	0.021	
Arginine.....g	0.376		0		1		0.902	0.056	
Histidine.....g	0.053		0		1		0.127	0.008	
Alanine.....g	0.117		0		1		0.281	0.018	
Aspartic acid.....g	0.224		0		1		0.538	0.034	
Glutamic acid.....g	0.524		0		1		1.258	0.079	
Glycine.....g	0.108		0		1		0.259	0.016	
Proline.....g	0.095		0		1		0.228	0.014	
Serine.....g	0.118		0		1		0.283	0.018	
Hydroxyproline.....g									
<u>Others:</u>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	

NDB No. 12117
Nuts, coconut milk, raw (liquid expressed from grated meat and water)

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	Mean	Std. Error	Number			Measure 1	Measure 2	Measure 3	
			of Data	Deriv	Source				
			Points	Code	Code	Code			
Theobromine.....mg	0		0	Z	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 = 240g: 1 cup
Measure 2 = 15.0g: 1 tbsp

Calories Factors: Protein 3.47 Fat 8.37 Carbohydrate4.07 **Food Group:** 12 Nut and Seed Products
USDA National Nutrient Database for Standard Reference, Release 27 (2014)

Nuts, coconut water (liquid from coconuts)

	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
Nutrients and Units	Number of Data Points			Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
	Mean	Std. Error	Points						
Proximates:									
Water.....g	94.99	0.270	7		1		227.98	14.25	195.68
Energy.....kcal	19		0	NC	4		46	3	39
Energy.....kJ	79		0		4		191	12	164
Protein (N x 5.3).....g	0.72	0.417	4		1		1.73	0.11	1.48
Total lipid (fat).....g	0.20	0.085	6		1		0.48	0.03	0.41
Ash.....g	0.39	0.082	5		1		0.94	0.06	0.80
Carbohydrate, by difference.....g	3.71		0	NC	4		8.90	0.56	7.64
Fiber, total dietary.....g	1.1		0		4		2.6	0.2	2.3
Sugars, total.....g	2.61		0	NR	4		6.26	0.39	5.38
Starch.....g									
Minerals:									
Calcium, Ca.....mg	24	3.347	4		1		58	4	49
Iron, Fe.....mg	0.29	0.094	3		1		0.70	0.04	0.60
Magnesium, Mg.....mg	25		1		1		60	4	52
Phosphorus, P.....mg	20	4.800	3		1		48	3	41
Potassium, K.....mg	250		1		1		600	38	515
Sodium, Na.....mg	105		1		1		252	16	216
Zinc, Zn.....mg	0.10		0		1		0.24	0.02	0.21
Copper, Cu.....mg	0.040		1		1		0.096	0.006	0.082
Manganese, Mn.....mg	0.142		0		4		0.341	0.021	0.293
Selenium, Se.....µg	1.0		0	BFSN	4		2.4	0.2	2.1
Vitamins:									
Vitamin C, total ascorbic acid.....mg	2.4	0.879	4		1		5.8	0.4	4.9
Thiamin.....mg	0.030	0.022	5		1		0.072	0.005	0.062
Riboflavin.....mg	0.057	0.044	4		1		0.137	0.009	0.117
Niacin.....mg	0.080	0.060	3		1		0.192	0.012	0.165
Pantothenic acid.....mg	0.043		0		1		0.103	0.006	0.089
Vitamin B-6.....mg	0.032		2		1		0.077	0.005	0.066
Folate, total.....µg	3		0		4		6	0	5
Folic acid.....µg	0		0	Z	7		0	0	0
Folate, food.....µg	3		0		4		6	0	5
Folate, DFE.....µg	3		0	NC	4		6	0	5
Choline, total.....mg	1.1		0	BFSN	4		2.7	0.2	2.4
Betaine.....mg									
Vitamin B-12.....µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin B-12, added.....µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE.....µg	0		0	NC	4		0	0	0
Retinol.....µg	0		0	Z	7		0	0	0
Carotene, beta.....µg	0		0	BFSN	4		0	0	0
Carotene, alpha.....µg	0		0	BFSN	4		0	0	0
Cryptoxanthin, beta.....µg	0		0	BFSN	4		0	0	0
Vitamin A, IU.....IU	0		1		1		0	0	0
Lycopene.....µg	0		0	BFSN	4		0	0	0
Lutein + zeaxanthin.....µg	0		0	BFSN	4		0	0	0
Vitamin E (alpha-tocopherol).....mg	0.00		0	NR	4		0.00	0.00	0.00
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0	0.0	0.0
Vitamin D.....IU	0								

NDB No. 12119

Nuts, coconut water (liquid from coconuts)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	measures of food		
							Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated.....g	0.176		0		1		0.422	0.026	0.363
4:0.....g	0.000		0		1		0.000	0.000	0.000
6:0.....g	0.001		0		1		0.002	0.000	0.002
8:0.....g	0.014		0		1		0.034	0.002	0.029
10:0.....g	0.011		0		1		0.026	0.002	0.023
12:0.....g	0.088		0		1		0.211	0.013	0.181
13:0.....g									
14:0.....g	0.035		0		1		0.084	0.005	0.072
15:0.....g									
16:0.....g	0.017		0		1		0.041	0.003	0.035
17:0.....g									
18:0.....g	0.010		0		1		0.024	0.002	0.021
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.008		0		1		0.019	0.001	0.016
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
17:1.....g									
18:1 undifferentiated.....g	0.008		0		1		0.019	0.001	0.016
20:1.....g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.002		0		1		0.005	0.000	0.004
18:2 undifferentiated.....g	0.002		0		1		0.005	0.000	0.004
18:3 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
18:4.....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3 (EPA).....g	0.000		0		1		0.000	0.000	0.000
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3 (DHA).....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	0
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.008		0		1		0.019	0.001	0.016
Threonine.....g	0.026		0		1		0.062	0.004	0.054
Isoleucine.....g	0.028		0		1		0.067	0.004	0.058
Leucine.....g	0.053		0		1		0.127	0.008	0.109
Lysine.....g	0.032		0		1		0.077	0.005	0.066
Methionine.....g	0.013		0		1		0.031	0.002	0.027
Cystine.....g	0.014		0		1		0.034	0.002	0.029
Phenylalanine.....g	0.037		0		1		0.089	0.006	0.076
Tyrosine.....g	0.022		0		1		0.053	0.003	0.045
Valine.....g	0.044		0		1		0.106	0.007	0.091
Arginine.....g	0.118		0		1		0.283	0.018	0.243
Histidine.....g	0.017		0		1		0.041	0.003	0.035
Alanine.....g	0.037		0		1		0.089	0.006	0.076
Aspartic acid.....g	0.070		0		1		0.168	0.011	0.144
Glutamic acid.....g	0.165		0		1		0.396	0.025	0.340
Glycine.....g	0.034		0		1		0.082	0.005	0.070
Proline.....g	0.030		0		1		0.072	0.005	0.062
Serine.....g	0.037		0		1		0.089	0.006	0.076
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0

NDB No. 12119
Nuts, coconut water (liquid from coconuts)

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	Mean	Std. Error	Number			Measure 1	Measure 2	Measure 3	
			of Data	Deriv	Source				
			Points	Code	Code	Code			
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 = 240g: 1 cup
Measure 2 = 15.0g: 1 tbsp
Measure 3 = 206g: 1 coconut yields

Calories Factors: Protein 3.47 **Fat** 8.37 **Carbohydrate**4.07 **Food Group:** 12 Nut and Seed Products
USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 12200
Nuts, formulated, wheat-based, all flavors except macadamia, without salt

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	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Proximates:									
Water.....g	2.00		1		1		0.57		
Energy.....kcal	647		0	NC	4		183		
Energy.....kJ	2707				4		767		
Protein (N x 5.8).....g	13.11		1		1		3.72		
Total lipid (fat).....g	62.30		1		1		17.66		
Ash.....g	1.80		1		1		0.51		
Carbohydrate, by difference.....g	20.79		0	NC	4		5.89		
Fiber, total dietary.....g	5.2		0		4		1.5		
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	22		1		1		6		
Iron, Fe.....mg	2.60		1		1		0.74		
Magnesium, Mg.....mg	59		0		4		17		
Phosphorus, P.....mg	366		1		1		104		
Potassium, K.....mg	320		1		1		91		
Sodium, Na.....mg	91		1		1		26		
Zinc, Zn.....mg	2.96		0		4		0.84		
Copper, Cu.....mg	0.181		0		4		0.051		
Manganese, Mn.....mg	6.949		0		4		1.970		
Selenium, Se.....µg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.1		0		4		0.0		
Thiamin.....mg	0.400		1		1		0.113		
Riboflavin.....mg	0.300		1		1		0.085		
Niacin.....mg	1.500		1		1		0.425		
Pantothenic acid.....mg	0.312		0		4		0.088		
Vitamin B-6.....mg	0.348		0		4		0.099		
Folate, total.....µg	125		0		4		35		
Folic acid.....µg	0		0	Z	7		0		
Folate, food.....µg	125		0		4		35		
Folate, DFE.....µg	125		0	NC	4		35		
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		0	Z	7		0.00		
Vitamin A, RAE.....µg	0		0		4		0		
Retinol.....µg	0		0	Z	7		0		
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	1		0		4		0		
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0		
Vitamin D.....IU	0		0	Z	7		0		
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									

Lipids:

NDB No. 12200

Nuts, formulated, wheat-based, all flavors except macadamia, without salt

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion 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	9.370		0		1		2.656		
4:0.....g									
6:0.....g									
8:0.....g									
10:0.....g									
12:0.....g									
13:0.....g									
14:0.....g	0.093		0		1		0.026		
15:0.....g									
16:0.....g	6.360		0		1		1.803		
17:0.....g									
18:0.....g	2.948		0		1		0.836		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	25.722		0		1		7.292		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.248		0		1		0.070		
17:1.....g									
18:1 undifferentiated.....g	25.416		0		1		7.205		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	24.284		0		1		6.885		
18:2 undifferentiated.....g	22.448		0		1		6.364		
18:3 undifferentiated.....g	1.777		0		1		0.504		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....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	Z	7		0		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.172		0		1		0.049		
Threonine.....g	0.552		0		1		0.156		
Isoleucine.....g	0.552		0		1		0.156		
Leucine.....g	0.972		0		1		0.276		
Lysine.....g	0.886		0		1		0.251		
Methionine.....g	0.274		0		1		0.078		
Cystine.....g	0.226		0		1		0.064		
Phenylalanine.....g	0.586		0		1		0.166		
Tyrosine.....g	0.486		0		1		0.138		
Valine.....g	0.712		0		1		0.202		
Arginine.....g	0.981		0		1		0.278		
Histidine.....g	0.380		0		1		0.108		
Alanine.....g	0.753		0		1		0.213		
Aspartic acid.....g	1.194		0		1		0.338		
Glutamic acid.....g	2.433		0		1		0.690		
Glycine.....g	0.699		0		1		0.198		
Proline.....g	0.857		0		1		0.243		
Serine.....g	0.674		0		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.

NDB No. 12200

Nuts, formulated, wheat-based, all flavors except macadamia, without salt

Common Measures:

Measure 1 = 28.35g: 1 oz

Calories Factors: Protein 3.59

Fat 8.37

Carbohydrate3.78

Food Group: 12 Nut and Seed Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 12140
Nuts, formulated, wheat-based, unflavored, with salt added

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	2.50		1		1		0.71		
Energy.....kcal	622		0		NC	4	176		
Energy.....kJ	2602					4	738		
Protein (N x 5.8).....g	13.82		1		1		3.92		
Total lipid (fat).....g	57.70		1		1		16.36		
Ash.....g	2.30		1		1		0.65		
Carbohydrate, by difference.....g	23.68		0		NC	4	6.71		
Fiber, total dietary.....g	5.2		0		4		1.5		
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	26		1		1		7		
Iron, Fe.....mg	2.40		1		1		0.68		
Magnesium, Mg.....mg	58		0		4		16		
Phosphorus, P.....mg	371		1		1		105		
Potassium, K.....mg	318		1		1		90		
Sodium, Na.....mg	505		1		1		143		
Zinc, Zn.....mg	2.94		0		4		0.83		
Copper, Cu.....mg	0.180		0		4		0.051		
Manganese, Mn.....mg	7.919		0		4		2.245		
Selenium, Se.....µg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.1		0		4		0.0		
Thiamin.....mg	0.300		1		1		0.085		
Riboflavin.....mg	0.300		1		1		0.085		
Niacin.....mg	1.500		1		1		0.425		
Pantothenic acid.....mg	0.310		0		4		0.088		
Vitamin B-6.....mg	0.394		0		4		0.112		
Folate, total.....µg	142		0		4		40		
Folic acid.....µg	0		0		Z	7	0		
Folate, food.....µg	142		0		4		40		
Folate, DFE.....µg	142		0		NC	4	40		
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		0		Z	7	0.00		
Vitamin A, RAE.....µg	0		0		4		0		
Retinol.....µg	0		0		Z	7	0		
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	1		0		4		0		
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0		Z	7	0.0		
Vitamin D.....IU	0		0		Z	7	0		
Vitamin K (phylloquinone).....µg									
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									

Lipids:

NDB No. 12140

Nuts, formulated, wheat-based, unflavored, with salt added

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion 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	8.701		0		1		2.467		
4:0.....g									
6:0.....g									
8:0.....g									
10:0.....g									
12:0.....g									
13:0.....g									
14:0.....g	0.094		0		1		0.027		
15:0.....g									
16:0.....g	5.957		0		1		1.689		
17:0.....g									
18:0.....g	2.687		0		1		0.762		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	23.545		0		1		6.675		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.230		0		1		0.065		
17:1.....g									
18:1 undifferentiated.....g	23.263		0		1		6.595		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	22.714		0		1		6.439		
18:2 undifferentiated.....g	20.974		0		1		5.946		
18:3 undifferentiated.....g	1.687		0		1		0.478		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....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	Z	7		0		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.164		0		1		0.046		
Threonine.....g	0.579		0		1		0.164		
Isoleucine.....g	0.555		0		1		0.157		
Leucine.....g	0.991		0		1		0.281		
Lysine.....g	0.910		0		1		0.258		
Methionine.....g	0.279		0		1		0.079		
Cystine.....g	0.252		0		1		0.071		
Phenylalanine.....g	0.603		0		1		0.171		
Tyrosine.....g	0.484		0		1		0.137		
Valine.....g	0.729		0		1		0.207		
Arginine.....g	1.065		0		1		0.302		
Histidine.....g	0.393		0		1		0.111		
Alanine.....g	0.817		0		1		0.232		
Aspartic acid.....g	1.267		0		1		0.359		
Glutamic acid.....g	2.499		0		1		0.708		
Glycine.....g	0.772		0		1		0.219		
Proline.....g	0.846		0		1		0.240		
Serine.....g	0.696		0		1		0.197		
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.

NDB No. 12140

Nuts, formulated, wheat-based, unflavored, with salt added

Common Measures:

Measure 1 = 28.35g: 1 oz

Calories Factors: Protein 3.59

Fat 8.37

Carbohydrate3.78

Food Group: 12 Nut and Seed Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 12129
Nuts, ginkgo nuts, canned

Refuse:41% Liquid

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion 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	72.95		1		1		113.07	20.68	
Energy.....kcal	111		0	NC	4		172	31	
Energy.....kJ	464				4		720	132	
Protein (N x 5.3).....g	2.29		1		1		3.55	0.65	
Total lipid (fat).....g	1.62		1		1		2.51	0.46	
Ash.....g	1.04		1		1		1.61	0.29	
Carbohydrate, by difference.....g	22.10		0	NC	4		34.26	6.27	
Fiber, total dietary.....g	9.3		0		4		14.4	2.6	
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	4		1		1		6	1	
Iron, Fe.....mg	0.29		1		1		0.45	0.08	
Magnesium, Mg.....mg	16		1		1		25	5	
Phosphorus, P.....mg	54		1		1		84	15	
Potassium, K.....mg	180		1		1		279	51	
Sodium, Na.....mg	307		1		1		476	87	
Zinc, Zn.....mg	0.21		0		1		0.33	0.06	
Copper, Cu.....mg	0.166		0		1		0.257	0.047	
Manganese, Mn.....mg	0.068		0		1		0.105	0.019	
Selenium, Se.....µg	0.5		0	BFZN	4		0.8	0.1	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	9.1		0		4		14.1	2.6	
Thiamin.....mg	0.133		0		4		0.206	0.038	
Riboflavin.....mg	0.054		0		4		0.084	0.015	
Niacin.....mg	3.623		0		4		5.616	1.027	
Pantothenic acid.....mg	0.097		0		4		0.150	0.027	
Vitamin B-6.....mg	0.198		0		4		0.307	0.056	
Folate, total.....µg	33		0		4		51	9	
Folic acid.....µg	0		0	Z	7		0	0	
Folate, food.....µg	33		0		4		51	9	
Folate, DFE.....µg	33		0	NC	4		51	9	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....µg	17		0		4		26	5	
Retinol.....µg	0		0	Z	7		0	0	
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	337		0		4		522	96	
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D.....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone).....µg									
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									

Lipids:

NDB No. 12129
Nuts, ginkgo nuts, canned

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data Points	Code	Code	Code			
Fatty acids, total saturated.....g	0.309		0		1		0.479	0.088	
4:0.....g	0.000		0		1		0.000	0.000	
6:0.....g	0.000		0		1		0.000	0.000	
8:0.....g	0.000		0		1		0.000	0.000	
10:0.....g	0.000		0		1		0.000	0.000	
12:0.....g	0.000		0		1		0.000	0.000	
13:0.....g									
14:0.....g	0.006		0		1		0.009	0.002	
15:0.....g									
16:0.....g	0.278		0		1		0.431	0.079	
17:0.....g									
18:0.....g	0.015		0		1		0.023	0.004	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.599		0		1		0.928	0.170	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.077		0		1		0.119	0.022	
17:1.....g									
18:1 undifferentiated.....g	0.495		0		1		0.767	0.140	
20:1.....g	0.009		0		1		0.014	0.003	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.597		0		1		0.925	0.169	
18:2 undifferentiated.....g	0.559		0		1		0.866	0.158	
18:3 undifferentiated.....g	0.021		0		1		0.033	0.006	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA).....g	0.000		0		1		0.000	0.000	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.038		0		1		0.059	0.011	
Threonine.....g	0.142		0		1		0.220	0.040	
Isoleucine.....g	0.111		0		1		0.172	0.031	
Leucine.....g	0.168		0		1		0.260	0.048	
Lysine.....g	0.110		0		1		0.171	0.031	
Methionine.....g	0.029		0		1		0.045	0.008	
Cystine.....g	0.012		0		1		0.019	0.003	
Phenylalanine.....g	0.090		0		1		0.140	0.026	
Tyrosine.....g	0.032		0		1		0.050	0.009	
Valine.....g	0.150		0		1		0.233	0.043	
Arginine.....g	0.223		0		1		0.346	0.063	
Histidine.....g	0.054		0		1		0.084	0.015	
Alanine.....g	0.131		0		1		0.203	0.037	
Aspartic acid.....g	0.288		0		1		0.446	0.082	
Glutamic acid.....g	0.444		0		1		0.688	0.126	
Glycine.....g	0.123		0		1		0.191	0.035	
Proline.....g	0.184		0		1		0.285	0.052	
Serine.....g	0.154		0		1		0.239	0.044	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	

NDB No. 12129
Nuts, ginkgo nuts, canned

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

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 cup (78 kernels)
Measure 2 = 28.35g: 1 oz (14 kernels)

Calories Factors: Protein 3.47 Fat 8.37 Carbohydrate4.07

Food Group: 12 Nut and Seed Products
USDA National Nutrient Database for Standard Reference, Release 27 (2014)

Refuse:24% Shells

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion 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	12.40		0		1		3.52		
Energy.....kcal	348		0	NC	4		99		
Energy.....kJ	1456				4		413		
Protein (N x 5.3).....g	10.35		0		1		2.93		
Total lipid (fat).....g	2.00		1		1		0.57		
Ash.....g	2.80		0		1		0.79		
Carbohydrate, by difference.....g	72.45		0	NC	4		20.54		
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	20		0		1		6		
Iron, Fe.....mg	1.60		0		1		0.45		
Magnesium, Mg.....mg	53		0		1		15		
Phosphorus, P.....mg	269		0		1		76		
Potassium, K.....mg	998		0		1		283		
Sodium, Na.....mg	13		0		1		4		
Zinc, Zn.....mg	0.67	0.055	3		1		0.19		
Copper, Cu.....mg	0.536	0.073	3		1		0.152		
Manganese, Mn.....mg	0.220	0.020	3		1		0.062		
Selenium, Se.....µg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	29.3		0		1		8.3		
Thiamin.....mg	0.430		0		1		0.122		
Riboflavin.....mg	0.176		0		1		0.050		
Niacin.....mg	11.732		0		1		3.326		
Pantothenic acid.....mg	1.345		1		1		0.381		
Vitamin B-6.....mg	0.641		0		4		0.182		
Folate, total.....µg	106		0		4		30		
Folic acid.....µg	0		0	Z	7		0		
Folate, food.....µg	106		0		4		30		
Folate, DFE.....µg	106		0	NC	4		30		
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		0	Z	7		0.00		
Vitamin A, RAE.....µg	55		0		1		15		
Retinol.....µg	0		0	Z	7		0		
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	1091		0		1		309		
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0		
Vitamin D.....IU	0		0	Z	7		0		
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									

Lipids:

NDB No. 12128
Nuts, ginkgo nuts, dried

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total saturated.....g	0.381		0		1		0.108		
4:0.....g									
6:0.....g									
8:0.....g									
10:0.....g									
12:0.....g									
13:0.....g									
14:0.....g	0.008		0		1		0.002		
15:0.....g									
16:0.....g	0.343		0		1		0.097		
17:0.....g									
18:0.....g	0.019		0		1		0.005		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.739		0		1		0.210		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.095		0		1		0.027		
17:1.....g									
18:1 undifferentiated.....g	0.611		0		1		0.173		
20:1.....g	0.011		0		1		0.003		
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.737		0		1		0.209		
18:2 undifferentiated.....g	0.690		0		1		0.196		
18:3 undifferentiated.....g	0.025		0		1		0.007		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....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	Z	7		0		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.170		0		1		0.048		
Threonine.....g	0.640		0		1		0.181		
Isoleucine.....g	0.500		0		1		0.142		
Leucine.....g	0.755		0		1		0.214		
Lysine.....g	0.494		0		1		0.140		
Methionine.....g	0.133		0		1		0.038		
Cystine.....g	0.055		0		1		0.016		
Phenylalanine.....g	0.408		0		1		0.116		
Tyrosine.....g	0.146		0		1		0.041		
Valine.....g	0.677		0		1		0.192		
Arginine.....g	1.005		0		1		0.285		
Histidine.....g	0.244		0		1		0.069		
Alanine.....g	0.591		0		1		0.168		
Aspartic acid.....g	1.298		0		1		0.368		
Glutamic acid.....g	2.001		0		1		0.567		
Glycine.....g	0.554		0		1		0.157		
Proline.....g	0.830		0		1		0.235		
Serine.....g	0.695		0		1		0.197		
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.

NDB No. 12128
Nuts, ginkgo nuts, dried
Common Measures:
Measure 1 = 28.35g: 1 oz

Calories Factors: Protein 3.47 Fat 8.37 Carbohydrate4.07 Food Group: 12 Nut and Seed Products
USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 12127
Nuts, ginkgo nuts, raw
Ginkgo biloba

Refuse:24% Shells

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Proximates:									
Water.....g	55.20		1		1		15.65		
Energy.....kcal	182		0		NC	4	52		
Energy.....kJ	761					4	216		
Protein (N x 5.3).....g	4.32		1		1		1.22		
Total lipid (fat).....g	1.68		2		1		0.48		
Ash.....g	1.20		1		1		0.34		
Carbohydrate, by difference.....g	37.60		0		NC	4	10.66		
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	2		1		1		1		
Iron, Fe.....mg	1.00		1		1		0.28		
Magnesium, Mg.....mg	27		0		1		8		
Phosphorus, P.....mg	124		1		1		35		
Potassium, K.....mg	510		0		1		145		
Sodium, Na.....mg	7		0		1		2		
Zinc, Zn.....mg	0.34		0		1		0.10		
Copper, Cu.....mg	0.274		0		1		0.078		
Manganese, Mn.....mg	0.113		0		1		0.032		
Selenium, Se.....µg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	15.0		1		1		4.3		
Thiamin.....mg	0.220		1		1		0.062		
Riboflavin.....mg	0.090		1		1		0.026		
Niacin.....mg	6.000		1		1		1.701		
Pantothenic acid.....mg	0.160		1		1		0.045		
Vitamin B-6.....mg	0.328		0		4		0.093		
Folate, total.....µg	54		0		4		15		
Folic acid.....µg	0		0		Z	7	0		
Folate, food.....µg	54		0		4		15		
Folate, DFE.....µg	54		0		NC	4	15		
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		0		Z	7	0.00		
Vitamin A, RAE.....µg	28		1		1		8		
Retinol.....µg	0		0		Z	7	0		
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	558		1		1		158		
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0		Z	7	0.0		
Vitamin D.....IU	0		0		Z	7	0		
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									

Lipids:

NDB No. 12127
Nuts, ginkgo nuts, raw

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data Points	Code	Code				
Fatty acids, total saturated.....g	0.319		0		1		0.090		
4:0.....g									
6:0.....g									
8:0.....g									
10:0.....g									
12:0.....g									
13:0.....g									
14:0.....g	0.006		1		1		0.002		
15:0.....g									
16:0.....g	0.288		2		1		0.082		
17:0.....g									
18:0.....g	0.016		2		1		0.005		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.619		0		1		0.175		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.079		2		1		0.022		
17:1.....g									
18:1 undifferentiated.....g	0.512		2		1		0.145		
20:1.....g	0.010		1		1		0.003		
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.618		0		1		0.175		
18:2 undifferentiated.....g	0.578		2		1		0.164		
18:3 undifferentiated.....g	0.021		2		1		0.006		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....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	Z	7		0		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.071		2		1		0.020		
Threonine.....g	0.268		2		1		0.076		
Isoleucine.....g	0.209		2		1		0.059		
Leucine.....g	0.316		2		1		0.090		
Lysine.....g	0.206		2		1		0.058		
Methionine.....g	0.055		2		1		0.016		
Cystine.....g	0.023		2		1		0.007		
Phenylalanine.....g	0.171		2		1		0.048		
Tyrosine.....g	0.061		2		1		0.017		
Valine.....g	0.283		2		1		0.080		
Arginine.....g	0.420		2		1		0.119		
Histidine.....g	0.102		2		1		0.029		
Alanine.....g	0.247		2		1		0.070		
Aspartic acid.....g	0.543		2		1		0.154		
Glutamic acid.....g	0.836		2		1		0.237		
Glycine.....g	0.232		2		1		0.066		
Proline.....g	0.347		2		1		0.098		
Serine.....g	0.290		2		1		0.082		
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.

NDB No. 12127
Nuts, ginkgo nuts, raw

Common Measures:
Measure 1 = 28.35g: 1 oz

Calories Factors: Protein 3.47 Fat 8.37 Carbohydrate4.07 Food Group: 12 Nut and Seed Products
USDA National Nutrient Database for Standard Reference, Release 27 (2014)

Corylus spp.

Refuse:59% Shells

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion 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	5.31	0.196	4	A	1		6.11	3.98	7.17
Energy.....kcal	628		0	NC	4		723	471	848
Energy.....kJ	2629		0	NC	4		3023	1972	3549
Protein (N x 5.3).....g	14.95	0.156	4	A	1		17.19	11.21	20.18
Total lipid (fat).....g	60.75	0.386	4	A	1		69.86	45.56	82.01
Ash.....g	2.29	0.017	4	A	1		2.63	1.72	3.09
Carbohydrate, by difference.....g	16.70		0	NC	4		19.21	12.53	22.55
Fiber, total dietary.....g	9.7	0.374	4	A	1		11.1	7.3	13.1
Sugars, total.....g	4.34	0.071	4	A	1		4.99	3.26	5.86
Sucrose.....g	4.20	0.071	4	A	1		4.83	3.15	5.67
Glucose (dextrose).....g	0.07	0.000	4	A	1		0.08	0.05	0.10
Fructose.....g	0.07	0.000	4	A	1		0.08	0.05	0.10
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	0.48	0.068	4	A	1		0.55	0.36	0.64
Minerals:									
Calcium, Ca.....mg	114	1.031	4	A	1		131	86	154
Iron, Fe.....mg	4.70	0.071	4	A	1		5.41	3.53	6.35
Magnesium, Mg.....mg	163	2.496	4	A	1		188	122	220
Phosphorus, P.....mg	290	5.774	4	A	1		334	218	392
Potassium, K.....mg	680	7.920	4	A	1		782	510	918
Sodium, Na.....mg	0	0.048	4	A	1		1	0	1
Zinc, Zn.....mg	2.45	0.029	4	A	1		2.82	1.84	3.31
Copper, Cu.....mg	1.725	0.025	4	A	1		1.984	1.294	2.329
Manganese, Mn.....mg	6.175	0.165	4	A	1		7.101	4.631	8.336
Selenium, Se.....µg	2.4	0.561	8	A	1		2.7	1.8	3.2
Vitamins:									
Vitamin C, total ascorbic acid.....mg	6.3	0.479	4	A	1		7.2	4.7	8.4
Thiamin.....mg	0.643	0.011	4	A	1		0.739	0.482	0.867
Riboflavin.....mg	0.113	0.003	4	A	1		0.129	0.084	0.152
Niacin.....mg	1.800	0.071	4	A	1		2.070	1.350	2.430
Pantothenic acid.....mg	0.918	0.006	4	A	1		1.055	0.688	1.239
Vitamin B-6.....mg	0.563	0.008	4	A	1		0.647	0.422	0.759
Folate, total.....µg	113	1.810	4	A	1		129	84	152
Folic acid.....µg	0		0	Z	7		0	0	0
Folate, food.....µg	113	1.810	4	A	1		129	84	152
Folate, DFE.....µg	113		0	NC	4		129	84	152
Choline, total.....mg	45.6		0	AS	1		52.5	34.2	61.6
Betaine.....mg	0.4	0.099	5	A	1		0.5	0.3	0.5
Vitamin B-12.....µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin B-12, added.....µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE.....µg	1		0	AS	1		1	1	1
Retinol.....µg	0		0	Z	7		0	0	0
Carotene, beta.....µg	11	10.238	5	A	1		12	8	14
Carotene, alpha.....µg	3	3.015	5	A	1		3	2	4
Cryptoxanthin, beta.....µg	0	0.000	4	A	1		0	0	0
Vitamin A, IU.....IU	20		0	AS	1		23	15	27
Lycopene.....µg	0	0.000	4	A	1		0	0	0
Lutein + zeaxanthin.....µg	92	9.565	4	A	1		106	69	124
Vitamin E (alpha-tocopherol).....mg	15.03	0.395	4	A	1		17.28	11.27	20.28
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta.....mg	0.33	0.025	4	A	1		0.37	0.24	0.44
Tocopherol, gamma.....mg	0.00	0.000	4	A	1		0.00	0.00	0.00
Tocopherol, delta.....mg	0.00	0.000	4	A	1		0.00	0.00	0.00
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									

NDB No. 12120
Nuts, hazelnuts or filberts (1, 2)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food			
	Number		Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
	Mean	Std. Error						
			Points	Code	Code			
Tocotrienol, gamma.....mg								
Tocotrienol, delta.....mg								
Vitamin D (D2 + D3).....µg	0.0		0	Z	7	0.0	0.0	0.0
Vitamin D.....µg	0		0	Z	7	0	0	0
Vitamin K (phylloquinone).....µg	14.2	1.137	8	A	1	16.4	10.7	19.2
Dihydrophyloquinone.....µg	0.0	0.000	8	A	1	0.0	0.0	0.0
Menaquinone-4.....µg								
Lipids:								
Fatty acids, total saturated.....g	4.464		0	NC	4	5.134	3.348	6.027
4:0.....g	0.000		0	Z	7	0.000	0.000	0.000
6:0.....g	0.000		0	Z	7	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	0.000	0.000	4	A	1	0.000	0.000	0.000
14:0.....g	0.000	0.000	4	A	1	0.000	0.000	0.000
15:0.....g	0.000	0.000	4	A	1	0.000	0.000	0.000
16:0.....g	3.097	0.023	4	A	1	3.562	2.323	4.181
17:0.....g	0.000	0.000	4	A	1	0.000	0.000	0.000
18:0.....g	1.265	0.041	4	A	1	1.455	0.949	1.708
20:0.....g	0.102	0.028	4	A	1	0.117	0.077	0.138
22:0.....g	0.000	0.000	4	A	1	0.000	0.000	0.000
24:0.....g	0.000	0.000	4	A	1	0.000	0.000	0.000
Fatty acids, total monounsaturated.....g	45.652		0	NC	4	52.499	34.239	61.630
14:1.....g	0.000	0.000	4	A	1	0.000	0.000	0.000
15:1.....g								
16:1 undifferentiated.....g	0.116	0.001	4	A	1	0.133	0.087	0.156
17:1.....g								
18:1 undifferentiated.....g	45.405	0.249	4	A	1	52.215	34.053	61.296
20:1.....g	0.131	0.014	4	A	1	0.151	0.098	0.177
22:1 undifferentiated.....g	0.000	0.000	4	A	1	0.000	0.000	0.000
24:1 c.....g	0.000	0.000	4	A	1	0.000	0.000	0.000
Fatty acids, total polyunsaturated.....g	7.920		0	NC	4	9.108	5.940	10.692
18:2 undifferentiated.....g	7.833	0.116	4	A	1	9.008	5.875	10.574
18:3 undifferentiated.....g	0.087	0.029	4	A	1	0.100	0.065	0.117
18:4.....g	0.000		0	Z	7	0.000	0.000	0.000
20:2 n-6 c,c.....g	0.000	0.000	4	A	1	0.000	0.000	0.000
20:3 undifferentiated.....g	0.000	0.000	4	A	1	0.000	0.000	0.000
20:4 undifferentiated.....g	0.000	0.000	4	A	1	0.000	0.000	0.000
20:5 n-3 (EPA).....g	0.000	0.000	4	A	1	0.000	0.000	0.000
21:5.....g								
22:4.....g								
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	0		0	Z	7	0	0	0
Phytosterols.....mg								
Stigmasterol.....mg	1	0.038	4	A	1	1	1	2
Campesterol.....mg	7	0.118	4	A	1	8	5	9
Beta-sitosterol.....mg	102	1.353	4	A	1	117	76	138
Amino Acids:								
Tryptophan.....g	0.193		0	A	1	0.222	0.145	0.260
Threonine.....g	0.497		0	A	1	0.571	0.373	0.671
Isoleucine.....g	0.545		0	A	1	0.627	0.409	0.736
Leucine.....g	1.063		0	A	1	1.223	0.798	1.436
Lysine.....g	0.420		0	A	1	0.483	0.315	0.567
Methionine.....g	0.221		0	A	1	0.254	0.166	0.299
Cystine.....g	0.277		0	A	1	0.318	0.208	0.374
Phenylalanine.....g	0.663		0	A	1	0.763	0.497	0.895
Tyrosine.....g	0.362		0	A	1	0.416	0.271	0.489
Valine.....g	0.701		0	A	1	0.807	0.526	0.947
Arginine.....g	2.211		0	A	1	2.543	1.659	2.985
Histidine.....g	0.432		0	A	1	0.497	0.324	0.583

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points			Measure 1	Measure 2	Measure 3
			Deriv Code	Source Code	Confidence Code			
Alanine.....g	0.730		0	A	1	0.839	0.547	0.985
Aspartic acid.....g	1.679		0	A	1	1.931	1.259	2.267
Glutamic acid.....g	3.710		0	A	1	4.266	2.782	5.008
Glycine.....g	0.724		0	A	1	0.832	0.543	0.977
Proline.....g	0.561		0	A	1	0.645	0.420	0.757
Serine.....g	0.735		0	A	1	0.846	0.552	0.993
Hydroxyproline.....g								
Others:								
Alcohol, ethyl.....g	0.0		0		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 = 115g: 1 cup, chopped
Measure 2 = 75g: 1 cup, ground
Measure 3 = 135g: 1 cup, whole

Footnotes:

- 1 Unroasted
2 Other phytosterols = 12.0 mg/100g; these include delta 5-avenasterol (2.6), campestanol (3.0), sitostanol (3.9) and other minor phytosterols (2.5 mg).

NDB No. 12121

Nuts, hazelnuts or filberts, blanched (1)

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	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data						
			Points						
Proximates:									
Water.....g	5.79		2	A	1		1.64		
Energy.....kcal	629		0	NC	4		178		
Energy.....kJ	2630		0	NC	4		746		
Protein (N x 5.3).....g	13.70		2	A	1		3.88		
Total lipid (fat).....g	61.15		2	A	1		17.34		
Ash.....g	2.36		2	A	1		0.67		
Carbohydrate, by difference.....g	17.00		0	NC	4		4.82		
Fiber, total dietary.....g	11.0		2	A	1		3.1		
Sugars, total.....g	3.49		2	A	1		0.99		
Sucrose.....g	3.35		2	A	1		0.95		
Glucose (dextrose).....g	0.07		2	A	1		0.02		
Fructose.....g	0.07		2	A	1		0.02		
Lactose.....g	0.00		2	A	1		0.00		
Maltose.....g	0.00		2	A	1		0.00		
Galactose.....g									
Starch.....g	0.93		2	A	1		0.26		
Minerals:									
Calcium, Ca.....mg	149		2	A	1		42		
Iron, Fe.....mg	3.30		2	A	1		0.94		
Magnesium, Mg.....mg	160		2	A	1		45		
Phosphorus, P.....mg	310		2	A	1		88		
Potassium, K.....mg	658		2	A	1		187		
Sodium, Na.....mg	0		2	A	1		0		
Zinc, Zn.....mg	2.20		2	A	1		0.62		
Copper, Cu.....mg	1.600		2	A	1		0.454		
Manganese, Mn.....mg	12.650		2	A	1		3.586		
Selenium, Se.....µg	4.1		0	BFSN	4		1.2		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	2.0		2	A	1		0.6		
Thiamin.....mg	0.475		2	A	1		0.135		
Riboflavin.....mg	0.110		2	A	1		0.031		
Niacin.....mg	1.550		2	A	1		0.439		
Pantothenic acid.....mg	0.815		2	A	1		0.231		
Vitamin B-6.....mg	0.585		2	A	1		0.166		
Folate, total.....µg	78		2	A	1		22		
Folic acid.....µg	0		0	Z	7		0		
Folate, food.....µg	78		2	A	1		22		
Folate, DFE.....µg	78		0	NC	4		22		
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		0	Z	7		0.00		
Vitamin A, RAE.....µg	2		1	AS	1		1		
Retinol.....µg	0		0	Z	7		0		
Carotene, beta.....µg	23		1	A	1		6		
Carotene, alpha.....µg	2		1	A	1		0		
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	40		1	AS	1		11		
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg	17.50		2	A	1		4.96		
Tocopherol, beta.....mg	0.35		2	A	1		0.10		
Tocopherol, gamma.....mg	2.15		2	A	1		0.61		
Tocopherol, delta.....mg	0.14		2	A	1		0.04		
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0		

NDB No. 12121
Nuts, hazelnuts or filberts, blanched (1)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Vitamin D.....IU	0		0	Z	7		0		
Vitamin K (phylloquinone).....µg									
Dihydrophyllloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	4.669		0	NC	4		1.324		
4:0.....g									
6:0.....g									
8:0.....g	0.000		2	A	1		0.000		
10:0.....g	0.000		2	A	1		0.000		
12:0.....g	0.000		2	A	1		0.000		
13:0.....g	0.000		2	A	1		0.000		
14:0.....g	0.000		2	A	1		0.000		
15:0.....g	0.000		2	A	1		0.000		
16:0.....g	3.176		2	A	1		0.900		
17:0.....g	0.000		2	A	1		0.000		
18:0.....g	1.434		2	A	1		0.407		
20:0.....g	0.059		2	A	1		0.017		
22:0.....g	0.000		2	A	1		0.000		
24:0.....g	0.000		2	A	1		0.000		
Fatty acids, total monounsaturated.....g	48.192		0	NC	4		13.662		
14:1.....g	0.000		2	A	1		0.000		
15:1.....g									
16:1 undifferentiated.....g	0.116		2	A	1		0.033		
17:1.....g									
18:1 undifferentiated.....g	47.958		2	A	1		13.596		
20:1.....g	0.118		2	A	1		0.033		
22:1 undifferentiated.....g	0.000		2	A	1		0.000		
24:1 c.....g	0.000		2	A	1		0.000		
Fatty acids, total polyunsaturated.....g	5.558		0	NC	4		1.576		
18:2 undifferentiated.....g	5.499		2	A	1		1.559		
18:3 undifferentiated.....g	0.058		2	A	1		0.017		
18:4.....g									
20:2 n-6 c,c.....g	0.000		2	A	1		0.000		
20:3 undifferentiated.....g	0.000		2	A	1		0.000		
20:4 undifferentiated.....g	0.000		2	A	1		0.000		
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		2	A	1		0.000		
22:6 n-3 (DHA).....g	0.000		2	A	1		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg	116		2	A	1		33		
Stigmasterol.....mg	1		1	A	1		0		
Campesterol.....mg	7		1	A	1		2		
Beta-sitosterol.....mg	108		1	A	1		31		
Amino Acids:									
Tryptophan.....g	0.177		0	A	1		0.050		
Threonine.....g	0.455		0	A	1		0.129		
Isoleucine.....g	0.499		0	A	1		0.142		
Leucine.....g	0.974		0	A	1		0.276		
Lysine.....g	0.385		0	A	1		0.109		
Methionine.....g	0.203		0	A	1		0.057		
Cystine.....g	0.254		0	A	1		0.072		
Phenylalanine.....g	0.608		0	A	1		0.172		
Tyrosine.....g	0.332		0	A	1		0.094		
Valine.....g	0.643		0	A	1		0.182		
Arginine.....g	2.026		0	A	1		0.574		
Histidine.....g	0.396		0	A	1		0.112		
Alanine.....g	0.669		0	A	1		0.190		
Aspartic acid.....g	1.539		0	A	1		0.436		
Glutamic acid.....g	3.399		0	A	1		0.964		

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>					<u>Amount in edible portion of common measures of food</u>			
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Glycine.....g	0.663		0	A	1		0.188		
Proline.....g	0.514		0	A	1		0.146		
Serine.....g	0.674		0	A	1		0.191		
Hydroxyproline.....g									
<u>Others:</u>									
Alcohol, ethyl.....g	0.0		0	Z	7		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 = 28.35g: 1 oz

Footnotes:
1 Unroasted

Calories Factors: Protein 3.47 Fat 8.37 Carbohydrate4.07 Food Group: 12 Nut and Seed Products
USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 12122

Nuts, hazelnuts or filberts, dry roasted, without salt added

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	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data						
			Points						
Proximates:									
Water.....g	2.52	0.335	4	A	1		0.71		
Energy.....kcal	646		0	NC	4		183		
Energy.....kJ	2703		0	NC	4		766		
Protein (N x 5.3).....g	15.03	0.421	4	A	1		4.26		
Total lipid (fat).....g	62.40	0.916	4	A	1		17.69		
Ash.....g	2.45	0.019	4	A	1		0.70		
Carbohydrate, by difference.....g	17.60		0	NC	4		4.99		
Fiber, total dietary.....g	9.4	0.617	4	A	1		2.7		
Sugars, total.....g	4.89	0.307	4	A	1		1.39		
Sucrose.....g	4.75	0.307	4	A	1		1.35		
Glucose (dextrose).....g	0.07	0.000	4	A	1		0.02		
Fructose.....g	0.07	0.000	4	A	1		0.02		
Lactose.....g	0.00	0.000	4	A	1		0.00		
Maltose.....g	0.00	0.000	4	A	1		0.00		
Galactose.....g									
Starch.....g	1.10	0.034	4	A	1		0.31		
Minerals:									
Calcium, Ca.....mg	123	3.663	4	A	1		35		
Iron, Fe.....mg	4.38	0.138	4	A	1		1.24		
Magnesium, Mg.....mg	173	6.033	4	A	1		49		
Phosphorus, P.....mg	310	8.165	4	A	1		88		
Potassium, K.....mg	755	13.934	4	A	1		214		
Sodium, Na.....mg	0	0.065	4	A	1		0		
Zinc, Zn.....mg	2.50	0.000	4	A	1		0.71		
Copper, Cu.....mg	1.750	0.087	4	A	1		0.496		
Manganese, Mn.....mg	5.550	0.417	4	A	1		1.573		
Selenium, Se.....µg	4.1		0	BFSN	4		1.2		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	3.8	0.629	4	A	1		1.1		
Thiamin.....mg	0.338	0.036	4	A	1		0.096		
Riboflavin.....mg	0.123	0.005	4	A	1		0.035		
Niacin.....mg	2.050	0.065	4	A	1		0.581		
Pantothenic acid.....mg	0.923	0.031	4	A	1		0.262		
Vitamin B-6.....mg	0.620	0.017	4	A	1		0.176		
Folate, total.....µg	88	5.375	4	A	1		25		
Folic acid.....µg	0		0	Z	7		0		
Folate, food.....µg	88	5.375	4	A	1		25		
Folate, DFE.....µg	88		0	NC	4		25		
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		0	Z	7		0.00		
Vitamin A, RAE.....µg	3		1	A	1		1		
Retinol.....µg	0		0	Z	7		0		
Carotene, beta.....µg	36		1	A	1		10		
Carotene, alpha.....µg	1		1	A	1		0		
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	61		1	A	1		17		
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg	15.28	0.704	4	A	1		4.33		
Tocopherol, beta.....mg	0.33	0.048	4	A	1		0.09		
Tocopherol, gamma.....mg	0.00	0.000	4	A	1		0.00		
Tocopherol, delta.....mg	0.00	0.000	4	A	1		0.00		
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0		

NDB No. 12122

Nuts, hazelnuts or filberts, dry roasted, without salt added

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Vitamin D.....IU	0		0	Z	7		0		
Vitamin K (phylloquinone).....µg									
Dihydrophyllloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	4.511		0	NC	4		1.279		
4:0.....g									
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	0.000	0.000	4	A	1		0.000		
14:0.....g	0.000	0.000	4	A	1		0.000		
15:0.....g	0.000	0.000	4	A	1		0.000		
16:0.....g	3.181	0.038	4	A	1		0.902		
17:0.....g	0.000	0.000	4	A	1		0.000		
18:0.....g	1.271	0.072	4	A	1		0.360		
20:0.....g	0.060	0.001	4	A	1		0.017		
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	46.608		0	NC	4		13.213		
14:1.....g	0.000	0.000	4	A	1		0.000		
15:1.....g									
16:1 undifferentiated.....g	0.119	0.002	4	A	1		0.034		
17:1.....g									
18:1 undifferentiated.....g	46.354	1.012	4	A	1		13.141		
20:1.....g	0.134	0.013	4	A	1		0.038		
22:1 undifferentiated.....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	8.463		0	NC	4		2.399		
18:2 undifferentiated.....g	8.403	0.272	4	A	1		2.382		
18:3 undifferentiated.....g	0.060	0.001	4	A	1		0.017		
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		
20:4 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		
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									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg	110		1	A	1		31		
Stigmasterol.....mg	1		1	A	1		0		
Campesterol.....mg	6		1	A	1		2		
Beta-sitosterol.....mg	103		1	A	1		29		
Amino Acids:									
Tryptophan.....g	0.194		0	A	1		0.055		
Threonine.....g	0.499		0	A	1		0.142		
Isoleucine.....g	0.548		0	A	1		0.155		
Leucine.....g	1.069		0	A	1		0.303		
Lysine.....g	0.422		0	A	1		0.120		
Methionine.....g	0.222		0	A	1		0.063		
Cystine.....g	0.278		0	A	1		0.079		
Phenylalanine.....g	0.667		0	A	1		0.189		
Tyrosine.....g	0.364		0	A	1		0.103		
Valine.....g	0.705		0	A	1		0.200		
Arginine.....g	2.222		0	A	1		0.630		
Histidine.....g	0.434		0	A	1		0.123		
Alanine.....g	0.733		0	A	1		0.208		
Aspartic acid.....g	1.687		0	A	1		0.478		
Glutamic acid.....g	3.728		0	A	1		1.057		

NDB No. 12122
Nuts, hazelnuts or filberts, dry roasted, without salt added

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	Mean	Std. Error	Number		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code					
Glycine.....g	0.727		0	A	1		0.206		
Proline.....g	0.563		0	A	1		0.160		
Serine.....g	0.739		0	A	1		0.210		
Hydroxyproline.....g									
<u>Others:</u>									
Alcohol, ethyl.....g	0.0		0	Z	7		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 = 28.35g: 1 oz

Calories Factors: Protein 3.47 Fat 8.37 Carbohydrate4.07 Food Group: 12 Nut and Seed Products
USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 12130
Nuts, hickorynuts, dried
Carya spp.

Refuse:68% Shells

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food				
	Mean	Std. Error	Number		Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points							
Proximates:										
Water.....g	2.65	0.136	4			1		3.18	0.75	0.08
Energy.....kcal	657		0		NC	4		788	186	20
Energy.....kJ	2749					4		3299	779	82
Protein (N x 5.3).....g	12.72	0.869	8			1		15.26	3.61	0.38
Total lipid (fat).....g	64.37	1.540	18			1		77.24	18.25	1.93
Ash.....g	2.00	0.134	6			1		2.40	0.57	0.06
Carbohydrate, by difference.....g	18.25		0		NC	4		21.90	5.17	0.55
Fiber, total dietary.....g	6.4		0			4		7.7	1.8	0.2
Sugars, total.....g										
Starch.....g										
Minerals:										
Calcium, Ca.....mg	61	4.371	8			1		73	17	2
Iron, Fe.....mg	2.12	0.036	8			1		2.54	0.60	0.06
Magnesium, Mg.....mg	173	7.756	8			1		208	49	5
Phosphorus, P.....mg	336	18.968	8			1		403	95	10
Potassium, K.....mg	436	26.350	8			1		523	124	13
Sodium, Na.....mg	1	0.046	8			1		1	0	0
Zinc, Zn.....mg	4.31	0.111	8			1		5.17	1.22	0.13
Copper, Cu.....mg	0.738	0.017	8			1		0.886	0.209	0.022
Manganese, Mn.....mg	4.610		0			4		5.532	1.307	0.138
Selenium, Se.....µg	8.1		1		A	1		9.7	2.3	0.2
Vitamins:										
Vitamin C, total ascorbic acid.....mg	2.0		0			4		2.4	0.6	0.1
Thiamin.....mg	0.867		0			4		1.040	0.246	0.026
Riboflavin.....mg	0.131		0			4		0.157	0.037	0.004
Niacin.....mg	0.907		0			4		1.088	0.257	0.027
Pantothenic acid.....mg	1.746		0			4		2.095	0.495	0.052
Vitamin B-6.....mg	0.192		0			4		0.230	0.054	0.006
Folate, total.....µg	40		0			4		48	11	1
Folic acid.....µg	0		0		Z	7		0	0	0
Folate, food.....µg	40		0			4		48	11	1
Folate, DFE.....µg	40		0		NC	4		48	11	1
Choline, total.....mg										
Betaine.....mg										
Vitamin B-12.....µg	0.00		0		Z	7		0.00	0.00	0.00
Vitamin A, RAE.....µg	7		0			4		8	2	0
Retinol.....µg	0		0		Z	7		0	0	0
Carotene, beta.....µg										
Carotene, alpha.....µg										
Cryptoxanthin, beta.....µg										
Vitamin A, IU.....IU	131		0			4		157	37	4
Lycopene.....µg										
Lutein + zeaxanthin.....µg										
Vitamin E (alpha-tocopherol).....mg										
Tocopherol, beta.....mg										
Tocopherol, gamma.....mg										
Tocopherol, delta.....mg										
Tocotrienol, alpha.....mg										
Tocotrienol, beta.....mg										
Tocotrienol, gamma.....mg										
Tocotrienol, delta.....mg										
Vitamin D (D2 + D3).....µg	0.0		0		Z	7		0.0	0.0	0.0
Vitamin D.....IU	0		0		Z	7		0	0	0
Vitamin K (phyloquinone).....µg										
Dihydrophyloquinone.....µg										
Menaquinone-4.....µg										

Lipids:

NDB No. 12130
Nuts, hickorynuts, dried

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food		
	Mean	Std. Error	Number		Source Code	Confidence Code	
			of Data Points	Deriv Code			
							Measure 1 Measure 2 Measure 3
Fatty acids, total saturated.....g	7.038		0		1		8.446 1.995 0.211
4:0.....g	0.000		0		1		0.000 0.000 0.000
6:0.....g	0.000		0		1		0.000 0.000 0.000
8:0.....g	0.000		0		1		0.000 0.000 0.000
10:0.....g	0.000		0		1		0.000 0.000 0.000
12:0.....g	0.000		0		1		0.000 0.000 0.000
13:0.....g							
14:0.....g	0.000		0		1		0.000 0.000 0.000
15:0.....g							
16:0.....g	5.417		1		1		6.500 1.536 0.163
17:0.....g							
18:0.....g	1.416		1		1		1.699 0.401 0.042
20:0.....g							
22:0.....g							
24:0.....g							
Fatty acids, total monounsaturated.....g	32.611		0		1		39.133 9.245 0.978
14:1.....g							
15:1.....g							
16:1 undifferentiated.....g	0.277		2		1		0.332 0.079 0.008
17:1.....g							
18:1 undifferentiated.....g	32.011		2		1		38.413 9.075 0.960
20:1.....g	0.000		0		1		0.000 0.000 0.000
22:1 undifferentiated.....g	0.000		0		1		0.000 0.000 0.000
24:1 c.....g							
Fatty acids, total polyunsaturated.....g	21.886		0		1		26.263 6.205 0.657
18:2 undifferentiated.....g	20.623		2		1		24.748 5.847 0.619
18:3 undifferentiated.....g	1.047		2		1		1.256 0.297 0.031
18:4.....g	0.000		0		1		0.000 0.000 0.000
20:2 n-6 c,c.....g							
20:3 undifferentiated.....g							
20:4 undifferentiated.....g	0.000		0		1		0.000 0.000 0.000
20:5 n-3 (EPA).....g	0.000		0		1		0.000 0.000 0.000
21:5.....g							
22:4.....g							
22:5 n-3 (DPA).....g	0.000		0		1		0.000 0.000 0.000
22:6 n-3 (DHA).....g	0.000		0		1		0.000 0.000 0.000
Fatty acids, total trans.....g							
Cholesterol.....mg	0		0	Z	7		0 0 0
Phytosterols.....mg							
Amino Acids:							
Tryptophan.....g	0.139		8		1		0.167 0.039 0.004
Threonine.....g	0.422		4		1		0.506 0.120 0.013
Isoleucine.....g	0.576		4		1		0.691 0.163 0.017
Leucine.....g	1.027		4		1		1.232 0.291 0.031
Lysine.....g	0.497		4		1		0.596 0.141 0.015
Methionine.....g	0.300		12		1		0.360 0.085 0.009
Cystine.....g	0.271		12		1		0.325 0.077 0.008
Phenylalanine.....g	0.713		4		1		0.856 0.202 0.021
Tyrosine.....g	0.454		4		1		0.545 0.129 0.014
Valine.....g	0.730		4		1		0.876 0.207 0.022
Arginine.....g	2.086		4		1		2.503 0.591 0.063
Histidine.....g	0.389		4		1		0.467 0.110 0.012
Alanine.....g	0.662		4		1		0.794 0.188 0.020
Aspartic acid.....g	1.368		4		1		1.642 0.388 0.041
Glutamic acid.....g	2.885		4		1		3.462 0.818 0.087
Glycine.....g	0.708		4		1		0.850 0.201 0.021
Proline.....g	0.571		4		1		0.685 0.162 0.017
Serine.....g	0.806		4		1		0.967 0.229 0.024
Hydroxyproline.....g							
Others:							
Alcohol, ethyl.....g	0.0		0		7		0.0 0.0 0.0
Caffeine.....mg							
Theobromine.....mg							

NDB No. 12130
Nuts, hickorynuts, dried

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

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 cup
Measure 2 = 28.35g: 1 oz
Measure 3 = 3.0g: 1 nut

Calories Factors: Protein 3.47 Fat 8.37 Carbohydrate4.07

Food Group: 12 Nut and Seed Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 12632

Nuts, macadamia nuts, dry roasted, with salt added (1)

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common		
							measures of food		
	Number						Measure 1	Measure 2	Measure 3
	Mean	Std. Error	Points	Deriv Code	Source Code	Confidence Code			
Proximates:									
Water.....g	1.61	0.126	4	A	1		2.12	0.46	
Energy.....kcal	716		0	NC	4		945	203	
Energy.....kJ	2996		0	NC	4		3955	849	
Protein (N x 5.3).....g	7.79	0.286	4	A	1		10.28	2.21	
Total lipid (fat).....g	76.08	1.039	4	A	1		100.43	21.57	
Ash.....g	1.70	0.120	4	A	1		2.24	0.48	
Carbohydrate, by difference.....g	12.83		0	NC	4		16.94	3.64	
Fiber, total dietary.....g	8.0	0.709	4	A	1		10.5	2.3	
Sugars, total.....g	4.14	0.187	4	A	1		5.46	1.17	
Sucrose.....g	4.00	0.187	4	A	1		5.28	1.13	
Glucose (dextrose).....g	0.07	0.000	4	A	1		0.09	0.02	
Fructose.....g	0.07	0.000	4	A	1		0.09	0.02	
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	1.05	0.026	4	A	1		1.39	0.30	
Minerals:									
Calcium, Ca.....mg	70	14.558	4	A	1		92	20	
Iron, Fe.....mg	2.65	0.536	4	A	1		3.49	0.75	
Magnesium, Mg.....mg	118	2.182	4	A	1		156	34	
Phosphorus, P.....mg	198	6.281	4	A	1		261	56	
Potassium, K.....mg	363	14.047	4	A	1		479	103	
Sodium, Na.....mg	353		0	LC	8		466	100	
Zinc, Zn.....mg	1.29	0.055	4	A	1		1.70	0.36	
Copper, Cu.....mg	0.570	0.226	4	A	1		0.752	0.162	
Manganese, Mn.....mg	3.036	1.563	4	A	1		4.008	0.861	
Selenium, Se.....µg	11.7	0.965	8	A	1		15.5	3.3	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.7	0.000	4	A	1		0.9	0.2	
Thiamin.....mg	0.710	0.000	4	A	1		0.937	0.201	
Riboflavin.....mg	0.087	0.003	4	A	1		0.115	0.025	
Niacin.....mg	2.274	0.151	4	A	1		3.002	0.645	
Pantothenic acid.....mg	0.603	0.018	4	A	1		0.795	0.171	
Vitamin B-6.....mg	0.359	0.025	4	A	1		0.474	0.102	
Folate, total.....µg	10	0.943	4	A	1		13	3	
Folic acid.....µg	0		0	Z	7		0	0	
Folate, food.....µg	10	0.943	4	A	1		13	3	
Folate, DFE.....µg	10		0	NC	4		13	3	
Choline, total.....mg	44.6		0	AS	1		58.9	12.6	
Betaine.....mg	0.3	0.015	5	A	1		0.4	0.1	
Vitamin B-12.....µg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added.....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....µg	0		0	AS	1		0	0	
Retinol.....µg	0		0	Z	7		0	0	
Carotene, beta.....µg	0	0.000	9	A	1		0	0	
Carotene, alpha.....µg	0	0.000	9	A	1		0	0	
Cryptoxanthin, beta.....µg	0	0.000	8	A	1		0	0	
Vitamin A, IU.....IU	0		0	AS	1		0	0	
Lycopene.....µg	0	0.000	8	A	1		0	0	
Lutein + zeaxanthin.....µg	0	0.000	8	A	1		0	0	
Vitamin E (alpha-tocopherol).....mg	0.57	0.110	4	A	1		0.75	0.16	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg	0.00		1	A	1		0.00	0.00	
Tocopherol, gamma.....mg	0.00		1	A	1		0.00	0.00	
Tocopherol, delta.....mg	0.00		1	A	1		0.00	0.00	
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									

NDB No. 12632

Nuts, macadamia nuts, dry roasted, with salt added (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
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D.....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone).....µg	0.0	0.000	3	A	1		0.0	0.0	
Dihydrophyllquinone.....µg	0.0	0.000	3	A	1		0.0	0.0	
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	11.947		0	NC	4		15.771	3.387	
4:0.....g	0.000		0	Z	7		0.000	0.000	
6:0.....g	0.000		0	Z	7		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	0.075	0.008	4	A	1		0.099	0.021	
13:0.....g	0.000	0.000	4	A	1		0.000	0.000	
14:0.....g	0.668	0.067	4	A	1		0.882	0.189	
15:0.....g	0.000	0.000	4	A	1		0.000	0.000	
16:0.....g	5.932	0.070	4	A	1		7.831	1.682	
17:0.....g	0.156	0.041	4	A	1		0.206	0.044	
18:0.....g	2.280	0.178	4	A	1		3.009	0.646	
20:0.....g	1.944	0.063	4	A	1		2.566	0.551	
22:0.....g	0.621	0.011	4	A	1		0.820	0.176	
24:0.....g	0.272	0.013	4	A	1		0.359	0.077	
Fatty acids, total monounsaturated.....g	59.275		0	NC	4		78.243	16.805	
14:1.....g	0.000	0.000	4	A	1		0.000	0.000	
15:1.....g									
16:1 undifferentiated.....g	12.725	0.493	4	A	1		16.797	3.607	
17:1.....g									
18:1 undifferentiated.....g	44.377	0.935	4	A	1		58.578	12.581	
20:1.....g	1.925	0.076	4	A	1		2.541	0.546	
22:1 undifferentiated.....g	0.237	0.016	4	A	1		0.313	0.067	
24:1 c.....g	0.011	0.010	4	A	1		0.015	0.003	
Fatty acids, total polyunsaturated.....g	1.498		0	NC	4		1.978	0.425	
18:2 undifferentiated.....g	1.303	0.108	4	A	1		1.719	0.369	
18:3 undifferentiated.....g	0.196	0.021	4	A	1		0.259	0.056	
18:4.....g	0.000		0	Z	7		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	
20:4 undifferentiated.....g	0.000	0.000	4	A	1		0.000	0.000	
20:5 n-3 (EPA).....g	0.000	0.000	4	A	1		0.000	0.000	
21:5.....g									
22:4.....g									
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	0		0	Z	7		0	0	
Phytosterols.....mg									
Stigmasterol.....mg	0	0.000	4	A	1		0	0	
Campesterol.....mg	10	0.069	4	A	1		13	3	
Beta-sitosterol.....mg	145	2.251	4	A	1		191	41	
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	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 = 132g: 1 cup, whole or halves

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Nuts, macadamia nuts, dry roasted, with salt added (1)

Measure 2 = 28.35g: 1 oz (10-12 kernels)

Footnotes:

1 Other phytosterols total 30.3 mg/100g; these include delta 5-avenasterol (13.4), campestanol (3.0), and other minor phytosterols (13.9 mg).

Calories Factors: Protein 3.47

Fat 8.37

Carbohydrate4.07

Food Group: 12 Nut and Seed Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

Nuts, macadamia nuts, dry roasted, without salt added (1)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	1.61	0.126	4	A	1		2.12	0.46	
Energy.....kcal	718		0	NC	4		948	204	
Energy.....kJ	3005		0	NC	4		3967	852	
Protein (N x 5.3).....g	7.79	0.286	4	A	1		10.28	2.21	
Total lipid (fat).....g	76.08	1.039	4	A	1		100.43	21.57	
Ash.....g	1.14	0.022	4	A	1		1.51	0.32	
Carbohydrate, by difference.....g	13.38		0	NC	4		17.67	3.79	
Fiber, total dietary.....g	8.0	0.709	4	A	1		10.5	2.3	
Sugars, total.....g	4.14	0.187	4	A	1		5.46	1.17	
Sucrose.....g	4.00	0.187	4	A	1		5.28	1.13	
Glucose (dextrose).....g	0.07	0.000	4	A	1		0.09	0.02	
Fructose.....g	0.07	0.000	4	A	1		0.09	0.02	
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	1.05	0.026	4	A	1		1.39	0.30	
Minerals:									
Calcium, Ca.....mg	70	14.558	4	A	1		92	20	
Iron, Fe.....mg	2.65	0.536	4	A	1		3.49	0.75	
Magnesium, Mg.....mg	118	2.182	4	A	1		156	34	
Phosphorus, P.....mg	198	6.281	4	A	1		261	56	
Potassium, K.....mg	363	14.047	4	A	1		479	103	
Sodium, Na.....mg	4	0.693	4	A	1		6	1	
Zinc, Zn.....mg	1.29	0.055	4	A	1		1.70	0.36	
Copper, Cu.....mg	0.570	0.226	4	A	1		0.752	0.162	
Manganese, Mn.....mg	3.036	1.563	4	A	1		4.008	0.861	
Selenium, Se.....µg	11.7	0.965	8	A	1		15.5	3.3	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.7	0.000	4	A	1		0.9	0.2	
Thiamin.....mg	0.710	0.000	4	A	1		0.937	0.201	
Riboflavin.....mg	0.087	0.003	4	A	1		0.115	0.025	
Niacin.....mg	2.274	0.151	4	A	1		3.002	0.645	
Pantothenic acid.....mg	0.603	0.018	4	A	1		0.795	0.171	
Vitamin B-6.....mg	0.359	0.025	4	A	1		0.474	0.102	
Folate, total.....µg	10	0.943	4	A	1		13	3	
Folic acid.....µg	0		0	Z	7		0	0	
Folate, food.....µg	10	0.943	4	A	1		13	3	
Folate, DFE.....µg	10		0	NC	4		13	3	
Choline, total.....mg	44.6		0	AS	1		58.9	12.6	
Betaine.....mg	0.3	0.015	5	A	1		0.4	0.1	
Vitamin B-12.....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....µg	0		0	AS	1		0	0	
Retinol.....µg	0		0	Z	7		0	0	
Carotene, beta.....µg	0	0.000	8	A	1		0	0	
Carotene, alpha.....µg	0	0.000	8	A	1		0	0	
Cryptoxanthin, beta.....µg	0	0.000	8	A	1		0	0	
Vitamin A, IU.....IU</									

NDB No. 12132

Nuts, macadamia nuts, dry roasted, without salt added (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
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D.....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone).....µg	0.0	0.000	3	A	1		0.0	0.0	
Dihydrophyloquinone.....µg	0.0	0.000	3	A	1		0.0	0.0	
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	11.947		0	NC	4		15.771	3.387	
4:0.....g	0.000		0	Z	7		0.000	0.000	
6:0.....g	0.000		0	Z	7		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	0.075	0.008	4	A	1		0.099	0.021	
13:0.....g	0.000	0.000	4	A	1		0.000	0.000	
14:0.....g	0.668	0.067	4	A	1		0.882	0.189	
15:0.....g	0.000	0.000	4	A	1		0.000	0.000	
16:0.....g	5.932	0.070	4	A	1		7.831	1.682	
17:0.....g	0.156	0.041	4	A	1		0.206	0.044	
18:0.....g	2.280	0.178	4	A	1		3.009	0.646	
20:0.....g	1.944	0.063	4	A	1		2.566	0.551	
22:0.....g	0.621	0.011	4	A	1		0.820	0.176	
24:0.....g	0.272	0.013	4	A	1		0.359	0.077	
Fatty acids, total monounsaturated.....g	59.275		0	NC	4		78.243	16.805	
14:1.....g	0.000	0.000	4	A	1		0.000	0.000	
15:1.....g									
16:1 undifferentiated.....g	12.725	0.493	4	A	1		16.797	3.607	
17:1.....g									
18:1 undifferentiated.....g	44.377	0.935	4	A	1		58.578	12.581	
20:1.....g	1.925	0.076	4	A	1		2.541	0.546	
22:1 undifferentiated.....g	0.237	0.016	4	A	1		0.313	0.067	
24:1 c.....g	0.011	0.010	4	A	1		0.015	0.003	
Fatty acids, total polyunsaturated.....g	1.498		0	NC	4		1.978	0.425	
18:2 undifferentiated.....g	1.303	0.108	4	A	1		1.719	0.369	
18:3 undifferentiated.....g	0.196	0.021	4	A	1		0.259	0.056	
18:4.....g	0.000		0	A	1		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	
20:4 undifferentiated.....g	0.000	0.000	4	A	1		0.000	0.000	
20:5 n-3 (EPA).....g	0.000	0.000	4	A	1		0.000	0.000	
21:5.....g									
22:4.....g									
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	0		0	Z	7		0	0	
Phytosterols.....mg									
Stigmasterol.....mg	0	0.000	4	A	1		0	0	
Campesterol.....mg	10	0.069	4	A	1		13	3	
Beta-sitosterol.....mg	145	2.251	4	A	1		191	41	
Amino Acids:									
Tryptophan.....g	0.066		0	A	1		0.087	0.019	
Threonine.....g	0.364		0	A	1		0.480	0.103	
Isoleucine.....g	0.309		0	A	1		0.407	0.088	
Leucine.....g	0.592		0	A	1		0.782	0.168	
Lysine.....g	0.018		0	A	1		0.023	0.005	
Methionine.....g	0.023		0	A	1		0.030	0.007	
Cystine.....g	0.005		0	A	1		0.007	0.002	
Phenylalanine.....g	0.654		0	A	1		0.863	0.185	
Tyrosine.....g	0.503		0	A	1		0.664	0.143	
Valine.....g	0.357		0	A	1		0.471	0.101	
Arginine.....g	1.380		0	A	1		1.822	0.391	
Histidine.....g	0.192		0	A	1		0.254	0.054	
Alanine.....g	0.382		0	A	1		0.504	0.108	
Aspartic acid.....g	1.082		0	A	1		1.428	0.307	

NDB No. 12132
Nuts, macadamia nuts, dry roasted, without salt added (1)

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	Mean	Std. Error	Number			Measure 1	Measure 2	Measure 3	
			of Data	Deriv	Source				
			Points	Code	Code	Code			
Glutamic acid.....g	2.231		0	A	1		2.945	0.633	
Glycine.....g	0.447		0	A	1		0.590	0.127	
Proline.....g	0.460		0	A	1		0.608	0.131	
Serine.....g	0.413		0	A	1		0.545	0.117	
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 = 132g: 1 cup, whole or halves
Measure 2 = 28.35g: 1 oz (10-12 kernels)

Footnotes:

1 Other phytosterols total 30.3 mg/100g; these include delta 5-avenasterol (13.4), campestanol (3.0), and other minor phytosterols (13.9 mg).

Calories Factors: Protein 3.47 Fat 8.37 Carbohydrate4.07 Food Group: 12 Nut and Seed Products
USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 12131
 Nuts, macadamia nuts, raw (1)
Macadamia integrifolia, *M. tetraphylla*

Refuse:69% Shells

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common		
							measures of food		
	Number								
	Mean	Std. Error	Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	1.36	0.068	3	A	1		1.83	0.39	
Energy.....kcal	718		0	NC	4		962	204	
Energy.....kJ	3004		0	NC	4		4025	852	
Protein (N x 5.3).....g	7.91	0.351	3	A	1		10.60	2.24	
Total lipid (fat).....g	75.77	1.147	3	A	1		101.53	21.48	
Ash.....g	1.14	0.034	3	A	1		1.52	0.32	
Carbohydrate, by difference.....g	13.82		0	NC	4		18.52	3.92	
Fiber, total dietary.....g	8.6	0.911	3	A	1		11.5	2.4	
Sugars, total.....g	4.57	0.180	3	A	1		6.12	1.30	
Sucrose.....g	4.43	0.180	3	A	1		5.93	1.25	
Glucose (dextrose).....g	0.07	0.000	3	A	1		0.10	0.02	
Fructose.....g	0.07	0.000	3	A	1		0.10	0.02	
Lactose.....g	0.00	0.000	3	A	1		0.00	0.00	
Maltose.....g	0.00	0.000	3	A	1		0.00	0.00	
Galactose.....g									
Starch.....g	1.05	0.024	3	A	1		1.40	0.30	
Minerals:									
Calcium, Ca.....mg	85	11.267	3	A	1		113	24	
Iron, Fe.....mg	3.69	0.728	3	A	1		4.94	1.04	
Magnesium, Mg.....mg	130	50.738	3	A	1		174	37	
Phosphorus, P.....mg	188	11.570	3	A	1		252	53	
Potassium, K.....mg	368	10.067	3	A	1		493	104	
Sodium, Na.....mg	5	1.066	3	A	1		6	1	
Zinc, Zn.....mg	1.30	0.093	3	A	1		1.74	0.37	
Copper, Cu.....mg	0.756	0.228	3	A	1		1.013	0.214	
Manganese, Mn.....mg	4.131	4.216	3	A	1		5.536	1.171	
Selenium, Se.....µg	3.6		1	A	1		4.8	1.0	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	1.2	0.255	3	A	1		1.6	0.3	
Thiamin.....mg	1.195	0.255	3	A	1		1.601	0.339	
Riboflavin.....mg	0.162	0.322	3	A	1		0.217	0.046	
Niacin.....mg	2.473	0.337	3	A	1		3.313	0.701	
Pantothenic acid.....mg	0.758	0.078	3	A	1		1.016	0.215	
Vitamin B-6.....mg	0.275	0.032	3	A	1		0.368	0.078	
Folate, total.....µg	11	1.433	3	A	1		15	3	
Folic acid.....µg	0		0	Z	7		0	0	
Folate, food.....µg	11	1.433	3	A	1		15	3	
Folate, DFE.....µg	11		0	NC	4		15	3	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....µg	0		0	BFZN	4		0	0	
Retinol.....µg	0		0	Z	7		0	0	
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	0			BFZN	4		0	0	
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg	0.54	0.090	3	A	1		0.72	0.15	
Tocopherol, beta.....mg	0.00	0.000	3	A	1		0.00	0.00	
Tocopherol, gamma.....mg	0.00	0.000	3	A	1		0.00	0.00	
Tocopherol, delta.....mg	0.00	0.000	3	A	1		0.00	0.00	
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0	0.0	

NDB No. 12131
Nuts, macadamia nuts, raw (1)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food			
	Mean	Std. Error	Number			Measure 1	Measure 2	Measure 3
			of Data	Deriv	Source Confidence			
			Points	Code	Code	Code		
Vitamin D.....IU	0		0	Z	7		0	
Vitamin K (phylloquinone).....µg								
Dihydrophyllloquinone.....µg								
Menaquinone-4.....µg								
Lipids:								
Fatty acids, total saturated.....g	12.061		0	NC	4		16.162	3.419
4:0.....g	0.000		0	Z	7		0.000	0.000
6:0.....g	0.000		0	Z	7		0.000	0.000
8:0.....g	0.000	0.000	3	A	1		0.000	0.000
10:0.....g	0.000	0.000	3	A	1		0.000	0.000
12:0.....g	0.076	0.013	3	A	1		0.101	0.021
13:0.....g	0.000	0.000	3	A	1		0.000	0.000
14:0.....g	0.659	0.100	3	A	1		0.883	0.187
15:0.....g	0.000	0.000	3	A	1		0.000	0.000
16:0.....g	6.036	0.035	3	A	1		8.088	1.711
17:0.....g	0.124	0.056	3	A	1		0.166	0.035
18:0.....g	2.329	0.238	3	A	1		3.121	0.660
20:0.....g	1.940	0.094	3	A	1		2.600	0.550
22:0.....g	0.616	0.002	3	A	1		0.826	0.175
24:0.....g	0.281	0.013	3	A	1		0.377	0.080
Fatty acids, total monounsaturated.....g	58.877		0	NC	4		78.895	16.691
14:1.....g	0.000	0.000	3	A	1		0.000	0.000
15:1.....g								
16:1 undifferentiated.....g	12.981	0.682	3	A	1		17.395	3.680
17:1.....g								
18:1 undifferentiated.....g	43.755	1.251	3	A	1		58.631	12.404
20:1.....g	1.890	0.047	3	A	1		2.533	0.536
22:1 undifferentiated.....g	0.233	0.020	3	A	1		0.312	0.066
24:1 c.....g	0.018	0.012	3	A	1		0.024	0.005
Fatty acids, total polyunsaturated.....g	1.502		0	NC	4		2.013	0.426
18:2 undifferentiated.....g	1.296	0.090	3	A	1		1.737	0.368
18:3 undifferentiated.....g	0.206	0.018	3	A	1		0.276	0.058
18:4.....g	0.000		0	Z	7		0.000	0.000
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
20:4 undifferentiated.....g	0.000	0.000	3	A	1		0.000	0.000
20:5 n-3 (EPA).....g	0.000	0.000	3	A	1		0.000	0.000
21:5.....g								
22:4.....g								
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	3	A	1		0.000	0.000
Fatty acids, total trans.....g								
Cholesterol.....mg	0		0	Z	7		0	0
Phytosterols.....mg	116		1	A	1		155	33
Stigmasterol.....mg	0		1	A	1		0	0
Campesterol.....mg	8		1	A	1		10	2
Beta-sitosterol.....mg	108		1	A	1		145	31
Amino Acids:								
Tryptophan.....g	0.067		0	A	1		0.089	0.019
Threonine.....g	0.370		0	A	1		0.495	0.105
Isoleucine.....g	0.314		0	A	1		0.420	0.089
Leucine.....g	0.602		0	A	1		0.807	0.171
Lysine.....g	0.018		0	A	1		0.024	0.005
Methionine.....g	0.023		0	A	1		0.031	0.007
Cystine.....g	0.006		0	A	1		0.007	0.002
Phenylalanine.....g	0.665		0	A	1		0.891	0.188
Tyrosine.....g	0.511		0	A	1		0.685	0.145
Valine.....g	0.363		0	A	1		0.486	0.103
Arginine.....g	1.402		0	A	1		1.879	0.398
Histidine.....g	0.195		0	A	1		0.261	0.055
Alanine.....g	0.388		0	A	1		0.520	0.110
Aspartic acid.....g	1.099		0	A	1		1.473	0.312
Glutamic acid.....g	2.267		0	A	1		3.038	0.643

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points			Measure 1	Measure 2	Measure 3	
			Deriv Code	Source Code	Confidence Code				
Glycine.....g	0.454		0	A	1		0.608	0.129	
Proline.....g	0.468		0	A	1		0.627	0.133	
Serine.....g	0.419		0	A	1		0.562	0.119	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	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 = 134g: 1 cup, whole or halves
Measure 2 = 28.35g: 1 oz (10-12 kernels)

Footnotes:

1 Unroasted

NDB No. 12635

Nuts, mixed nuts, dry roasted, with peanuts, with salt added

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	1.75		0		1		2.40	0.50	
Energy.....kcal	594		0	NC	4		814	168	
Energy.....kJ	2485		0		4		3405	705	
Protein (N x 5.3).....g	17.30		0		1		23.70	4.90	
Total lipid (fat).....g	51.45		0		1		70.49	14.59	
Ash.....g	4.15		0		1		5.69	1.18	
Carbohydrate, by difference.....g	25.35		0	NC	4		34.73	7.19	
Fiber, total dietary.....g	9.0		0		4		12.3	2.6	
Sugars, total.....g	4.80		0	LC	8		6.58	1.36	
Starch.....g									
Minerals:									
Calcium, Ca.....mg	70		0		1		96	20	
Iron, Fe.....mg	3.70		0		1		5.07	1.05	
Magnesium, Mg.....mg	225		0		1		308	64	
Phosphorus, P.....mg	435		0		1		596	123	
Potassium, K.....mg	693		0	LC	8		949	196	
Sodium, Na.....mg	345		0	LC	8		473	98	
Zinc, Zn.....mg	3.80		0		1		5.21	1.08	
Copper, Cu.....mg	1.279		0		1		1.752	0.363	
Manganese, Mn.....mg	1.937		0		1		2.654	0.549	
Selenium, Se.....µg	7.5		0	RF	4		10.3	2.1	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.4		0		1		0.5	0.1	
Thiamin.....mg	0.200		0		1		0.274	0.057	
Riboflavin.....mg	0.200		0		1		0.274	0.057	
Niacin.....mg	4.700		0		1		6.439	1.332	
Pantothenic acid.....mg	1.205		0		1		1.651	0.342	
Vitamin B-6.....mg	0.296		0		1		0.406	0.084	
Folate, total.....µg	50		0		1		69	14	
Folic acid.....µg	0		0	Z	7		0	0	
Folate, food.....µg	50		0		1		69	14	
Folate, DFE.....µg	50		0	NC	4		69	14	
Choline, total.....mg	54.3		0	RA	4		74.4	15.4	
Betaine.....mg									
Vitamin B-12.....µg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added.....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....µg	0		0	RA	4		0	0	
Retinol.....µg	0		0	Z	7		0	0	
Carotene, beta.....µg	3		0	RA	4		4	1	
Carotene, alpha.....µg	0		0	RA	4		1	0	
Cryptoxanthin, beta.....µg	0		0	RA	4		0	0	
Vitamin A, IU.....IU	5		0	RA	4		7	2	
Lycopene.....µg	0		0	RA	4		0	0	
Lutein + zeaxanthin.....µg	21		0	RA	4		29	6	
Vitamin E (alpha-tocopherol).....mg	10.94		0	RA	4		14.98	3.10	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D.....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone).....µg	12.9		0	RA	4		17.7	3.7	
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									

NDB No. 12635

Nuts, mixed nuts, dry roasted, with peanuts, with salt added

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
<u>Lipids:</u>									
Fatty acids, total saturated.....g	6.500		0	LC	8		8.905	1.843	
4:0.....g	0.000		0		1		0.000	0.000	
6:0.....g	0.000		0		1		0.000	0.000	
8:0.....g	0.045		0		1		0.061	0.013	
10:0.....g	0.045		0		1		0.061	0.013	
12:0.....g	0.269		0		1		0.369	0.076	
13:0.....g									
14:0.....g	0.215		0		1		0.294	0.061	
15:0.....g									
16:0.....g	4.188		0		1		5.737	1.187	
17:0.....g									
18:0.....g	1.739		0		1		2.382	0.493	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	31.395		0		1		43.011	8.900	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.223		0		1		0.306	0.063	
17:1.....g									
18:1 undifferentiated.....g	30.802		0		1		42.199	8.732	
20:1.....g	0.259		0		1		0.355	0.073	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	10.768		0		1		14.752	3.053	
18:2 undifferentiated.....g	10.535		0		1		14.433	2.987	
18:3 undifferentiated.....g	0.190		0		1		0.260	0.054	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA).....g	0.000		0		1		0.000	0.000	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.264		0		1		0.362	0.075	
Threonine.....g	0.597		0		1		0.818	0.169	
Isoleucine.....g	0.744		0		1		1.019	0.211	
Leucine.....g	1.371		0		1		1.878	0.389	
Lysine.....g	0.712		0		1		0.975	0.202	
Methionine.....g	0.228		0		1		0.312	0.065	
Cystine.....g	0.287		0		1		0.393	0.081	
Phenylalanine.....g	0.953		0		1		1.306	0.270	
Tyrosine.....g	0.676		0		1		0.926	0.192	
Valine.....g	0.934		0		1		1.280	0.265	
Arginine.....g	2.242		0		1		3.072	0.636	
Histidine.....g	0.480		0		1		0.658	0.136	
Alanine.....g	0.806		0		1		1.104	0.229	
Aspartic acid.....g	2.056		0		1		2.817	0.583	
Glutamic acid.....g	4.423		0		1		6.060	1.254	
Glycine.....g	1.064		0		1		1.458	0.302	
Proline.....g	0.875		0		1		1.199	0.248	
Serine.....g	0.917		0		1		1.256	0.260	
Hydroxyproline.....g									
<u>Others:</u>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	

NDB No. 12635
Nuts, mixed nuts, dry roasted, with peanuts, with salt added

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	Mean	Std. Error	Number			Measure 1	Measure 2	Measure 3	
			of Data	Deriv	Source				
			Points	Code	Code	Code			
Theobromine.....mg	0		0	Z	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 = 137g: 1 cup
Measure 2 = 28.35g: 1 oz

Calories Factors: Protein 3.47 Fat 8.37 Carbohydrate4.07 **Food Group:** 12 Nut and Seed Products
USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 12135
Nuts, mixed nuts, dry roasted, with peanuts, without salt added

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	1.75		0		1		2.40	0.50	
Energy.....kcal	594		0	NC	4		814	168	
Energy.....kJ	2485				4		3405	705	
Protein (N x 5.3).....g	17.30		0		1		23.70	4.90	
Total lipid (fat).....g	51.45		0		1		70.49	14.59	
Ash.....g	4.15		0		1		5.69	1.18	
Carbohydrate, by difference.....g	25.35		0	NC	4		34.73	7.19	
Fiber, total dietary.....g	9.0		0		4		12.3	2.6	
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	70		0		1		96	20	
Iron, Fe.....mg	3.70		0		1		5.07	1.05	
Magnesium, Mg.....mg	225		0		1		308	64	
Phosphorus, P.....mg	435		0		1		596	123	
Potassium, K.....mg	597		0		1		818	169	
Sodium, Na.....mg	12		0		1		16	3	
Zinc, Zn.....mg	3.80		0		1		5.21	1.08	
Copper, Cu.....mg	1.279		0		1		1.752	0.363	
Manganese, Mn.....mg	1.937		0		1		2.654	0.549	
Selenium, Se.....µg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.4		0		1		0.5	0.1	
Thiamin.....mg	0.200		0		1		0.274	0.057	
Riboflavin.....mg	0.200		0		1		0.274	0.057	
Niacin.....mg	4.700		0		1		6.439	1.332	
Pantothenic acid.....mg	1.205		0		1		1.651	0.342	
Vitamin B-6.....mg	0.296		0		1		0.406	0.084	
Folate, total.....µg	50		0		1		69	14	
Folic acid.....µg	0		0	Z	7		0	0	
Folate, food.....µg	50		0		1		69	14	
Folate, DFE.....µg	50		0	NC	4		69	14	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....µg	1		0		1		1	0	
Retinol.....µg	0		0	Z	7		0	0	
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	15		0		1		21	4	
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D.....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone).....µg									
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									

Lipids:

Nuts, mixed nuts, dry roasted, with peanuts, without salt added

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total saturated.....g	6.899		0		1		9.452	1.956	
4:0.....g									
6:0.....g									
8:0.....g	0.045		0		1		0.062	0.013	
10:0.....g	0.045		0		1		0.062	0.013	
12:0.....g	0.271		0		1		0.371	0.077	
13:0.....g									
14:0.....g	0.216		0		1		0.296	0.061	
15:0.....g									
16:0.....g	4.213		0		1		5.772	1.194	
17:0.....g									
18:0.....g	1.749		0		1		2.396	0.496	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	31.395		0		1		43.011	8.900	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.223		0		1		0.306	0.063	
17:1.....g									
18:1 undifferentiated.....g	30.802		0		1		42.199	8.732	
20:1.....g	0.259		0		1		0.355	0.073	
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	10.768		0		1		14.752	3.053	
18:2 undifferentiated.....g	10.535		0		1		14.433	2.987	
18:3 undifferentiated.....g	0.190		0		1		0.260	0.054	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....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	Z	7		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.264		0		1		0.362	0.075	
Threonine.....g	0.597		0		1		0.818	0.169	
Isoleucine.....g	0.744		0		1		1.019	0.211	
Leucine.....g	1.371		0		1		1.878	0.389	
Lysine.....g	0.712		0		1		0.975	0.202	
Methionine.....g	0.228		0		1		0.312	0.065	
Cystine.....g	0.287		0		1		0.393	0.081	
Phenylalanine.....g	0.953		0		1		1.306	0.270	
Tyrosine.....g	0.676		0		1		0.926	0.192	
Valine.....g	0.934		0		1		1.280	0.265	
Arginine.....g	2.242		0		1		3.072	0.636	
Histidine.....g	0.480		0		1		0.658	0.136	
Alanine.....g	0.806		0		1		1.104	0.229	
Aspartic acid.....g	2.056		0		1		2.817	0.583	
Glutamic acid.....g	4.423		0		1		6.060	1.254	
Glycine.....g	1.064		0		1		1.458	0.302	
Proline.....g	0.875		0		1		1.199	0.248	
Serine.....g	0.917		0		1		1.256	0.260	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg									
Theobromine.....mg									

NDB No. 12135
Nuts, mixed nuts, dry roasted, with peanuts, without salt added

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

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 cup
Measure 2 = 28.35g: 1 oz

Calories Factors: Protein 3.47 Fat 8.37 Carbohydrate4.07

Food Group: 12 Nut and Seed Products
USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 12737

Nuts, mixed nuts, oil roasted, with peanuts, lightly salted (1)

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	2.08	0.033	10	A	1		0.59		
Energy.....kcal	607		0	NC	4		172		
Energy.....kJ	2539		0	NC	4		720		
Protein (N x 5.3).....g	20.04	0.305	10	A	1		5.68		
Total lipid (fat).....g	53.95	0.464	10	A	1		15.29		
Ash.....g	2.88	0.049	10	A	1		0.82		
Carbohydrate, by difference.....g	21.05		0	NC	4		5.97		
Fiber, total dietary.....g	7.0	0.129	10	A	1		2.0		
Sugars, total.....g	4.15	0.084	10	A	1		1.18		
Sucrose.....g	4.15	0.084	10	A	1		1.18		
Glucose (dextrose).....g	0.00	0.000	10	A	1		0.00		
Fructose.....g	0.00	0.000	10	A	1		0.00		
Lactose.....g	0.00	0.000	10	A	1		0.00		
Maltose.....g	0.00	0.000	10	A	1		0.00		
Galactose.....g	0.00	0.000	10	A	1		0.00		
Starch.....g	4.20	0.293	5	A	1		1.19		
Minerals:									
Calcium, Ca.....mg	117	2.691	10	A	1		33		
Iron, Fe.....mg	2.61	0.033	10	A	1		0.74		
Magnesium, Mg.....mg	229	2.344	10	A	1		65		
Phosphorus, P.....mg	456	3.665	10	A	1		129		
Potassium, K.....mg	632	7.269	10	A	1		179		
Sodium, Na.....mg	161		0	LC	8		46		
Zinc, Zn.....mg	3.36	0.044	10	A	1		0.95		
Copper, Cu.....mg	0.907	0.027	10	A	1		0.257		
Manganese, Mn.....mg	2.040	0.040	10	A	1		0.578		
Selenium, Se.....µg	33.9	5.386	10	A	1		9.6		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.5		0		1		0.1		
Thiamin.....mg	0.189	0.010	10	A	1		0.054		
Riboflavin.....mg	0.196	0.014	10	A	1		0.056		
Niacin.....mg	7.709	0.297	10	A	1		2.185		
Pantothenic acid.....mg	1.140	0.051	5	A	1		0.323		
Vitamin B-6.....mg	0.352	0.008	10	A	1		0.100		
Folate, total.....µg	83		0		1		24		
Folic acid.....µg	0		0	Z	7		0		
Folate, food.....µg	83		0		1		24		
Folate, DFE.....µg	83		0	NC	4		24		
Choline, total.....mg	52.0		0	RA	4		14.8		
Betaine.....mg									
Vitamin B-12.....µg	0.00		0	Z	7		0.00		
Vitamin B-12, added.....µg	0.00		0	Z	7		0.00		
Vitamin A, RAE.....µg	0		0	RA	4		0		
Retinol.....µg	0		0	Z	7		0		
Carotene, beta.....µg	2		0	RA	4		0		
Carotene, alpha.....µg	0		0	RA	4		0		
Cryptoxanthin, beta.....µg	0		0	RA	4		0		
Vitamin A, IU.....IU	3		0	RA	4		1		
Lycopene.....µg	0		0	RA	4		0		
Lutein + zeaxanthin.....µg	8		0	RA	4		2		
Vitamin E (alpha-tocopherol).....mg	7.82	0.433	5	A	1		2.22		
Vitamin E, added.....mg	0.00		0	Z	7		0.00		
Tocopherol, beta.....mg	0.22	0.038	5	A	1		0.06		
Tocopherol, gamma.....mg	6.39	0.579	5	A	1		1.81		
Tocopherol, delta.....mg	0.32	0.052	5	A	1		0.09		
Tocotrienol, alpha.....mg	0.04	0.003	5	A	1		0.01		
Tocotrienol, beta.....mg	0.00	0.000	5	A	1		0.00		

NDB No. 12737

Nuts, mixed nuts, oil roasted, with peanuts, lightly salted (1)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	measures of food		
							Measure 1	Measure 2	Measure 3
Tocotrienol, gamma.....mg	0.03	0.005	5	A	1		0.01		
Tocotrienol, delta.....mg	0.00	0.000	5	A	1		0.00		
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0		
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	0		0	Z	7		0		
Vitamin K (phylloquinone).....µg	5.7	0.893	10	A	1		1.6		
Dihydrophyllquinone.....µg									
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	8.711		0	NC	4		2.469		
4:0.....g	0.004	0.000	10	A	1		0.001		
6:0.....g	0.000	0.000	10	A	1		0.000		
8:0.....g	0.003	0.000	10	A	1		0.001		
10:0.....g	0.002	0.000	10	A	1		0.000		
12:0.....g	0.002	0.000	10	A	1		0.000		
13:0.....g									
14:0.....g	0.043	0.003	10	A	1		0.012		
15:0.....g	0.005	0.001	10	A	1		0.001		
16:0.....g	5.205	0.185	10	A	1		1.476		
17:0.....g	0.046	0.001	10	A	1		0.013		
18:0.....g	2.022	0.094	10	A	1		0.573		
20:0.....g	0.361	0.008	10	A	1		0.102		
22:0.....g	0.641	0.014	10	A	1		0.182		
24:0.....g	0.378	0.008	10	A	1		0.107		
Fatty acids, total monounsaturated.....g	28.488		0	NC	4		8.076		
14:1.....g	0.001	0.000	10	A	1		0.000		
15:1.....g	0.000	0.000	10	A	1		0.000		
16:1 undifferentiated.....g	0.128	0.003	10	AS	1		0.036		
16:1 c.....g	0.127	0.003	10	A	1		0.036		
16:1 t.....g	0.001	0.000	10	A	1		0.000		
17:1.....g	0.037	0.001	10	A	1		0.010		
18:1 undifferentiated.....g	27.914	0.671	10	AS	1		7.914		
18:1 c.....g	27.893	0.670	10	A	1		7.908		
18:1 t.....g	0.021	0.001	10	A	1		0.006		
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.375	0.010	10	A	1		0.106		
22:1 undifferentiated.....g	0.027	0.001	10	AS	1		0.008		
22:1 c.....g	0.027	0.001	10	A	1		0.008		
22:1 t.....g	0.000	0.000	10	A	1		0.000		
24:1 c.....g	0.006	0.001	10	A	1		0.002		
Fatty acids, total polyunsaturated.....g	14.612		0	NC	4		4.143		
18:2 undifferentiated.....g	14.495	0.566	10	AS	1		4.109		
18:2 n-6 c,c.....g	14.455	0.565	10	A	1		4.098		
18:2 CLAs.....g	0.008	0.001	10	A	1		0.002		
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.032	0.002	10	A	1		0.009		
18:3 undifferentiated.....g	0.082	0.006	10	AS	1		0.023		
18:3 n-3 c,c,c (ALA).....g	0.082	0.006	10	A	1		0.023		
18:3 n-6 c,c,c.....g	0.000	0.000	10	A	1		0.000		
18:3i.....g									
18:4.....g	0.001	0.000	10	A	1		0.000		
20:2 n-6 c,c.....g	0.013	0.002	10	A	1		0.004		
20:3 undifferentiated.....g	0.000	0.000	10	AS	1		0.000		
20:3 n-3.....g	0.000	0.000	10	A	1		0.000		
20:3 n-6.....g	0.000	0.000	10	A	1		0.000		
20:4 undifferentiated.....g	0.010	0.001	10	A	1		0.003		
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.005	0.001	10	A	1		0.002		
21:5.....g									
22:4.....g	0.005	0.000	10	A	1		0.001		
22:5 n-3 (DPA).....g	0.000	0.000	10	A	1		0.000		

NDB No. 12737

Nuts, mixed nuts, oil roasted, with peanuts, lightly salted (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			Measure 1	Measure 2	Measure 3	
			Deriv	Source	Confidence				
			Code	Code	Code				
22:6 n-3 (DHA).....g	0.000	0.000	10	A	1	0.000			
Fatty acids, total trans.....g	0.055		0	NC	4	0.015			
Fatty acids, total trans-monoenoic.....g	0.023		0	NC	4	0.006			
Fatty acids, total trans-polyenoic.....g	0.032		0	NC	4	0.009			
Cholesterol.....mg	0		0	Z	7	0			
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.220		0	A	1	0.062			
Threonine.....g	0.703		0	A	1	0.199			
Isoleucine.....g	0.826		0	A	1	0.234			
Leucine.....g	1.656		0	A	1	0.469			
Lysine.....g	0.782		0	A	1	0.222			
Methionine.....g	0.283		0	A	1	0.080			
Cystine.....g	0.288		0	A	1	0.082			
Phenylalanine.....g	1.182		0	A	1	0.335			
Tyrosine.....g	0.786		0	A	1	0.223			
Valine.....g	1.001		0	A	1	0.284			
Arginine.....g	2.965		0	A	1	0.841			
Histidine.....g	0.572		0	A	1	0.162			
Alanine.....g	0.982		0	A	1	0.278			
Aspartic acid.....g	2.892		0	A	1	0.820			
Glutamic acid.....g	5.574		0	A	1	1.580			
Glycine.....g	1.387		0	A	1	0.393			
Proline.....g	0.957		0	A	1	0.271			
Serine.....g	1.168		0	A	1	0.331			
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7	0.0			
Caffeine.....mg	0		0	Z	7	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 = 28.35g: 1 oz

Footnotes:

1 Includes peanuts, almonds, cashews, brazil nuts, hazelnuts (filberts), pecans, and pistachios

Calories Factors: Protein 3.47

Fat 8.37

Carbohydrate 4.07

Food Group: 12 Nut and Seed Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 12637

Nuts, mixed nuts, oil roasted, with peanuts, with salt added (1)

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	2.08	0.033	10	A	1		2.79	0.59	0.29
Energy.....kcal	607		0	NC	4		813	172	85
Energy.....kJ	2539		0	NC	4		3402	720	355
Protein (N x 5.3).....g	20.04	0.305	10	A	1		26.85	5.68	2.81
Total lipid (fat).....g	53.95	0.464	10	A	1		72.29	15.29	7.55
Ash.....g	2.88	0.049	10	A	1		3.86	0.82	0.40
Carbohydrate, by difference.....g	21.05		0	NC	4		28.21	5.97	2.95
Fiber, total dietary.....g	7.0	0.129	10	A	1		9.3	2.0	1.0
Sugars, total.....g	4.15	0.084	10	A	1		5.56	1.18	0.58
Sucrose.....g	4.15	0.084	10	A	1		5.56	1.18	0.58
Glucose (dextrose).....g	0.00	0.000	10	A	1		0.00	0.00	0.00
Fructose.....g	0.00	0.000	10	A	1		0.00	0.00	0.00
Lactose.....g	0.00	0.000	10	A	1		0.00	0.00	0.00
Maltose.....g	0.00	0.000	10	A	1		0.00	0.00	0.00
Galactose.....g	0.00	0.000	10	A	1		0.00	0.00	0.00
Starch.....g	4.20	0.293	5	A	1		5.63	1.19	0.59
Minerals:									
Calcium, Ca.....mg	117	2.691	10	A	1		157	33	16
Iron, Fe.....mg	2.61	0.033	10	A	1		3.49	0.74	0.37
Magnesium, Mg.....mg	229	2.344	10	A	1		307	65	32
Phosphorus, P.....mg	456	3.665	10	A	1		611	129	64
Potassium, K.....mg	632	7.269	10	A	1		846	179	88
Sodium, Na.....mg	273	10.886	10	A	1		366	77	38
Zinc, Zn.....mg	3.36	0.044	10	A	1		4.51	0.95	0.47
Copper, Cu.....mg	0.907	0.027	10	A	1		1.216	0.257	0.127
Manganese, Mn.....mg	2.040	0.040	10	A	1		2.734	0.578	0.286
Selenium, Se.....µg	33.9	5.386	10	A	1		45.4	9.6	4.7
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.5		0		1		0.7	0.1	0.1
Thiamin.....mg	0.189	0.010	10	A	1		0.253	0.054	0.026
Riboflavin.....mg	0.196	0.014	10	A	1		0.263	0.056	0.027
Niacin.....mg	7.709	0.297	10	A	1		10.330	2.185	1.079
Pantothenic acid.....mg	1.140	0.051	5	A	1		1.528	0.323	0.160
Vitamin B-6.....mg	0.352	0.008	10	A	1		0.471	0.100	0.049
Folate, total.....µg	83		0		1		111	24	12
Folic acid.....µg	0		0	Z	7		0	0	0
Folate, food.....µg	83		0		1		111	24	12
Folate, DFE.....µg	83		0	NC	4		111	24	12
Choline, total.....mg	52.0		0	RA	4		69.7	14.8	7.3
Betaine.....mg									
Vitamin B-12.....µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin B-12, added.....µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE.....µg	0		0	RA	4		0	0	0
Retinol.....µg	0		0	Z	7		0	0	0
Carotene, beta.....µg	2		0	RA	4		2	0	0
Carotene, alpha.....µg	0		0	RA	4		0	0	0
Cryptoxanthin, beta.....µg	0		0	RA	4		0	0	0
Vitamin A, IU.....IU	3		0	RA	4		4	1	0
Lycopene.....µg	0		0	RA	4		0	0	0
Lutein + zeaxanthin.....µg	8		0	RA	4		10	2	1
Vitamin E (alpha-tocopherol).....mg	7.82	0.433	5	A	1		10.48	2.22	1.10
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta.....mg	0.22	0.038	5	A	1		0.29	0.06	0.03
Tocopherol, gamma.....mg	6.39	0.579	5	A	1		8.56	1.81	0.89
Tocopherol, delta.....mg	0.32	0.052	5	A	1		0.43	0.09	0.05
Tocotrienol, alpha.....mg	0.04	0.003	5	A	1		0.05	0.01	0.01
Tocotrienol, beta.....mg	0.00	0.000	5	A	1		0.00	0.00	0.00

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Nuts, mixed nuts, oil roasted, with peanuts, with salt added (1)

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	measures of food		
							Measure 1	Measure 2	Measure 3
Tocotrienol, gamma.....mg	0.03	0.005	5	A	1		0.04	0.01	0.00
Tocotrienol, delta.....mg	0.00	0.000	5	A	1		0.00	0.00	0.00
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0	0.0	0.0
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	0		0	Z	7		0	0	0
Vitamin K (phylloquinone).....µg	5.7	0.893	10	A	1		7.6	1.6	0.8
Dihydrophyllquinone.....µg									
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	8.711		0	NC	4		11.672	2.469	1.219
4:0.....g	0.004	0.000	10	A	1		0.005	0.001	0.001
6:0.....g	0.000	0.000	10	A	1		0.000	0.000	0.000
8:0.....g	0.003	0.000	10	A	1		0.004	0.001	0.000
10:0.....g	0.002	0.000	10	A	1		0.002	0.000	0.000
12:0.....g	0.002	0.000	10	A	1		0.002	0.000	0.000
13:0.....g									
14:0.....g	0.043	0.003	10	A	1		0.057	0.012	0.006
15:0.....g	0.005	0.001	10	A	1		0.007	0.001	0.001
16:0.....g	5.205	0.185	10	A	1		6.974	1.476	0.729
17:0.....g	0.046	0.001	10	A	1		0.062	0.013	0.006
18:0.....g	2.022	0.094	10	A	1		2.710	0.573	0.283
20:0.....g	0.361	0.008	10	A	1		0.484	0.102	0.051
22:0.....g	0.641	0.014	10	A	1		0.859	0.182	0.090
24:0.....g	0.378	0.008	10	A	1		0.506	0.107	0.053
Fatty acids, total monounsaturated.....g	28.488		0	NC	4		38.174	8.076	3.988
14:1.....g	0.001	0.000	10	A	1		0.001	0.000	0.000
15:1.....g	0.000	0.000	10	A	1		0.000	0.000	0.000
16:1 undifferentiated.....g	0.128	0.003	10	AS	1		0.172	0.036	0.018
16:1 c.....g	0.127	0.003	10	A	1		0.170	0.036	0.018
16:1 t.....g	0.001	0.000	10	A	1		0.001	0.000	0.000
17:1.....g	0.037	0.001	10	A	1		0.049	0.010	0.005
18:1 undifferentiated.....g	27.914	0.671	10	AS	1		37.405	7.914	3.908
18:1 c.....g	27.893	0.670	10	A	1		37.377	7.908	3.905
18:1 t.....g	0.021	0.001	10	A	1		0.029	0.006	0.003
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.375	0.010	10	A	1		0.503	0.106	0.053
22:1 undifferentiated.....g	0.027	0.001	10	AS	1		0.036	0.008	0.004
22:1 c.....g	0.027	0.001	10	A	1		0.036	0.008	0.004
22:1 t.....g	0.000	0.000	10	A	1		0.000	0.000	0.000
24:1 c.....g	0.006	0.001	10	A	1		0.008	0.002	0.001
Fatty acids, total polyunsaturated.....g	14.612		0	NC	4		19.581	4.143	2.046
18:2 undifferentiated.....g	14.495	0.566	10	AS	1		19.423	4.109	2.029
18:2 n-6 c,c.....g	14.455	0.565	10	A	1		19.369	4.098	2.024
18:2 CLAs.....g	0.008	0.001	10	A	1		0.011	0.002	0.001
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.032	0.002	10	A	1		0.043	0.009	0.004
18:3 undifferentiated.....g	0.082	0.006	10	AS	1		0.111	0.023	0.012
18:3 n-3 c,c,c (ALA).....g	0.082	0.006	10	A	1		0.111	0.023	0.012
18:3 n-6 c,c,c.....g	0.000	0.000	10	A	1		0.000	0.000	0.000
18:3i.....g									
18:4.....g	0.001	0.000	10	A	1		0.001	0.000	0.000
20:2 n-6 c,c.....g	0.013	0.002	10	A	1		0.018	0.004	0.002
20:3 undifferentiated.....g	0.000	0.000	10	AS	1		0.000	0.000	0.000
20:3 n-3.....g	0.000	0.000	10	A	1		0.000	0.000	0.000
20:3 n-6.....g	0.000	0.000	10	A	1		0.000	0.000	0.000
20:4 undifferentiated.....g	0.010	0.001	10	A	1		0.013	0.003	0.001
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.005	0.001	10	A	1		0.007	0.002	0.001
21:5.....g									
22:4.....g	0.005	0.000	10	A	1		0.007	0.001	0.001
22:5 n-3 (DPA).....g	0.000	0.000	10	A	1		0.000	0.000	0.000

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Nuts, mixed nuts, oil roasted, with peanuts, with salt added (1)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
22:6 n-3 (DHA).....g	0.000	0.000	10	A	1		0.000	0.000	0.000
Fatty acids, total trans.....g	0.055		0	NC	4		0.073	0.015	0.008
Fatty acids, total trans-monoenoic.....g	0.023		0	NC	4		0.031	0.006	0.003
Fatty acids, total trans-polyenoic.....g	0.032		0	NC	4		0.043	0.009	0.004
Cholesterol.....mg	0		0	Z	7		0	0	0
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.220		0	A	1		0.295	0.062	0.031
Threonine.....g	0.703		0	A	1		0.943	0.199	0.098
Isoleucine.....g	0.826		0	A	1		1.106	0.234	0.116
Leucine.....g	1.656		0	A	1		2.219	0.469	0.232
Lysine.....g	0.782		0	A	1		1.047	0.222	0.109
Methionine.....g	0.283		0	A	1		0.380	0.080	0.040
Cystine.....g	0.288		0	A	1		0.386	0.082	0.040
Phenylalanine.....g	1.182		0	A	1		1.584	0.335	0.166
Tyrosine.....g	0.786		0	A	1		1.054	0.223	0.110
Valine.....g	1.001		0	A	1		1.342	0.284	0.140
Arginine.....g	2.965		0	A	1		3.973	0.841	0.415
Histidine.....g	0.572		0	A	1		0.766	0.162	0.080
Alanine.....g	0.982		0	A	1		1.316	0.278	0.137
Aspartic acid.....g	2.892		0	A	1		3.875	0.820	0.405
Glutamic acid.....g	5.574		0	A	1		7.469	1.580	0.780
Glycine.....g	1.387		0	A	1		1.859	0.393	0.194
Proline.....g	0.957		0	A	1		1.283	0.271	0.134
Serine.....g	1.168		0	A	1		1.564	0.331	0.163
Hydroxyproline.....g									
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 = 134g: 1 cup

Measure 2 = 28.35g: 1 oz

Measure 3 = 14.0g: 10 nuts, assorted

Footnotes:

1 Includes peanuts, almonds, cashews, brazil nuts, hazelnuts, and pecans.

Calories Factors: Protein 3.47**Fat** 8.37**Carbohydrate**4.07**Food Group:** 12 Nut and Seed Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 12137

Nuts, mixed nuts, oil roasted, with peanuts, without salt added (1)

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common		
							measures of food		
	Number								
	Mean	Std. Error	Points	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			Code	Code	Code				
Proximates:									
Water.....g	2.08	0.033	10	A	1		2.79	0.59	
Energy.....kcal	607		0	NC	4		813	172	
Energy.....kJ	2539		0	NC	4		3402	720	
Protein (N x 5.3).....g	20.04	0.305	10	A	1		26.85	5.68	
Total lipid (fat).....g	53.95	0.464	10	A	1		72.29	15.29	
Ash.....g	2.88	0.049	10	A	1		3.86	0.82	
Carbohydrate, by difference.....g	21.05		0	NC	4		28.21	5.97	
Fiber, total dietary.....g	7.0	0.129	10	A	1		9.3	2.0	
Sugars, total.....g	4.15	0.084	10	A	1		5.56	1.18	
Sucrose.....g	4.15	0.084	10	A	1		5.56	1.18	
Glucose (dextrose).....g	0.00	0.000	10	A	1		0.00	0.00	
Fructose.....g	0.00	0.000	10	A	1		0.00	0.00	
Lactose.....g	0.00	0.000	10	A	1		0.00	0.00	
Maltose.....g	0.00	0.000	10	A	1		0.00	0.00	
Galactose.....g	0.00	0.000	10	A	1		0.00	0.00	
Starch.....g	4.20	0.293	5	A	1		5.63	1.19	
Minerals:									
Calcium, Ca.....mg	117	2.691	10	A	1		157	33	
Iron, Fe.....mg	2.61	0.033	10	A	1		3.49	0.74	
Magnesium, Mg.....mg	229	2.344	10	A	1		307	65	
Phosphorus, P.....mg	456	3.665	10	A	1		611	129	
Potassium, K.....mg	632	7.269	10	A	1		846	179	
Sodium, Na.....mg	5		0	RA	4		7	1	
Zinc, Zn.....mg	3.36	0.044	10	A	1		4.51	0.95	
Copper, Cu.....mg	0.907	0.027	10	A	1		1.216	0.257	
Manganese, Mn.....mg	2.040	0.040	10	A	1		2.734	0.578	
Selenium, Se.....µg	33.9	5.386	10	A	1		45.4	9.6	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.5		0		1		0.7	0.1	
Thiamin.....mg	0.189	0.010	10	A	1		0.253	0.054	
Riboflavin.....mg	0.196	0.014	10	A	1		0.263	0.056	
Niacin.....mg	7.709	0.297	10	A	1		10.330	2.185	
Pantothenic acid.....mg	1.140	0.051	5	A	1		1.528	0.323	
Vitamin B-6.....mg	0.352	0.008	10	A	1		0.471	0.100	
Folate, total.....µg	83		0		1		111	24	
Folic acid.....µg	0		0	Z	7		0	0	
Folate, food.....µg	83		0		1		111	24	
Folate, DFE.....µg	83		0	NC	4		111	24	
Choline, total.....mg	52.0		0	RA	4		69.7	14.8	
Betaine.....mg									
Vitamin B-12.....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....µg	0		0	RA	4		0	0	
Retinol.....µg	0		0	Z	7		0	0	
Carotene, beta.....µg	2		0	RA	4		2	0	
Carotene, alpha.....µg	0		0	RA	4		0	0	
Cryptoxanthin, beta.....µg	0		0	RA	4		0	0	
Vitamin A, IU.....IU	3		0	RA	4		4	1	
Lycopene.....µg	0		0	RA	4		0	0	
Lutein + zeaxanthin.....µg	8		0	RA	4		10	2	
Vitamin E (alpha-tocopherol).....mg	7.82	0.433	5	A	1		10.48	2.22	
Tocopherol, beta.....mg	0.22	0.038	5	A	1		0.29	0.06	
Tocopherol, gamma.....mg	6.39	0.579	5	A	1		8.56	1.81	
Tocopherol, delta.....mg	0.32	0.052	5	A	1		0.43	0.09	
Tocotrienol, alpha.....mg	0.04	0.003	5	A	1		0.05	0.01	
Tocotrienol, beta.....mg	0.00	0.000	5	A	1		0.00	0.00	
Tocotrienol, gamma.....mg	0.03	0.005	5	A	1		0.04	0.01	
Tocotrienol, delta.....mg	0.00	0.000	5	A	1		0.00	0.00	

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Nuts, mixed nuts, oil roasted, with peanuts, without salt added (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
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone).....µg	5.7	0.893	10	A	1		7.6	1.6	
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	8.711		0	NC	4		11.672	2.469	
4:0.....g	0.004	0.000	10	A	1		0.005	0.001	
6:0.....g	0.000	0.000	10	A	1		0.000	0.000	
8:0.....g	0.003	0.000	10	A	1		0.004	0.001	
10:0.....g	0.002	0.000	10	A	1		0.002	0.000	
12:0.....g	0.002	0.000	10	A	1		0.002	0.000	
13:0.....g									
14:0.....g	0.043	0.003	10	A	1		0.057	0.012	
15:0.....g	0.005	0.001	10	A	1		0.007	0.001	
16:0.....g	5.205	0.185	10	A	1		6.974	1.476	
17:0.....g	0.046	0.001	10	A	1		0.062	0.013	
18:0.....g	2.022	0.094	10	A	1		2.710	0.573	
20:0.....g	0.361	0.008	10	A	1		0.484	0.102	
22:0.....g	0.641	0.014	10	A	1		0.859	0.182	
24:0.....g	0.378	0.008	10	A	1		0.506	0.107	
Fatty acids, total monounsaturated.....g	28.488		0	NC	4		38.174	8.076	
14:1.....g	0.001	0.000	10	A	1		0.001	0.000	
15:1.....g	0.000	0.000	10	A	1		0.000	0.000	
16:1 undifferentiated.....g	0.128	0.003	10	AS	1		0.172	0.036	
16:1 c.....g	0.127	0.003	10	A	1		0.170	0.036	
16:1 t.....g	0.001	0.000	10	A	1		0.001	0.000	
17:1.....g	0.037	0.001	10	A	1		0.049	0.010	
18:1 undifferentiated.....g	27.914	0.671	10	AS	1		37.405	7.914	
18:1 c.....g	27.893	0.670	10	A	1		37.377	7.908	
18:1 t.....g	0.021	0.001	10	A	1		0.029	0.006	
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.375	0.010	10	A	1		0.503	0.106	
22:1 undifferentiated.....g	0.027	0.001	10	AS	1		0.036	0.008	
22:1 c.....g	0.027	0.001	10	A	1		0.036	0.008	
22:1 t.....g	0.000	0.000	10	A	1		0.000	0.000	
24:1 c.....g	0.006	0.001	10	A	1		0.008	0.002	
Fatty acids, total polyunsaturated.....g	14.612		0	NC	4		19.581	4.143	
18:2 undifferentiated.....g	14.495	0.566	10	AS	1		19.423	4.109	
18:2 n-6 c,c.....g	14.455	0.565	10	A	1		19.369	4.098	
18:2 CLAs.....g	0.008	0.001	10	A	1		0.011	0.002	
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.032	0.002	10	A	1		0.043	0.009	
18:3 undifferentiated.....g	0.082	0.006	10	AS	1		0.111	0.023	
18:3 n-3 c,c,c (ALA).....g	0.082	0.006	10	A	1		0.111	0.023	
18:3 n-6 c,c,c.....g	0.000	0.000	10	A	1		0.000	0.000	
18:3i.....g									
18:4.....g	0.001	0.000	10	A	1		0.001	0.000	
20:2 n-6 c,c.....g	0.013	0.002	10	A	1		0.018	0.004	
20:3 undifferentiated.....g	0.000	0.000	10	AS	1		0.000	0.000	
20:3 n-3.....g	0.000	0.000	10	A	1		0.000	0.000	
20:3 n-6.....g	0.000	0.000	10	A	1		0.000	0.000	
20:4 undifferentiated.....g	0.010	0.001	10	A	1		0.013	0.003	
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.005	0.001	10	A	1		0.007	0.002	
21:5.....g									
22:4.....g	0.005	0.000	10	A	1		0.007	0.001	
22:5 n-3 (DPA).....g	0.000	0.000	10	A	1		0.000	0.000	
22:6 n-3 (DHA).....g	0.000	0.000	10	A	1		0.000	0.000	
Fatty acids, total trans.....g	0.055		0	NC	4		0.073	0.015	

NDB No. 12137

Nuts, mixed nuts, oil roasted, with peanuts, without salt added (1)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total trans-monoenoic.....g	0.023		0	NC	4		0.031	0.006	
Fatty acids, total trans-polyenoic.....g	0.032		0	NC	4		0.043	0.009	
Cholesterol.....mg	0		0	Z	7		0	0	
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.220		0	A	1		0.295	0.062	
Threonine.....g	0.703		0	A	1		0.943	0.199	
Isoleucine.....g	0.826		0	A	1		1.106	0.234	
Leucine.....g	1.656		0	A	1		2.219	0.469	
Lysine.....g	0.782		0	A	1		1.047	0.222	
Methionine.....g	0.283		0	A	1		0.380	0.080	
Cystine.....g	0.288		0	A	1		0.386	0.082	
Phenylalanine.....g	1.182		0	A	1		1.584	0.335	
Tyrosine.....g	0.786		0	A	1		1.054	0.223	
Valine.....g	1.001		0	A	1		1.342	0.284	
Arginine.....g	2.965		0	A	1		3.973	0.841	
Histidine.....g	0.572		0	A	1		0.766	0.162	
Alanine.....g	0.982		0	A	1		1.316	0.278	
Aspartic acid.....g	2.892		0	A	1		3.875	0.820	
Glutamic acid.....g	5.574		0	A	1		7.469	1.580	
Glycine.....g	1.387		0	A	1		1.859	0.393	
Proline.....g	0.957		0	A	1		1.283	0.271	
Serine.....g	1.168		0	A	1		1.564	0.331	
Hydroxyproline.....g									
<u>Others:</u>									
Alcohol, ethyl.....g	0.0		0		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 = 134g: 1 cup

Measure 2 = 28.35g: 1 oz

Footnotes:

1 Includes peanuts, almonds, cashews, brazil nuts, hazelnuts, and pecans.

Calories Factors: Protein 3.47

Fat 8.37

Carbohydrate 4.07

Food Group: 12 Nut and Seed Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 12738

Nuts, mixed nuts, oil roasted, without peanuts, lightly salted (1)

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	3.15		0	BFZN	4		0.89		
Energy.....kcal	607		0	LC	8		172		
Energy.....kJ	2540		0	LC	8		720		
Protein.....g	17.86		0	LC	8		5.06		
Total lipid (fat).....g	50.00		0	LC	8		14.18		
Ash.....g	3.18		0	LC	8		0.90		
Carbohydrate, by difference.....g	25.00		0	LC	8		7.09		
Fiber, total dietary.....g	7.1		0	LC	8		2.0		
Sugars, total.....g	5.21		0	NC	4		1.48		
Sucrose.....g	5.00		0	LC	8		1.42		
Glucose (dextrose).....g	0.11		0	LC	8		0.03		
Fructose.....g	0.04		0	LC	8		0.01		
Lactose.....g	0.00		0	LC	8		0.00		
Maltose.....g	0.07		0	LC	8		0.02		
Galactose.....g	0.00		0	Z	7		0.00		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	130		0	LC	8		37		
Iron, Fe.....mg	5.18		0	LC	8		1.47		
Magnesium, Mg.....mg	275		0	LC	8		78		
Phosphorus, P.....mg	433		0	LC	8		123		
Potassium, K.....mg	714		0	LC	8		203		
Sodium, Na.....mg	143		0	LC	8		41		
Zinc, Zn.....mg	4.57		0	LC	8		1.30		
Copper, Cu.....mg	1.679		0	LC	8		0.476		
Manganese, Mn.....mg	2.143		0	LC	8		0.607		
Selenium, Se.....µg	139.1		0	LC	8		39.4		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.6		0	LC	8		0.2		
Thiamin.....mg	0.357		0	LC	8		0.101		
Riboflavin.....mg	0.321		0	LC	8		0.091		
Niacin.....mg	2.000		0	LC	8		0.567		
Pantothenic acid.....mg	0.607		0	LC	8		0.172		
Vitamin B-6.....mg	0.357		0	LC	8		0.101		
Folate, total.....µg	104		0	LC	8		30		
Folic acid.....µg									
Folate, food.....µg	104		0	LC	8		30		
Folate, DFE.....µg									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		0	LC	8		0.00		
Vitamin A, RAE.....µg	1		0	NC	4		0		
Retinol.....µg									
Carotene, beta.....µg	13		0	LC	8		4		
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	27		0	LC	8		8		
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg	7.68		0	LC	8		2.18		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0		

NDB No. 12738

Nuts, mixed nuts, oil roasted, without peanuts, lightly salted (1)

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Vitamin D.....IU	0		0	LC	8		0		
Vitamin K (phylloquinone).....µg									
Dihydrophyllloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	7.143		0	LC	8		2.025		
4:0.....g	0.000		0	LC	8		0.000		
6:0.....g	0.000		0	LC	8		0.000		
8:0.....g	0.000		0	LC	8		0.000		
10:0.....g	0.000		0	LC	8		0.000		
12:0.....g	0.000		0	LC	8		0.000		
13:0.....g									
14:0.....g	0.000		0	LC	8		0.000		
15:0.....g	0.000		0	LC	8		0.000		
16:0.....g	3.857		0	LC	8		1.094		
17:0.....g	0.000		0	LC	8		0.000		
18:0.....g	2.214		0	LC	8		0.628		
20:0.....g	0.143		0	LC	8		0.041		
22:0.....g	0.071		0	LC	8		0.020		
24:0.....g	0.036		0	LC	8		0.010		
Fatty acids, total monounsaturated.....g	28.571		0	LC	8		8.100		
14:1.....g	0.000		0	LC	8		0.000		
15:1.....g									
16:1 undifferentiated.....g	0.000		0	LC	8		0.000		
17:1.....g	0.000		0	LC	8		0.000		
18:1 undifferentiated.....g	26.679		0	LC	8		7.563		
20:1.....g	0.000		0	LC	8		0.000		
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	12.500		0	LC	8		3.544		
18:2 undifferentiated.....g	10.750		0	LC	8		3.048		
18:3 undifferentiated.....g	0.000		0	LC	8		0.000		
18:4.....g	0.000		0	LC	8		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....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	LC	8		0.000		
Cholesterol.....mg	0		0	LC	8		0		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.250		0	LC	8		0.071		
Threonine.....g	0.643		0	LC	8		0.182		
Isoleucine.....g	0.714		0	LC	8		0.202		
Leucine.....g	1.429		0	LC	8		0.405		
Lysine.....g	0.786		0	LC	8		0.223		
Methionine.....g	0.321		0	LC	8		0.091		
Cystine.....g	0.357		0	LC	8		0.101		
Phenylalanine.....g	1.000		0	LC	8		0.284		
Tyrosine.....g	0.500		0	LC	8		0.142		
Valine.....g	0.964		0	LC	8		0.273		
Arginine.....g	2.214		0	LC	8		0.628		
Histidine.....g	0.500		0	LC	8		0.142		
Alanine.....g	0.857		0	LC	8		0.243		
Aspartic acid.....g	2.071		0	LC	8		0.587		
Glutamic acid.....g	4.536		0	LC	8		1.286		
Glycine.....g	1.107		0	LC	8		0.314		
Proline.....g	0.857		0	LC	8		0.243		
Serine.....g	1.000		0	LC	8		0.284		

NDB No. 12738
Nuts, mixed nuts, oil roasted, without peanuts, lightly salted (1)

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	Mean	Std. Error	Number			Measure 1	Measure 2	Measure 3	
			of Data	Deriv	Source				
			Points	Code	Code	Code			
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	LC	8		0.0		
Caffeine.....mg	0		0	LC	8		0		
Theobromine.....mg	0		0	LC	8		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 = 28.35g: 1 oz

Footnotes:
1 Includes cashews, almonds, brazil nuts, pecans, and pistachio nuts.

Calories Factors: Protein Fat Carbohydrate

Food Group: 12 Nut and Seed Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 12638
Nuts, mixed nuts, oil roasted, without peanuts, with salt added

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	measures of food		
							Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	3.15		0		1		4.54	0.89	
Energy.....kcal	615		0	NC	4		886	174	
Energy.....kJ	2573		0		4		3705	729	
Protein (N x 5.3).....g	15.52		0		1		22.35	4.40	
Total lipid (fat).....g	56.17		0		1		80.88	15.92	
Ash.....g	2.89		0		1		4.16	0.82	
Carbohydrate, by difference.....g	22.27		0	NC	4		32.07	6.31	
Fiber, total dietary.....g	5.5		0		4		7.9	1.6	
Sugars, total.....g	4.38		0	RA	4		6.30	1.24	
Starch.....g									
Minerals:									
Calcium, Ca.....mg	106		0		1		153	30	
Iron, Fe.....mg	2.57		0		1		3.70	0.73	
Magnesium, Mg.....mg	251		0		1		361	71	
Phosphorus, P.....mg	449		0		1		647	127	
Potassium, K.....mg	544		0		1		783	154	
Sodium, Na.....mg	306	43.482	3	LC	8		441	87	
Zinc, Zn.....mg	4.66		0		1		6.71	1.32	
Copper, Cu.....mg	1.795		0		1		2.585	0.509	
Manganese, Mn.....mg	1.547		0		1		2.228	0.439	
Selenium, Se.....µg	421.5		0	RF	4		607.0	119.5	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.5		0		1		0.7	0.1	
Thiamin.....mg	0.504		0		1		0.726	0.143	
Riboflavin.....mg	0.486		0		1		0.700	0.138	
Niacin.....mg	1.964		0		1		2.828	0.557	
Pantothenic acid.....mg	0.962		0		1		1.385	0.273	
Vitamin B-6.....mg	0.180		0		1		0.259	0.051	
Folate, total.....µg	56		0		1		81	16	
Folic acid.....µg	0		0	Z	7		0	0	
Folate, food.....µg	56		0		1		81	16	
Folate, DFE.....µg	56		0	NC	4		81	16	
Choline, total.....mg	51.2		0	RA	4		73.7	14.5	
Betaine.....mg									
Vitamin B-12.....µg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added.....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....µg	0		0	RA	4		1	0	
Retinol.....µg	0		0	Z	7		0	0	
Carotene, beta.....µg	4		0	RA	4		6	1	
Carotene, alpha.....µg	0		0	RA	4		0	0	
Cryptoxanthin, beta.....µg	1		0	RA	4		1	0	
Vitamin A, IU.....IU	8		0	RA	4		11	2	
Lycopene.....µg	0		0	RA	4		0	0	
Lutein + zeaxanthin.....µg	22		0	RA	4		32	6	
Vitamin E (alpha-tocopherol).....mg	8.20		0	RA	4		11.80	2.32	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D.....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone).....µg	17.9		0	RA	4		25.7	5.1	
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									

NDB No. 12638

Nuts, mixed nuts, oil roasted, without peanuts, with salt added

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
<u>Lipids:</u>									
Fatty acids, total saturated.....g	9.087		0		1		13.085	2.576	
4:0.....g	0.000		0		1		0.000	0.000	
6:0.....g	0.000		0		1		0.000	0.000	
8:0.....g	0.078		0		1		0.112	0.022	
10:0.....g	0.078		0		1		0.112	0.022	
12:0.....g	0.467		0		1		0.672	0.132	
13:0.....g									
14:0.....g	0.342		0		1		0.492	0.097	
15:0.....g									
16:0.....g	4.932		0		1		7.102	1.398	
17:0.....g									
18:0.....g	2.783		0		1		4.008	0.789	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	33.137		0		1		47.717	9.394	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.329		0		1		0.474	0.093	
17:1.....g									
18:1 undifferentiated.....g	32.517		0		1		46.824	9.219	
20:1.....g	0.149		0		1		0.215	0.042	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	11.449		0		1		16.487	3.246	
18:2 undifferentiated.....g	11.137		0		1		16.037	3.157	
18:3 undifferentiated.....g	0.249		0		1		0.359	0.071	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA).....g	0.000		0		1		0.000	0.000	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.252		0		1		0.363	0.071	
Threonine.....g	0.568		0		1		0.818	0.161	
Isoleucine.....g	0.703		0		1		1.012	0.199	
Leucine.....g	1.265		0		1		1.822	0.359	
Lysine.....g	0.682		0		1		0.982	0.193	
Methionine.....g	0.346		0		1		0.498	0.098	
Cystine.....g	0.302		0		1		0.435	0.086	
Phenylalanine.....g	0.820		0		1		1.181	0.232	
Tyrosine.....g	0.510		0		1		0.734	0.145	
Valine.....g	0.952		0		1		1.371	0.270	
Arginine.....g	1.989		0		1		2.864	0.564	
Histidine.....g	0.416		0		1		0.599	0.118	
Alanine.....g	0.715		0		1		1.030	0.203	
Aspartic acid.....g	1.617		0		1		2.328	0.458	
Glutamic acid.....g	3.872		0		1		5.576	1.098	
Glycine.....g	0.844		0		1		1.215	0.239	
Proline.....g	0.773		0		1		1.113	0.219	
Serine.....g	1.620		0		1		2.333	0.459	
Hydroxyproline.....g									
<u>Others:</u>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	

NDB No. 12638
Nuts, mixed nuts, oil roasted, without peanuts, with salt added

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	Mean	Std. Error	Number		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code					
Theobromine.....mg	0		0	Z	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 = 144g: 1 cup
Measure 2 = 28.35g: 1 oz

Calories Factors: Protein 3.47 Fat 8.37 Carbohydrate4.07 **Food Group:** 12 Nut and Seed Products
USDA National Nutrient Database for Standard Reference, Release 27 (2014)

Nuts, mixed nuts, oil roasted, without peanuts, without salt added

[illegible]

Lipids:

Nuts, mixed nuts, oil roasted, without peanuts, without salt added

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total saturated.....g	9.087		0		1		13.085	2.576	
4:0.....g									
6:0.....g									
8:0.....g	0.078		0		1		0.112	0.022	
10:0.....g	0.078		0		1		0.112	0.022	
12:0.....g	0.467		0		1		0.672	0.132	
13:0.....g									
14:0.....g	0.342		0		1		0.492	0.097	
15:0.....g									
16:0.....g	4.932		0		1		7.102	1.398	
17:0.....g									
18:0.....g	2.783		0		1		4.008	0.789	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	33.137		0		1		47.717	9.394	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.329		0		1		0.474	0.093	
17:1.....g									
18:1 undifferentiated.....g	32.517		0		1		46.824	9.219	
20:1.....g	0.149		0		1		0.215	0.042	
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	11.449		0		1		16.487	3.246	
18:2 undifferentiated.....g	11.137		0		1		16.037	3.157	
18:3 undifferentiated.....g	0.249		0		1		0.359	0.071	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....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	Z	7		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.252		0		1		0.363	0.071	
Threonine.....g	0.568		0		1		0.818	0.161	
Isoleucine.....g	0.703		0		1		1.012	0.199	
Leucine.....g	1.265		0		1		1.822	0.359	
Lysine.....g	0.682		0		1		0.982	0.193	
Methionine.....g	0.346		0		1		0.498	0.098	
Cystine.....g	0.302		0		1		0.435	0.086	
Phenylalanine.....g	0.820		0		1		1.181	0.232	
Tyrosine.....g	0.510		0		1		0.734	0.145	
Valine.....g	0.952		0		1		1.371	0.270	
Arginine.....g	1.989		0		1		2.864	0.564	
Histidine.....g	0.416		0		1		0.599	0.118	
Alanine.....g	0.715		0		1		1.030	0.203	
Aspartic acid.....g	1.617		0		1		2.328	0.458	
Glutamic acid.....g	3.872		0		1		5.576	1.098	
Glycine.....g	0.844		0		1		1.215	0.239	
Proline.....g	0.773		0		1		1.113	0.219	
Serine.....g	1.620		0		1		2.333	0.459	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg									
Theobromine.....mg									

NDB No. 12138
Nuts, mixed nuts, oil roasted, without peanuts, without salt added

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

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 cup
Measure 2 = 28.35g: 1 oz

Calories Factors: Protein 3.47 Fat 8.37 Carbohydrate4.07

Food Group: 12 Nut and Seed Products
USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 12142
 Nuts, pecans (1, 2)
Carya illinoensis

Refuse:47% Shells

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion 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	3.52	0.114	3	A	1		3.84	3.49	1.00
Energy.....kcal	691		0	NC	4		753	684	196
Energy.....kJ	2889		0	NC	4		3149	2860	819
Protein (N x 5.3).....g	9.17	0.088	3	A	1		9.99	9.08	2.60
Total lipid (fat).....g	71.97	0.120	3	A	1		78.44	71.25	20.40
Ash.....g	1.49	0.055	3	A	1		1.62	1.47	0.42
Carbohydrate, by difference.....g	13.86		0	NC	4		15.10	13.72	3.93
Fiber, total dietary.....g	9.6	0.406	3	A	1		10.5	9.5	2.7
Sugars, total.....g	3.97	0.153	3	A	1		4.33	3.93	1.13
Sucrose.....g	3.90	0.153	3	A	1		4.25	3.86	1.11
Glucose (dextrose).....g	0.04	0.000	3	A	1		0.04	0.04	0.01
Fructose.....g	0.04	0.000	3	A	1		0.04	0.04	0.01
Lactose.....g	0.00	0.000	3	A	1		0.00	0.00	0.00
Maltose.....g	0.00	0.000	3	A	1		0.00	0.00	0.00
Galactose.....g									
Starch.....g	0.46	0.049	3	A	1		0.50	0.46	0.13
Minerals:									
Calcium, Ca.....mg	70	4.767	3	A	1		76	69	20
Iron, Fe.....mg	2.53	0.260	3	A	1		2.76	2.51	0.72
Magnesium, Mg.....mg	121	4.096	3	A	1		132	119	34
Phosphorus, P.....mg	277	17.638	3	A	1		302	274	78
Potassium, K.....mg	410	17.247	3	A	1		447	406	116
Sodium, Na.....mg	0	0.000	3	A	1		0	0	0
Zinc, Zn.....mg	4.53	0.133	3	A	1		4.94	4.49	1.29
Copper, Cu.....mg	1.200	0.058	3	A	1		1.308	1.188	0.340
Manganese, Mn.....mg	4.500	1.050	3	A	1		4.905	4.455	1.276
Selenium, Se.....µg	3.8	0.114	9	A	1		4.1	3.7	1.1
Vitamins:									
Vitamin C, total ascorbic acid.....mg	1.1	0.430	3	A	1		1.2	1.1	0.3
Thiamin.....mg	0.660	0.021	3	A	1		0.719	0.653	0.187
Riboflavin.....mg	0.130	0.030	3	A	1		0.142	0.129	0.037
Niacin.....mg	1.167	0.033	3	A	1		1.272	1.155	0.331
Pantothenic acid.....mg	0.863	0.078	3	A	1		0.941	0.855	0.245
Vitamin B-6.....mg	0.210	0.021	3	A	1		0.229	0.208	0.060
Folate, total.....µg	22	3.808	3	A	1		24	21	6
Folic acid.....µg	0		0	Z	7		0	0	0
Folate, food.....µg	22	3.808	3	A	1		24	21	6
Folate, DFE.....µg	22		0	NC	4		24	21	6
Choline, total.....mg	40.5		0	AS	1		44.1	40.1	11.5
Betaine.....mg	0.7	0.074	5	A	1		0.8	0.7	0.2
Vitamin B-12.....µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin B-12, added.....µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE.....µg	3		0	AS	1		3	3	1
Retinol.....µg	0		0	Z	7		0	0	0
Carotene, beta.....µg	29	1.105	9	A	1		32	29	8
Carotene, alpha.....µg	0	0.000	9	A	1		0	0	0
Cryptoxanthin, beta.....µg	9	1.711	8	A	1		10	9	3
Vitamin A, IU.....IU	56		0	AS	1		61	56	16
Lycopene.....µg	0	0.000	8	A	1		0	0	0
Lutein + zeaxanthin.....µg	17	1.653	8	A	1		19	17	5
Vitamin E (alpha-tocopherol).....mg	1.40	0.076	9	A	1		1.52	1.38	0.40
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta.....mg	0.39	0.113	9	A	1		0.43	0.39	0.11
Tocopherol, gamma.....mg	24.44	1.498	9	A	1		26.64	24.19	6.93
Tocopherol, delta.....mg	0.47	0.085	9	A	1		0.51	0.46	0.13
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									

NDB No. 12142
Nuts, pecans (1, 2)

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0	0.0	0.0
Vitamin D.....IU	0		0	Z	7		0	0	0
Vitamin K (phylloquinone).....µg	3.5	0.413	8	A	1		3.8	3.5	1.0
Dihydrophyloquinone.....µg	0.0	0.000	8	A	1		0.0	0.0	0.0
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	6.180		0	NC	4		6.736	6.118	1.752
4:0.....g	0.000		0	Z	7		0.000	0.000	0.000
6:0.....g	0.000		0	Z	7		0.000	0.000	0.000
8:0.....g	0.000	0.000	3	A	1		0.000	0.000	0.000
10:0.....g	0.000	0.000	3	A	1		0.000	0.000	0.000
12:0.....g	0.000	0.000	3	A	1		0.000	0.000	0.000
13:0.....g	0.000	0.000	3	A	1		0.000	0.000	0.000
14:0.....g	0.000	0.000	3	A	1		0.000	0.000	0.000
15:0.....g	0.000	0.000	3	A	1		0.000	0.000	0.000
16:0.....g	4.366	0.213	3	A	1		4.758	4.322	1.238
17:0.....g	0.000	0.000	3	A	1		0.000	0.000	0.000
18:0.....g	1.745	0.022	3	A	1		1.902	1.728	0.495
20:0.....g	0.069	0.000	3	A	1		0.075	0.068	0.020
22:0.....g	0.000	0.000	3	A	1		0.000	0.000	0.000
24:0.....g	0.000	0.000	3	A	1		0.000	0.000	0.000
Fatty acids, total monounsaturated.....g	40.801		0	NC	4		44.473	40.393	11.567
14:1.....g	0.000	0.000	3	A	1		0.000	0.000	0.000
15:1.....g									
16:1 undifferentiated.....g	0.000	0.000	3	A	1		0.000	0.000	0.000
17:1.....g									
18:1 undifferentiated.....g	40.594	2.143	3	A	1		44.247	40.188	11.508
20:1.....g	0.207	0.000	3	A	1		0.226	0.205	0.059
22:1 undifferentiated.....g	0.000	0.000	3	A	1		0.000	0.000	0.000
24:1 c.....g	0.000	0.000	3	A	1		0.000	0.000	0.000
Fatty acids, total polyunsaturated.....g	21.614		0	NC	4		23.559	21.398	6.128
18:2 undifferentiated.....g	20.628	1.806	3	A	1		22.484	20.421	5.848
18:3 undifferentiated.....g	0.986	0.044	3	A	1		1.075	0.977	0.280
18:4.....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c.....g	0.000	0.000	3	A	1		0.000	0.000	0.000
20:3 undifferentiated.....g	0.000	0.000	3	A	1		0.000	0.000	0.000
20:4 undifferentiated.....g	0.000	0.000	3	A	1		0.000	0.000	0.000
20:5 n-3 (EPA).....g	0.000	0.000	3	A	1		0.000	0.000	0.000
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000	0.000	3	A	1		0.000	0.000	0.000
22:6 n-3 (DHA).....g	0.000	0.000	3	A	1		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	0
Phytosterols.....mg									
Stigmasterol.....mg	3	0.285	3	A	1		3	3	1
Campesterol.....mg	6	0.564	3	A	1		7	6	2
Beta-sitosterol.....mg	117	0.216	3	A	1		128	116	33
Amino Acids:									
Tryptophan.....g	0.093		0	A	1		0.101	0.092	0.026
Threonine.....g	0.306		0	A	1		0.333	0.303	0.087
Isoleucine.....g	0.336		0	A	1		0.366	0.333	0.095
Leucine.....g	0.598		0	A	1		0.651	0.592	0.169
Lysine.....g	0.287		0	A	1		0.313	0.284	0.081
Methionine.....g	0.183		0	A	1		0.199	0.181	0.052
Cystine.....g	0.152		0	A	1		0.166	0.151	0.043
Phenylalanine.....g	0.426		0	A	1		0.464	0.422	0.121
Tyrosine.....g	0.215		0	A	1		0.234	0.213	0.061
Valine.....g	0.411		0	A	1		0.448	0.407	0.117
Arginine.....g	1.177		0	A	1		1.283	1.165	0.334
Histidine.....g	0.262		0	A	1		0.285	0.259	0.074

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>					<u>Amount in edible portion of common measures of food</u>			
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Alanine.....g	0.397		0	A	1		0.432	0.393	0.112
Aspartic acid.....g	0.929		0	A	1		1.013	0.920	0.263
Glutamic acid.....g	1.829		0	A	1		1.993	1.810	0.518
Glycine.....g	0.453		0	A	1		0.493	0.448	0.128
Proline.....g	0.363		0	A	1		0.395	0.359	0.103
Serine.....g	0.474		0	A	1		0.517	0.469	0.134
Hydroxyproline.....g									
<u>Others:</u>									
Alcohol, ethyl.....g	0.0		0		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 = 109g: 1 cup, chopped
Measure 2 = 99g: 1 cup, halves
Measure 3 = 28.35g: 1 oz (19 halves)

Footnotes:

- 1 Unroasted
2 Other phytosterols = 32.8 mg/100g; these include delta 5-avenasterol (14.3), campestanol (2.8), brassicasterol (0.5), and other minor phytosterols (15.1 mg).

NDB No. 12643
Nuts, pecans, dry roasted, with salt added

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common		
							measures of food		
	Number								
	Mean	Std. Error	Points	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			Code	Code	Code				
Proximates:									
Water.....g	1.12	0.090	3	A	1		0.32		
Energy.....kcal	710		0	NC	4		201		
Energy.....kJ	2969		0	NC	4		842		
Protein (N x 5.3).....g	9.50	0.100	3	A	1		2.69		
Total lipid (fat).....g	74.27	0.376	3	A	1		21.05		
Ash.....g	1.56	0.077	3	A	1		0.44		
Carbohydrate, by difference.....g	13.55		0	NC	4		3.84		
Fiber, total dietary.....g	9.4	0.697	3	A	1		2.7		
Sugars, total.....g	4.06	0.247	3	A	1		1.15		
Sucrose.....g	4.00	0.252	3	A	1		1.13		
Glucose (dextrose).....g	0.04	0.000	3	A	1		0.01		
Fructose.....g	0.04	0.000	3	A	1		0.01		
Lactose.....g	0.00	0.000	3	A	1		0.00		
Maltose.....g	0.00	0.000	3	A	1		0.00		
Galactose.....g									
Starch.....g	0.24	0.078	3	A	1		0.07		
Minerals:									
Calcium, Ca.....mg	72	10.367	3	A	1		21		
Iron, Fe.....mg	2.80	0.153	3	A	1		0.79		
Magnesium, Mg.....mg	132	6.119	3	A	1		38		
Phosphorus, P.....mg	293	20.276	3	A	1		83		
Potassium, K.....mg	424	32.512	3	A	1		120		
Sodium, Na.....mg	383		0	S	4		109		
Zinc, Zn.....mg	5.07	0.437	3	A	1		1.44		
Copper, Cu.....mg	1.167	0.176	3	A	1		0.331		
Manganese, Mn.....mg	3.933	0.935	3	A	1		1.115		
Selenium, Se.....µg	4.0		1	A	1		1.1		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.7	0.000	3	A	1		0.2		
Thiamin.....mg	0.450	0.025	3	A	1		0.128		
Riboflavin.....mg	0.107	0.007	3	A	1		0.030		
Niacin.....mg	1.167	0.067	3	A	1		0.331		
Pantothenic acid.....mg	0.703	0.108	3	A	1		0.199		
Vitamin B-6.....mg	0.187	0.023	3	A	1		0.053		
Folate, total.....µg	16	4.661	3	A	1		4		
Folic acid.....µg	0		0	Z	7		0		
Folate, food.....µg	16	4.661	3	A	1		4		
Folate, DFE.....µg	16		0	NC	4		4		
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		0	Z	7		0.00		
Vitamin A, RAE.....µg	7		1	AS	1		2		
Retinol.....µg	0		0	Z	7		0		
Carotene, beta.....µg	84		1	A	1		24		
Carotene, alpha.....µg	0		1	A	1		0		
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	140		1	AS	1		40		
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg	1.30	0.058	3	A	1		0.37		
Tocopherol, beta.....mg	0.14	0.000	3	A	1		0.04		
Tocopherol, gamma.....mg	23.57	2.022	3	A	1		6.68		
Tocopherol, delta.....mg	0.77	0.120	3	A	1		0.22		
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0		

NDB No. 12643
Nuts, pecans, dry roasted, with salt added

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food			
	Mean	Std. Error	Number			Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code	Source Confidence Code			
Vitamin D.....IU	0		0	Z	7	0		
Vitamin K (phylloquinone).....µg								
Dihydrophyllloquinone.....µg								
Menaquinone-4.....µg								
Lipids:								
Fatty acids, total saturated.....g	6.283		0	NC	4	1.781		
4:0.....g	0.000		0	Z	7	0.000		
6:0.....g	0.000		0	Z	7	0.000		
8:0.....g	0.000	0.000	3	A	1	0.000		
10:0.....g	0.000	0.000	3	A	1	0.000		
12:0.....g	0.000	0.000	3	A	1	0.000		
13:0.....g	0.000	0.000	3	A	1	0.000		
14:0.....g	0.000	0.000	3	A	1	0.000		
15:0.....g	0.000	0.000	3	A	1	0.000		
16:0.....g	4.387	0.222	3	A	1	1.244		
17:0.....g	0.000	0.000	3	A	1	0.000		
18:0.....g	1.825	0.025	3	A	1	0.517		
20:0.....g	0.071	0.000	3	A	1	0.020		
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	43.957		0	NC	4	12.462		
14:1.....g	0.000	0.000	3	A	1	0.000		
15:1.....g								
16:1 undifferentiated.....g	0.000	0.000	3	A	1	0.000		
17:1.....g								
18:1 undifferentiated.....g	43.743	2.616	3	A	1	12.401		
20:1.....g	0.214	0.001	3	A	1	0.061		
22:1 undifferentiated.....g	0.000	0.000	3	A	1	0.000		
24:1 c.....g	0.000	0.000	3	A	1	0.000		
Fatty acids, total polyunsaturated.....g	20.572		0	NC	4	5.832		
18:2 undifferentiated.....g	19.578	2.218	3	A	1	5.550		
18:3 undifferentiated.....g	0.994	0.039	3	A	1	0.282		
18:4.....g	0.000		0	Z	7	0.000		
20:2 n-6 c,c.....g	0.000	0.000	3	A	1	0.000		
20:3 undifferentiated.....g	0.000	0.000	3	A	1	0.000		
20:4 undifferentiated.....g	0.000	0.000	3	A	1	0.000		
20:5 n-3 (EPA).....g	0.000	0.000	3	A	1	0.000		
21:5.....g								
22:4.....g								
22:5 n-3 (DPA).....g	0.000	0.000	3	A	1	0.000		
22:6 n-3 (DHA).....g	0.000	0.000	3	A	1	0.000		
Fatty acids, total trans.....g								
Cholesterol.....mg	0		0	Z	7	0		
Phytosterols.....mg	85		1		1	24		
Stigmasterol.....mg	2		1	A	1	1		
Campesterol.....mg	4		1	A	1	1		
Beta-sitosterol.....mg	78		1	A	1	22		
Amino Acids:								
Tryptophan.....g	0.096		0	A	1	0.027		
Threonine.....g	0.317		0	A	1	0.090		
Isoleucine.....g	0.348		0	A	1	0.099		
Leucine.....g	0.619		0	A	1	0.176		
Lysine.....g	0.297		0	A	1	0.084		
Methionine.....g	0.189		0	A	1	0.054		
Cystine.....g	0.158		0	A	1	0.045		
Phenylalanine.....g	0.441		0	A	1	0.125		
Tyrosine.....g	0.223		0	A	1	0.063		
Valine.....g	0.426		0	A	1	0.121		
Arginine.....g	1.220		0	A	1	0.346		
Histidine.....g	0.271		0	A	1	0.077		
Alanine.....g	0.411		0	A	1	0.117		
Aspartic acid.....g	0.963		0	A	1	0.273		
Glutamic acid.....g	1.895		0	A	1	0.537		

NDB No. 12643
Nuts, pecans, dry roasted, with salt added

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	Mean	Std. Error	Number			Measure 1	Measure 2	Measure 3	
			of Data	Deriv	Source				
			Points	Code	Code	Code			
Glycine.....g	0.469		0	A	1		0.133		
Proline.....g	0.376		0	A	1		0.107		
Serine.....g	0.491		0	A	1		0.139		
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 = 28.35g: 1 oz

Calories Factors: Protein 3.47 Fat 8.37 Carbohydrate 4.07 Food Group: 12 Nut and Seed Products
USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 12143
Nuts, pecans, dry roasted, without salt added

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common		
							measures of food		
	Number								
	Mean	Std. Error	Points	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			Code	Code	Code				
Proximates:									
Water.....g	1.12	0.090	3	A	1		0.32		
Energy.....kcal	710		0	NC	4		201		
Energy.....kJ	2969		0	NC	4		842		
Protein (N x 5.3).....g	9.50	0.100	3	A	1		2.69		
Total lipid (fat).....g	74.27	0.376	3	A	1		21.05		
Ash.....g	1.56	0.077	3	A	1		0.44		
Carbohydrate, by difference.....g	13.55		0	NC	4		3.84		
Fiber, total dietary.....g	9.4	0.697	3	A	1		2.7		
Sugars, total.....g	4.06	0.247	3	A	1		1.15		
Sucrose.....g	4.00	0.252	3	A	1		1.13		
Glucose (dextrose).....g	0.04	0.000	3	A	1		0.01		
Fructose.....g	0.04	0.000	3	A	1		0.01		
Lactose.....g	0.00	0.000	3	A	1		0.00		
Maltose.....g	0.00	0.000	3	A	1		0.00		
Galactose.....g									
Starch.....g	0.24	0.078	3	A	1		0.07		
Minerals:									
Calcium, Ca.....mg	72	10.367	3	A	1		21		
Iron, Fe.....mg	2.80	0.153	3	A	1		0.79		
Magnesium, Mg.....mg	132	6.119	3	A	1		38		
Phosphorus, P.....mg	293	20.276	3	A	1		83		
Potassium, K.....mg	424	32.512	3	A	1		120		
Sodium, Na.....mg	1	0.088	3	A	1		0		
Zinc, Zn.....mg	5.07	0.437	3	A	1		1.44		
Copper, Cu.....mg	1.167	0.176	3	A	1		0.331		
Manganese, Mn.....mg	3.933	0.935	3	A	1		1.115		
Selenium, Se.....µg	4.0		1	A	1		1.1		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.7	0.000	3	A	1		0.2		
Thiamin.....mg	0.450	0.025	3	A	1		0.128		
Riboflavin.....mg	0.107	0.007	3	A	1		0.030		
Niacin.....mg	1.167	0.067	3	A	1		0.331		
Pantothenic acid.....mg	0.703	0.108	3	A	1		0.199		
Vitamin B-6.....mg	0.187	0.023	3	A	1		0.053		
Folate, total.....µg	16	4.661	3	A	1		4		
Folic acid.....µg	0		0	Z	7		0		
Folate, food.....µg	16	4.661	3	A	1		4		
Folate, DFE.....µg	16		0	NC	4		4		
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		0	Z	7		0.00		
Vitamin A, RAE.....µg	7		1	AS	1		2		
Retinol.....µg	0		0	Z	7		0		
Carotene, beta.....µg	84		1	A	1		24		
Carotene, alpha.....µg	0		1	A	1		0		
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	140		1	AS	1		40		
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg	1.30	0.058	3	A	1		0.37		
Tocopherol, beta.....mg	0.14	0.000	3	A	1		0.04		
Tocopherol, gamma.....mg	23.57	2.022	3	A	1		6.68		
Tocopherol, delta.....mg	0.77	0.120	3	A	1		0.22		
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0		

NDB No. 12143
Nuts, pecans, dry roasted, without salt added

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Vitamin D.....IU	0		0	Z	7		0		
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	6.283		0	NC	4		1.781		
4:0.....g	0.000		0	Z	7		0.000		
6:0.....g	0.000		0	Z	7		0.000		
8:0.....g	0.000	0.000	3	A	1		0.000		
10:0.....g	0.000	0.000	3	A	1		0.000		
12:0.....g	0.000	0.000	3	A	1		0.000		
13:0.....g	0.000	0.000	3	A	1		0.000		
14:0.....g	0.000	0.000	3	A	1		0.000		
15:0.....g	0.000	0.000	3	A	1		0.000		
16:0.....g	4.387	0.222	3	A	1		1.244		
17:0.....g	0.000	0.000	3	A	1		0.000		
18:0.....g	1.825	0.025	3	A	1		0.517		
20:0.....g	0.071	0.000	3	A	1		0.020		
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	43.957		0	NC	4		12.462		
14:1.....g	0.000	0.000	3	A	1		0.000		
15:1.....g									
16:1 undifferentiated.....g	0.000	0.000	3	A	1		0.000		
17:1.....g									
18:1 undifferentiated.....g	43.743	2.616	3	A	1		12.401		
20:1.....g	0.214	0.001	3	A	1		0.061		
22:1 undifferentiated.....g	0.000	0.000	3	A	1		0.000		
24:1 c.....g	0.000	0.000	3	A	1		0.000		
Fatty acids, total polyunsaturated.....g	20.572		0	NC	4		5.832		
18:2 undifferentiated.....g	19.578	2.218	3	A	1		5.550		
18:3 undifferentiated.....g	0.994	0.039	3	A	1		0.282		
18:4.....g	0.000		0	Z	7		0.000		
20:2 n-6 c,c.....g	0.000	0.000	3	A	1		0.000		
20:3 undifferentiated.....g	0.000	0.000	3	A	1		0.000		
20:4 undifferentiated.....g	0.000	0.000	3	A	1		0.000		
20:5 n-3 (EPA).....g	0.000	0.000	3	A	1		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000	0.000	3	A	1		0.000		
22:6 n-3 (DHA).....g	0.000	0.000	3	A	1		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg	85		1	A	1		24		
Stigmasterol.....mg	2		1	A	1		1		
Campesterol.....mg	4		1	A	1		1		
Beta-sitosterol.....mg	78		1	A	1		22		
Amino Acids:									
Tryptophan.....g	0.096		0	A	1		0.027		
Threonine.....g	0.317		0	A	1		0.090		
Isoleucine.....g	0.348		0	A	1		0.099		
Leucine.....g	0.619		0	A	1		0.176		
Lysine.....g	0.297		0	A	1		0.084		
Methionine.....g	0.189		0	A	1		0.054		
Cystine.....g	0.158		0	A	1		0.045		
Phenylalanine.....g	0.441		0	A	1		0.125		
Tyrosine.....g	0.223		0	A	1		0.063		
Valine.....g	0.426		0	A	1		0.121		
Arginine.....g	1.220		0	A	1		0.346		
Histidine.....g	0.271		0	A	1		0.077		
Alanine.....g	0.411		0	A	1		0.117		
Aspartic acid.....g	0.963		0	A	1		0.273		
Glutamic acid.....g	1.895		0	A	1		0.537		

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	Mean	Std. Error	Number		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code					
Glycine.....g	0.469		0	A	1		0.133		
Proline.....g	0.376		0	A	1		0.107		
Serine.....g	0.491		0	A	1		0.139		
Hydroxyproline.....g									
<u>Others:</u>									
Alcohol, ethyl.....g	0.0		0		7		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 = 28.35g: 1 oz

Calories Factors: Protein 3.47 Fat 8.37 Carbohydrate4.07 Food Group: 12 Nut and Seed Products
USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 12644

Nuts, pecans, oil roasted, with salt added (1)

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			Measure 1	Measure 2	Measure 3	
			of Data Points	Deriv Code	Source Code				
									Confidence Code
Proximates:									
Water.....g	1.13	0.035	3	A	1	1.24	0.32		
Energy.....kcal	715		0	NC	4	786	203		
Energy.....kJ	2990		0	NC	4	3289	848		
Protein (N x 5.3).....g	9.20	0.058	3	A	1	10.12	2.61		
Total lipid (fat).....g	75.23	0.521	3	A	1	82.76	21.33		
Ash.....g	1.42	0.064	3	A	1	1.57	0.40		
Carbohydrate, by difference.....g	13.01		0	NC	4	14.31	3.69		
Fiber, total dietary.....g	9.5	0.394	3	A	1	10.4	2.7		
Sugars, total.....g	3.97	0.265	3	A	1	4.37	1.13		
Sucrose.....g	3.90	0.265	3	A	1	4.29	1.11		
Glucose (dextrose).....g	0.04	0.000	3	A	1	0.04	0.01		
Fructose.....g	0.04	0.000	3	A	1	0.04	0.01		
Lactose.....g	0.00	0.000	3	A	1	0.00	0.00		
Maltose.....g	0.00	0.000	3	A	1	0.00	0.00		
Galactose.....g									
Starch.....g	0.28	0.023	3	A	1	0.31	0.08		
Minerals:									
Calcium, Ca.....mg	67	6.278	3	A	1	74	19		
Iron, Fe.....mg	2.47	0.203	3	A	1	2.71	0.70		
Magnesium, Mg.....mg	121	4.333	3	A	1	133	34		
Phosphorus, P.....mg	263	18.559	3	A	1	290	75		
Potassium, K.....mg	392	6.489	3	A	1	432	111		
Sodium, Na.....mg	393		0	S	4	432	111		
Zinc, Zn.....mg	4.47	0.033	3	A	1	4.91	1.27		
Copper, Cu.....mg	1.200	0.058	3	A	1	1.320	0.340		
Manganese, Mn.....mg	3.700	1.114	3	A	1	4.070	1.049		
Selenium, Se.....µg	6.0		1	A	1	6.6	1.7		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.7	0.000	3	A	1	0.8	0.2		
Thiamin.....mg	0.473	0.018	3	A	1	0.521	0.134		
Riboflavin.....mg	0.110	0.006	3	A	1	0.121	0.031		
Niacin.....mg	1.200	0.000	3	A	1	1.320	0.340		
Pantothenic acid.....mg	0.737	0.081	3	A	1	0.810	0.209		
Vitamin B-6.....mg	0.187	0.015	3	A	1	0.205	0.053		
Folate, total.....µg	15	1.444	3	A	1	16	4		
Folic acid.....µg	0		0	Z	7	0	0		
Folate, food.....µg	15	1.444	3	A	1	16	4		
Folate, DFE.....µg	15		0	NC	4	16	4		
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		0	Z	7	0.00	0.00		
Vitamin A, RAE.....µg	5		1	AS	1	6	1		
Retinol.....µg	0		0	Z	7	0	0		
Carotene, beta.....µg	62		1	A	1	68	18		
Carotene, alpha.....µg	0		1	A	1	0	0		
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	104		1	AS	1	114	29		
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg	2.53	0.145	3	A	1	2.79	0.72		
Tocopherol, beta.....mg	0.35	0.107	3	A	1	0.38	0.10		
Tocopherol, gamma.....mg	24.20	2.470	3	A	1	26.62	6.86		
Tocopherol, delta.....mg	1.07	0.260	3	A	1	1.17	0.30		
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7	0.0	0.0		

NDB No. 12644

Nuts, pecans, oil roasted, with salt added (1)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common		
	Mean	Std. Error	Number		Source Code	Confidence Code	measures of food		
			of Data Points	Deriv Code			Measure 1	Measure 2	Measure 3
Vitamin D.....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone).....µg									
Dihydrophyllloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	7.238		0	NC	4		7.962	2.052	
4:0.....g									
6:0.....g									
8:0.....g	0.000	0.000	3	A	1		0.000	0.000	
10:0.....g	0.000	0.000	3	A	1		0.000	0.000	
12:0.....g	0.000	0.000	3	A	1		0.000	0.000	
13:0.....g	0.000	0.000	3	A	1		0.000	0.000	
14:0.....g	0.000	0.000	3	A	1		0.000	0.000	
15:0.....g	0.000	0.000	3	A	1		0.000	0.000	
16:0.....g	4.969	0.055	3	A	1		5.466	1.409	
17:0.....g	0.000	0.000	3	A	1		0.000	0.000	
18:0.....g	1.849	0.036	3	A	1		2.034	0.524	
20:0.....g	0.145	0.001	3	A	1		0.159	0.041	
22:0.....g	0.162	0.055	3	A	1		0.178	0.046	
24:0.....g	0.114	0.031	3	A	1		0.125	0.032	
Fatty acids, total monounsaturated.....g	40.970		0	NC	4		45.067	11.615	
14:1.....g	0.000	0.000	3	A	1		0.000	0.000	
15:1.....g									
16:1 undifferentiated.....g	0.024	0.024	3	A	1		0.027	0.007	
17:1.....g									
18:1 undifferentiated.....g	40.681	2.216	3	A	1		44.749	11.533	
20:1.....g	0.265	0.023	3	A	1		0.291	0.075	
22:1 undifferentiated.....g	0.000	0.000	3	A	1		0.000	0.000	
24:1 c.....g	0.000	0.000	3	A	1		0.000	0.000	
Fatty acids, total polyunsaturated.....g	23.584		0	NC	4		25.942	6.686	
18:2 undifferentiated.....g	22.552	1.604	3	A	1		24.808	6.394	
18:3 undifferentiated.....g	1.031	0.025	3	A	1		1.134	0.292	
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	
20:4 undifferentiated.....g	0.000	0.000	3	A	1		0.000	0.000	
20:5 n-3 (EPA).....g	0.000	0.000	3	A	1		0.000	0.000	
21:5.....g									
22:4.....g									
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	3	A	1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	
Phytosterols.....mg	108		1		1		119	31	
Stigmasterol.....mg	5		1	A	1		5	1	
Campesterol.....mg	7		1	A	1		8	2	
Beta-sitosterol.....mg	96		1	A	1		106	27	
Amino Acids:									
Tryptophan.....g	0.093		0	A	1		0.102	0.026	
Threonine.....g	0.307		0	A	1		0.337	0.087	
Isoleucine.....g	0.337		0	A	1		0.371	0.096	
Leucine.....g	0.600		0	A	1		0.660	0.170	
Lysine.....g	0.288		0	A	1		0.317	0.082	
Methionine.....g	0.183		0	A	1		0.202	0.052	
Cystine.....g	0.153		0	A	1		0.168	0.043	
Phenylalanine.....g	0.428		0	A	1		0.470	0.121	
Tyrosine.....g	0.216		0	A	1		0.237	0.061	
Valine.....g	0.413		0	A	1		0.454	0.117	
Arginine.....g	1.181		0	A	1		1.300	0.335	
Histidine.....g	0.262		0	A	1		0.289	0.074	
Alanine.....g	0.398		0	A	1		0.438	0.113	
Aspartic acid.....g	0.933		0	A	1		1.026	0.264	
Glutamic acid.....g	1.835		0	A	1		2.019	0.520	

NDB No. 12644
Nuts, pecans, oil roasted, with salt added (1)

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	Mean	Std. Error	Number		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code					
Glycine.....g	0.454		0	A	1		0.500	0.129	
Proline.....g	0.364		0	A	1		0.400	0.103	
Serine.....g	0.476		0	A	1		0.523	0.135	
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 cup
Measure 2 = 28.35g: 1 oz (15 halves)

Footnotes:
1 Roasted in cottonseed, peanut, soybean, or sunflower oil.

Calories Factors: Protein 3.47 Fat 8.37 Carbohydrate4.07 **Food Group:** 12 Nut and Seed Products
USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 12144

Nuts, pecans, oil roasted, without salt added (1)

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	1.13	0.035	3	A	1		1.24	0.32	
Energy.....kcal	715		0	NC	4		786	203	
Energy.....kJ	2990		0	NC	4		3289	848	
Protein (N x 5.3).....g	9.20	0.058	3	A	1		10.12	2.61	
Total lipid (fat).....g	75.23	0.521	3	A	1		82.76	21.33	
Ash.....g	1.42	0.064	3	A	1		1.57	0.40	
Carbohydrate, by difference.....g	13.01		0	NC	4		14.31	3.69	
Fiber, total dietary.....g	9.5	0.394	3	A	1		10.4	2.7	
Sugars, total.....g	3.97	0.265	3	A	1		4.37	1.13	
Sucrose.....g	3.90	0.265	3	A	1		4.29	1.11	
Glucose (dextrose).....g	0.04	0.000	3	A	1		0.04	0.01	
Fructose.....g	0.04	0.000	3	A	1		0.04	0.01	
Lactose.....g	0.00	0.000	3	A	1		0.00	0.00	
Maltose.....g	0.00	0.000	3	A	1		0.00	0.00	
Galactose.....g									
Starch.....g	0.28	0.023	3	A	1		0.31	0.08	
Minerals:									
Calcium, Ca.....mg	67	6.278	3	A	1		74	19	
Iron, Fe.....mg	2.47	0.203	3	A	1		2.71	0.70	
Magnesium, Mg.....mg	121	4.333	3	A	1		133	34	
Phosphorus, P.....mg	263	18.559	3	A	1		290	75	
Potassium, K.....mg	392	6.489	3	A	1		432	111	
Sodium, Na.....mg	1	0.684	3	A	1		1	0	
Zinc, Zn.....mg	4.47	0.033	3	A	1		4.91	1.27	
Copper, Cu.....mg	1.200	0.058	3	A	1		1.320	0.340	
Manganese, Mn.....mg	3.700	1.114	3	A	1		4.070	1.049	
Selenium, Se.....µg	6.0		1	A	1		6.6	1.7	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.7	0.000	3	A	1		0.8	0.2	
Thiamin.....mg	0.473	0.018	3	A	1		0.521	0.134	
Riboflavin.....mg	0.110	0.006	3	A	1		0.121	0.031	
Niacin.....mg	1.200	0.000	3	A	1		1.320	0.340	
Pantothenic acid.....mg	0.737	0.081	3	A	1		0.810	0.209	
Vitamin B-6.....mg	0.187	0.015	3	A	1		0.205	0.053	
Folate, total.....µg	15	1.444	3	A	1		16	4	
Folic acid.....µg	0		0	Z	7		0	0	
Folate, food.....µg	15	1.444	3	A	1		16	4	
Folate, DFE.....µg	15		0	NC	4		16	4	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....µg	5		1	AS	1		6	1	
Retinol.....µg	0		0	Z	7		0	0	
Carotene, beta.....µg	62		1	A	1		68	18	
Carotene, alpha.....µg	0		1	A	1		0	0	
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	104		1	AS	1		114	29	
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg	2.53	0.145	3	A	1		2.79	0.72	
Tocopherol, beta.....mg	0.35	0.107	3	A	1		0.38	0.10	
Tocopherol, gamma.....mg	24.20	2.470	3	A	1		26.62	6.86	
Tocopherol, delta.....mg	1.07	0.260	3	A	1		1.17	0.30	
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0	0.0	

NDB No. 12144

Nuts, pecans, oil roasted, without salt added (1)

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code					
Vitamin D.....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone).....µg									
Dihydrophyllloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	7.238		0	NC	4		7.962	2.052	
4:0.....g									
6:0.....g									
8:0.....g	0.000	0.000	3	A	1		0.000	0.000	
10:0.....g	0.000	0.000	3	A	1		0.000	0.000	
12:0.....g	0.000	0.000	3	A	1		0.000	0.000	
13:0.....g	0.000	0.000	3	A	1		0.000	0.000	
14:0.....g	0.000	0.000	3	A	1		0.000	0.000	
15:0.....g	0.000	0.000	3	A	1		0.000	0.000	
16:0.....g	4.969	0.055	3	A	1		5.466	1.409	
17:0.....g	0.000	0.000	3	A	1		0.000	0.000	
18:0.....g	1.849	0.036	3	A	1		2.034	0.524	
20:0.....g	0.145	0.001	3	A	1		0.159	0.041	
22:0.....g	0.162	0.055	3	A	1		0.178	0.046	
24:0.....g	0.114	0.031	3	A	1		0.125	0.032	
Fatty acids, total monounsaturated.....g	40.970		0	NC	4		45.067	11.615	
14:1.....g	0.000	0.000	3	A	1		0.000	0.000	
15:1.....g									
16:1 undifferentiated.....g	0.024	0.024	3	A	1		0.027	0.007	
17:1.....g									
18:1 undifferentiated.....g	40.681	2.216	3	A	1		44.749	11.533	
20:1.....g	0.265	0.023	3	A	1		0.291	0.075	
22:1 undifferentiated.....g	0.000	0.000	3	A	1		0.000	0.000	
24:1 c.....g	0.000	0.000	3	A	1		0.000	0.000	
Fatty acids, total polyunsaturated.....g	23.584		0	NC	4		25.942	6.686	
18:2 undifferentiated.....g	22.552	1.604	3	A	1		24.808	6.394	
18:3 undifferentiated.....g	1.031	0.025	3	A	1		1.134	0.292	
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	
20:4 undifferentiated.....g	0.000	0.000	3	A	1		0.000	0.000	
20:5 n-3 (EPA).....g	0.000	0.000	3	A	1		0.000	0.000	
21:5.....g									
22:4.....g									
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	3	A	1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	
Phytosterols.....mg	108		1	A	1		119	31	
Stigmasterol.....mg	5		1	A	1		5	1	
Campesterol.....mg	7		1	A	1		8	2	
Beta-sitosterol.....mg	96		1	A	1		106	27	
Amino Acids:									
Tryptophan.....g	0.093		0	A	1		0.102	0.026	
Threonine.....g	0.307		0	A	1		0.337	0.087	
Isoleucine.....g	0.337		0	A	1		0.371	0.096	
Leucine.....g	0.600		0	A	1		0.660	0.170	
Lysine.....g	0.288		0	A	1		0.317	0.082	
Methionine.....g	0.183		0	A	1		0.202	0.052	
Cystine.....g	0.153		0	A	1		0.168	0.043	
Phenylalanine.....g	0.428		0	A	1		0.470	0.121	
Tyrosine.....g	0.216		0	A	1		0.237	0.061	
Valine.....g	0.413		0	A	1		0.454	0.117	
Arginine.....g	1.181		0	A	1		1.300	0.335	
Histidine.....g	0.262		0	A	1		0.289	0.074	
Alanine.....g	0.398		0	A	1		0.438	0.113	
Aspartic acid.....g	0.933		0	A	1		1.026	0.264	
Glutamic acid.....g	1.835		0	A	1		2.019	0.520	

NDB No. 12144
Nuts, pecans, oil roasted, without salt added (1)

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	Mean	Std. Error	Number			Measure 1	Measure 2	Measure 3	
			of Data	Deriv	Source				
			Points	Code	Code	Code			
Glycine.....g	0.454		0	A	1		0.500	0.129	
Proline.....g	0.364		0	A	1		0.400	0.103	
Serine.....g	0.476		0	A	1		0.523	0.135	
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 cup
Measure 2 = 28.35g: 1 oz (15 halves)

Footnotes:
1 Roasted in cottonseed, peanut, soybean, or sunflower oil.

Calories Factors: Protein 3.47 Fat 8.37 Carbohydrate4.07

Food Group: 12 Nut and Seed Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 12145
Nuts, pilinuts, dried
Canarium ovatum

Refuse:81% Shells

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data						
			Points						
Proximates:									
Water.....g	2.77		1		1		3.32	0.79	
Energy.....kcal	719		0	NC	4		863	204	
Energy.....kJ	3008		0		4		3610	853	
Protein (N x 5.3).....g	10.80		1		1		12.96	3.06	
Total lipid (fat).....g	79.55		1		1		95.46	22.55	
Ash.....g	2.91		0		1		3.49	0.82	
Carbohydrate, by difference.....g	3.98		0	NC	4		4.78	1.13	
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	145		0		1		174	41	
Iron, Fe.....mg	3.53		0		1		4.24	1.00	
Magnesium, Mg.....mg	302		0		4		362	86	
Phosphorus, P.....mg	575		0		1		690	163	
Potassium, K.....mg	507		0		1		608	144	
Sodium, Na.....mg	3		0		1		4	1	
Zinc, Zn.....mg	2.97		0		4		3.56	0.84	
Copper, Cu.....mg	0.958		0		4		1.150	0.272	
Manganese, Mn.....mg	2.313		0		4		2.776	0.656	
Selenium, Se.....µg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.6		0		4		0.7	0.2	
Thiamin.....mg	0.913		0		1		1.096	0.259	
Riboflavin.....mg	0.093		0		1		0.112	0.026	
Niacin.....mg	0.519		0		1		0.623	0.147	
Pantothenic acid.....mg	0.479		0		4		0.575	0.136	
Vitamin B-6.....mg	0.115		0		4		0.138	0.033	
Folate, total.....µg	60		0		4		72	17	
Folic acid.....µg	0		0	Z	7		0	0	
Folate, food.....µg	60		0		4		72	17	
Folate, DFE.....µg	60		0	NC	4		72	17	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....µg	2		0		1		2	1	
Retinol.....µg	0		0	Z	7		0	0	
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	41		0		1		49	12	
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									

Lipids:

NDB No. 12145
Nuts, pilinuts, dried

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
			Points						
Fatty acids, total saturated.....g	31.184		0		1		37.421	8.841	
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	22.035		1		1		26.442	6.247	
17:0.....g									
18:0.....g	9.148		1		1		10.978	2.593	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	37.229		0		1		44.675	10.554	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	37.229		1		1		44.675	10.554	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	7.605		0		1		9.126	2.156	
18:2 undifferentiated.....g	7.605		1		1		9.126	2.156	
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									
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	Z	7		0	0	
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.189		0		1		0.227	0.054	
Threonine.....g	0.407		1		1		0.488	0.115	
Isoleucine.....g	0.483		1		1		0.580	0.137	
Leucine.....g	0.890		1		1		1.068	0.252	
Lysine.....g	0.369		1		1		0.443	0.105	
Methionine.....g	0.395		1		1		0.474	0.112	
Cystine.....g	0.189		0		1		0.227	0.054	
Phenylalanine.....g	0.497		1		1		0.596	0.141	
Tyrosine.....g	0.381		1		1		0.457	0.108	
Valine.....g	0.701		1		1		0.841	0.199	
Arginine.....g	1.516		1		1		1.819	0.430	
Histidine.....g	0.255		1		1		0.306	0.072	
Alanine.....g	0.509		1		1		0.611	0.144	
Aspartic acid.....g	1.222		1		1		1.466	0.346	
Glutamic acid.....g	2.393		1		1		2.872	0.678	
Glycine.....g	0.650		1		1		0.780	0.184	
Proline.....g	0.471		1		1		0.565	0.134	
Serine.....g	0.599		1		1		0.719	0.170	
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.

NDB No. 12145
Nuts, pilinuts, dried

Common Measures:
Measure 1 = 120g: 1 cup
Measure 2 = 28.35g: 1 oz (15 kernels)

Calories Factors: Protein 3.47 Fat 8.37 Carbohydrate4.07 Food Group: 12 Nut and Seed Products
USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 12147
Nuts, pine nuts, dried (1, 2)
Pinus spp.

Refuse:23% Shells

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common		
							measures of food		
	Number						Measure 1	Measure 2	Measure 3
	Mean	Std. Error	Points	Deriv Code	Source Code	Confidence Code			
Proximates:									
Water.....g	2.28	0.094	8	A	1		3.07	0.65	0.04
Energy.....kcal	673		0	NC	4		908	191	11
Energy.....kJ	2816		0	NC	4		3802	798	48
Protein (N x 5.3).....g	13.69	0.156	8	A	1		18.49	3.88	0.23
Total lipid (fat).....g	68.37	0.249	8	A	1		92.29	19.38	1.16
Ash.....g	2.59	0.032	8	A	1		3.50	0.73	0.04
Carbohydrate, by difference.....g	13.08		0	NC	4		17.65	3.71	0.22
Fiber, total dietary.....g	3.7	0.052	5	A	1		5.1	1.1	0.1
Sugars, total.....g	3.59	0.085	4	A	1		4.85	1.02	0.06
Sucrose.....g	3.45	0.085	4	A	1		4.65	0.98	0.06
Glucose (dextrose).....g	0.07	0.000	4	A	1		0.10	0.02	0.00
Fructose.....g	0.07	0.000	4	A	1		0.10	0.02	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	1.43		1	A	1		1.93	0.41	0.02
Minerals:									
Calcium, Ca.....mg	16	0.955	8	A	1		22	5	0
Iron, Fe.....mg	5.53	0.133	8	A	1		7.46	1.57	0.09
Magnesium, Mg.....mg	251	2.969	8	A	1		339	71	4
Phosphorus, P.....mg	575	9.507	8	A	1		777	163	10
Potassium, K.....mg	597	11.408	8	A	1		806	169	10
Sodium, Na.....mg	2	0.000	4	A	1		2	0	0
Zinc, Zn.....mg	6.45	0.075	8	A	1		8.71	1.83	0.11
Copper, Cu.....mg	1.324	0.015	8	A	1		1.787	0.375	0.023
Manganese, Mn.....mg	8.802	0.309	8	A	1		11.883	2.496	0.150
Selenium, Se.....µg	0.7	0.069	4	A	1		0.9	0.2	0.0
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.8	0.198	7	A	1		1.0	0.2	0.0
Thiamin.....mg	0.364	0.026	8	A	1		0.491	0.103	0.006
Riboflavin.....mg	0.227	0.010	4	A	1		0.306	0.064	0.004
Niacin.....mg	4.387	0.210	8	A	1		5.923	1.244	0.075
Pantothenic acid.....mg	0.313	0.008	7	A	1		0.422	0.089	0.005
Vitamin B-6.....mg	0.094	0.004	8	A	1		0.126	0.027	0.002
Folate, total.....µg	34	0.737	6	A	1		46	10	1
Folic acid.....µg	0		0	Z	7		0	0	0
Folate, food.....µg	34	0.737	6	A	1		46	10	1
Folate, DFE.....µg	34		0	NC	4		46	10	1
Choline, total.....mg	55.8	1.046	5	AS	1		75.3	15.8	0.9
Betaine.....mg	0.4	0.015	5	A	1		0.5	0.1	0.0
Vitamin B-12.....µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin B-12, added.....µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE.....µg	1		0	NC	4		2	0	0
Retinol.....µg	0		0	Z	7		0	0	0
Carotene, beta.....µg	17		0	BNA	4		23	5	0
Carotene, alpha.....µg	0		0	BNA	4		0	0	0
Cryptoxanthin, beta.....µg	0		0	BNA	4		0	0	0
Vitamin A, IU.....IU	29		0		4		39	8	0
Lycopene.....µg	0		0	BFZN	4		0	0	0
Lutein + zeaxanthin.....µg	9		0	BFZN	4		12	3	0
Vitamin E (alpha-tocopherol).....mg	9.33	0.288	4	A	1		12.59	2.64	0.16
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta.....mg	0.00	0.000	4	A	1		0.00	0.00	0.00
Tocopherol, gamma.....mg	11.15	0.202	4	A	1		15.05	3.16	0.19
Tocopherol, delta.....mg	0.00	0.000	4	A	1		0.00	0.00	0.00
Tocotrienol, alpha.....mg	0.00	0.000	4	A	1		0.00	0.00	0.00
Tocotrienol, beta.....mg	0.00	0.000	4	A	1		0.00	0.00	0.00

NDB No. 12147
Nuts, pine nuts, dried (1, 2)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Deriv			Source Confidence Code	Measure 1	Measure 2	Measure 3
			Points	Code	Code				
Tocotrienol, gamma.....mg	0.69	0.082	4	A	1		0.93	0.20	0.01
Tocotrienol, delta.....mg	0.00	0.000	4	A	1		0.00	0.00	0.00
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0	0.0	0.0
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	0		0	Z	7		0	0	0
Vitamin K (phylloquinone).....µg	53.9	1.736	7	A	1		72.8	15.3	0.9
Dihydrophyloquinone.....µg	0.0	0.000	7	A	1		0.0	0.0	0.0
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	4.899		0	NC	4		6.614	1.389	0.083
4:0.....g	0.000		0		1		0.000	0.000	0.000
6:0.....g	0.000		0		1		0.000	0.000	0.000
8:0.....g	0.000	0.000	7	A	1		0.000	0.000	0.000
10:0.....g	0.000	0.000	7	A	1		0.000	0.000	0.000
12:0.....g	0.000	0.000	7	A	1		0.000	0.000	0.000
13:0.....g									
14:0.....g	0.000	0.000	7	A	1		0.000	0.000	0.000
15:0.....g	0.000	0.000	7	A	1		0.000	0.000	0.000
16:0.....g	3.212	0.058	7	A	1		4.337	0.911	0.055
17:0.....g	0.000	0.000	7	A	1		0.000	0.000	0.000
18:0.....g	1.390	0.019	7	A	1		1.876	0.394	0.024
20:0.....g	0.229	0.006	7	A	1		0.309	0.065	0.004
22:0.....g	0.068	0.002	7	A	1		0.092	0.019	0.001
24:0.....g	0.000	0.000	3	A	1		0.000	0.000	0.000
Fatty acids, total monounsaturated.....g	18.764		0	NC	4		25.331	5.320	0.319
14:1.....g	0.000	0.000	7	A	1		0.000	0.000	0.000
15:1.....g	0.000	0.000	7	A	1		0.000	0.000	0.000
16:1 undifferentiated.....g	0.017	0.007	7	A	1		0.023	0.005	0.000
17:1.....g	0.000	0.000	7	A	1		0.000	0.000	0.000
18:1 undifferentiated.....g	17.947	0.313	7	A	1		24.228	5.088	0.305
20:1.....g	0.801	0.021	7	A	1		1.081	0.227	0.014
22:1 undifferentiated.....g	0.000	0.000	3	A	1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	34.071		0	NC	4		45.996	9.659	0.579
18:2 undifferentiated.....g	33.150	0.429	7	A	1		44.752	9.398	0.564
18:3 undifferentiated.....g	0.164		0	AS	1		0.222	0.047	0.003
18:3 n-3 c,c,c (ALA).....g	0.112	0.002	4	A	1		0.151	0.032	0.002
18:3 n-6 c,c,c.....g	0.052	0.000	4	A	1		0.070	0.015	0.001
18:3i.....g									
18:4.....g	0.000	0.000	3	A	1		0.000	0.000	0.000
20:2 n-6 c,c.....g	0.404	0.006	7	A	1		0.545	0.115	0.007
20:3 undifferentiated.....g	0.353	0.003	7	A	1		0.476	0.100	0.006
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.000	0.000	7	A	1		0.000	0.000	0.000
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.000	0.000	3	A	1		0.000	0.000	0.000
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000	0.000	3	A	1		0.000	0.000	0.000
22:6 n-3 (DHA).....g	0.000	0.000	3	A	1		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	0
Phytosterols.....mg									
Stigmasterol.....mg	0	0.000	4	A	1		0	0	0
Campesterol.....mg	20	0.254	4	A	1		27	6	0
Beta-sitosterol.....mg	132	0.462	4	A	1		178	37	2
Amino Acids:									
Tryptophan.....g	0.107		0	A	1		0.144	0.030	0.002
Threonine.....g	0.370		0	A	1		0.499	0.105	0.006
Isoleucine.....g	0.542		0	A	1		0.732	0.154	0.009
Leucine.....g	0.991		0	A	1		1.337	0.281	0.017

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points			Measure 1	Measure 2	Measure 3
			Deriv Code	Source Code	Confidence Code			
Lysine.....g	0.540		0	A	1	0.729	0.153	0.009
Methionine.....g	0.259		0	A	1	0.349	0.073	0.004
Cystine.....g	0.289		0	A	1	0.390	0.082	0.005
Phenylalanine.....g	0.524		0	A	1	0.708	0.149	0.009
Tyrosine.....g	0.509		0	A	1	0.687	0.144	0.009
Valine.....g	0.687		0	A	1	0.927	0.195	0.012
Arginine.....g	2.413		0	A	1	3.257	0.684	0.041
Histidine.....g	0.341		0	A	1	0.460	0.097	0.006
Alanine.....g	0.684		0	A	1	0.924	0.194	0.012
Aspartic acid.....g	1.303		0	A	1	1.759	0.369	0.022
Glutamic acid.....g	2.926		0	A	1	3.951	0.830	0.050
Glycine.....g	0.691		0	A	1	0.932	0.196	0.012
Proline.....g	0.673		0	A	1	0.909	0.191	0.011
Serine.....g	0.835		0	A	1	1.127	0.237	0.014
Hydroxyproline.....g								
Others:								
Alcohol, ethyl.....g	0.0		0		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 = 135g: 1 cup
Measure 2 = 28.35g: 1 oz (167 kernels)
Measure 3 = 1.7g: 10 nuts

Footnotes:

- 1 Includes pignolia (Pinus pinea) and Korean (Pinus koraiensis).
2 Other phytosterols total 84.1 mg/100g; these include delta 5-avenasterol (40.1), sitostanol (5.9), campestanol (3.9), and other minor phytosterols (34.2 mg).

Calories Factors: Protein 3.47 Fat 8.37 Carbohydrate 4.07

Food Group: 12 Nut and Seed Products
USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 12149
Nuts, pine nuts, pinyon, dried
Pinus edulis
pinon
Refuse:43% Shells

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion 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	5.90		1		1		1.67	0.06	
Energy.....kcal	629		0	NC	4		178	6	
Energy.....kJ	2632				4		746	26	
Protein (N x 5.3).....g	11.57		1		1		3.28	0.12	
Total lipid (fat).....g	60.98		1		1		17.29	0.61	
Ash.....g	2.26		1		1		0.64	0.02	
Carbohydrate, by difference.....g	19.30		0	NC	4		5.47	0.19	
Fiber, total dietary.....g	10.7		0		4		3.0	0.1	
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	8		2		1		2	0	
Iron, Fe.....mg	3.06		2		1		0.87	0.03	
Magnesium, Mg.....mg	234		2		1		66	2	
Phosphorus, P.....mg	35		2		1		10	0	
Potassium, K.....mg	628		2		1		178	6	
Sodium, Na.....mg	72		2		1		20	1	
Zinc, Zn.....mg	4.28		2		1		1.21	0.04	
Copper, Cu.....mg	1.035		2		1		0.293	0.010	
Manganese, Mn.....mg	4.333		0		4		1.228	0.043	
Selenium, Se.....µg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	2.0		0		1		0.6	0.0	
Thiamin.....mg	1.243		0		1		0.352	0.012	
Riboflavin.....mg	0.223		0		1		0.063	0.002	
Niacin.....mg	4.370		0		1		1.239	0.044	
Pantothenic acid.....mg	0.210		0		4		0.060	0.002	
Vitamin B-6.....mg	0.111		0		4		0.031	0.001	
Folate, total.....µg	58		0		4		16	1	
Folic acid.....µg	0		0	Z	7		0	0	
Folate, food.....µg	58		0		4		16	1	
Folate, DFE.....µg	58		0	NC	4		16	1	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....µg	1		0		1		0	0	
Retinol.....µg	0		0	Z	7		0	0	
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	29		0		1		8	0	
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D.....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone).....µg									
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									

Lipids:

NDB No. 12149
Nuts, pine nuts, pinyon, dried

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>		
	Mean	Std. Error	Number		Source Code	Confidence Code	
			of Data Points	Deriv Code			
							Measure 1 Measure 2 Measure 3
Fatty acids, total saturated.....g	9.377		0		1		2.658 0.094
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	4.416		0		1		1.252 0.044
17:0.....g							
18:0.....g	2.011		0		1		0.570 0.020
20:0.....g							
22:0.....g							
24:0.....g							
Fatty acids, total monounsaturated.....g	22.942		0		1		6.504 0.229
14:1.....g							
15:1.....g							
16:1 undifferentiated.....g	0.250		0		1		0.071 0.003
17:1.....g							
18:1 undifferentiated.....g	21.528		0		1		6.103 0.215
20:1.....g	1.164		0		1		0.330 0.012
22:1 undifferentiated.....g							
24:1 c.....g							
Fatty acids, total polyunsaturated.....g	25.668		0		1		7.277 0.257
18:2 undifferentiated.....g	24.882		0		1		7.054 0.249
18:3 undifferentiated.....g	0.787		0		1		0.223 0.008
18:4.....g							
20:2 n-6 c,c.....g							
20:3 undifferentiated.....g							
20:4 undifferentiated.....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	Z	7		0 0
Phytosterols.....mg							
Amino Acids:							
Tryptophan.....g	0.146		0		1		0.041 0.001
Threonine.....g	0.367		0		1		0.104 0.004
Isoleucine.....g	0.450		0		1		0.128 0.005
Leucine.....g	0.834		0		1		0.236 0.008
Lysine.....g	0.434		0		1		0.123 0.004
Methionine.....g	0.207		0		1		0.059 0.002
Cystine.....g	0.210		0		1		0.060 0.002
Phenylalanine.....g	0.443		0		1		0.126 0.004
Tyrosine.....g	0.424		0		1		0.120 0.004
Valine.....g	0.598		0		1		0.170 0.006
Arginine.....g	2.251		0		1		0.638 0.023
Histidine.....g	0.277		0		1		0.079 0.003
Alanine.....g	0.605		0		1		0.172 0.006
Aspartic acid.....g	1.054		0		1		0.299 0.011
Glutamic acid.....g	1.969		0		1		0.558 0.020
Glycine.....g	0.589		0		1		0.167 0.006
Proline.....g	0.622		0		1		0.176 0.006
Serine.....g	0.491		0		1		0.139 0.005
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.

NDB No. 12149
Nuts, pine nuts, pinyon, dried
Common Measures:
Measure 1 = 28.35g: 1 oz
Measure 2 = 1.0g: 10 nuts

Calories Factors: Protein 3.47 Fat 8.37 Carbohydrate4.07 Food Group: 12 Nut and Seed Products
USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 12652

Nuts, pistachio nuts, dry roasted, with salt added (1)

Refuse:47% Shells

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion 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	1.79	0.144	8	A	1		2.20	0.51	0.01
Energy.....kcal	564		0	NC	4		694	160	4
Energy.....kJ	2362		0	NC	4		2905	670	17
Protein (N x 5.3).....g	20.95	0.472	13	A	1		25.77	5.94	0.15
Total lipid (fat).....g	44.82	1.826	14	A	1		55.13	12.71	0.31
Ash.....g	3.79	0.086	5	A	1		4.66	1.07	0.03
Carbohydrate, by difference.....g	28.66		0	NC	4		35.25	8.12	0.20
Fiber, total dietary.....g	9.9	0.551	19	A	1		12.2	2.8	0.1
Sugars, total.....g	7.74	0.360	13	A	1		9.52	2.20	0.05
Sucrose.....g	7.12	0.283	13	A	1		8.76	2.02	0.05
Glucose (dextrose).....g	0.26	0.075	13	A	1		0.31	0.07	0.00
Fructose.....g	0.22	0.089	13	A	1		0.27	0.06	0.00
Lactose.....g	0.00	0.000	13	A	1		0.00	0.00	0.00
Maltose.....g	0.13	0.069	13	A	1		0.16	0.04	0.00
Galactose.....g									
Starch.....g	1.38	0.113	4	A	1		1.69	0.39	0.01
Minerals:									
Calcium, Ca.....mg	107	5.666	13	A	1		132	30	1
Iron, Fe.....mg	4.03	0.176	13	A	1		4.96	1.14	0.03
Magnesium, Mg.....mg	109	11.075	5	A	1		134	31	1
Phosphorus, P.....mg	469	16.500	5	A	1		576	133	3
Potassium, K.....mg	1007	39.559	12	A	1		1239	286	7
Sodium, Na.....mg	428	34.015	17	A	1		527	121	3
Zinc, Zn.....mg	2.34	0.040	5	A	1		2.88	0.66	0.02
Copper, Cu.....mg	1.293	0.033	5	A	1		1.590	0.366	0.009
Manganese, Mn.....mg	1.243	0.033	5	A	1		1.528	0.352	0.009
Selenium, Se.....µg	10.0	0.836	10	A	1		12.3	2.8	0.1
Vitamins:									
Vitamin C, total ascorbic acid.....mg	3.0	0.750	6	A	1		3.7	0.9	0.0
Thiamin.....mg	0.695	0.145	5	A	1		0.855	0.197	0.005
Riboflavin.....mg	0.234	0.076	5	A	1		0.288	0.066	0.002
Niacin.....mg	1.373	0.053	5	A	1		1.688	0.389	0.010
Pantothenic acid.....mg	0.513	0.012	4	A	1		0.630	0.145	0.004
Vitamin B-6.....mg	1.122	0.311	13	A	1		1.380	0.318	0.008
Folate, total.....µg	51	0.500	5	A	1		62	14	0
Folic acid.....µg	0		0	Z	7		0	0	0
Folate, food.....µg	51	0.500	5	A	1		62	14	0
Folate, DFE.....µg	51		0	NC	4		62	14	0
Choline, total.....mg	71.4	0.884	8	AS	1		87.9	20.2	0.5
Betaine.....mg	0.8	0.026	8	A	1		1.0	0.2	0.0
Vitamin B-12.....µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin B-12, added.....µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE.....µg	13		0	AS	1		16	4	0
Retinol.....µg	0		0	Z	7		0	0	0
Carotene, beta.....µg	156	57.546	14	A	1		191	44	1
Carotene, alpha.....µg	0	0.000	12	A	1		0	0	0
Cryptoxanthin, beta.....µg	0	0.000	8	A	1		0	0	0
Vitamin A, IU.....IU	259		0	AS	1		319	74	2
Lycopene.....µg	0	0.000	8	A	1		0	0	0
Lutein + zeaxanthin.....µg	1160	48.536	9	A	1		1427	329	8
Vitamin E (alpha-tocopherol).....mg	2.42	0.370	6	A	1		2.97	0.68	0.02
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta.....mg	0.15	0.042	6	A	1		0.19	0.04	0.00
Tocopherol, gamma.....mg	23.56	3.574	6	A	1		28.98	6.68	0.16
Tocopherol, delta.....mg	0.54	0.227	6	A	1		0.66	0.15	0.00
Tocotrienol, alpha.....mg	0.51		1	A	1		0.63	0.14	0.00
Tocotrienol, beta.....mg	0.00		1	A	1		0.00	0.00	0.00

NDB No. 12652

Nuts, pistachio nuts, dry roasted, with salt added (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 Deriv Source			Measure 1	Measure 2	Measure 3
			Points	Code	Confidence Code			
Tocotrienol, gamma.....mg	4.49		1	A	1	5.52	1.27	0.03
Tocotrienol, delta.....mg	0.03		1	A	1	0.04	0.01	0.00
Vitamin D (D2 + D3).....µg	0.0		0	Z	7	0.0	0.0	0.0
Vitamin D2 (ergocalciferol).....µg								
Vitamin D3 (cholecalciferol).....µg								
Vitamin D.....IU	0		0	Z	7	0	0	0
Vitamin K (phylloquinone).....µg	13.2	0.287	8	A	1	16.3	3.7	0.1
Dihydrophyloquinone.....µg	0.0	0.000	8	A	1	0.0	0.0	0.0
Menaquinone-4.....µg								
Lipids:								
Fatty acids, total saturated.....g	5.456		0	NC	4	6.710	1.547	0.038
4:0.....g	0.000		0	Z	7	0.000	0.000	0.000
6:0.....g	0.000		0	Z	7	0.000	0.000	0.000
8:0.....g	0.000	0.000	6	A	1	0.000	0.000	0.000
10:0.....g	0.000	0.000	6	A	1	0.000	0.000	0.000
12:0.....g	0.000	0.000	6	A	1	0.000	0.000	0.000
13:0.....g	0.000	0.000	4	A	1	0.000	0.000	0.000
14:0.....g	0.018	0.019	6	A	1	0.022	0.005	0.000
15:0.....g	0.000	0.000	6	A	1	0.000	0.000	0.000
16:0.....g	4.830	0.141	6	A	1	5.940	1.369	0.034
17:0.....g	0.010	0.011	6	A	1	0.013	0.003	0.000
18:0.....g	0.498	0.010	6	A	1	0.612	0.141	0.003
20:0.....g	0.049	0.003	6	A	1	0.061	0.014	0.000
22:0.....g	0.039	0.000	6	A	1	0.048	0.011	0.000
24:0.....g	0.011	0.012	6	A	1	0.014	0.003	0.000
Fatty acids, total monounsaturated.....g	23.676		0	NC	4	29.122	6.712	0.166
14:1.....g	0.005	0.005	6	A	1	0.006	0.001	0.000
15:1.....g	0.009		2	A	1	0.011	0.003	0.000
16:1 undifferentiated.....g	0.455	0.022	6	A	1	0.559	0.129	0.003
17:1.....g	0.019		2	A	1	0.024	0.006	0.000
18:1 undifferentiated.....g	23.026	0.667	6	A	1	28.323	6.528	0.161
18:1 c.....g								
18:1 t.....g	0.000		2	A	1	0.000	0.000	0.000
18:1-11 t (18:1t n-7).....g								
20:1.....g	0.157	0.011	6	A	1	0.193	0.045	0.001
22:1 undifferentiated.....g	0.005	0.005	6	A	1	0.006	0.001	0.000
24:1 c.....g	0.000	0.000	4	A	1	0.000	0.000	0.000
Fatty acids, total polyunsaturated.....g	13.448		0	NC	4	16.542	3.813	0.094
18:2 undifferentiated.....g	13.201	0.263	6	A	1	16.237	3.742	0.092
18:2 n-6 c,c.....g								
18:2 CLAs.....g								
18:2 t,t.....g								
18:2 i.....g								
18:2 t not further defined.....g	0.000		2	A	1	0.000	0.000	0.000
18:3 undifferentiated.....g	0.238	0.012	6	A	1	0.293	0.068	0.002
18:4.....g	0.000		0	Z	7	0.000	0.000	0.000
20:2 n-6 c,c.....g	0.000	0.000	6	A	1	0.000	0.000	0.000
20:3 undifferentiated.....g	0.005	0.005	6	A	1	0.006	0.001	0.000
20:4 undifferentiated.....g	0.005	0.005	6	A	1	0.006	0.001	0.000
20:5 n-3 (EPA).....g	0.000	0.000	4	A	1	0.000	0.000	0.000
21:5.....g								
22:4.....g								
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	0.000		0	NC	4	0.000	0.000	0.000
Fatty acids, total trans-monoenoic.....g	0.000		0	NC	4	0.000	0.000	0.000
Fatty acids, total trans-polyenoic.....g	0.000		0	NC	4	0.000	0.000	0.000
Cholesterol.....mg	0		0	Z	7	0	0	0
Phytosterols.....mg								
Stigmasterol.....mg	3	0.118	4	A	1	4	1	0
Campesterol.....mg	10	0.059	4	A	1	12	3	0
Beta-sitosterol.....mg	210	1.661	4	A	1	258	59	1

Amino Acids:

NDB No. 12652

Nuts, pistachio nuts, dry roasted, with salt added (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			Measure 1	Measure 2	Measure 3
			Deriv Code	Source Code	Confidence Code			
Tryptophan.....g	0.284		0	A	1	0.349	0.080	0.002
Threonine.....g	0.703		0	A	1	0.864	0.199	0.005
Isoleucine.....g	0.932		0	A	1	1.147	0.264	0.007
Leucine.....g	1.599		0	A	1	1.967	0.453	0.011
Lysine.....g	1.195		0	A	1	1.470	0.339	0.008
Methionine.....g	0.343		0	A	1	0.422	0.097	0.002
Cystine.....g	0.360		0	A	1	0.443	0.102	0.003
Phenylalanine.....g	1.107		0	A	1	1.362	0.314	0.008
Tyrosine.....g	0.507		0	A	1	0.624	0.144	0.004
Valine.....g	1.262		0	A	1	1.553	0.358	0.009
Arginine.....g	2.203		0	A	1	2.710	0.625	0.015
Histidine.....g	0.513		0	A	1	0.631	0.145	0.004
Alanine.....g	0.955		0	A	1	1.174	0.271	0.007
Aspartic acid.....g	1.907		0	A	1	2.345	0.541	0.013
Glutamic acid.....g	4.062		0	A	1	4.996	1.152	0.028
Glycine.....g	0.992		0	A	1	1.221	0.281	0.007
Proline.....g	0.844		0	A	1	1.039	0.239	0.006
Serine.....g	1.263		0	A	1	1.553	0.358	0.009
Hydroxyproline.....g								
Others:								
Alcohol, ethyl.....g	0.0		0		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 = 123g: 1 cup

Measure 2 = 28.35g: 1 oz (49 kernels)

Measure 3 = 0.7g: 1 kernel

Footnotes:

- 1 Additional phytosterols total 58.1 mg/100 g; these include delta 5-avenasterol (26.2), sitostanol (2.3), campestanol (4.9), and other minor phytosterols (24.7 mg).

Calories Factors: Protein 3.47**Fat** 8.37**Carbohydrate**4.07**Food Group:** 12 Nut and Seed Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 12152

Nuts, pistachio nuts, dry roasted, without salt added (1)

Refuse:47% Shells

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion 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	1.85	0.118	15	A	1		2.28	0.52	0.01
Energy.....kcal	567		0	NC	4		698	161	4
Energy.....kJ	2374		0	NC	4		2920	673	17
Protein (N x 5.3).....g	20.95	0.472	13	A	1		25.77	5.94	0.15
Total lipid (fat).....g	44.82	1.826	14	A	1		55.13	12.71	0.31
Ash.....g	3.00	0.067	12	A	1		3.69	0.85	0.02
Carbohydrate, by difference.....g	29.38		0	NC	4		36.14	8.33	0.21
Fiber, total dietary.....g	9.9	0.551	19	A	1		12.2	2.8	0.1
Sugars, total.....g	7.74	0.360	13	A	1		9.52	2.20	0.05
Sucrose.....g	7.12	0.283	13	A	1		8.76	2.02	0.05
Glucose (dextrose).....g	0.26	0.075	13	A	1		0.31	0.07	0.00
Fructose.....g	0.22	0.089	13	A	1		0.27	0.06	0.00
Lactose.....g	0.00	0.000	13	A	1		0.00	0.00	0.00
Maltose.....g	0.13	0.069	13	A	1		0.16	0.04	0.00
Galactose.....g									
Starch.....g	1.38	0.113	4	A	1		1.69	0.39	0.01
Minerals:									
Calcium, Ca.....mg	107	5.666	13	A	1		132	30	1
Iron, Fe.....mg	4.03	0.176	13	A	1		4.96	1.14	0.03
Magnesium, Mg.....mg	109	11.075	5	A	1		134	31	1
Phosphorus, P.....mg	469	16.500	5	A	1		576	133	3
Potassium, K.....mg	1007	39.559	12	A	1		1239	286	7
Sodium, Na.....mg	6	3.950	5	A	1		8	2	0
Zinc, Zn.....mg	2.34	0.040	5	A	1		2.88	0.66	0.02
Copper, Cu.....mg	1.293	0.033	5	A	1		1.590	0.366	0.009
Manganese, Mn.....mg	1.243	0.033	5	A	1		1.528	0.352	0.009
Selenium, Se.....µg	10.0	0.836	10	A	1		12.3	2.8	0.1
Vitamins:									
Vitamin C, total ascorbic acid.....mg	3.0	0.750	6	A	1		3.7	0.9	0.0
Thiamin.....mg	0.695	0.145	5	A	1		0.855	0.197	0.005
Riboflavin.....mg	0.234	0.076	5	A	1		0.288	0.066	0.002
Niacin.....mg	1.373	0.053	5	A	1		1.688	0.389	0.010
Pantothenic acid.....mg	0.513	0.012	4	A	1		0.630	0.145	0.004
Vitamin B-6.....mg	1.122	0.311	13	A	1		1.380	0.318	0.008
Folate, total.....µg	51	0.500	5	A	1		62	14	0
Folic acid.....µg	0		0	Z	7		0	0	0
Folate, food.....µg	51	0.500	5	A	1		62	14	0
Folate, DFE.....µg	51		0	NC	4		62	14	0
Choline, total.....mg	71.4	0.986	8	AS	1		87.9	20.2	0.5
Betaine.....mg	0.8	0.043	8	A	1		1.0	0.2	0.0
Vitamin B-12.....µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin B-12, added.....µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE.....µg	13		0	AS	1		16	4	0
Retinol.....µg	0		0	Z	7		0	0	0
Carotene, beta.....µg	156	57.546	14	A	1		191	44	1
Carotene, alpha.....µg	0	0.000	12	A	1		0	0	0
Cryptoxanthin, beta.....µg	0	0.000	8	A	1		0	0	0
Vitamin A, IU.....IU	259		0	AS	1		319	74	2
Lycopene.....µg	0	0.000	8	A	1		0	0	0
Lutein + zeaxanthin.....µg	1160	48.536	9	A	1		1427	329	8
Vitamin E (alpha-tocopherol).....mg	2.42	0.370	6	A	1		2.97	0.68	0.02
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta.....mg	0.15	0.042	6	A	1		0.19	0.04	0.00
Tocopherol, gamma.....mg	23.56	3.574	6	A	1		28.98	6.68	0.16
Tocopherol, delta.....mg	0.54	0.227	6	A	1		0.66	0.15	0.00
Tocotrienol, alpha.....mg	0.51		1	A	1		0.63	0.14	0.00
Tocotrienol, beta.....mg	0.00		1	A	1		0.00	0.00	0.00

NDB No. 12152

Nuts, pistachio nuts, dry roasted, without salt added (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 Deriv Source			Measure 1	Measure 2	Measure 3
			Points	Code	Confidence Code			
Tocotrienol, gamma.....mg	4.49		1	A	1	5.52	1.27	0.03
Tocotrienol, delta.....mg	0.03		1	A	1	0.04	0.01	0.00
Vitamin D (D2 + D3).....µg	0.0		0	Z	7	0.0	0.0	0.0
Vitamin D2 (ergocalciferol).....µg								
Vitamin D3 (cholecalciferol).....µg								
Vitamin D.....IU	0		0	Z	7	0	0	0
Vitamin K (phylloquinone).....µg	13.2	0.584	8	A	1	16.3	3.7	0.1
Dihydrophyloquinone.....µg	0.0	0.000	8	A	1	0.0	0.0	0.0
Menaquinone-4.....µg								
Lipids:								
Fatty acids, total saturated.....g	5.456		0	NC	4	6.710	1.547	0.038
4:0.....g	0.000		0	Z	7	0.000	0.000	0.000
6:0.....g	0.000		0	Z	7	0.000	0.000	0.000
8:0.....g	0.000	0.000	6	A	1	0.000	0.000	0.000
10:0.....g	0.000	0.000	6	A	1	0.000	0.000	0.000
12:0.....g	0.000	0.000	6	A	1	0.000	0.000	0.000
13:0.....g	0.000	0.000	4	A	1	0.000	0.000	0.000
14:0.....g	0.018	0.019	6	A	1	0.022	0.005	0.000
15:0.....g	0.000	0.000	6	A	1	0.000	0.000	0.000
16:0.....g	4.830	0.141	6	A	1	5.940	1.369	0.034
17:0.....g	0.010	0.011	6	A	1	0.013	0.003	0.000
18:0.....g	0.498	0.010	6	A	1	0.612	0.141	0.003
20:0.....g	0.049	0.003	6	A	1	0.061	0.014	0.000
22:0.....g	0.039	0.000	6	A	1	0.048	0.011	0.000
24:0.....g	0.011	0.012	6	A	1	0.014	0.003	0.000
Fatty acids, total monounsaturated.....g	23.676		0	NC	4	29.122	6.712	0.166
14:1.....g	0.005	0.005	6	A	1	0.006	0.001	0.000
15:1.....g	0.009		2	A	1	0.011	0.003	0.000
16:1 undifferentiated.....g	0.455	0.022	6	A	1	0.559	0.129	0.003
17:1.....g	0.019		2	A	1	0.024	0.006	0.000
18:1 undifferentiated.....g	23.026	0.667	6	A	1	28.323	6.528	0.161
18:1 c.....g								
18:1 t.....g	0.000		2	A	1	0.000	0.000	0.000
18:1-11 t (18:1t n-7).....g								
20:1.....g	0.157	0.011	6	A	1	0.193	0.045	0.001
22:1 undifferentiated.....g	0.005	0.005	6	A	1	0.006	0.001	0.000
24:1 c.....g	0.000	0.000	4	A	1	0.000	0.000	0.000
Fatty acids, total polyunsaturated.....g	13.448		0	NC	4	16.542	3.813	0.094
18:2 undifferentiated.....g	13.201	0.263	6	A	1	16.237	3.742	0.092
18:2 n-6 c,c.....g								
18:2 CLAs.....g								
18:2 t,t.....g								
18:2 i.....g								
18:2 t not further defined.....g	0.000		2	A	1	0.000	0.000	0.000
18:3 undifferentiated.....g	0.238	0.012	6	A	1	0.293	0.068	0.002
18:4.....g	0.000		0	Z	7	0.000	0.000	0.000
20:2 n-6 c,c.....g	0.000	0.000	6	A	1	0.000	0.000	0.000
20:3 undifferentiated.....g	0.005	0.005	6	A	1	0.006	0.001	0.000
20:4 undifferentiated.....g	0.005	0.005	6	A	1	0.006	0.001	0.000
20:5 n-3 (EPA).....g	0.000	0.000	4	A	1	0.000	0.000	0.000
21:5.....g								
22:4.....g								
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	0.000		0	NC	4	0.000	0.000	0.000
Fatty acids, total trans-monoenoic.....g	0.000		0	NC	4	0.000	0.000	0.000
Fatty acids, total trans-polyenoic.....g	0.000		0	NC	4	0.000	0.000	0.000
Cholesterol.....mg	0		0	Z	7	0	0	0
Phytosterols.....mg								
Stigmasterol.....mg	3	0.118	4	A	1	4	1	0
Campesterol.....mg	10	0.059	4	A	1	12	3	0
Beta-sitosterol.....mg	210	1.661	4	A	1	258	59	1

Amino Acids:

NDB No. 12152

Nuts, pistachio nuts, dry roasted, without salt added (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			Measure 1	Measure 2	Measure 3
			Deriv Code	Source Code	Confidence Code			
Tryptophan.....g	0.284		0	A	1	0.349	0.080	0.002
Threonine.....g	0.703		0	A	1	0.864	0.199	0.005
Isoleucine.....g	0.932		0	A	1	1.147	0.264	0.007
Leucine.....g	1.599		0	A	1	1.967	0.453	0.011
Lysine.....g	1.195		0	A	1	1.470	0.339	0.008
Methionine.....g	0.343		0	A	1	0.422	0.097	0.002
Cystine.....g	0.360		0	A	1	0.443	0.102	0.003
Phenylalanine.....g	1.107		0	A	1	1.362	0.314	0.008
Tyrosine.....g	0.507		0	A	1	0.624	0.144	0.004
Valine.....g	1.262		0	A	1	1.553	0.358	0.009
Arginine.....g	2.203		0	A	1	2.710	0.625	0.015
Histidine.....g	0.513		0	A	1	0.631	0.145	0.004
Alanine.....g	0.955		0	A	1	1.174	0.271	0.007
Aspartic acid.....g	1.907		0	A	1	2.345	0.541	0.013
Glutamic acid.....g	4.062		0	A	1	4.996	1.152	0.028
Glycine.....g	0.992		0	A	1	1.221	0.281	0.007
Proline.....g	0.844		0	A	1	1.039	0.239	0.006
Serine.....g	1.263		0	A	1	1.553	0.358	0.009
Hydroxyproline.....g								
Others:								
Alcohol, ethyl.....g	0.0		0		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 = 123g: 1 cup

Measure 2 = 28.35g: 1 oz (49 kernels)

Measure 3 = 0.7g: 1 kernel

Footnotes:

- 1 Additional phytosterols total 58.1 mg/100 g; these include delta 5-avenasterol (26.2), sitostanol (2.3), campestanol (4.9), and other minor phytosterols (24.7 mg).

Calories Factors: Protein 3.47**Fat** 8.37**Carbohydrate**4.07**Food Group:** 12 Nut and Seed Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 12151
 Nuts, pistachio nuts, raw (1)
Pistacia vera

Refuse:47% Shells

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number			Measure 1	Measure 2	Measure 3	
			Points	Deriv Code	Source Code				Confidence Code
Proximates:									
Water.....g	3.91	0.169	9	A	1	4.81	1.11	0.03	
Energy.....kcal	562		0	NC	4	692	159	4	
Energy.....kJ	2352		0	NC	4	2893	667	16	
Protein (N x 5.3).....g	20.27	0.358	9	A	1	24.94	5.75	0.14	
Total lipid (fat).....g	45.39	1.355	9	A	1	55.83	12.87	0.32	
Ash.....g	2.91	0.112	9	A	1	3.58	0.83	0.02	
Carbohydrate, by difference.....g	27.51		0	NC	4	33.84	7.80	0.19	
Fiber, total dietary.....g	10.3	0.204	9	A	1	12.6	2.9	0.1	
Sugars, total.....g	7.66	0.178	9	A	1	9.42	2.17	0.05	
Sucrose.....g	6.87	0.145	9	A	1	8.45	1.95	0.05	
Glucose (dextrose).....g	0.32	0.078	9	A	1	0.39	0.09	0.00	
Fructose.....g	0.24	0.081	9	A	1	0.30	0.07	0.00	
Lactose.....g	0.00	0.000	9	A	1	0.00	0.00	0.00	
Maltose.....g	0.17	0.047	9	A	1	0.20	0.05	0.00	
Galactose.....g									
Starch.....g	1.67		1	A	1	2.05	0.47	0.01	
Minerals:									
Calcium, Ca.....mg	105	2.408	9	A	1	129	30	1	
Iron, Fe.....mg	3.92	0.247	9	A	1	4.82	1.11	0.03	
Magnesium, Mg.....mg	121		1	A	1	149	34	1	
Phosphorus, P.....mg	490		1	A	1	603	139	3	
Potassium, K.....mg	1025	64.643	8	A	1	1261	291	7	
Sodium, Na.....mg	1		2	A	1	2	0	0	
Zinc, Zn.....mg	2.20		1	A	1	2.71	0.62	0.02	
Copper, Cu.....mg	1.300		1	A	1	1.599	0.369	0.009	
Manganese, Mn.....mg	1.200		1	A	1	1.476	0.340	0.008	
Selenium, Se.....µg	7.0		1	A	1	8.6	2.0	0.0	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	5.6		2	A	1	6.9	1.6	0.0	
Thiamin.....mg	0.870		1	A	1	1.070	0.247	0.006	
Riboflavin.....mg	0.160		1	A	1	0.197	0.045	0.001	
Niacin.....mg	1.300		1	A	1	1.599	0.369	0.009	
Pantothenic acid.....mg	0.520		1	A	1	0.640	0.147	0.004	
Vitamin B-6.....mg	1.700		1	A	1	2.091	0.482	0.012	
Folate, total.....µg	51		1	A	1	62	14	0	
Folic acid.....µg	0		0	Z	7	0	0	0	
Folate, food.....µg	51		1	A	1	62	14	0	
Folate, DFE.....µg	51		0	NC	4	62	14	0	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		0	Z	7	0.00	0.00	0.00	
Vitamin A, RAE.....µg	21		0	AS	1	25	6	0	
Retinol.....µg	0		0	Z	7	0	0	0	
Carotene, beta.....µg	249		2	A	1	306	71	2	
Carotene, alpha.....µg	0		2	A	1	0	0	0	
Cryptoxanthin, beta.....µg	0		1	A	1	0	0	0	
Vitamin A, IU.....IU	415		0	AS	1	510	118	3	
Lycopene.....µg									
Lutein + zeaxanthin.....µg	1405		1	A	1	1728	398	10	
Vitamin E (alpha-tocopherol).....mg	2.30		1	A	1	2.83	0.65	0.02	
Tocopherol, beta.....mg	0.00		1	A	1	0.00	0.00	0.00	
Tocopherol, gamma.....mg	22.60		1	A	1	27.80	6.41	0.16	
Tocopherol, delta.....mg	0.80		1	A	1	0.98	0.23	0.01	
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7	0.0	0.0	0.0	

NDB No. 12151
Nuts, pistachio nuts, raw (1)

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data						
			Points						
Vitamin D.....IU	0		0	Z	7		0	0	0
Vitamin K (phylloquinone).....µg									
Dihydrophyllquinone.....µg									
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	5.556		0	NC	4		6.834	1.575	0.039
4:0.....g	0.000		0	Z	7		0.000	0.000	0.000
6:0.....g	0.000		0	Z	7		0.000	0.000	0.000
8:0.....g	0.000		1	A	1		0.000	0.000	0.000
10:0.....g	0.000		1	A	1		0.000	0.000	0.000
12:0.....g	0.000		1	A	1		0.000	0.000	0.000
13:0.....g	0.000		1	A	1		0.000	0.000	0.000
14:0.....g	0.000		1	A	1		0.000	0.000	0.000
15:0.....g	0.000		1	A	1		0.000	0.000	0.000
16:0.....g	4.994		1	A	1		6.142	1.416	0.035
17:0.....g	0.000		1	A	1		0.000	0.000	0.000
18:0.....g	0.476		1	A	1		0.585	0.135	0.003
20:0.....g	0.043		1	A	1		0.053	0.012	0.000
22:0.....g	0.044		1	A	1		0.054	0.012	0.000
24:0.....g	0.000		1	A	1		0.000	0.000	0.000
Fatty acids, total monounsaturated.....g	23.820		0	NC	4		29.299	6.753	0.167
14:1.....g	0.000		1	A	1		0.000	0.000	0.000
15:1.....g									
16:1 undifferentiated.....g	0.473		1	A	1		0.582	0.134	0.003
17:1.....g									
18:1 undifferentiated.....g	23.174		1	A	1		28.503	6.570	0.162
20:1.....g	0.174		1	A	1		0.214	0.049	0.001
22:1 undifferentiated.....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	13.744		0	NC	4		16.905	3.896	0.096
18:2 undifferentiated.....g	13.485		1	A	1		16.586	3.823	0.094
18:3 undifferentiated.....g	0.259		1	A	1		0.319	0.073	0.002
18:4.....g	0.000		0	Z	7		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
21:5.....g									
22:4.....g									
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	0.000		1	A	1		0.000	0.000	0.000
Cholesterol.....mg	0		0	Z	7		0	0	0
Phytosterols.....mg	214		1		1		263	61	1
Stigmasterol.....mg	5		1	A	1		7	2	0
Campesterol.....mg	10		1	A	1		13	3	0
Beta-sitosterol.....mg	198		1	A	1		243	56	1
Amino Acids:									
Tryptophan.....g	0.271		0	A	1		0.333	0.077	0.002
Threonine.....g	0.667		0	A	1		0.821	0.189	0.005
Isoleucine.....g	0.893		0	A	1		1.098	0.253	0.006
Leucine.....g	1.542		0	A	1		1.897	0.437	0.011
Lysine.....g	1.142		0	A	1		1.404	0.324	0.008
Methionine.....g	0.335		0	A	1		0.412	0.095	0.002
Cystine.....g	0.355		0	A	1		0.436	0.101	0.002
Phenylalanine.....g	1.054		0	A	1		1.296	0.299	0.007
Tyrosine.....g	0.412		0	A	1		0.507	0.117	0.003
Valine.....g	1.230		0	A	1		1.513	0.349	0.009
Arginine.....g	2.012		0	A	1		2.475	0.570	0.014
Histidine.....g	0.503		0	A	1		0.619	0.143	0.004
Alanine.....g	0.914		0	A	1		1.124	0.259	0.006
Aspartic acid.....g	1.803		0	A	1		2.217	0.511	0.013
Glutamic acid.....g	3.790		0	A	1		4.661	1.074	0.027

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>					<u>Amount in edible portion of common measures of food</u>			
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Glycine.....g	0.946		0	A	1		1.163	0.268	0.007
Proline.....g	0.805		0	A	1		0.991	0.228	0.006
Serine.....g	1.216		0	A	1		1.495	0.345	0.009
Hydroxyproline.....g									
<u>Others:</u>									
Alcohol, ethyl.....g	0.0		0		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 = 123g: 1 cup
Measure 2 = 28.35g: 1 oz (49 kernels)
Measure 3 = 0.7g: 1 kernel

Footnotes:
1 Unroasted

Calories Factors: Protein 3.47 Fat 8.37 Carbohydrate4.07 **Food Group:** 12 Nut and Seed Products
USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 12154
 Nuts, walnuts, black, dried (1)
Juglans nigra

Refuse:76% Shells

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Proximates:									
Water.....g	4.56	0.199	11	A	1		5.70	0.36	1.29
Energy.....kcal	619		0	NC	4		774	48	176
Energy.....kJ	2590		0	NC	4		3238	202	734
Protein (N x 5.3).....g	24.06	0.287	11	A	1		30.08	1.88	6.82
Total lipid (fat).....g	59.33	1.436	34	A	1		74.17	4.63	16.82
Ash.....g	2.47	0.142	11	A	1		3.09	0.19	0.70
Carbohydrate, by difference.....g	9.58		0	NC	4		11.97	0.75	2.72
Fiber, total dietary.....g	6.8		2	A	1		8.5	0.5	1.9
Sugars, total.....g	1.10		1	A	1		1.38	0.09	0.31
Sucrose.....g	1.00		1	A	1		1.25	0.08	0.28
Glucose (dextrose).....g	0.05		1	A	1		0.06	0.00	0.01
Fructose.....g	0.05		1	A	1		0.06	0.00	0.01
Lactose.....g	0.00		1	A	1		0.00	0.00	0.00
Maltose.....g	0.00		1	A	1		0.00	0.00	0.00
Galactose.....g									
Starch.....g	0.24		1	A	1		0.30	0.02	0.07
Minerals:									
Calcium, Ca.....mg	61	2.800	16	A	1		76	5	17
Iron, Fe.....mg	3.12	0.045	16	A	1		3.89	0.24	0.88
Magnesium, Mg.....mg	201	1.000	16	A	1		251	16	57
Phosphorus, P.....mg	513	49.000	16	A	1		641	40	145
Potassium, K.....mg	523	1.000	16	A	1		654	41	148
Sodium, Na.....mg	2	1.040	13	A	1		3	0	1
Zinc, Zn.....mg	3.37	0.050	16	A	1		4.21	0.26	0.96
Copper, Cu.....mg	1.360	0.340	16	A	1		1.700	0.106	0.386
Manganese, Mn.....mg	3.896	0.376	16	A	1		4.869	0.304	1.104
Selenium, Se.....µg	17.0		1	A	1		21.3	1.3	4.8
Vitamins:									
Vitamin C, total ascorbic acid.....mg	1.7		1	A	1		2.1	0.1	0.5
Thiamin.....mg	0.057		1	A	1		0.071	0.004	0.016
Riboflavin.....mg	0.130		1	A	1		0.163	0.010	0.037
Niacin.....mg	0.470		1	A	1		0.588	0.037	0.133
Pantothenic acid.....mg	1.660		1	A	1		2.075	0.129	0.471
Vitamin B-6.....mg	0.583		1	A	1		0.729	0.045	0.165
Folate, total.....µg	31		1	A	1		39	2	9
Folic acid.....µg	0		0	Z	7		0	0	0
Folate, food.....µg	31		1	A	1		39	2	9
Folate, DFE.....µg	31		0	NC	4		39	2	9
Choline, total.....mg	32.1		0	AS	1		40.1	2.5	9.1
Betaine.....mg	0.5		1	A	1		0.7	0.0	0.2
Vitamin B-12.....µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin B-12, added.....µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE.....µg	2		1	A	1		3	0	1
Retinol.....µg	0		0	Z	7		0	0	0
Carotene, beta.....µg	24		1	A	1		30	2	7
Carotene, alpha.....µg	0		1	A	1		0	0	0
Cryptoxanthin, beta.....µg	0		0	BFZN	4		0	0	0
Vitamin A, IU.....IU	40		1	A	1		50	3	11
Lycopene.....µg	0		0	BFZN	4		0	0	0
Lutein + zeaxanthin.....µg	9		0	BFZN	4		11	1	3
Vitamin E (alpha-tocopherol).....mg	2.08	0.275	4	A	1		2.59	0.16	0.59
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta.....mg	0.01	0.005	4	A	1		0.01	0.00	0.00
Tocopherol, gamma.....mg	28.78	0.295	4	A	1		35.97	2.24	8.16
Tocopherol, delta.....mg	1.51	0.065	4	A	1		1.88	0.12	0.43
Tocotrienol, alpha.....mg	0.00	0.000	4	A	1		0.00	0.00	0.00
Tocotrienol, beta.....mg	0.00		1	A	1		0.00	0.00	0.00

NDB No. 12154
Nuts, walnuts, black, dried (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			Confidence	Measure 1	Measure 2	Measure 3
			Points	Deriv Code	Source Code				
Tocotrienol, gamma.....mg	0.70	0.695	4	A	1		0.87	0.05	0.20
Tocotrienol, delta.....mg	0.00	0.000	4	A	1		0.00	0.00	0.00
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0	0.0	0.0
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	0		0	Z	7		0	0	0
Vitamin K (phylloquinone).....µg	2.7		0	BFZN	4		3.3	0.2	0.8
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	3.483		0	NC	4		4.353	0.272	0.987
4:0.....g	0.000		0		1		0.000	0.000	0.000
6:0.....g	0.000		0		1		0.000	0.000	0.000
8:0.....g	0.000		1	A	1		0.000	0.000	0.000
10:0.....g	0.000		1	A	1		0.000	0.000	0.000
12:0.....g	0.000		1	A	1		0.000	0.000	0.000
13:0.....g									
14:0.....g	0.000	0.000	4	A	1		0.000	0.000	0.000
15:0.....g	0.000		1	A	1		0.000	0.000	0.000
16:0.....g	1.934	0.118	9	A	1		2.417	0.151	0.548
17:0.....g	0.000		1	A	1		0.000	0.000	0.000
18:0.....g	1.549	0.108	9	A	1		1.936	0.121	0.439
20:0.....g	0.000	0.000	4	A	1		0.000	0.000	0.000
22:0.....g	0.000	0.000	4	A	1		0.000	0.000	0.000
24:0.....g									
Fatty acids, total monounsaturated.....g	15.442		0	NC	4		19.303	1.205	4.378
14:1.....g	0.000		1	A	1		0.000	0.000	0.000
15:1.....g	0.000		1	A	1		0.000	0.000	0.000
16:1 undifferentiated.....g	0.042	0.023	6	A	1		0.053	0.003	0.012
17:1.....g	0.000		1	A	1		0.000	0.000	0.000
18:1 undifferentiated.....g	15.128	1.656	10	A	1		18.910	1.180	4.289
20:1.....g	0.272	0.158	6	A	1		0.340	0.021	0.077
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	36.437		0	NC	4		45.546	2.842	10.330
18:2 undifferentiated.....g	33.760	0.723	10	JA	6		42.200	2.633	9.571
18:2 n-6 c,c.....g	33.760		3	A	1		42.200	2.633	9.571
18:2 CLAs.....g									
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g									
18:3 undifferentiated.....g	2.677	0.629	9	JA	6		3.347	0.209	0.759
18:3 n-3 c,c,c (ALA).....g	2.677	0.022	4	A	1		3.347	0.209	0.759
18:3 n-6 c,c,c.....g	0.000		1	A	1		0.000	0.000	0.000
18:3i.....g									
18:4.....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c.....g	0.000	0.000	4	A	1		0.000	0.000	0.000
20:3 undifferentiated.....g	0.000		1	A	1		0.000	0.000	0.000
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.000		1	A	1		0.000	0.000	0.000
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.000		0		1		0.000	0.000	0.000
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3 (DHA).....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0		1	A	1		0	0	0
Phytosterols.....mg									
Stigmasterol.....mg	1	0.325	4	A	1		1	0	0
Campesterol.....mg	5	0.205	4	A	1		6	0	1
Beta-sitosterol.....mg	115	0.865	4	A	1		144	9	33

NDB No. 12154
Nuts, walnuts, black, dried (1)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Amino Acids:									
Tryptophan.....g	0.318		0	A	1		0.398	0.025	0.090
Threonine.....g	0.721		0	A	1		0.902	0.056	0.205
Isoleucine.....g	0.966		0	A	1		1.208	0.075	0.274
Leucine.....g	1.684		0	A	1		2.105	0.131	0.477
Lysine.....g	0.713		0	A	1		0.891	0.056	0.202
Methionine.....g	0.467		0	A	1		0.584	0.036	0.133
Cystine.....g	0.462		0	A	1		0.578	0.036	0.131
Phenylalanine.....g	1.094		0	A	1		1.367	0.085	0.310
Tyrosine.....g	0.740		0	A	1		0.925	0.058	0.210
Valine.....g	1.271		0	A	1		1.589	0.099	0.360
Arginine.....g	3.618		0	A	1		4.522	0.282	1.026
Histidine.....g	0.672		0	A	1		0.840	0.052	0.191
Alanine.....g	1.048		0	A	1		1.311	0.082	0.297
Aspartic acid.....g	2.433		0	A	1		3.041	0.190	0.690
Glutamic acid.....g	5.152		0	A	1		6.439	0.402	1.460
Glycine.....g	1.189		0	A	1		1.486	0.093	0.337
Proline.....g	0.926		0	A	1		1.157	0.072	0.263
Serine.....g	1.225		0	A	1		1.532	0.096	0.347
Hydroxyproline.....g									
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 = 125g: 1 cup, chopped
 Measure 2 = 7.8g: 1 tbsp
 Measure 3 = 28.35g: 1 oz

Footnotes:

1 Additional phytosterols total 57 mg/100 g; these include delta 5-avenasterol + sitostanol (28.7) and other minor sterols (28.3).

Calories Factors: Protein 3.47

Fat 8.37

Carbohydrate4.07

Food Group: 12 Nut and Seed Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

Refuse:55% Shells

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Proximates:									
Water.....g	4.07	0.155	7	A	1		4.76	3.26	1.14
Energy.....kcal	654		0	NC	4		766	524	183
Energy.....kJ	2738		0	NC	4		3203	2190	767
Protein (N x 5.3).....g	15.23	0.238	7	A	1		17.82	12.18	4.26
Total lipid (fat).....g	65.21	0.494	7	A	1		76.30	52.17	18.26
Ash.....g	1.78	0.019	7	A	1		2.08	1.43	0.50
Carbohydrate, by difference.....g	13.71		0	NC	4		16.04	10.96	3.84
Fiber, total dietary.....g	6.7	0.549	7	A	1		7.8	5.4	1.9
Sugars, total.....g	2.61	0.094	7	A	1		3.06	2.09	0.73
Sucrose.....g	2.43	0.087	7	A	1		2.84	1.94	0.68
Glucose (dextrose).....g	0.08	0.014	7	A	1		0.09	0.06	0.02
Fructose.....g	0.09	0.011	7	A	1		0.10	0.07	0.02
Lactose.....g	0.00	0.000	7	A	1		0.00	0.00	0.00
Maltose.....g	0.00	0.000	7	A	1		0.00	0.00	0.00
Galactose.....g									
Starch.....g	0.06	0.011	7	A	1		0.06	0.04	0.02
Minerals:									
Calcium, Ca.....mg	98	3.009	7	A	1		114	78	27
Iron, Fe.....mg	2.91	0.086	7	A	1		3.41	2.33	0.82
Magnesium, Mg.....mg	158	1.204	7	A	1		185	126	44
Phosphorus, P.....mg	346	3.689	7	A	1		404	277	97
Potassium, K.....mg	441	6.471	7	A	1		516	353	124
Sodium, Na.....mg	2	0.837	7	A	1		2	2	1
Zinc, Zn.....mg	3.09	0.083	7	A	1		3.61	2.47	0.86
Copper, Cu.....mg	1.586	0.026	7	A	1		1.855	1.269	0.444
Manganese, Mn.....mg	3.414	0.122	7	A	1		3.995	2.731	0.956
Selenium, Se.....µg	4.9	0.417	6	A	1		5.7	3.9	1.4
Vitamins:									
Vitamin C, total ascorbic acid.....mg	1.3	0.184	7	A	1		1.5	1.0	0.4
Thiamin.....mg	0.341	0.010	7	A	1		0.399	0.273	0.096
Riboflavin.....mg	0.150	0.003	7	A	1		0.176	0.120	0.042
Niacin.....mg	1.125	0.055	8	A	1		1.317	0.900	0.315
Pantothenic acid.....mg	0.570	0.011	7	A	1		0.667	0.456	0.160
Vitamin B-6.....mg	0.537	0.026	7	A	1		0.628	0.430	0.150
Folate, total.....µg	98	3.889	7	A	1		115	78	27
Folic acid.....µg	0		0	Z	7		0	0	0
Folate, food.....µg	98	3.889	7	A	1		115	78	27
Folate, DFE.....µg	98		0	NC	4		115	78	27
Choline, total.....mg	39.2		0	AS	1		45.9	31.4	11.0
Betaine.....mg	0.3	0.019	5	A	1		0.4	0.2	0.1
Vitamin B-12.....µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin B-12, added.....µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE.....µg	1	0.613	6	A	1		1	1	0
Retinol.....µg	0		0	Z	7		0	0	0
Carotene, beta.....µg	12	7.358	6	A	1		14	10	3
Carotene, alpha.....µg	0	0.000	6	A	1		0	0	0
Cryptoxanthin, beta.....µg	0	0.000	3	A	1		0	0	0
Vitamin A, IU.....IU	20	12.264	6	A	1		24	16	6
Lycopene.....µg	0	0.000	3	A	1		0	0	0
Lutein + zeaxanthin.....µg	9	0.180	3	A	1		11	7	3
Vitamin E (alpha-tocopherol).....mg	0.70	0.321	13	A	1		0.82	0.56	0.20
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta.....mg	0.15	0.146	13	A	1		0.18	0.12	0.04
Tocopherol, gamma.....mg	20.83	2.609	13	A	1		24.38	16.67	5.83
Tocopherol, delta.....mg	1.89	0.466	13	A	1		2.21	1.51	0.53
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food			
	Number		Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
	Mean	Std. Error						
			Points	Code	Code			
Tocotrienol, gamma.....mg								
Tocotrienol, delta.....mg								
Vitamin D (D2 + D3).....µg	0.0		0	Z	7	0.0	0.0	0.0
Vitamin D.....µg	0		0	Z	7	0	0	0
Vitamin K (phylloquinone).....µg	2.7	0.253	8	A	1	3.1	2.1	0.7
Dihydrophyloquinone.....µg	0.0	0.005	8	A	1	0.0	0.0	0.0
Menaquinone-4.....µg								
Lipids:								
Fatty acids, total saturated.....g	6.126		0	NC	4	7.167	4.901	1.715
4:0.....g	0.000		0	Z	7	0.000	0.000	0.000
6:0.....g	0.000		0	Z	7	0.000	0.000	0.000
8:0.....g	0.000	0.000	7	A	1	0.000	0.000	0.000
10:0.....g	0.000	0.000	7	A	1	0.000	0.000	0.000
12:0.....g	0.000	0.000	7	A	1	0.000	0.000	0.000
13:0.....g	0.000	0.000	7	A	1	0.000	0.000	0.000
14:0.....g	0.000	0.000	7	A	1	0.000	0.000	0.000
15:0.....g	0.000	0.000	7	A	1	0.000	0.000	0.000
16:0.....g	4.404	0.095	7	A	1	5.152	3.523	1.233
17:0.....g	0.000	0.000	7	A	1	0.000	0.000	0.000
18:0.....g	1.659	0.035	7	A	1	1.941	1.327	0.465
20:0.....g	0.063	0.000	7	A	1	0.073	0.050	0.018
22:0.....g	0.000	0.000	7	A	1	0.000	0.000	0.000
24:0.....g	0.000	0.000	7	A	1	0.000	0.000	0.000
Fatty acids, total monounsaturated.....g	8.933		0	NC	4	10.451	7.146	2.501
14:1.....g	0.000	0.000	7	A	1	0.000	0.000	0.000
15:1.....g								
16:1 undifferentiated.....g	0.000	0.000	7	A	1	0.000	0.000	0.000
17:1.....g								
18:1 undifferentiated.....g	8.799	0.138	7	A	1	10.294	7.039	2.464
20:1.....g	0.134	0.008	7	A	1	0.157	0.107	0.038
22:1 undifferentiated.....g	0.000	0.000	7	A	1	0.000	0.000	0.000
24:1 c.....g	0.000	0.000	7	A	1	0.000	0.000	0.000
Fatty acids, total polyunsaturated.....g	47.174		0	NC	4	55.193	37.739	13.209
18:2 undifferentiated.....g	38.093	0.304	7	A	1	44.569	30.475	10.666
18:3 undifferentiated.....g	9.080	0.179	7	A	1	10.624	7.264	2.543
18:4.....g	0.000		0	Z	7	0.000	0.000	0.000
20:2 n-6 c,c.....g	0.000	0.000	7	A	1	0.000	0.000	0.000
20:3 undifferentiated.....g	0.000	0.000	7	A	1	0.000	0.000	0.000
20:4 undifferentiated.....g	0.000	0.000	7	A	1	0.000	0.000	0.000
20:5 n-3 (EPA).....g	0.000	0.000	7	A	1	0.000	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	0.000
22:6 n-3 (DHA).....g	0.000	0.000	7	A	1	0.000	0.000	0.000
Fatty acids, total trans.....g								
Cholesterol.....mg	0		0	Z	7	0	0	0
Phytosterols.....mg								
Stigmasterol.....mg	0	0.000	4	A	1	0	0	0
Campesterol.....mg	5	0.143	4	A	1	6	4	1
Beta-sitosterol.....mg	87	3.003	4	A	1	102	70	24
Amino Acids:								
Tryptophan.....g	0.170		0	A	1	0.199	0.136	0.048
Threonine.....g	0.596		0	A	1	0.697	0.477	0.167
Isoleucine.....g	0.625		0	A	1	0.731	0.500	0.175
Leucine.....g	1.170		0	A	1	1.369	0.936	0.328
Lysine.....g	0.424		0	A	1	0.497	0.339	0.119
Methionine.....g	0.236		0	A	1	0.276	0.189	0.066
Cystine.....g	0.208		0	A	1	0.244	0.167	0.058
Phenylalanine.....g	0.711		0	A	1	0.832	0.569	0.199
Tyrosine.....g	0.406		0	A	1	0.475	0.325	0.114
Valine.....g	0.753		0	A	1	0.881	0.602	0.211
Arginine.....g	2.278		0	A	1	2.665	1.822	0.638
Histidine.....g	0.391		0	A	1	0.457	0.313	0.109

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>						<u>Amount in edible portion of common measures of food</u>		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Alanine.....g	0.696		0	A	1		0.814	0.557	0.195
Aspartic acid.....g	1.829		0	A	1		2.140	1.464	0.512
Glutamic acid.....g	2.816		0	A	1		3.294	2.252	0.788
Glycine.....g	0.816		0	A	1		0.954	0.653	0.228
Proline.....g	0.706		0	A	1		0.826	0.565	0.198
Serine.....g	0.934		0	A	1		1.093	0.747	0.261
Hydroxyproline.....g									
<u>Others:</u>									
Alcohol, ethyl.....g	0.0		0		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 = 117g: 1 cup, chopped
Measure 2 = 80g: 1 cup, ground
Measure 3 = 28g: 1 cup, in shell, edible yield (7 nuts)

Footnotes:

- 1 Unroasted
2 Other phytosterols total 18.2 mg/100g; these include delta 5-avenasterol (7.3), campestanol (2.3), and other minor phytosterols (8.6 mg).

NDB No. 12156
Nuts, walnuts, glazed

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	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Proximates:									
Water.....g	6.28		0	FLC	4		1.76		
Energy.....kcal	500		0	LC	8		140		
Energy.....kJ	2092		0	LC	8		586		
Protein (N x 6.25).....g	8.28		0	FLC	4		2.32		
Total lipid (fat).....g	35.71		0	LC	8		10.00		
Ash.....g	2.13		0	FLC	4		0.60		
Carbohydrate, by difference.....g	47.59		0	FLC	4		13.33		
Fiber, total dietary.....g	3.6		0	LC	8		1.0		
Sugars, total.....g	32.14		0	LC	8		9.00		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	71		0	LC	8		20		
Iron, Fe.....mg	1.29		0	LC	8		0.36		
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg	232		0	LC	8		65		
Sodium, Na.....mg	446		0	LC	8		125		
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....µg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	LC	8		0.0		
Thiamin.....mg									
Riboflavin.....mg									
Niacin.....mg									
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....µg									
Folate, DFE.....µg									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg									
Vitamin A, RAE.....µg									
Vitamin A, IU.....IU	0		0	LC	8		0		
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	3.571		0	LC	8		1.000		
Fatty acids, total monounsaturated.....g	5.357		0	LC	8		1.500		
Fatty acids, total polyunsaturated.....g	25.000		0	LC	8		7.000		
Fatty acids, total trans.....g	0.000		0	LC	8		0.000		
Cholesterol.....mg	0		0	LC	8		0		
Phytosterols.....mg									

NDB No. 12156
Nuts, walnuts, glazed

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

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

Calories Factors: Protein Fat Carbohydrate Food Group: 12 Nut and Seed Products
USDA National Nutrient Database for Standard Reference, Release 27 (2014)

Refuse:64% Soft shells

Lipids:

NDB No. 12003
Seeds, breadfruit seeds, boiled

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>		
	Mean	Std. Error	Number		Source Code	Confidence Code	
			of Data Points	Deriv Code			
							Measure 1 Measure 2 Measure 3
Fatty acids, total saturated.....g	0.621		0		1		0.176
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	0.411		0		1		0.117
17:0.....g							
18:0.....g	0.210		0		1		0.060
20:0.....g							
22:0.....g							
24:0.....g							
Fatty acids, total monounsaturated.....g	0.293		0		1		0.083
14:1.....g							
15:1.....g							
16:1 undifferentiated.....g	0.012		0		1		0.003
17:1.....g							
18:1 undifferentiated.....g	0.281		0		1		0.080
20:1.....g							
22:1 undifferentiated.....g							
24:1 c.....g							
Fatty acids, total polyunsaturated.....g	1.225		0		1		0.347
18:2 undifferentiated.....g	0.942		0		1		0.267
18:3 undifferentiated.....g	0.283		0		1		0.080
18:4.....g							
20:2 n-6 c,c.....g							
20:3 undifferentiated.....g							
20:4 undifferentiated.....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	Z	7		0
Phytosterols.....mg							
Amino Acids:							
Tryptophan.....g	0.088		0		1		0.025
Threonine.....g	0.276		0		1		0.078
Isoleucine.....g	0.317		0		1		0.090
Leucine.....g	0.403		0		1		0.114
Lysine.....g	0.408		0		1		0.116
Methionine.....g	0.069		0		1		0.020
Cystine.....g	0.083		0		1		0.024
Phenylalanine.....g	0.571		0		1		0.162
Tyrosine.....g	0.390		0		1		0.111
Valine.....g	0.383		0		1		0.109
Arginine.....g	0.354		0		1		0.100
Histidine.....g	0.148		0		1		0.042
Alanine.....g	0.241		0		1		0.068
Aspartic acid.....g	0.585		0		1		0.166
Glutamic acid.....g	0.742		0		1		0.210
Glycine.....g	0.333		0		1		0.094
Proline.....g	0.264		0		1		0.075
Serine.....g	0.355		0		1		0.101
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.

NDB No. 12003
Seeds, breadfruit seeds, boiled

Common Measures:
Measure 1 = 28.35g: 1 oz

Calories Factors: Protein 3.47 Fat 8.37 Carbohydrate4.07 Food Group: 12 Nut and Seed Products
USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 12001
Seeds, breadfruit seeds, raw
Artocarpus altilis

Refuse:32% Shells

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion 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	56.27		1		1		15.95		
Energy.....kcal	191		0	NC	4		54		
Energy.....kJ	799				4		227		
Protein (N x 5.3).....g	7.40		1		1		2.10		
Total lipid (fat).....g	5.59		1		1		1.58		
Ash.....g	1.50		1		1		0.43		
Carbohydrate, by difference.....g	29.24		0	NC	4		8.29		
Fiber, total dietary.....g	5.2		0	BFCN	4		1.5		
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	36		0		1		10		
Iron, Fe.....mg	3.67		0		1		1.04		
Magnesium, Mg.....mg	54		0		4		15		
Phosphorus, P.....mg	175		0		1		50		
Potassium, K.....mg	941		0		4		267		
Sodium, Na.....mg	25		0		4		7		
Zinc, Zn.....mg	0.90		0		4		0.26		
Copper, Cu.....mg	1.148		0		4		0.325		
Manganese, Mn.....mg	0.142		0		4		0.040		
Selenium, Se.....µg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	6.6		0		1		1.9		
Thiamin.....mg	0.482		0		1		0.137		
Riboflavin.....mg	0.301		0		1		0.085		
Niacin.....mg	0.438		0		1		0.124		
Pantothenic acid.....mg	0.877		0		1		0.249		
Vitamin B-6.....mg	0.320		0		4		0.091		
Folate, total.....µg	53		0		4		15		
Folic acid.....µg	0		0	Z	7		0		
Folate, food.....µg	53		0		4		15		
Folate, DFE.....µg	53		0	NC	4		15		
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		0	Z	7		0.00		
Vitamin A, RAE.....µg	13		0		1		4		
Retinol.....µg	0		0	Z	7		0		
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	256		0		1		73		
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0		
Vitamin D.....IU	0		0	Z	7		0		
Vitamin K (phylloquinone).....µg									
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									

Lipids:

NDB No. 12001
Seeds, breadfruit seeds, raw

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>		
	Mean	Std. Error	Number		Confidence	Measure 1	Measure 2
			of Data Points	Deriv Code			
				Source Code	Code		Measure 3
Fatty acids, total saturated.....g	1.509		0		1	0.428	
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	0.999		1		1	0.283	
17:0.....g							
18:0.....g	0.510		1		1	0.145	
20:0.....g							
22:0.....g							
24:0.....g							
Fatty acids, total monounsaturated.....g	0.712		0		1	0.202	
14:1.....g							
15:1.....g							
16:1 undifferentiated.....g	0.030		1		1	0.009	
17:1.....g							
18:1 undifferentiated.....g	0.682		1		1	0.193	
20:1.....g							
22:1 undifferentiated.....g							
24:1 c.....g							
Fatty acids, total polyunsaturated.....g	2.977		0		1	0.844	
18:2 undifferentiated.....g	2.290		1		1	0.649	
18:3 undifferentiated.....g	0.687		1		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							
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	Z	7	0	
Phytosterols.....mg							
Amino Acids:							
Tryptophan.....g	0.123		2		1	0.035	
Threonine.....g	0.385		1		1	0.109	
Isoleucine.....g	0.443		1		1	0.126	
Leucine.....g	0.563		1		1	0.160	
Lysine.....g	0.570		1		1	0.162	
Methionine.....g	0.096		1		1	0.027	
Cystine.....g	0.116		1		1	0.033	
Phenylalanine.....g	0.797		1		1	0.226	
Tyrosine.....g	0.544		1		1	0.154	
Valine.....g	0.535		1		1	0.152	
Arginine.....g	0.494		1		1	0.140	
Histidine.....g	0.207		1		1	0.059	
Alanine.....g	0.336		1		1	0.095	
Aspartic acid.....g	0.817		1		1	0.232	
Glutamic acid.....g	1.036		1		1	0.294	
Glycine.....g	0.465		1		1	0.132	
Proline.....g	0.369		1		1	0.105	
Serine.....g	0.496		1		1	0.141	
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.

NDB No. 12001
Seeds, breadfruit seeds, raw

Common Measures:
Measure 1 = 28.35g: 1 oz

Calories Factors: Protein 3.47 Fat 8.37 Carbohydrate4.07 Food Group: 12 Nut and Seed Products
USDA National Nutrient Database for Standard Reference, Release 27 (2014)

Refuse:0%

Lipids:

NDB No. 12158
Seeds, breadfruit seeds, roasted

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>		
	Mean	Std. Error	Number		Source Code	Confidence Code	
			of Data Points	Deriv Code			
							Measure 1 Measure 2 Measure 3
Fatty acids, total saturated.....g	0.729		0		1		0.207
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	0.483		0		1		0.137
17:0.....g							
18:0.....g	0.246		0		1		0.070
20:0.....g							
22:0.....g							
24:0.....g							
Fatty acids, total monounsaturated.....g	0.344		0		1		0.098
14:1.....g							
15:1.....g							
16:1 undifferentiated.....g	0.015		0		1		0.004
17:1.....g							
18:1 undifferentiated.....g	0.329		0		1		0.093
20:1.....g							
22:1 undifferentiated.....g							
24:1 c.....g							
Fatty acids, total polyunsaturated.....g	1.438		0		1		0.408
18:2 undifferentiated.....g	1.106		0		1		0.314
18:3 undifferentiated.....g	0.332		0		1		0.094
18:4.....g							
20:2 n-6 c,c.....g							
20:3 undifferentiated.....g							
20:4 undifferentiated.....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	Z	7		0
Phytosterols.....mg							
Amino Acids:							
Tryptophan.....g	0.103		0		1		0.029
Threonine.....g	0.323		0		1		0.092
Isoleucine.....g	0.371		0		1		0.105
Leucine.....g	0.472		0		1		0.134
Lysine.....g	0.477		0		1		0.135
Methionine.....g	0.081		0		1		0.023
Cystine.....g	0.097		0		1		0.027
Phenylalanine.....g	0.668		0		1		0.189
Tyrosine.....g	0.456		0		1		0.129
Valine.....g	0.448		0		1		0.127
Arginine.....g	0.414		0		1		0.117
Histidine.....g	0.173		0		1		0.049
Alanine.....g	0.282		0		1		0.080
Aspartic acid.....g	0.684		0		1		0.194
Glutamic acid.....g	0.868		0		1		0.246
Glycine.....g	0.390		0		1		0.111
Proline.....g	0.309		0		1		0.088
Serine.....g	0.415		0		1		0.118
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.

NDB No. 12158
Seeds, breadfruit seeds, roasted

Common Measures:
Measure 1 = 28.35g: 1 oz

Calories Factors: Protein 3.47 Fat 8.37 Carbohydrate4.07 Food Group: 12 Nut and Seed Products
USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 12005
Seeds, breadnut tree seeds, dried

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	6.50		0		1		10.40	1.84	
Energy.....kcal	367		0	NC	4		587	104	
Energy.....kJ	1536		0		4		2457	435	
Protein (N x 5.3).....g	8.62		0		1		13.79	2.44	
Total lipid (fat).....g	1.68		0		1		2.69	0.48	
Ash.....g	3.81		0		1		6.10	1.08	
Carbohydrate, by difference.....g	79.39		0	NC	4		127.02	22.51	
Fiber, total dietary.....g	14.9		0		4		23.8	4.2	
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	94		0		1		150	27	
Iron, Fe.....mg	4.60		0		1		7.36	1.30	
Magnesium, Mg.....mg	115		0		4		184	33	
Phosphorus, P.....mg	178		0		1		285	50	
Potassium, K.....mg	2011		0		4		3218	570	
Sodium, Na.....mg	53		0		4		85	15	
Zinc, Zn.....mg	1.91		0		4		3.06	0.54	
Copper, Cu.....mg	2.455		0		4		3.928	0.696	
Manganese, Mn.....mg	0.303		0		4		0.485	0.086	
Selenium, Se.....µg	1.9		0	BFSN	4		3.0	0.5	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	46.6		0		1		74.6	13.2	
Thiamin.....mg	0.030		0		1		0.048	0.009	
Riboflavin.....mg	0.140		0		1		0.224	0.040	
Niacin.....mg	2.100		0		1		3.360	0.595	
Pantothenic acid.....mg	1.875		0		4		3.000	0.532	
Vitamin B-6.....mg	0.685		0		4		1.096	0.194	
Folate, total.....µg	113		0		4		181	32	
Folic acid.....µg	0		0	Z	7		0	0	
Folate, food.....µg	113		0		4		181	32	
Folate, DFE.....µg	113		0	NC	4		181	32	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....µg	11		0		1		17	3	
Retinol.....µg	0		0	Z	7		0	0	
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	216		0		1		346	61	
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D.....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone).....µg									
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									

Lipids:

NDB No. 12005
Seeds, breadnut tree seeds, dried

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food			
	Mean	Std. Error	Number		Confidence	Measure 1	Measure 2	Measure 3
			of Data	Deriv				
			Points	Code	Code			
Fatty acids, total saturated.....g	0.454		0		1	0.726	0.129	
4:0.....g	0.000		0		1	0.000	0.000	
6:0.....g	0.000		0		1	0.000	0.000	
8:0.....g	0.000		0		1	0.000	0.000	
10:0.....g	0.000		0		1	0.000	0.000	
12:0.....g	0.000		0		1	0.000	0.000	
13:0.....g								
14:0.....g	0.000		0		1	0.000	0.000	
15:0.....g								
16:0.....g	0.301		0		1	0.482	0.085	
17:0.....g								
18:0.....g	0.154		0		1	0.246	0.044	
20:0.....g								
22:0.....g								
24:0.....g								
Fatty acids, total monounsaturated.....g	0.214		0		1	0.342	0.061	
14:1.....g								
15:1.....g								
16:1 undifferentiated.....g	0.009		0		1	0.014	0.003	
17:1.....g								
18:1 undifferentiated.....g	0.205		0		1	0.328	0.058	
20:1.....g	0.000		0		1	0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1	0.000	0.000	
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	0.896		0		1	1.434	0.254	
18:2 undifferentiated.....g	0.690		0		1	1.104	0.196	
18:3 undifferentiated.....g	0.207		0		1	0.331	0.059	
18:4.....g	0.000		0		1	0.000	0.000	
20:2 n-6 c,c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g	0.000		0		1	0.000	0.000	
20:5 n-3 (EPA).....g	0.000		0		1	0.000	0.000	
21:5.....g								
22:4.....g								
22:5 n-3 (DPA).....g	0.000		0		1	0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0		1	0.000	0.000	
Fatty acids, total trans.....g								
Cholesterol.....mg	0		0	Z	7	0	0	
Phytosterols.....mg								
Amino Acids:								
Tryptophan.....g	0.234		0		1	0.374	0.066	
Threonine.....g	0.335		0		1	0.536	0.095	
Isoleucine.....g	0.488		0		1	0.781	0.138	
Leucine.....g	0.935		0		1	1.496	0.265	
Lysine.....g	0.376		0		1	0.602	0.107	
Methionine.....g	0.050		0		1	0.080	0.014	
Cystine.....g	0.135		0		1	0.216	0.038	
Phenylalanine.....g	0.407		0		1	0.651	0.115	
Tyrosine.....g	0.634		0		1	1.014	0.180	
Valine.....g	0.834		0		1	1.334	0.236	
Arginine.....g	0.793		0		1	1.269	0.225	
Histidine.....g	0.132		0		1	0.211	0.037	
Alanine.....g	0.392		0		1	0.627	0.111	
Aspartic acid.....g	0.951		0		1	1.522	0.270	
Glutamic acid.....g	5.206		0		1	8.330	1.476	
Glycine.....g	0.541		0		1	0.866	0.153	
Proline.....g	0.429		0		1	0.686	0.122	
Serine.....g	0.577		0		1	0.923	0.164	
Hydroxyproline.....g								
Others:								
Alcohol, ethyl.....g	0.0		0		7	0.0	0.0	
Caffeine.....mg								
Theobromine.....mg								

NDB No. 12005
Seeds, breadnut tree seeds, dried

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

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 cup
Measure 2 = 28.35g: 1 oz

Calories Factors: Protein 3.47 Fat 8.37 Carbohydrate4.07

Food Group: 12 Nut and Seed Products
USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 12004
 Seeds, breadnut tree seeds, raw
Brosimum alicastrum

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	45.00		2		1		12.76		
Energy.....kcal	217		0	NC	4		62		
Energy.....kJ	908		0		4		257		
Protein (N x 5.3).....g	5.97		1		1		1.69		
Total lipid (fat).....g	0.99		0		1		0.28		
Ash.....g	1.76		1		1		0.50		
Carbohydrate, by difference.....g	46.28		0	NC	4		13.12		
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	98		1		1		28		
Iron, Fe.....mg	2.09		1		1		0.59		
Magnesium, Mg.....mg	68		0		4		19		
Phosphorus, P.....mg	67		1		1		19		
Potassium, K.....mg	1183		0		4		335		
Sodium, Na.....mg	31		0		4		9		
Zinc, Zn.....mg	1.13		0		4		0.32		
Copper, Cu.....mg	1.444		0		4		0.409		
Manganese, Mn.....mg	0.178		0		4		0.050		
Selenium, Se.....µg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	27.4		1		1		7.8		
Thiamin.....mg	0.055		1		1		0.016		
Riboflavin.....mg	0.055		1		1		0.016		
Niacin.....mg	0.880		1		1		0.249		
Pantothenic acid.....mg	1.103		0		4		0.313		
Vitamin B-6.....mg	0.403		0		4		0.114		
Folate, total.....µg	66		0		4		19		
Folic acid.....µg	0		0	Z	7		0		
Folate, food.....µg	66		0		4		19		
Folate, DFE.....µg	66		0	NC	4		19		
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		0	Z	7		0.00		
Vitamin A, RAE.....µg	12		1		1		4		
Retinol.....µg	0		0	Z	7		0		
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	248		1		1		70		
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0		
Vitamin D.....IU	0		0	Z	7		0		
Vitamin K (phylloquinone).....µg									
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									

Lipids:

NDB No. 12004
Seeds, breadnut tree seeds, raw

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>		
	Mean	Std. Error	Number		Confidence	Measure 1	Measure 2
			of Data Points	Deriv Code			
				Source Code	Code		Measure 3
Fatty acids, total saturated.....g	0.267		0		1	0.076	
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	0.177		0		1	0.050	
17:0.....g							
18:0.....g	0.090		0		1	0.026	
20:0.....g							
22:0.....g							
24:0.....g							
Fatty acids, total monounsaturated.....g	0.126		0		1	0.036	
14:1.....g							
15:1.....g							
16:1 undifferentiated.....g	0.005		0		1	0.001	
17:1.....g							
18:1 undifferentiated.....g	0.121		0		1	0.034	
20:1.....g							
22:1 undifferentiated.....g							
24:1 c.....g							
Fatty acids, total polyunsaturated.....g	0.527		0		1	0.149	
18:2 undifferentiated.....g	0.406		0		1	0.115	
18:3 undifferentiated.....g	0.122		0		1	0.035	
18:4.....g							
20:2 n-6 c,c.....g							
20:3 undifferentiated.....g							
20:4 undifferentiated.....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	Z	7	0	
Phytosterols.....mg							
<u>Amino Acids:</u>							
Tryptophan.....g	0.162		1		1	0.046	
Threonine.....g	0.232		1		1	0.066	
Isoleucine.....g	0.338		1		1	0.096	
Leucine.....g	0.647		1		1	0.183	
Lysine.....g	0.260		1		1	0.074	
Methionine.....g	0.035		1		1	0.010	
Cystine.....g	0.093		0		1	0.026	
Phenylalanine.....g	0.282		1		1	0.080	
Tyrosine.....g	0.439		0		1	0.124	
Valine.....g	0.578		1		1	0.164	
Arginine.....g	0.549		1		1	0.156	
Histidine.....g	0.091		1		1	0.026	
Alanine.....g	0.271		0		1	0.077	
Aspartic acid.....g	0.659		0		1	0.187	
Glutamic acid.....g	0.835		0		1	0.237	
Glycine.....g	0.375		0		1	0.106	
Proline.....g	0.297		0		1	0.084	
Serine.....g	0.400		0		1	0.113	
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.

NDB No. 12004
Seeds, breadnut tree seeds, raw

Common Measures:
Measure 1 = 28.35g: 1 oz (8-14 seeds)

Calories Factors: Protein 3.47 Fat 8.37 Carbohydrate 4.07 Food Group: 12 Nut and Seed Products
USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 12006
 Seeds, chia seeds, dried
Salvia hispanica

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	5.80		1	A	1		1.64		
Energy.....kcal	486		0	NC	4		138		
Energy.....kJ	2034		0	NC	4		577		
Protein (N x 5.3).....g	16.54	1.238	21	A	1		4.69		
Total lipid (fat).....g	30.74	0.786	24	A	1		8.72		
Ash.....g	4.80		1	A	1		1.36		
Carbohydrate, by difference.....g	42.12		0	NC	4		11.94		
Fiber, total dietary.....g	34.4		2	AI	13		9.8		
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	631		2	A	1		179		
Iron, Fe.....mg	7.72		2	AI	13		2.19		
Magnesium, Mg.....mg	335		2	AI	13		95		
Phosphorus, P.....mg	860	93.335	4	JA	6		244		
Potassium, K.....mg	407	246.430	3	JA	6		115		
Sodium, Na.....mg	16	3.020	3	JA	6		4		
Zinc, Zn.....mg	4.58	1.097	3	JA	6		1.30		
Copper, Cu.....mg	0.924	0.736	3	JA	6		0.262		
Manganese, Mn.....mg	2.723	0.557	3	JA	6		0.772		
Selenium, Se.....µg	55.2		2	AI	13		15.6		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	1.6		2	AI	13		0.5		
Thiamin.....mg	0.620		2	AI	13		0.176		
Riboflavin.....mg	0.170		2	AI	13		0.048		
Niacin.....mg	8.830		2	AI	13		2.503		
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....µg	49		2	AI	13		14		
Folic acid.....µg									
Folate, food.....µg	49		2	AI	13		14		
Folate, DFE.....µg									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		0	Z	7		0.00		
Vitamin A, RAE.....µg									
Retinol.....µg									
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	54		2	AI	13		15		
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg	0.50		1	AI	13		0.14		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	3.330		0	NC	4				

NDB No. 12006
Seeds, chia seeds, dried

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total saturated.....g	3.330			NC	4		0.944		
4:0.....g									
6:0.....g									
8:0.....g									
10:0.....g									
12:0.....g									
13:0.....g									
14:0.....g	0.030		1	A	1		0.009		
15:0.....g	0.030		1	A	1		0.009		
16:0.....g	2.170	0.079	24	A	1		0.615		
17:0.....g	0.063		1	A	1		0.018		
18:0.....g	0.912	0.031	24	A	1		0.259		
20:0.....g	0.093		2	A	1		0.026		
22:0.....g	0.032		1	A	1		0.009		
24:0.....g									
Fatty acids, total monounsaturated.....g	2.309		0	NC	4		0.655		
14:1.....g	0.030		1	A	1		0.009		
15:1.....g									
16:1 undifferentiated.....g	0.029	0.002	9	A	1		0.008		
17:1.....g	0.000		1	A	1		0.000		
18:1 undifferentiated.....g	2.203	0.122	23	A	1		0.625		
20:1.....g	0.046		2	A	1		0.013		
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	23.665		0	NC	4		6.709		
18:2 undifferentiated.....g	5.835	0.283	24	A	1		1.654		
18:2 n-6 c,c.....g	5.835		2	AI	13		1.654		
18:2 CLAs.....g									
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g									
18:3 undifferentiated.....g	17.830	0.722	24	A	1		5.055		
18:3 n-3 c,c,c (ALA).....g	17.830		2	AI	13		5.055		
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-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	0.140		2	AI	13		0.040		
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.436		0	A	1		0.124		
Threonine.....g	0.709		0	A	1		0.201		
Isoleucine.....g	0.801		0	A	1		0.227		
Leucine.....g	1.371		0	A	1		0.389		
Lysine.....g	0.970		0	A	1		0.275		
Methionine.....g	0.588		0	A	1		0.167		
Cystine.....g	0.407		0	A	1		0.115		
Phenylalanine.....g	1.016		0	A	1		0.288		
Tyrosine.....g	0.563		0	A	1		0.160		
Valine.....g	0.950		0	A	1		0.269		
Arginine.....g	2.143		0	A	1		0.607		
Histidine.....g	0.531		0	A	1		0.150		
Alanine.....g	1.044		0	A	1		0.296		

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>			
	Mean	Std. Error	Number			Measure 1	Measure 2	Measure 3
			of Data	Deriv	Source Confidence			
			Points	Code	Code	Code		
Aspartic acid.....g	1.689		0	A	1		0.479	
Glutamic acid.....g	3.500		0	A	1		0.992	
Glycine.....g	0.943		0	A	1		0.267	
Proline.....g	0.776		0	A	1		0.220	
Serine.....g	1.049		0	A	1		0.297	
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 = 28.35g: 1 oz

Calories Factors: Protein 3.47 Fat 8.37 Carbohydrate4.07 Food Group: 12 Nut and Seed Products
USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 12008
Seeds, cottonseed flour, low fat (glandless)

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	6.90	0.246	7		1		1.96		
Energy.....kcal	332		0	NC	4		94		
Energy.....kJ	1389				4		394		
Protein (N x 5.3).....g	49.83	0.663	6		1		14.13		
Total lipid (fat).....g	1.41	0.449	6		1		0.40		
Ash.....g	5.76	0.735	5		1		1.63		
Carbohydrate, by difference.....g	36.10		0	NC	4		10.23		
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	474		2		1		134		
Iron, Fe.....mg	12.58		2		1		3.57		
Magnesium, Mg.....mg	716		2		1		203		
Phosphorus, P.....mg	1587		2		1		450		
Potassium, K.....mg	1761		2		1		499		
Sodium, Na.....mg	35		2		1		10		
Zinc, Zn.....mg	11.61		2		1		3.29		
Copper, Cu.....mg	1.172		0		1		0.332		
Manganese, Mn.....mg	2.129		0		4		0.604		
Selenium, Se.....µg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	2.4		2		1		0.7		
Thiamin.....mg	2.089		2		1		0.592		
Riboflavin.....mg	0.396		2		1		0.112		
Niacin.....mg	4.039		1		1		1.145		
Pantothenic acid.....mg	0.445		2		1		0.126		
Vitamin B-6.....mg	0.764		2		1		0.217		
Folate, total.....µg	228		0		4		65		
Folic acid.....µg	0		0	Z	7		0		
Folate, food.....µg	228		0		4		65		
Folate, DFE.....µg	228		0	NC	4		65		
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		0	Z	7		0.00		
Vitamin A, RAE.....µg	22		2		1		6		
Retinol.....µg	0		0	Z	7		0		
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	432		2		1		122		
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0		
Vitamin D.....IU	0		0	Z	7		0		
Vitamin K (phylloquinone).....µg									
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									

Lipids:

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion 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	0.310		0		1		0.088		
4:0.....g									
6:0.....g									
8:0.....g									
10:0.....g									
12:0.....g									
13:0.....g									
14:0.....g	0.011		0		1		0.003		
15:0.....g									
16:0.....g	0.269		0		1		0.076		
17:0.....g									
18:0.....g	0.027		0		1		0.008		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.221		0		1		0.063		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.008		0		1		0.002		
17:1.....g									
18:1 undifferentiated.....g	0.211		0		1		0.060		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.577		0		1		0.164		
18:2 undifferentiated.....g	0.570		0		1		0.162		
18:3 undifferentiated.....g	0.002		0		1		0.001		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....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	Z	7		0		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.752		0		1		0.213		
Threonine.....g	1.843		0		1		0.522		
Isoleucine.....g	1.796		0		1		0.509		
Leucine.....g	3.404		0		1		0.965		
Lysine.....g	2.529		0		1		0.717		
Methionine.....g	0.809		0		1		0.229		
Cystine.....g	1.307		0		1		0.371		
Phenylalanine.....g	3.103		0		1		0.880		
Tyrosine.....g	1.796		0		1		0.509		
Valine.....g	2.557		0		1		0.725		
Arginine.....g	6.732		0		1		1.909		
Histidine.....g	1.570		0		1		0.445		
Alanine.....g	2.313		0		1		0.656		
Aspartic acid.....g	5.425		0		1		1.538		
Glutamic acid.....g	12.476		0		1		3.537		
Glycine.....g	2.416		0		1		0.685		
Proline.....g	2.125		0		1		0.602		
Serine.....g	2.492		0		1		0.706		
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.

NDB No. 12008
Seeds, cottonseed flour, low fat (glandless)

Common Measures:
Measure 1 = 28.35g: 1 oz

Calories Factors: Protein 3.47 Fat 8.37 Carbohydrate4.07 Food Group: 12 Nut and Seed Products
USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 12007
Seeds, cottonseed flour, partially defatted (glandless)

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	6.30		1		1		5.92	0.32	
Energy.....kcal	359		0	NC	4		337	18	
Energy.....kJ	1502				4		1412	75	
Protein (N x 5.3).....g	40.96		1		1		38.50	2.05	
Total lipid (fat).....g	6.20		1		1		5.83	0.31	
Ash.....g	6.00		1		1		5.64	0.30	
Carbohydrate, by difference.....g	40.54		0	NC	4		38.11	2.03	
Fiber, total dietary.....g	3.0		0		4		2.8	0.2	
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	478		0		1		449	24	
Iron, Fe.....mg	12.66		0		1		11.90	0.63	
Magnesium, Mg.....mg	721		0		1		678	36	
Phosphorus, P.....mg	1597		0		1		1501	80	
Potassium, K.....mg	1772		0		1		1666	89	
Sodium, Na.....mg	35		0		1		33	2	
Zinc, Zn.....mg	11.69		0		1		10.99	0.58	
Copper, Cu.....mg	1.180		0		1		1.109	0.059	
Manganese, Mn.....mg	2.143		0		4		2.014	0.107	
Selenium, Se.....µg	5.6		0	BFZN	4		5.3	0.3	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	2.4		0		4		2.3	0.1	
Thiamin.....mg	2.102		0		4		1.976	0.105	
Riboflavin.....mg	0.399		0		4		0.375	0.020	
Niacin.....mg	4.065		0		4		3.821	0.203	
Pantothenic acid.....mg	0.448		0		4		0.421	0.022	
Vitamin B-6.....mg	0.769		0		4		0.723	0.038	
Folate, total.....µg	229		0		4		216	11	
Folic acid.....µg	0		0	Z	7		0	0	
Folate, food.....µg	229		0		4		216	11	
Folate, DFE.....µg	229		0	NC	4		216	11	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....µg	22		0		4		20	1	
Retinol.....µg	0		0	Z	7		0	0	
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	434		0		4		408	22	
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D.....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone).....µg									
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									

Lipids:

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total saturated.....g	1.588		0		1		1.493	0.079	
4:0.....g	0.000		0		1		0.000	0.000	
6:0.....g	0.000		0		1		0.000	0.000	
8:0.....g	0.000		0		1		0.000	0.000	
10:0.....g	0.000		0		1		0.000	0.000	
12:0.....g	0.000		0		1		0.000	0.000	
13:0.....g									
14:0.....g	0.056		0		1		0.053	0.003	
15:0.....g									
16:0.....g	1.381		0		1		1.298	0.069	
17:0.....g									
18:0.....g	0.140		0		1		0.132	0.007	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	1.133		0		1		1.065	0.057	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.042		0		1		0.039	0.002	
17:1.....g									
18:1 undifferentiated.....g	1.082		0		1		1.017	0.054	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.958		0		1		2.781	0.148	
18:2 undifferentiated.....g	2.925		0		1		2.750	0.146	
18:3 undifferentiated.....g	0.011		0		1		0.010	0.001	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA).....g	0.000		0		1		0.000	0.000	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.618		0		1		0.581	0.031	
Threonine.....g	1.515		0		1		1.424	0.076	
Isoleucine.....g	1.476		0		1		1.387	0.074	
Leucine.....g	2.798		0		1		2.630	0.140	
Lysine.....g	2.079		0		1		1.954	0.104	
Methionine.....g	0.665		0		1		0.625	0.033	
Cystine.....g	1.074		0		1		1.010	0.054	
Phenylalanine.....g	2.550		0		1		2.397	0.128	
Tyrosine.....g	1.476		0		1		1.387	0.074	
Valine.....g	2.102		0		1		1.976	0.105	
Arginine.....g	5.533		0		1		5.201	0.277	
Histidine.....g	1.291		0		1		1.214	0.065	
Alanine.....g	1.901		0		1		1.787	0.095	
Aspartic acid.....g	4.459		0		1		4.191	0.223	
Glutamic acid.....g	10.255		0		1		9.640	0.513	
Glycine.....g	1.986		0		1		1.867	0.099	
Proline.....g	1.747		0		1		1.642	0.087	
Serine.....g	2.048		0		1		1.925	0.102	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg									
Theobromine.....mg									

NDB No. 12007
Seeds, cottonseed flour, partially defatted (glandless)

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

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 cup
Measure 2 = 5.0g: 1 tbsp

Calories Factors: Protein 3.47 Fat 8.37 Carbohydrate4.07

Food Group: 12 Nut and Seed Products
USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 12160
Seeds, cottonseed kernels, roasted (glandless)
Gossypium spp.

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	4.65		1		1		6.93	0.47	
Energy.....kcal	506		0	NC	4		754	51	
Energy.....kJ	2117				4		3154	212	
Protein (N x 5.3).....g	32.59		2		1		48.56	3.26	
Total lipid (fat).....g	36.29		2		1		54.07	3.63	
Ash.....g	4.58		1		1		6.82	0.46	
Carbohydrate, by difference.....g	21.90		0	NC	4		32.63	2.19	
Fiber, total dietary.....g	5.5		0		4		8.2	0.6	
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	100		0		1		149	10	
Iron, Fe.....mg	5.40		0		1		8.05	0.54	
Magnesium, Mg.....mg	440		0		1		656	44	
Phosphorus, P.....mg	800		0		1		1192	80	
Potassium, K.....mg	1350		1		1		2012	135	
Sodium, Na.....mg	25		1		1		37	3	
Zinc, Zn.....mg	6.00		0		1		8.94	0.60	
Copper, Cu.....mg	1.200		0		1		1.788	0.120	
Manganese, Mn.....mg	2.181		0		4		3.250	0.218	
Selenium, Se.....µg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	9.0		0		1		13.4	0.9	
Thiamin.....mg	0.750		0		1		1.118	0.075	
Riboflavin.....mg	0.255		0		1		0.380	0.026	
Niacin.....mg	3.000		0		1		4.470	0.300	
Pantothenic acid.....mg	0.456		0		4		0.679	0.046	
Vitamin B-6.....mg	0.782		0		4		1.165	0.078	
Folate, total.....µg	233		0		4		348	23	
Folic acid.....µg	0		0	Z	7		0	0	
Folate, food.....µg	233		0		4		348	23	
Folate, DFE.....µg	233		0	NC	4		348	23	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....µg	22		0		4		33	2	
Retinol.....µg	0		0	Z	7		0	0	
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	442		0		4		659	44	
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D.....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone).....µg									
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									

Lipids:

NDB No. 12160

Seeds, cottonseed kernels, roasted (glandless)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	measures of food		
							Measure 1	Measure 2	Measure 3
Fatty acids, total saturated.....g	9.699		0		1		14.452	0.970	
4:0.....g	0.000		0		1		0.000	0.000	
6:0.....g	0.000		0		1		0.000	0.000	
8:0.....g	0.000		0		1		0.000	0.000	
10:0.....g	0.000		0		1		0.000	0.000	
12:0.....g	0.000		0		1		0.000	0.000	
13:0.....g									
14:0.....g	0.341		0		1		0.508	0.034	
15:0.....g									
16:0.....g	8.433		0		1		12.565	0.843	
17:0.....g									
18:0.....g	0.853		0		1		1.271	0.085	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	6.919		0		1		10.309	0.692	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.256		0		1		0.381	0.026	
17:1.....g									
18:1 undifferentiated.....g	6.612		0		1		9.852	0.661	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	18.068		0		1		26.921	1.807	
18:2 undifferentiated.....g	17.865		0		1		26.619	1.787	
18:3 undifferentiated.....g	0.069		0		1		0.103	0.007	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA).....g	0.000		0		1		0.000	0.000	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.492		27		1		0.733	0.049	
Threonine.....g	1.205		41		1		1.795	0.121	
Isoleucine.....g	1.174		37		1		1.749	0.117	
Leucine.....g	2.226		41		1		3.317	0.223	
Lysine.....g	1.654		43		1		2.464	0.165	
Methionine.....g	0.529		37		1		0.788	0.053	
Cystine.....g	0.855		28		1		1.274	0.086	
Phenylalanine.....g	2.029		37		1		3.023	0.203	
Tyrosine.....g	1.174		31		1		1.749	0.117	
Valine.....g	1.672		37		1		2.491	0.167	
Arginine.....g	4.402		37		1		6.559	0.440	
Histidine.....g	1.027		35		1		1.530	0.103	
Alanine.....g	1.512		35		1		2.253	0.151	
Aspartic acid.....g	3.547		35		1		5.285	0.355	
Glutamic acid.....g	8.158		35		1		12.155	0.816	
Glycine.....g	1.580		35		1		2.354	0.158	
Proline.....g	1.389		31		1		2.070	0.139	
Serine.....g	1.629		31		1		2.427	0.163	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg									
Theobromine.....mg									

NDB No. 12160
Seeds, cottonseed kernels, roasted (glandless)

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

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 cup
Measure 2 = 10.0g: 1 tbsp

Calories Factors: Protein 3.47 Fat 8.37 Carbohydrate4.07

Food Group: 12 Nut and Seed Products
USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 12011
Seeds, cottonseed meal, partially defatted (glandless)

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	1.20		1		1		0.34		
Energy.....kcal	367		0	NC	4		104		
Energy.....kJ	1536				4		435		
Protein (N x 5.3).....g	49.10		1		1		13.92		
Total lipid (fat).....g	4.77		1		1		1.35		
Ash.....g	6.50		1		1		1.84		
Carbohydrate, by difference.....g	38.43		0	NC	4		10.89		
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	504		0		1		143		
Iron, Fe.....mg	13.35		0		1		3.78		
Magnesium, Mg.....mg	760		0		1		215		
Phosphorus, P.....mg	1684		0		1		477		
Potassium, K.....mg	1869		0		1		530		
Sodium, Na.....mg	37		0		1		10		
Zinc, Zn.....mg	12.32		0		1		3.49		
Copper, Cu.....mg	0.001		0		1		0.000		
Manganese, Mn.....mg	2.260		0		4		0.641		
Selenium, Se.....µg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	2.5		0		4		0.7		
Thiamin.....mg	2.217		0		4		0.629		
Riboflavin.....mg	0.420		0		4		0.119		
Niacin.....mg	4.286		0		4		1.215		
Pantothenic acid.....mg	0.472		0		4		0.134		
Vitamin B-6.....mg	0.811		0		4		0.230		
Folate, total.....µg	242		0		4		69		
Folic acid.....µg	0		0	Z	7		0		
Folate, food.....µg	242		0		4		69		
Folate, DFE.....µg	242		0	NC	4		69		
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		0	Z	7		0.00		
Vitamin A, RAE.....µg	23		0		4		6		
Retinol.....µg	0		0	Z	7		0		
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	458		0		4		130		
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0		
Vitamin D.....IU	0		0	Z	7		0		
Vitamin K (phylloquinone).....µg									
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									

Lipids:

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion 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	1.207		0		1		0.342		
4:0.....g									
6:0.....g									
8:0.....g									
10:0.....g									
12:0.....g									
13:0.....g									
14:0.....g	0.042		0		1		0.012		
15:0.....g									
16:0.....g	1.049		0		1		0.297		
17:0.....g									
18:0.....g	0.106		0		1		0.030		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.861		0		1		0.244		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.032		0		1		0.009		
17:1.....g									
18:1 undifferentiated.....g	0.823		0		1		0.233		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.248		0		1		0.637		
18:2 undifferentiated.....g	2.223		0		1		0.630		
18:3 undifferentiated.....g	0.009		0		1		0.003		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....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	Z	7		0		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.741		0		1		0.210		
Threonine.....g	1.816		0		1		0.515		
Isoleucine.....g	1.769		0		1		0.502		
Leucine.....g	3.354		0		1		0.951		
Lysine.....g	2.492		0		1		0.706		
Methionine.....g	0.797		0		1		0.226		
Cystine.....g	1.288		0		1		0.365		
Phenylalanine.....g	3.057		0		1		0.867		
Tyrosine.....g	1.769		0		1		0.502		
Valine.....g	2.520		0		1		0.714		
Arginine.....g	6.633		0		1		1.880		
Histidine.....g	1.547		0		1		0.439		
Alanine.....g	2.279		0		1		0.646		
Aspartic acid.....g	5.345		0		1		1.515		
Glutamic acid.....g	12.293		0		1		3.485		
Glycine.....g	2.381		0		1		0.675		
Proline.....g	2.094		0		1		0.594		
Serine.....g	2.455		0		1		0.696		
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.

NDB No. 12011
Seeds, cottonseed meal, partially defatted (glandless)

Common Measures:
Measure 1 = 28.35g: 1 oz

Calories Factors: Protein 3.47 Fat 8.37 Carbohydrate4.07 Food Group: 12 Nut and Seed Products
USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 12220
 Seeds, flaxseed (1, 2)
Linum usitatissimum

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	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Proximates:									
Water.....g	6.96	1.636	3	A	1		0.72	11.69	0.49
Energy.....kcal	534		0	NC	4		55	897	37
Energy.....kJ	2234		0	NC	4		230	3753	156
Protein (N x 5.3).....g	18.29	0.917	7	A	1		1.88	30.72	1.28
Total lipid (fat).....g	42.16	3.188	6	A	1		4.34	70.83	2.95
Ash.....g	3.72	0.026	3	A	1		0.38	6.25	0.26
Carbohydrate, by difference.....g	28.88		0	NC	4		2.97	48.51	2.02
Fiber, total dietary.....g	27.3	0.323	3	A	1		2.8	45.8	1.9
Sugars, total.....g	1.55		0	AS	1		0.16	2.60	0.11
Sucrose.....g	1.15	0.310	3	A	1		0.12	1.93	0.08
Glucose (dextrose).....g	0.40	0.190	3	A	1		0.04	0.67	0.03
Fructose.....g	0.00	0.000	3	A	1		0.00	0.00	0.00
Lactose.....g	0.00	0.000	3	A	1		0.00	0.00	0.00
Maltose.....g	0.00	0.000	3	A	1		0.00	0.00	0.00
Galactose.....g	0.00		0	Z	7		0.00	0.00	0.00
Starch.....g									
Minerals:									
Calcium, Ca.....mg	255	35.614	7	A	1		26	429	18
Iron, Fe.....mg	5.73	0.555	7	A	1		0.59	9.62	0.40
Magnesium, Mg.....mg	392	20.100	7	A	1		40	658	27
Phosphorus, P.....mg	642	20.250	3	A	1		66	1079	45
Potassium, K.....mg	813	9.340	7	A	1		84	1366	57
Sodium, Na.....mg	30	3.989	7	A	1		3	50	2
Zinc, Zn.....mg	4.34	0.118	7	A	1		0.45	7.30	0.30
Copper, Cu.....mg	1.220	0.075	7	A	1		0.126	2.049	0.085
Manganese, Mn.....mg	2.482	0.186	7	A	1		0.256	4.169	0.174
Selenium, Se.....µg	25.4		2	A	1		2.6	42.7	1.8
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.6	0.108	3	A	1		0.1	1.1	0.0
Thiamin.....mg	1.644	1.111	3	A	1		0.169	2.762	0.115
Riboflavin.....mg	0.161	0.071	3	A	1		0.017	0.270	0.011
Niacin.....mg	3.080	0.130	3	A	1		0.317	5.174	0.216
Pantothenic acid.....mg	0.985	0.415	3	A	1		0.101	1.655	0.069
Vitamin B-6.....mg	0.473	0.138	3	A	1		0.049	0.794	0.033
Folate, total.....µg	87	24.975	3	A	1		9	146	6
Folic acid.....µg	0		0	Z	7		0	0	0
Folate, food.....µg	87	24.975	3	A	1		9	146	6
Folate, DFE.....µg	87		0	NC	4		9	146	6
Choline, total.....mg	78.7		0	AS	1		8.1	132.2	5.5
Betaine.....mg	3.1		1	A	1		0.3	5.2	0.2
Vitamin B-12.....µg	0.00		1	A	1		0.00	0.00	0.00
Vitamin B-12, added.....µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE.....µg	0	0.000	3	A	1		0	0	0
Retinol.....µg	0		0	Z	7		0	0	0
Carotene, beta.....µg	0	0.000	3	A	1		0	0	0
Carotene, alpha.....µg	0	0.000	3	A	1		0	0	0
Cryptoxanthin, beta.....µg	0		2	A	1		0	0	0
Vitamin A, IU.....IU	0	0.000	3	A	1		0	0	0
Lycopene.....µg	0		2	A	1		0	0	0
Lutein + zeaxanthin.....µg	651	52.611	9	A	1		67	1094	46
Vitamin E (alpha-tocopherol).....mg	0.31	0.006	6	A	1		0.03	0.52	0.02
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta.....mg	0.00		2	A	1		0.00	0.00	0.00
Tocopherol, gamma.....mg	19.95	5.066	6	A	1		2.05	33.51	1.40
Tocopherol, delta.....mg	0.35	0.131	6	A	1		0.04	0.58	0.02
Tocotrienol, alpha.....mg	0.00		2	A	1		0.00	0.00	0.00
Tocotrienol, beta.....mg	0.00		2	A	1		0.00	0.00	0.00

NDB No. 12220
Seeds, flaxseed (1, 2)

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	measures of food			
						Confidence Code	Measure 1	Measure 2	Measure 3
Tocotrienol, gamma.....mg	0.00		2	A	1		0.00	0.00	0.00
Tocotrienol, delta.....mg	0.00		2	A	1		0.00	0.00	0.00
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0	0.0	0.0
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	0		0	Z	7		0	0	0
Vitamin K (phylloquinone).....µg	4.3		2	A	1		0.4	7.1	0.3
Dihydrophyloquinone.....µg	0.0		2	A	1		0.0	0.0	0.0
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	3.663		0	NC	4		0.377	6.153	0.256
4:0.....g	0.000		0	BFFN	4		0.000	0.000	0.000
6:0.....g	0.000		0	BFFN	4		0.000	0.000	0.000
8:0.....g	0.000		2	A	1		0.000	0.000	0.000
10:0.....g	0.000		2	A	1		0.000	0.000	0.000
12:0.....g	0.000		2	A	1		0.000	0.000	0.000
13:0.....g									
14:0.....g	0.008	0.008	3	A	1		0.001	0.013	0.001
15:0.....g	0.005		1	A	1		0.001	0.009	0.000
16:0.....g	2.165	0.191	7	A	1		0.223	3.638	0.152
17:0.....g	0.018		1	A	1		0.002	0.030	0.001
18:0.....g	1.330	0.064	7	A	1		0.137	2.235	0.093
20:0.....g	0.052	0.005	3	A	1		0.005	0.087	0.004
22:0.....g	0.052	0.011	3	A	1		0.005	0.088	0.004
24:0.....g	0.031	0.001	3	A	1		0.003	0.053	0.002
Fatty acids, total monounsaturated.....g	7.527		0	NC	4		0.775	12.645	0.527
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.024	0.006	3	A	1		0.002	0.040	0.002
17:1.....g									
18:1 undifferentiated.....g	7.359	0.132	7	JA	6		0.758	12.362	0.515
20:1.....g	0.067	0.016	3	A	1		0.007	0.112	0.005
22:1 undifferentiated.....g	0.013	0.013	3	A	1		0.001	0.023	0.001
24:1 c.....g	0.064	0.056	3	A	1		0.007	0.108	0.005
Fatty acids, total polyunsaturated.....g	28.730		0	NC	4		2.959	48.266	2.011
18:2 undifferentiated.....g	5.903	0.341	7	JA	6		0.608	9.917	0.413
18:3 undifferentiated.....g	22.813	1.439	7	JA	6		2.350	38.326	1.597
18:4.....g	0.000		0	BFFN	4		0.000	0.000	0.000
20:2 n-6 c,c.....g	0.007	0.007	3	A	1		0.001	0.013	0.001
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	BFFN	4		0.000	0.000	0.000
20:5 n-3 (EPA).....g	0.000		0	BFFN	4		0.000	0.000	0.000
21:5.....g									
22:4.....g									
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	0		0	Z	7		0	0	0
Phytosterols.....mg									
Stigmasterol.....mg	11		2	A	1		1	19	1
Campesterol.....mg	45		2	A	1		5	76	3
Beta-sitosterol.....mg	90		2	A	1		9	151	6
Amino Acids:									
Tryptophan.....g	0.297		0	A	1		0.031	0.499	0.021
Threonine.....g	0.766		0	A	1		0.079	1.287	0.054
Isoleucine.....g	0.896		0	A	1		0.092	1.505	0.063
Leucine.....g	1.235		0	A	1		0.127	2.075	0.086
Lysine.....g	0.862		0	A	1		0.089	1.449	0.060
Methionine.....g	0.370		0	A	1		0.038	0.622	0.026
Cystine.....g	0.340		0	A	1		0.035	0.572	0.024
Phenylalanine.....g	0.957		0	A	1		0.099	1.608	0.067
Tyrosine.....g	0.493		0	A	1		0.051	0.828	0.035
Valine.....g	1.072		0	A	1		0.110	1.800	0.075

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	
							Measure 1 Measure 2 Measure 3
Arginine.....g	1.925		0	A	1		0.198 3.235 0.135
Histidine.....g	0.472		0	A	1		0.049 0.793 0.033
Alanine.....g	0.925		0	A	1		0.095 1.553 0.065
Aspartic acid.....g	2.046		0	A	1		0.211 3.437 0.143
Glutamic acid.....g	4.039		0	A	1		0.416 6.785 0.283
Glycine.....g	1.248		0	A	1		0.129 2.096 0.087
Proline.....g	0.806		0	A	1		0.083 1.355 0.056
Serine.....g	0.970		0	A	1		0.100 1.630 0.068
Hydroxyproline.....g	0.175		2	A	1		0.018 0.294 0.012
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 = 10.3g: 1 tbsp, whole

Measure 2 = 168g: 1 cup, whole

Measure 3 = 7.0g: 1 tbsp, ground

Footnotes:

1 Up to 12 percent flax seed can safely be used as an ingredient in food.

2 Other phytosterols = 49.0 mg/100g; these include delta 5-avenasterol (21.2), campestanol (2.8), brassicasterol (1.1) and other minor phytosterols (23.9 mg).

Calories Factors: Protein 3.47

Fat 8.37

Carbohydrate 4.07

Food Group: 12 Nut and Seed Products

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Refuse:0%

Lipids:

NDB No. 12013
Seeds, lotus seeds, dried

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total saturated.....g	0.330		0		1		0.106	0.094	
4:0.....g									
6:0.....g									
8:0.....g									
10:0.....g									
12:0.....g									
13:0.....g									
14:0.....g	0.004		0		1		0.001	0.001	
15:0.....g									
16:0.....g	0.288		0		1		0.092	0.082	
17:0.....g									
18:0.....g									
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.388		0		1		0.124	0.110	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	0.230		0		1		0.074	0.065	
20:1.....g	0.043		0		1		0.014	0.012	
22:1 undifferentiated.....g	0.115		0		1		0.037	0.033	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.166		0		1		0.373	0.331	
18:2 undifferentiated.....g	1.064		0		1		0.340	0.302	
18:3 undifferentiated.....g	0.102		0		1		0.033	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									
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	Z	7		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.221		0		1		0.071	0.063	
Threonine.....g	0.747		0		1		0.239	0.212	
Isoleucine.....g	0.765		0		1		0.245	0.217	
Leucine.....g	1.215		0		1		0.389	0.344	
Lysine.....g	0.985		0		1		0.315	0.279	
Methionine.....g	0.267		0		1		0.085	0.076	
Cystine.....g	0.201		0		1		0.064	0.057	
Phenylalanine.....g	0.767		0		1		0.245	0.217	
Tyrosine.....g	0.375		0		1		0.120	0.106	
Valine.....g	0.991		0		1		0.317	0.281	
Arginine.....g	1.262		0		1		0.404	0.358	
Histidine.....g	0.430		0		1		0.138	0.122	
Alanine.....g	0.892		0		1		0.285	0.253	
Aspartic acid.....g	1.884		0		1		0.603	0.534	
Glutamic acid.....g	3.570		0		1		1.142	1.012	
Glycine.....g	0.826		0		1		0.264	0.234	
Proline.....g	1.285		0		1		0.411	0.364	
Serine.....g	0.939		0		1		0.300	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.

NDB No. 12013
Seeds, lotus seeds, dried

Common Measures:
Measure 1 = 32g: 1 cup
Measure 2 = 28.35g: 1 oz (42 medium seeds)

Calories Factors: Protein 3.47 Fat 8.37 Carbohydrate4.07 Food Group: 12 Nut and Seed Products
USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 12205
Seeds, lotus seeds, raw
Nelumbo spp.

Refuse:47% Shells

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion 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	77.00		0		1		21.83		
Energy.....kcal	89		0	NC	4		25		
Energy.....kJ	372				4		106		
Protein (N x 5.3).....g	4.13		0		1		1.17		
Total lipid (fat).....g	0.53		0		1		0.15		
Ash.....g	1.07		0		1		0.30		
Carbohydrate, by difference.....g	17.28		0	NC	4		4.90		
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	44		0		1		12		
Iron, Fe.....mg	0.95		0		1		0.27		
Magnesium, Mg.....mg	56		0		1		16		
Phosphorus, P.....mg	168		0		1		48		
Potassium, K.....mg	367		0		1		104		
Sodium, Na.....mg	1		0		1		0		
Zinc, Zn.....mg	0.28		0		4		0.08		
Copper, Cu.....mg	0.094		0		4		0.027		
Manganese, Mn.....mg	0.621		0		4		0.176		
Selenium, Se.....µg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0		1		0.0		
Thiamin.....mg	0.171		0		1		0.048		
Riboflavin.....mg	0.040		0		1		0.011		
Niacin.....mg	0.429		0		1		0.122		
Pantothenic acid.....mg	0.228		0		4		0.065		
Vitamin B-6.....mg	0.168		0		4		0.048		
Folate, total.....µg	28		0		4		8		
Folic acid.....µg	0		0	Z	7		0		
Folate, food.....µg	28		0		4		8		
Folate, DFE.....µg	28		0	NC	4		8		
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		0	Z	7		0.00		
Vitamin A, RAE.....µg	1		0		1		0		
Retinol.....µg	0		0	Z	7		0		
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	13		0		1		4		
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0		
Vitamin D.....IU	0		0	Z	7		0		
Vitamin K (phylloquinone).....µg									
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									

Lipids:

NDB No. 12205
Seeds, lotus seeds, raw

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>		
	Mean	Std. Error	Number		Confidence	Measure 1	Measure 2
			of Data	Deriv			
			Points	Code	Code		Measure 3
Fatty acids, total saturated.....g	0.088		0		1	0.025	
4:0.....g							
6:0.....g							
8:0.....g							
10:0.....g							
12:0.....g							
13:0.....g							
14:0.....g	0.001		1		1	0.000	
15:0.....g							
16:0.....g	0.077		1		1	0.022	
17:0.....g							
18:0.....g							
20:0.....g							
22:0.....g							
24:0.....g							
Fatty acids, total monounsaturated.....g	0.104		0		1	0.029	
14:1.....g							
15:1.....g							
16:1 undifferentiated.....g							
17:1.....g							
18:1 undifferentiated.....g	0.062		1		1	0.018	
20:1.....g	0.012		1		1	0.003	
22:1 undifferentiated.....g	0.031		1		1	0.009	
24:1 c.....g							
Fatty acids, total polyunsaturated.....g	0.312		0		1	0.088	
18:2 undifferentiated.....g	0.285		1		1	0.081	
18:3 undifferentiated.....g	0.027		1		1	0.008	
18:4.....g							
20:2 n-6 c,c.....g							
20:3 undifferentiated.....g							
20:4 undifferentiated.....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	Z	7	0	
Phytosterols.....mg							
Amino Acids:							
Tryptophan.....g	0.059		6		1	0.017	
Threonine.....g	0.200		6		1	0.057	
Isoleucine.....g	0.205		6		1	0.058	
Leucine.....g	0.326		6		1	0.092	
Lysine.....g	0.264		6		1	0.075	
Methionine.....g	0.072		6		1	0.020	
Cystine.....g	0.054		6		1	0.015	
Phenylalanine.....g	0.206		6		1	0.058	
Tyrosine.....g	0.100		6		1	0.028	
Valine.....g	0.266		6		1	0.075	
Arginine.....g	0.338		6		1	0.096	
Histidine.....g	0.115		6		1	0.033	
Alanine.....g	0.239		6		1	0.068	
Aspartic acid.....g	0.505		6		1	0.143	
Glutamic acid.....g	0.957		6		1	0.271	
Glycine.....g	0.221		6		1	0.063	
Proline.....g	0.344		6		1	0.098	
Serine.....g	0.252		6		1	0.071	
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.

NDB No. 12205
Seeds, lotus seeds, raw

Common Measures:
Measure 1 = 28.35g: 1 oz

Calories Factors: Protein 3.47 Fat 8.37 Carbohydrate4.07 Food Group: 12 Nut and Seed Products
USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 12014
Seeds, pumpkin and squash seed kernels, dried

pepitas
Refuse:26% Hulls

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common		
							measures of food		
	Number								
	Mean	Std. Error	Points	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			Code	Code		Code			
Proximates:									
Water.....g	5.23	0.577	3	A	1		6.75	1.48	
Energy.....kcal	559		0	NC	4		721	158	
Energy.....kJ	2339		0	NC	4		3017	663	
Protein (N x 5.3).....g	30.23	0.586	3	A	1		38.99	8.57	
Total lipid (fat).....g	49.05	0.640	3	A	1		63.27	13.90	
Ash.....g	4.78	0.078	3	A	1		6.17	1.36	
Carbohydrate, by difference.....g	10.71		0	NC	4		13.82	3.04	
Fiber, total dietary.....g	6.0	0.186	3	A	1		7.7	1.7	
Sugars, total.....g	1.40	0.066	3	A	1		1.80	0.40	
Sucrose.....g	1.13	0.059	3	A	1		1.45	0.32	
Glucose (dextrose).....g	0.13	0.052	3	A	1		0.16	0.04	
Fructose.....g	0.15	0.072	3	A	1		0.19	0.04	
Lactose.....g	0.00	0.000	3	A	1		0.00	0.00	
Maltose.....g	0.00	0.000	3	A	1		0.00	0.00	
Galactose.....g	0.00	0.000	3	A	1		0.00	0.00	
Starch.....g	1.47	0.088	3	A	1		1.89	0.42	
Minerals:									
Calcium, Ca.....mg	46	0.639	3	A	1		59	13	
Iron, Fe.....mg	8.82	0.442	3	A	1		11.37	2.50	
Magnesium, Mg.....mg	592	7.055	3	A	1		764	168	
Phosphorus, P.....mg	1233	21.858	3	A	1		1591	350	
Potassium, K.....mg	809	15.344	3	A	1		1044	229	
Sodium, Na.....mg	7	0.000	3	A	1		10	2	
Zinc, Zn.....mg	7.81	0.189	3	A	1		10.08	2.21	
Copper, Cu.....mg	1.343	0.017	3	A	1		1.733	0.381	
Manganese, Mn.....mg	4.543	0.170	3	A	1		5.861	1.288	
Selenium, Se.....µg	9.4		2	A	1		12.1	2.7	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	1.9		0		4		2.5	0.5	
Thiamin.....mg	0.273	0.029	3	A	1		0.353	0.077	
Riboflavin.....mg	0.153	0.003	3	A	1		0.198	0.043	
Niacin.....mg	4.987	0.179	3	A	1		6.433	1.414	
Pantothenic acid.....mg	0.750		1	A	1		0.968	0.213	
Vitamin B-6.....mg	0.143	0.003	3	A	1		0.185	0.041	
Folate, total.....µg	58		0		4		74	16	
Folic acid.....µg	0		0	Z	7		0	0	
Folate, food.....µg	58		0		4		74	16	
Folate, DFE.....µg	58		0	NC	4		74	16	
Choline, total.....mg	63.0		0	BFZN	4		81.3	17.9	
Betaine.....mg									
Vitamin B-12.....µg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added.....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....µg	1		1	A	1		1	0	
Retinol.....µg	0		0	Z	7		0	0	
Carotene, beta.....µg	9		1	A	1		11	2	
Carotene, alpha.....µg	1		1	A	1		1	0	
Cryptoxanthin, beta.....µg	1		1	A	1		1	0	
Vitamin A, IU.....IU	16		1	A	1		21	5	
Lycopene.....µg	0		1	A	1		1	0	
Lutein + zeaxanthin.....µg	74		1	A	1		95	21	
Vitamin E (alpha-tocopherol).....mg	2.18	0.017	3	A	1		2.82	0.62	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg	0.03	0.028	3	A	1		0.05	0.01	
Tocopherol, gamma.....mg	35.10	0.904	3	A	1		45.28	9.95	
Tocopherol, delta.....mg	0.44	0.042	3	A	1		0.57	0.13	
Tocotrienol, alpha.....mg	0.00	0.000	3	A	1		0.00	0.00	
Tocotrienol, beta.....mg	0.00	0.000	3	A	1		0.00	0.00	

NDB No. 12014
Seeds, pumpkin and squash seed kernels, dried

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Deriv			Source Confidence Code	Measure 1	Measure 2	Measure 3
			Points	Code	Code				
Tocotrienol, gamma.....mg	0.06	0.063	3	A	1		0.08	0.02	
Tocotrienol, delta.....mg	0.00	0.000	3	A	1		0.00	0.00	
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone).....µg	7.3	0.788	3	A	1		9.4	2.1	
Dihydrophyloquinone.....µg	0.0	0.000	3	A	1		0.0	0.0	
Menaquinone-4.....µg	0.0	0.000	3	A	1		0.0	0.0	
Lipids:									
Fatty acids, total saturated.....g	8.659		0	NC	4		11.170	2.455	
4:0.....g	0.000	0.000	3	A	1		0.000	0.000	
6:0.....g	0.001	0.000	3	A	1		0.002	0.000	
8:0.....g	0.000	0.000	3	A	1		0.000	0.000	
10:0.....g	0.003	0.000	3	A	1		0.003	0.001	
12:0.....g	0.006	0.000	3	A	1		0.008	0.002	
13:0.....g									
14:0.....g	0.059	0.001	3	A	1		0.076	0.017	
15:0.....g	0.008	0.000	3	A	1		0.010	0.002	
16:0.....g	5.364	0.091	3	A	1		6.919	1.521	
17:0.....g	0.037	0.001	3	A	1		0.048	0.010	
18:0.....g	2.869	0.064	3	A	1		3.701	0.813	
20:0.....g	0.212	0.005	3	A	1		0.273	0.060	
22:0.....g	0.057	0.004	3	A	1		0.073	0.016	
24:0.....g	0.044	0.000	3	A	1		0.057	0.013	
Fatty acids, total monounsaturated.....g	16.242		0	NC	4		20.952	4.605	
14:1.....g	0.000	0.000	3	A	1		0.000	0.000	
15:1.....g	0.000	0.000	3	A	1		0.000	0.000	
16:1 undifferentiated.....g	0.048	0.002	3	AS	1		0.061	0.014	
16:1 c.....g	0.048	0.002	3	A	1		0.061	0.014	
16:1 t.....g	0.000	0.000	3	A	1		0.000	0.000	
17:1.....g	0.000	0.000	3	A	1		0.000	0.000	
18:1 undifferentiated.....g	16.133	0.287	3	AS	1		20.811	4.574	
18:1 c.....g	16.108	0.288	3	A	1		20.779	4.567	
18:1 t.....g	0.025	0.002	3	A	1		0.032	0.007	
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.056	0.000	3	A	1		0.072	0.016	
22:1 undifferentiated.....g	0.001	0.001	3	AS	1		0.001	0.000	
22:1 c.....g	0.000	0.000	3	A	1		0.000	0.000	
22:1 t.....g	0.001	0.001	3	A	1		0.001	0.000	
24:1 c.....g	0.005	0.001	3	A	1		0.007	0.002	
Fatty acids, total polyunsaturated.....g	20.976		0	NC	4		27.060	5.947	
18:2 undifferentiated.....g	20.710	0.695	3	AS	1		26.716	5.871	
18:2 n-6 c,c.....g	20.667	0.692	3	A	1		26.661	5.859	
18:2 CLAs.....g	0.004	0.000	3	A	1		0.006	0.001	
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.039	0.003	3	A	1		0.050	0.011	
18:3 undifferentiated.....g	0.120	0.002	3	AS	1		0.155	0.034	
18:3 n-3 c,c,c (ALA).....g	0.120	0.002	3	A	1		0.155	0.034	
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	0.000	0.000	3	A	1		0.000	0.000	
20:2 n-6 c,c.....g	0.004	0.001	3	A	1		0.006	0.001	
20:3 undifferentiated.....g	0.000	0.000	3	AS	1		0.000	0.000	
20:3 n-3.....g	0.000	0.000	3	A	1		0.000	0.000	
20:3 n-6.....g	0.000	0.000	3	A	1		0.000	0.000	
20:4 undifferentiated.....g	0.131	0.001	3	A	1		0.168	0.037	
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.000	0.000	3	A	1		0.000	0.000	
21:5.....g									
22:4.....g	0.006	0.000	3	A	1		0.008	0.002	
22:5 n-3 (DPA).....g	0.000	0.000	3	A	1		0.000	0.000	

NDB No. 12014
Seeds, pumpkin and squash seed kernels, dried

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points			Measure 1	Measure 2	Measure 3	
			Deriv	Source	Confidence				
			Points	Code	Code				
22:6 n-3 (DHA).....g	0.000	0.000	3	A	1	0.000	0.000		
Fatty acids, total trans.....g	0.064		0	NC	4	0.083	0.018		
Fatty acids, total trans-monoenoic.....g	0.026		0	NC	4	0.033	0.007		
Fatty acids, total trans-polyenoic.....g	0.039		0	NC	4	0.050	0.011		
Cholesterol.....mg	0		0	Z	7	0	0		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.576		0	A	1	0.743	0.163		
Threonine.....g	0.998		0	A	1	1.288	0.283		
Isoleucine.....g	1.281		0	A	1	1.653	0.363		
Leucine.....g	2.419		0	A	1	3.120	0.686		
Lysine.....g	1.236		0	A	1	1.594	0.350		
Methionine.....g	0.603		0	A	1	0.778	0.171		
Cystine.....g	0.332		0	A	1	0.428	0.094		
Phenylalanine.....g	1.733		0	A	1	2.236	0.491		
Tyrosine.....g	1.093		0	A	1	1.410	0.310		
Valine.....g	1.579		0	A	1	2.037	0.448		
Arginine.....g	5.353		0	A	1	6.905	1.518		
Histidine.....g	0.780		0	A	1	1.006	0.221		
Alanine.....g	1.485		0	A	1	1.916	0.421		
Aspartic acid.....g	2.960		0	A	1	3.818	0.839		
Glutamic acid.....g	6.188		0	A	1	7.982	1.754		
Glycine.....g	1.843		0	A	1	2.377	0.522		
Proline.....g	1.316		0	A	1	1.697	0.373		
Serine.....g	1.673		0	A	1	2.159	0.474		
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7	0.0	0.0		
Caffeine.....mg	0		0	Z	7	0	0		
Theobromine.....mg	0		0	Z	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 = 129g: 1 cup
Measure 2 = 28.35g: 1 oz

Calories Factors: Protein 3.47 **Fat** 8.37 **Carbohydrate**4.07

Food Group: 12 Nut and Seed Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 12516

Seeds, pumpkin and squash seed kernels, roasted, with salt added (1)

pepitas

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	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
			Points	Code	Code				
Proximates:									
Water.....g	2.03		1	A	1		2.40	0.58	
Energy.....kcal	574		0	NC	4		677	163	
Energy.....kJ	2401		0	NC	4		2834	681	
Protein (N x 5.3).....g	29.84		1	A	1		35.21	8.46	
Total lipid (fat).....g	49.05		1	A	1		57.88	13.91	
Ash.....g	4.37		1		1		5.16	1.24	
Carbohydrate, by difference.....g	14.71		0	NC	4		17.36	4.17	
Fiber, total dietary.....g	6.5		1	A	1		7.7	1.8	
Sugars, total.....g	1.29		1	A	1		1.52	0.37	
Sucrose.....g	1.14		1	A	1		1.35	0.32	
Glucose (dextrose).....g	0.07		1	A	1		0.09	0.02	
Fructose.....g	0.07		1	A	1		0.09	0.02	
Lactose.....g	0.00		1	A	1		0.00	0.00	
Maltose.....g	0.00		1	A	1		0.00	0.00	
Galactose.....g	0.00		1	A	1		0.00	0.00	
Starch.....g	0.74		1	A	1		0.87	0.21	
Minerals:									
Calcium, Ca.....mg	52		2	A	1		61	15	
Iron, Fe.....mg	8.07		2	A	1		9.52	2.29	
Magnesium, Mg.....mg	550		2	A	1		649	156	
Phosphorus, P.....mg	1174		2	A	1		1386	333	
Potassium, K.....mg	788		2	A	1		929	223	
Sodium, Na (2) mg	256		1	A	1		302	73	
Zinc, Zn.....mg	7.64		2	A	1		9.02	2.17	
Copper, Cu.....mg	1.275		2	A	1		1.505	0.361	
Manganese, Mn.....mg	4.490		2	A	1		5.298	1.273	
Selenium, Se.....µg	9.4		0	BFZN	4		11.1	2.7	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	1.8		0		4		2.1	0.5	
Thiamin.....mg	0.070		1	A	1		0.083	0.020	
Riboflavin.....mg	0.150		1	A	1		0.177	0.043	
Niacin.....mg	4.430		1	A	1		5.227	1.256	
Pantothenic acid.....mg	0.570		1	A	1		0.672	0.162	
Vitamin B-6.....mg	0.100		1	A	1		0.118	0.028	
Folate, total.....µg	57		0		4		68	16	
Folic acid.....µg	0		0	Z	7		0	0	
Folate, food.....µg	57		0		4		68	16	
Folate, DFE.....µg	57		0	NC	4		68	16	
Choline, total.....mg	63.0		0	AS	1		74.4	17.9	
Betaine.....mg	1.5		1	A	1		1.8	0.4	
Vitamin B-12.....µg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added.....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....µg	0		1	A	1		0	0	
Retinol.....µg	0		0	Z	7		0	0	
Carotene, beta.....µg	5		1	A	1		5	1	
Carotene, alpha.....µg	1		1	A	1		1	0	
Cryptoxanthin, beta.....µg	0		1	A	1		1	0	
Vitamin A, IU.....IU	8		1	A	1		10	2	
Lycopene.....µg	0		1	A	1		0	0	
Lutein + zeaxanthin.....µg	30		1	A	1		36	9	
Vitamin E (alpha-tocopherol).....mg	0.56		1	A	1		0.66	0.16	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg	0.09		1	A	1		0.11	0.03	
Tocopherol, gamma.....mg	12.73		1	A	1		15.02	3.61	
Tocopherol, delta.....mg	0.28		1	A	1		0.33	0.08	
Tocotrienol, alpha.....mg	0.00		1	A	1		0.00	0.00	
Tocotrienol, beta.....mg	0.00		1	A	1		0.00	0.00	

NDB No. 12516

Seeds, pumpkin and squash seed kernels, roasted, with salt added (1)

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	measures of food		
							Measure 1	Measure 2	Measure 3
Tocotrienol, gamma.....mg	0.00		1	A	1		0.00	0.00	
Tocotrienol, delta.....mg	0.00		1	A	1		0.00	0.00	
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone).....µg	4.5		1	A	1		5.3	1.3	
Dihydrophyllquinone.....µg	0.0		1	A	1		0.0	0.0	
Menaquinone-4.....µg	0.0		1	A	1		0.0	0.0	
Lipids:									
Fatty acids, total saturated.....g	8.544		0	NC	4		10.081	2.422	
4:0.....g	0.000		1	A	1		0.000	0.000	
6:0.....g	0.007		1	A	1		0.008	0.002	
8:0.....g	0.002		1	A	1		0.002	0.001	
10:0.....g	0.002		1	A	1		0.002	0.001	
12:0.....g	0.006		1	A	1		0.007	0.002	
13:0.....g									
14:0.....g	0.058		1	A	1		0.068	0.016	
15:0.....g	0.008		1	A	1		0.009	0.002	
16:0.....g	5.191		1	A	1		6.125	1.472	
17:0.....g	0.038		1	A	1		0.045	0.011	
18:0.....g	2.913		1	A	1		3.437	0.826	
20:0.....g	0.216		1	A	1		0.255	0.061	
22:0.....g	0.060		1	A	1		0.071	0.017	
24:0.....g	0.043		1	A	1		0.051	0.012	
Fatty acids, total monounsaturated.....g	15.734		0	NC	4		18.566	4.460	
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	0.044		0	AS	1		0.052	0.012	
16:1 c.....g	0.044		1	A	1		0.052	0.012	
16:1 t.....g	0.000		1	A	1		0.000	0.000	
17:1.....g	0.000		1	A	1		0.000	0.000	
18:1 undifferentiated.....g	15.626		0	AS	1		18.439	4.430	
18:1 c.....g	15.611		1	A	1		18.421	4.426	
18:1 t.....g	0.015		1	A	1		0.018	0.004	
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.053		1	A	1		0.062	0.015	
22:1 undifferentiated.....g	0.001		0	AS	1		0.001	0.000	
22:1 c.....g	0.000		1	A	1		0.000	0.000	
22:1 t.....g	0.001		1	A	1		0.001	0.000	
24:1 c.....g	0.010		1	A	1		0.012	0.003	
Fatty acids, total polyunsaturated.....g	19.856		0	NC	4		23.430	5.629	
18:2 undifferentiated.....g	19.590		0	AS	1		23.116	5.554	
18:2 n-6 c,c.....g	19.559		1	A	1		23.080	5.545	
18:2 CLAs.....g	0.005		1	A	1		0.006	0.001	
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.026		1	A	1		0.031	0.007	
18:3 undifferentiated.....g	0.111		0	AS	1		0.131	0.031	
18:3 n-3 c,c,c (ALA).....g	0.111		1	A	1		0.131	0.031	
18:3 n-6 c,c,c.....g	0.000		1	A	1		0.000	0.000	
18:3i.....g									
18:4.....g	0.000		1	A	1		0.000	0.000	
20:2 n-6 c,c.....g	0.012		1	A	1		0.014	0.003	
20:3 undifferentiated.....g	0.000		0	AS	1		0.000	0.000	
20:3 n-3.....g	0.000		1	A	1		0.000	0.000	
20:3 n-6.....g	0.000		1	A	1		0.000	0.000	
20:4 undifferentiated.....g	0.123		1	A	1		0.145	0.035	
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.000		1	A	1		0.000	0.000	
21:5.....g									
22:4.....g	0.005		1	A	1		0.006	0.001	
22:5 n-3 (DPA).....g	0.000		1	A	1		0.000	0.000	

NDB No. 12516

Seeds, pumpkin and squash seed kernels, roasted, with salt added (1)

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
			Points						
22:6 n-3 (DHA).....g	0.000		1	A	1		0.000	0.000	
Fatty acids, total trans.....g	0.042		0	NC	4		0.049	0.012	
Fatty acids, total trans-monoenoic.....g	0.016		0	NC	4		0.019	0.005	
Fatty acids, total trans-polyenoic.....g	0.026		0	NC	4		0.031	0.007	
Cholesterol.....mg	0		0	Z	7		0	0	
Phytosterols.....mg									
Stigmasterol.....mg	0		1	A	1		0	0	
Campesterol.....mg	3		1	A	1		4	1	
Beta-sitosterol.....mg	13		1	A	1		15	4	
Amino Acids:									
Tryptophan.....g	0.569		0	A	1		0.671	0.161	
Threonine.....g	0.985		0	A	1		1.163	0.279	
Isoleucine.....g	1.265		0	A	1		1.492	0.359	
Leucine.....g	2.388		0	A	1		2.817	0.677	
Lysine.....g	1.220		0	A	1		1.439	0.346	
Methionine.....g	0.595		0	A	1		0.702	0.169	
Cystine.....g	0.327		0	A	1		0.386	0.093	
Phenylalanine.....g	1.711		0	A	1		2.019	0.485	
Tyrosine.....g	1.079		0	A	1		1.273	0.306	
Valine.....g	1.559		0	A	1		1.840	0.442	
Arginine.....g	5.284		0	A	1		6.235	1.498	
Histidine.....g	0.770		0	A	1		0.908	0.218	
Alanine.....g	1.466		0	A	1		1.730	0.416	
Aspartic acid.....g	2.922		0	A	1		3.448	0.828	
Glutamic acid.....g	6.108		0	A	1		7.208	1.732	
Glycine.....g	1.819		0	A	1		2.146	0.516	
Proline.....g	1.299		0	A	1		1.533	0.368	
Serine.....g	1.652		0	A	1		1.949	0.468	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	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 = 118g: 1 cup

Measure 2 = 28.35g: 1 oz

Footnotes:

- Other phytosterols total 248.8 mg/100g; these include delta 5-avenasterol (3.5), sitostanol (3.5), campestanol (.8), and other minor phytosterols (241 mg).
- Sodium level varies by brand, depending on the amount of salt added.

Calories Factors: Protein 3.47**Fat** 8.37**Carbohydrate**4.07**Food Group:** 12 Nut and Seed Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 12016
Seeds, pumpkin and squash seed kernels, roasted, without salt (1)

pepitas
 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	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data						
			Points						
Proximates:									
Water.....g	2.03		1	A	1		2.40	0.58	
Energy.....kcal	574		0	NC	4		677	163	
Energy.....kJ	2401		0	NC	4		2834	681	
Protein (N x 5.3).....g	29.84		1	A	1		35.21	8.46	
Total lipid (fat).....g	49.05		1	A	1		57.88	13.91	
Ash.....g	4.37		1		1		5.16	1.24	
Carbohydrate, by difference.....g	14.71		0	NC	4		17.36	4.17	
Fiber, total dietary.....g	6.5		1	A	1		7.7	1.8	
Sugars, total.....g	1.29		1	A	1		1.52	0.37	
Sucrose.....g	1.14		1	A	1		1.35	0.32	
Glucose (dextrose).....g	0.07		1	A	1		0.09	0.02	
Fructose.....g	0.07		1	A	1		0.09	0.02	
Lactose.....g	0.00		1	A	1		0.00	0.00	
Maltose.....g	0.00		1	A	1		0.00	0.00	
Galactose.....g	0.00		1	A	1		0.00	0.00	
Starch.....g	0.74		1	A	1		0.87	0.21	
Minerals:									
Calcium, Ca.....mg	52		2	A	1		61	15	
Iron, Fe.....mg	8.07		2	A	1		9.52	2.29	
Magnesium, Mg.....mg	550		2	A	1		649	156	
Phosphorus, P.....mg	1174		2	A	1		1386	333	
Potassium, K.....mg	788		2	A	1		929	223	
Sodium, Na.....mg	18		0		1		21	5	
Zinc, Zn.....mg	7.64		2	A	1		9.02	2.17	
Copper, Cu.....mg	1.275		2	A	1		1.505	0.361	
Manganese, Mn.....mg	4.490		2	A	1		5.298	1.273	
Selenium, Se.....µg	9.4		0	BFZN	4		11.1	2.7	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	1.8		0		4		2.1	0.5	
Thiamin.....mg	0.070		1	A	1		0.083	0.020	
Riboflavin.....mg	0.150		1	A	1		0.177	0.043	
Niacin.....mg	4.430		1	A	1		5.227	1.256	
Pantothenic acid.....mg	0.570		1	A	1		0.672	0.162	
Vitamin B-6.....mg	0.100		1	A	1		0.118	0.028	
Folate, total.....µg	57		0		4		68	16	
Folic acid.....µg	0		0	Z	7		0	0	
Folate, food.....µg	57		0		4		68	16	
Folate, DFE.....µg	57		0	NC	4		68	16	
Choline, total.....mg	63.0		0	AS	1		74.4	17.9	
Betaine.....mg	1.5		1	A	1		1.8	0.4	
Vitamin B-12.....µg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added.....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....µg	0		1	A	1		0	0	
Retinol.....µg	0		0	Z	7		0	0	
Carotene, beta.....µg	5		1	A	1		5	1	
Carotene, alpha.....µg	1		1	A	1		1	0	
Cryptoxanthin, beta.....µg	0		1	A	1		1	0	
Vitamin A, IU.....IU	8		1	A	1		10	2	
Lycopene.....µg	0		1	A	1		0	0	
Lutein + zeaxanthin.....µg	30		1	A	1		36	9	
Vitamin E (alpha-tocopherol).....mg	0.56		1	A	1		0.66	0.16	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg	0.09		1	A	1		0.11	0.03	
Tocopherol, gamma.....mg	12.73		1	A	1		15.02	3.61	
Tocopherol, delta.....mg	0.28		1	A	1		0.33	0.08	
Tocotrienol, alpha.....mg	0.00		1	A	1		0.00	0.00	
Tocotrienol, beta.....mg	0.00		1	A	1		0.00	0.00	

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	measures of food		
							Measure 1	Measure 2	Measure 3
Tocotrienol, gamma.....mg	0.00		1	A	1		0.00	0.00	
Tocotrienol, delta.....mg	0.00		1	A	1		0.00	0.00	
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone).....µg	4.5		1	A	1		5.3	1.3	
Dihydrophyllquinone.....µg	0.0		1	A	1		0.0	0.0	
Menaquinone-4.....µg	0.0		1	A	1		0.0	0.0	
Lipids:									
Fatty acids, total saturated.....g	8.544		0	NC	4		10.081	2.422	
4:0.....g	0.000		1	A	1		0.000	0.000	
6:0.....g	0.007		1	A	1		0.008	0.002	
8:0.....g	0.002		1	A	1		0.002	0.001	
10:0.....g	0.002		1	A	1		0.002	0.001	
12:0.....g	0.006		1	A	1		0.007	0.002	
13:0.....g									
14:0.....g	0.058		1	A	1		0.068	0.016	
15:0.....g	0.008		1	A	1		0.009	0.002	
16:0.....g	5.191		1	A	1		6.125	1.472	
17:0.....g	0.038		1	A	1		0.045	0.011	
18:0.....g	2.913		1	A	1		3.437	0.826	
20:0.....g	0.216		1	A	1		0.255	0.061	
22:0.....g	0.060		1	A	1		0.071	0.017	
24:0.....g	0.043		1	A	1		0.051	0.012	
Fatty acids, total monounsaturated.....g	15.734		0	NC	4		18.566	4.460	
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	0.044		0	AS	1		0.052	0.012	
16:1 c.....g	0.044		1	A	1		0.052	0.012	
16:1 t.....g	0.000		1	A	1		0.000	0.000	
17:1.....g	0.000		1	A	1		0.000	0.000	
18:1 undifferentiated.....g	15.626		0	AS	1		18.439	4.430	
18:1 c.....g	15.611		1	A	1		18.421	4.426	
18:1 t.....g	0.015		1	A	1		0.018	0.004	
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.053		1	A	1		0.062	0.015	
22:1 undifferentiated.....g	0.001		0	AS	1		0.001	0.000	
22:1 c.....g	0.000		1	A	1		0.000	0.000	
22:1 t.....g	0.001		1	A	1		0.001	0.000	
24:1 c.....g	0.010		1	A	1		0.012	0.003	
Fatty acids, total polyunsaturated.....g	19.856		0	NC	4		23.430	5.629	
18:2 undifferentiated.....g	19.590		0	AS	1		23.116	5.554	
18:2 n-6 c,c.....g	19.559		1	A	1		23.080	5.545	
18:2 CLAs.....g	0.005		1	A	1		0.006	0.001	
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.026		1	A	1		0.031	0.007	
18:3 undifferentiated.....g	0.111		0	AS	1		0.131	0.031	
18:3 n-3 c,c,c (ALA).....g	0.111		1	A	1		0.131	0.031	
18:3 n-6 c,c,c.....g	0.000		1	A	1		0.000	0.000	
18:3i.....g									
18:4.....g	0.000		1	A	1		0.000	0.000	
20:2 n-6 c,c.....g	0.012		1	A	1		0.014	0.003	
20:3 undifferentiated.....g	0.000		0	AS	1		0.000	0.000	
20:3 n-3.....g	0.000		1	A	1		0.000	0.000	
20:3 n-6.....g	0.000		1	A	1		0.000	0.000	
20:4 undifferentiated.....g	0.123		1	A	1		0.145	0.035	
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.000		1	A	1		0.000	0.000	
21:5.....g									
22:4.....g	0.005		1	A	1		0.006	0.001	
22:5 n-3 (DPA).....g	0.000		1	A	1		0.000	0.000	

NDB No. 12016

Seeds, pumpkin and squash seed kernels, roasted, without salt (1)

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv	Source	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Code	Code				
22:6 n-3 (DHA).....g	0.000		1	A	1		0.000	0.000	
Fatty acids, total trans.....g	0.042		0	NC	4		0.049	0.012	
Fatty acids, total trans-monoenoic.....g	0.016		0	NC	4		0.019	0.005	
Fatty acids, total trans-polyenoic.....g	0.026		0	NC	4		0.031	0.007	
Cholesterol.....mg	0		0	Z	7		0	0	
Phytosterols.....mg									
Stigmasterol.....mg	0		1	A	1		0	0	
Campesterol.....mg	3		1	A	1		4	1	
Beta-sitosterol.....mg	13		1	A	1		15	4	
<u>Amino Acids:</u>									
Tryptophan.....g	0.569		0	A	1		0.671	0.161	
Threonine.....g	0.985		0	A	1		1.163	0.279	
Isoleucine.....g	1.265		0	A	1		1.492	0.359	
Leucine.....g	2.388		0	A	1		2.817	0.677	
Lysine.....g	1.220		0	A	1		1.439	0.346	
Methionine.....g	0.595		0	A	1		0.702	0.169	
Cystine.....g	0.327		0	A	1		0.386	0.093	
Phenylalanine.....g	1.711		0	A	1		2.019	0.485	
Tyrosine.....g	1.079		0	A	1		1.273	0.306	
Valine.....g	1.559		0	A	1		1.840	0.442	
Arginine.....g	5.284		0	A	1		6.235	1.498	
Histidine.....g	0.770		0	A	1		0.908	0.218	
Alanine.....g	1.466		0	A	1		1.730	0.416	
Aspartic acid.....g	2.922		0	A	1		3.448	0.828	
Glutamic acid.....g	6.108		0	A	1		7.208	1.732	
Glycine.....g	1.819		0	A	1		2.146	0.516	
Proline.....g	1.299		0	A	1		1.533	0.368	
Serine.....g	1.652		0	A	1		1.949	0.468	
Hydroxyproline.....g									
<u>Others:</u>									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	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 = 118g: 1 cup

Measure 2 = 28.35g: 1 oz

Footnotes:

- 1 Other phytosterols total 248.8 mg/100g; these include delta 5-avenasterol (3.5), sitostanol (3.5), campestanol (.8), and other minor phytosterols (241 mg).

Calories Factors: Protein 3.47**Fat** 8.37**Carbohydrate**4.07**Food Group:** 12 Nut and Seed Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 12663

Seeds, pumpkin and squash seeds, whole, roasted, with salt added

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Number			Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
	of Data	Points	Code						
	Mean	Std. Error	Code	Code	Code				
Proximates:									
Water.....g	4.50		1		1		2.88	1.28	
Energy.....kcal	446		0	NC	4		285	126	
Energy.....kJ	1866		0		4		1194	529	
Protein (N x 5.3).....g	18.55		1		1		11.87	5.26	
Total lipid (fat).....g	19.40		1		1		12.42	5.50	
Ash.....g	3.80		1		1		2.43	1.08	
Carbohydrate, by difference.....g	53.75		0	NC	4		34.40	15.24	
Fiber, total dietary.....g	18.4		1	A	1		11.8	5.2	
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	55		1		1		35	16	
Iron, Fe.....mg	3.31		1		1		2.12	0.94	
Magnesium, Mg.....mg	262		1		1		168	74	
Phosphorus, P.....mg	92		1		1		59	26	
Potassium, K.....mg	919		1		1		588	261	
Sodium, Na (1).....mg	2541		1	LC	8		1626	720	
Zinc, Zn.....mg	10.30		1		1		6.59	2.92	
Copper, Cu.....mg	0.690		1		1		0.442	0.196	
Manganese, Mn.....mg	0.496		0		4		0.317	0.141	
Selenium, Se.....µg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.3		0		4		0.2	0.1	
Thiamin.....mg	0.034		0		4		0.022	0.010	
Riboflavin.....mg	0.052		0		4		0.033	0.015	
Niacin.....mg	0.286		0		4		0.183	0.081	
Pantothenic acid.....mg	0.056		0		4		0.036	0.016	
Vitamin B-6.....mg	0.037		0		4		0.024	0.010	
Folate, total.....µg	9		0		4		6	3	
Folic acid.....µg	0		0	Z	7		0	0	
Folate, food.....µg	9		0		4		6	3	
Folate, DFE.....µg	9		0	NC	4		6	3	
Choline, total.....mg	39.1		0	AS	1		25.0	11.1	
Betaine.....mg	0.3		1	A	1		0.2	0.1	
Vitamin B-12.....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....µg	3		0	NC	4		2	1	
Retinol.....µg	0		0	Z	7		0	0	
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	62		0		4		40	18	
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D.....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									

Lipids:

NDB No. 12663

Seeds, pumpkin and squash seeds, whole, roasted, with salt added

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data Points	Code	Code				
Fatty acids, total saturated.....g	3.670		0		1		2.349	1.040	
4:0.....g									
6:0.....g									
8:0.....g									
10:0.....g									
12:0.....g	0.019		0		1		0.012	0.005	
13:0.....g									
14:0.....g	0.022		0		1		0.014	0.006	
15:0.....g									
16:0.....g	2.374		0		1		1.519	0.673	
17:0.....g									
18:0.....g	1.189		0		1		0.761	0.337	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	6.032		0		1		3.860	1.710	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.042		0		1		0.027	0.012	
17:1.....g									
18:1 undifferentiated.....g	5.985		0		1		3.830	1.697	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	8.844		0		1		5.660	2.507	
18:2 undifferentiated.....g	8.759		0		1		5.606	2.483	
18:3 undifferentiated.....g	0.077		0		1		0.049	0.022	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....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	Z	7		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.326		12		1		0.209	0.092	
Threonine.....g	0.683		15		1		0.437	0.194	
Isoleucine.....g	0.956		15		1		0.612	0.271	
Leucine.....g	1.572		15		1		1.006	0.446	
Lysine.....g	1.386		15		1		0.887	0.393	
Methionine.....g	0.417		14		1		0.267	0.118	
Cystine.....g	0.228		3		1		0.146	0.065	
Phenylalanine.....g	0.924		14		1		0.591	0.262	
Tyrosine.....g	0.770		15		1		0.493	0.218	
Valine.....g	1.491		14		1		0.954	0.423	
Arginine.....g	3.049		14		1		1.951	0.864	
Histidine.....g	0.515		14		1		0.330	0.146	
Alanine.....g	0.875		5		1		0.560	0.248	
Aspartic acid.....g	1.873		5		1		1.199	0.531	
Glutamic acid.....g	3.262		5		1		2.088	0.925	
Glycine.....g	1.358		6		1		0.869	0.385	
Proline.....g	0.756		5		1		0.484	0.214	
Serine.....g	0.868		5		1		0.556	0.246	
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.

NDB No. 12663
Seeds, pumpkin and squash seeds, whole, roasted, with salt added

Common Measures:

Measure 1 = 64g: 1 cup
Measure 2 = 28.35g: 1 oz (85 seeds)

Footnotes:

1 Sodium value reflects edible shells infused with salt. Brands vary in sodium level.

Calories Factors: Protein 3.47 **Fat** 8.37 **Carbohydrate**4.07

Food Group: 12 Nut and Seed Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 12163
Seeds, pumpkin and squash seeds, whole, roasted, without salt
Cucurbita spp.

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	4.50		1		1		2.88	1.28	
Energy.....kcal	446		0	NC	4		285	126	
Energy.....kJ	1866		0		4		1194	529	
Protein (N x 5.3).....g	18.55		1		1		11.87	5.26	
Total lipid (fat).....g	19.40		1		1		12.42	5.50	
Ash.....g	3.80		1		1		2.43	1.08	
Carbohydrate, by difference.....g	53.75		0	NC	4		34.40	15.24	
Fiber, total dietary.....g	18.4		1	A	1		11.8	5.2	
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	55		1		1		35	16	
Iron, Fe.....mg	3.31		1		1		2.12	0.94	
Magnesium, Mg.....mg	262		1		1		168	74	
Phosphorus, P.....mg	92		1		1		59	26	
Potassium, K.....mg	919		1		1		588	261	
Sodium, Na.....mg	18		0		1		12	5	
Zinc, Zn.....mg	10.30		1		1		6.59	2.92	
Copper, Cu.....mg	0.690		1		1		0.442	0.196	
Manganese, Mn.....mg	0.496		0		4		0.317	0.141	
Selenium, Se.....µg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.3		0		4		0.2	0.1	
Thiamin.....mg	0.034		0		4		0.022	0.010	
Riboflavin.....mg	0.052		0		4		0.033	0.015	
Niacin.....mg	0.286		0		4		0.183	0.081	
Pantothenic acid.....mg	0.056		0		4		0.036	0.016	
Vitamin B-6.....mg	0.037		0		4		0.024	0.010	
Folate, total.....µg	9		0		4		6	3	
Folic acid.....µg	0		0	Z	7		0	0	
Folate, food.....µg	9		0		4		6	3	
Folate, DFE.....µg	9		0	NC	4		6	3	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....µg	3		0	NC	4		2	1	
Retinol.....µg	0		0	Z	7		0	0	
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	62		0		4		40	18	
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D.....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone).....µg									
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									

Lipids:

NDB No. 12163

Seeds, pumpkin and squash seeds, whole, roasted, without salt

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
			Points						
Fatty acids, total saturated.....g	3.670		0		1		2.349	1.040	
4:0.....g									
6:0.....g									
8:0.....g									
10:0.....g									
12:0.....g	0.019		0		1		0.012	0.005	
13:0.....g									
14:0.....g	0.022		0		1		0.014	0.006	
15:0.....g									
16:0.....g	2.374		0		1		1.519	0.673	
17:0.....g									
18:0.....g	1.189		0		1		0.761	0.337	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	6.032		0		1		3.860	1.710	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.042		0		1		0.027	0.012	
17:1.....g									
18:1 undifferentiated.....g	5.985		0		1		3.830	1.697	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	8.844		0		1		5.660	2.507	
18:2 undifferentiated.....g	8.759		0		1		5.606	2.483	
18:3 undifferentiated.....g	0.077		0		1		0.049	0.022	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....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	Z	7		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.326		12		1		0.209	0.092	
Threonine.....g	0.683		15		1		0.437	0.194	
Isoleucine.....g	0.956		15		1		0.612	0.271	
Leucine.....g	1.572		15		1		1.006	0.446	
Lysine.....g	1.386		15		1		0.887	0.393	
Methionine.....g	0.417		14		1		0.267	0.118	
Cystine.....g	0.228		3		1		0.146	0.065	
Phenylalanine.....g	0.924		14		1		0.591	0.262	
Tyrosine.....g	0.770		15		1		0.493	0.218	
Valine.....g	1.491		14		1		0.954	0.423	
Arginine.....g	3.049		14		1		1.951	0.864	
Histidine.....g	0.515		14		1		0.330	0.146	
Alanine.....g	0.875		5		1		0.560	0.248	
Aspartic acid.....g	1.873		5		1		1.199	0.531	
Glutamic acid.....g	3.262		5		1		2.088	0.925	
Glycine.....g	1.358		6		1		0.869	0.385	
Proline.....g	0.756		5		1		0.484	0.214	
Serine.....g	0.868		5		1		0.556	0.246	
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.

NDB No. 12163
Seeds, pumpkin and squash seeds, whole, roasted, without salt

Common Measures:
Measure 1 = 64g: 1 cup
Measure 2 = 28.35g: 1 oz (85 seeds)

Calories Factors: Protein 3.47 **Fat** 8.37 **Carbohydrate**4.07

Food Group: 12 Nut and Seed Products
USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 12021
Seeds, safflower seed kernels, dried
Carthamus tinctorius

Refuse:49% Hulls

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion 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	5.62	0.145	34		1		1.59		
Energy.....kcal	517		0	NC	4		147		
Energy.....kJ	2163				4		613		
Protein (N x 5.3).....g	16.18		2		1		4.59		
Total lipid (fat).....g	38.45	0.798	34		1		10.90		
Ash.....g	5.47		2		1		1.55		
Carbohydrate, by difference.....g	34.29		0	NC	4		9.72		
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	78		0		1		22		
Iron, Fe.....mg	4.90		0		4		1.39		
Magnesium, Mg.....mg	353		0		4		100		
Phosphorus, P.....mg	644		0		1		183		
Potassium, K.....mg	687		0		4		195		
Sodium, Na.....mg	3		0		4		1		
Zinc, Zn.....mg	5.05		0		4		1.43		
Copper, Cu.....mg	1.747		0		4		0.495		
Manganese, Mn.....mg	2.014		0		4		0.571		
Selenium, Se.....µg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0		1		0.0		
Thiamin.....mg	1.163		0		1		0.330		
Riboflavin.....mg	0.415		0		1		0.118		
Niacin.....mg	2.284		0		1		0.648		
Pantothenic acid.....mg	4.030		0		4		1.143		
Vitamin B-6.....mg	1.170		0		4		0.332		
Folate, total.....µg	160		0		4		45		
Folic acid.....µg	0		0	Z	7		0		
Folate, food.....µg	160		0		4		45		
Folate, DFE.....µg	160		0	NC	4		45		
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		0	Z	7		0.00		
Vitamin A, RAE.....µg	3		0		4		1		
Retinol.....µg	0		0	Z	7		0		
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	50		0		4		14		
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0		
Vitamin D.....IU	0		0	Z	7		0		
Vitamin K (phylloquinone).....µg									
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									

Lipids:

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total saturated.....g	3.682		0		1		1.044		
4:0.....g									
6:0.....g									
8:0.....g									
10:0.....g									
12:0.....g									
13:0.....g									
14:0.....g	0.035		41		1		0.010		
15:0.....g									
16:0.....g	2.574		44		1		0.730		
17:0.....g									
18:0.....g	0.921		44		1		0.261		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	4.848		0		1		1.374		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.037		32		1		0.010		
17:1.....g									
18:1 undifferentiated.....g	4.806		44		1		1.363		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	28.223		0		1		8.001		
18:2 undifferentiated.....g	28.084		44		1		7.962		
18:3 undifferentiated.....g	0.111		32		1		0.031		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....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	Z	7		0		
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.183		4		1		0.052		
Threonine.....g	0.586		9		1		0.166		
Isoleucine.....g	0.717		9		1		0.203		
Leucine.....g	1.154		9		1		0.327		
Lysine.....g	0.534		55		1		0.151		
Methionine.....g	0.284		7		1		0.081		
Cystine.....g	0.311		7		1		0.088		
Phenylalanine.....g	0.806		8		1		0.229		
Tyrosine.....g	0.531		8		1		0.151		
Valine.....g	1.025		9		1		0.291		
Arginine.....g	1.749		8		1		0.496		
Histidine.....g	0.452		8		1		0.128		
Alanine.....g	0.772		8		1		0.219		
Aspartic acid.....g	1.807		8		1		0.512		
Glutamic acid.....g	3.699		8		1		1.049		
Glycine.....g	1.010		8		1		0.286		
Proline.....g	0.726		8		1		0.206		
Serine.....g	0.812		8		1		0.230		
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.

NDB No. 12021
Seeds, safflower seed kernels, dried

Common Measures:
Measure 1 = 28.35g: 1 oz

Calories Factors: Protein 3.47 Fat 8.37 Carbohydrate4.07 Food Group: 12 Nut and Seed Products
USDA National Nutrient Database for Standard Reference, Release 27 (2014)

Seeds, safflower seed meal, partially defatted

	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
Nutrients and Units	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	6.41		1		1		1.82		
Energy.....kcal	342		0	NC	4		97		
Energy.....kJ	1431				4		406		
Protein (N x 5.3).....g	35.62		1		1		10.10		
Total lipid (fat).....g	2.39		1		1		0.68		
Ash.....g	6.85		1		1		1.94		
Carbohydrate, by difference.....g	48.73		0	NC	4		13.81		
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	77		0		1		22		
Iron, Fe.....mg	4.86		0		4		1.38		
Magnesium, Mg.....mg	350		0		4		99		
Phosphorus, P.....mg	638		0		1		181		
Potassium, K.....mg	68		0		4		19		
Sodium, Na.....mg	3		0		4		1		
Zinc, Zn.....mg	5.01		0		4		1.42		
Copper, Cu.....mg	1.733		0		4		0.491		
Manganese, Mn.....mg	1.998		0		4		0.566		
Selenium, Se.....µg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0		1		0.0		
Thiamin.....mg	1.153		0		1		0.327		
Riboflavin.....mg	0.412		0		1		0.117		
Niacin.....mg	2.265		0		1		0.642		
Pantothenic acid.....mg	3.996		0		4		1.133		
Vitamin B-6.....mg	1.161		0		4		0.329		
Folate, total.....µg	159		0		4		45		
Folic acid.....µg	0		0	Z	7		0		
Folate, food.....µg	159		0		4		45		
Folate, DFE.....µg	159		0	NC	4		45		
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		0	Z	7		0.00		
Vitamin A, RAE.....µg	2		0		4		1		
Retinol.....µg	0		0	Z	7		0		
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	49		0		4		14		
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0		
Vitamin D.....IU	0		0	Z	7		0		
Vitamin K (phylloquinone).....µg									
Dihydrophyllloquinone.....µg									
Menaquinone-4.....µg									

Lipids:

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data Points	Code	Code	Code			
Fatty acids, total saturated.....g	0.207		0		1		0.059		
4:0.....g									
6:0.....g									
8:0.....g									
10:0.....g									
12:0.....g									
13:0.....g									
14:0.....g	0.002		0		1		0.001		
15:0.....g									
16:0.....g	0.144		0		1		0.041		
17:0.....g									
18:0.....g	0.052		0		1		0.015		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.272		0		1		0.077		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.002		0		1		0.001		
17:1.....g									
18:1 undifferentiated.....g	0.270		0		1		0.077		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.584		0		1		0.449		
18:2 undifferentiated.....g	1.576		0		1		0.447		
18:3 undifferentiated.....g	0.006		0		1		0.002		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....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	Z	7		0		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.403		0		1		0.114		
Threonine.....g	1.290		0		1		0.366		
Isoleucine.....g	1.579		0		1		0.448		
Leucine.....g	2.540		0		1		0.720		
Lysine.....g	1.176		0		1		0.333		
Methionine.....g	0.625		0		1		0.177		
Cystine.....g	0.685		0		1		0.194		
Phenylalanine.....g	1.774		0		1		0.503		
Tyrosine.....g	1.169		0		1		0.331		
Valine.....g	2.258		0		1		0.640		
Arginine.....g	3.851		0		1		1.092		
Histidine.....g	0.995		0		1		0.282		
Alanine.....g	1.700		0		1		0.482		
Aspartic acid.....g	3.978		0		1		1.128		
Glutamic acid.....g	8.145		0		1		2.309		
Glycine.....g	2.224		0		1		0.631		
Proline.....g	1.599		0		1		0.453		
Serine.....g	1.788		0		1		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.

NDB No. 12022
Seeds, safflower seed meal, partially defatted

Common Measures:
Measure 1 = 28.35g: 1 oz

Calories Factors: Protein 3.47 Fat 8.37 Carbohydrate4.07 Food Group: 12 Nut and Seed Products
USDA National Nutrient Database for Standard Reference, Release 27 (2014)

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Number			Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
	Mean	Std. Error	Points						
Proximates:									
Water.....g	1.60		2		1		0.26		
Energy.....kcal	586		0	NC	4		94		
Energy.....kJ	2454		0	NC	4		393		
Protein (N x 5.3).....g	18.08		2		1		2.89		
Total lipid (fat).....g	50.87	1.737	3		1		8.14		
Ash.....g	5.40		2		1		0.86		
Carbohydrate, by difference.....g	24.05		0	NC	4		3.85		
Fiber, total dietary.....g	5.5		0		4		0.9		
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	960		0		1		154		
Iron, Fe.....mg	19.20		0		1		3.07		
Magnesium, Mg.....mg	362		0		1		58		
Phosphorus, P.....mg	659		0		1		105		
Potassium, K.....mg	582		0		1		93		
Sodium, Na.....mg	12		0		1		2		
Zinc, Zn.....mg	7.29		0		1		1.17		
Copper, Cu.....mg	4.214		0		1		0.674		
Manganese, Mn.....mg	2.540		0		1		0.406		
Selenium, Se.....µg	35.5		0	BFSN	4		5.7		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0		1		0.0		
Thiamin.....mg	0.240		0		1		0.038		
Riboflavin.....mg	0.200		0		1		0.032		
Niacin.....mg	6.700		0		1		1.072		
Pantothenic acid.....mg	0.052		0		4		0.008		
Vitamin B-6.....mg	0.816		0		4		0.131		
Folate, total.....µg	100		0		4		16		
Folic acid.....µg	0		0	Z	7		0		
Folate, food.....µg	100		0		4		16		
Folate, DFE.....µg	100		0	NC	4		16		
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		0	Z	7		0.00		
Vitamin A, RAE.....µg	3		0		1		0		
Retinol.....µg	0		0	Z	7		0		
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	50		0		1		8		
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0		
Vitamin D.....IU	0		0	Z	7		0		
Vitamin K (phylloquinone).....µg									
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									

Lipids:

NDB No. 12169
Seeds, sesame butter, paste

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

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

Common Measures:
Measure 1 = 16g: 1 tbsp

Calories Factors: Protein 3.47 Fat 8.37 Carbohydrate4.07 Food Group: 12 Nut and Seed Products
USDA National Nutrient Database for Standard Reference, Release 27 (2014)

Seeds, sesame butter, tahini, from raw and stone ground kernels

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			Points						
Proximates:									
Water.....g	3.00		1		1		0.45	0.85	
Energy.....kcal	570		0	NC	4		86	162	
Energy.....kJ	2385				4		358	676	
Protein (N x 5.3).....g	17.81		1		1		2.67	5.05	
Total lipid (fat).....g	48.00		1		1		7.20	13.61	
Ash.....g	5.00		1		1		0.75	1.42	
Carbohydrate, by difference.....g	26.19		0	NC	4		3.93	7.42	
Fiber, total dietary.....g	9.3		0		4		1.4	2.6	
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	420		0		1		63	119	
Iron, Fe.....mg	2.51		0		1		0.38	0.71	
Magnesium, Mg.....mg	96		0		1		14	27	
Phosphorus, P.....mg	752		0		1		113	213	
Potassium, K.....mg	414		0		1		62	117	
Sodium, Na.....mg	74		0		1		11	21	
Zinc, Zn.....mg	4.64		0		1		0.70	1.32	
Copper, Cu.....mg	1.618		0		1		0.243	0.459	
Manganese, Mn.....mg	1.457		0		4		0.219	0.413	
Selenium, Se.....µg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0		1		0.0	0.0	
Thiamin.....mg	1.283		0		1		0.192	0.364	
Riboflavin.....mg	0.510		0		1		0.077	0.145	
Niacin.....mg	5.925		0		1		0.889	1.680	
Pantothenic acid.....mg	0.694		0		4		0.104	0.197	
Vitamin B-6.....mg	0.149		0		4		0.022	0.042	
Folate, total.....µg	98		0		4		15	28	
Folic acid.....µg	0		0	Z	7		0	0	
Folate, food.....µg	98		0		4		15	28	
Folate, DFE.....µg	98		0	NC	4		15	28	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....µg	3		0		4		1	1	
Retinol.....µg	0		0	Z	7		0	0	
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	67		0		4		10	19	
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D.....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									

Lipids:

NDB No. 12198

Seeds, sesame butter, tahini, from raw and stone ground kernels

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total saturated.....g	6.722		0		1		1.008	1.906	
4:0.....g									
6:0.....g									
8:0.....g									
10:0.....g									
12:0.....g									
13:0.....g									
14:0.....g	0.120		0		1		0.018	0.034	
15:0.....g									
16:0.....g	4.292		0		1		0.644	1.217	
17:0.....g									
18:0.....g	2.019		0		1		0.303	0.572	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	18.127		0		1		2.719	5.139	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.144		0		1		0.022	0.041	
17:1.....g									
18:1 undifferentiated.....g	17.897		0		1		2.685	5.074	
20:1.....g	0.067		0		1		0.010	0.019	
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	21.039		0		1		3.156	5.965	
18:2 undifferentiated.....g	20.654		0		1		3.098	5.855	
18:3 undifferentiated.....g	0.363		0		1		0.054	0.103	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....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	Z	7		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.390		0		1		0.059	0.111	
Threonine.....g	0.739		0		1		0.111	0.210	
Isoleucine.....g	0.766		0		1		0.115	0.217	
Leucine.....g	1.364		0		1		0.205	0.387	
Lysine.....g	0.571		0		1		0.086	0.162	
Methionine.....g	0.588		0		1		0.088	0.167	
Cystine.....g	0.360		0		1		0.054	0.102	
Phenylalanine.....g	0.944		0		1		0.142	0.268	
Tyrosine.....g	0.746		0		1		0.112	0.211	
Valine.....g	0.995		0		1		0.149	0.282	
Arginine.....g	2.641		0		1		0.396	0.749	
Histidine.....g	0.524		0		1		0.079	0.149	
Alanine.....g	0.931		0		1		0.140	0.264	
Aspartic acid.....g	1.653		0		1		0.248	0.469	
Glutamic acid.....g	3.972		0		1		0.596	1.126	
Glycine.....g	1.220		0		1		0.183	0.346	
Proline.....g	0.813		0		1		0.122	0.230	
Serine.....g	0.971		0		1		0.146	0.275	
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.

NDB No. 12198

Seeds, sesame butter, tahini, from raw and stone ground kernels

Common Measures:

Measure 1 = 15.0g: 1 tbsp

Measure 2 = 28.35g: 1 oz

Calories Factors: Protein 3.47

Fat 8.37

Carbohydrate4.07

Food Group: 12 Nut and Seed Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

Seeds, sesame butter, tahini, from roasted and toasted kernels (most common type)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food			
	Number		Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
	Mean	Std. Error						
Proximates:								
Water.....g	3.05		2		1		0.46	0.86
Energy.....kcal	595		0	NC	4		89	169
Energy.....kJ	2489		0		4		373	706
Protein (N x 5.3).....g	17.00		2		1		2.55	4.82
Total lipid (fat).....g	53.76		2		1		8.06	15.24
Ash.....g	5.00		1		1		0.75	1.42
Carbohydrate, by difference.....g	21.19		0	NC	4		3.18	6.01
Fiber, total dietary.....g	9.3		0		4		1.4	2.6
Sugars, total.....g	0.49		0	BFSN	4		0.07	0.14
Starch.....g								
Minerals:								
Calcium, Ca.....mg	426		0		1		64	121
Iron, Fe.....mg	8.95		0		1		1.34	2.54
Magnesium, Mg.....mg	95		1		1		14	27
Phosphorus, P.....mg	732		0		1		110	208
Potassium, K.....mg	414		0		1		62	117
Sodium, Na.....mg	115		2		1		17	33
Zinc, Zn.....mg	4.62		1		1		0.69	1.31
Copper, Cu.....mg	1.610		1		1		0.242	0.456
Manganese, Mn.....mg	1.456		0		4		0.218	0.413
Selenium, Se.....µg	34.4		0	BFSN	4		5.2	9.8
Vitamins:								
Vitamin C, total ascorbic acid.....mg	0.0		0		1		0.0	0.0
Thiamin.....mg	1.220		0		1		0.183	0.346
Riboflavin.....mg	0.473		0		1		0.071	0.134
Niacin.....mg	5.450		0		1		0.818	1.545
Pantothenic acid.....mg	0.693		0		4		0.104	0.196
Vitamin B-6.....mg	0.149		0		4		0.022	0.042
Folate, total.....µg	98		0		4		15	28
Folic acid.....µg	0		0	Z	7		0	0
Folate, food.....µg	98		0		4		15	28
Folate, DFE.....µg	98		0	NC	4		15	28
Choline, total.....mg	25.8		0	BFSN	4		3.9	7.3
Betaine.....mg								
Vitamin B-12.....µg	0.00		0	Z	7		0.00	0.00
Vitamin B-12, added.....µg	0.00		0	Z	7		0.00	0.00
Vitamin A, RAE.....µg	3		0	NC	4		1	1
Retinol.....µg	0		0	Z	7		0	0
Carotene, beta.....µg	40		0	BFSN	4		6	11
Carotene, alpha.....µg	0		0	BFSN	4		0	0
Cryptoxanthin, beta.....µg	0		0	BFSN	4		0	0
Vitamin A, IU.....IU	67		0		4		10	19
Lycopene.....µg	0		0	BFSN	4		0	0
Lutein + zeaxanthin.....µg	0		0	BFSN	4		0	0
Vitamin E (alpha-tocopherol).....mg	0.25		0	BFSN	4		0.04	0.07
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00
Tocopherol, beta.....mg								
Tocopherol, gamma.....mg								
Tocopherol, delta.....mg								
Tocotrienol, alpha.....mg								
Tocotrienol, beta.....mg								
Tocotrienol, gamma.....mg								
Tocotrienol, delta.....mg								
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0	0.0
Vitamin D.....IU	0		0	Z	7		0	0
Vitamin K (phylloquinone).....µg	0.0		0	BFSN	4		0.0	0.0
Dihydrophylloquinone.....µg								
Menaquinone-4.....µg								

NDB No. 12166

Seeds, sesame butter, tahini, from roasted and toasted kernels (most common type)

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
<u>Lipids:</u>									
Fatty acids, total saturated.....g	7.529		0		1		1.129	2.134	
4:0.....g	0.000		0		1		0.000	0.000	
6:0.....g	0.000		0		1		0.000	0.000	
8:0.....g	0.000		0		1		0.000	0.000	
10:0.....g	0.000		0		1		0.000	0.000	
12:0.....g	0.000		0		1		0.000	0.000	
13:0.....g									
14:0.....g	0.134		0		1		0.020	0.038	
15:0.....g									
16:0.....g	4.807		0		1		0.721	1.363	
17:0.....g									
18:0.....g	2.262		0		1		0.339	0.641	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	20.302		0		1		3.045	5.756	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.161		0		1		0.024	0.046	
17:1.....g									
18:1 undifferentiated.....g	20.045		0		1		3.007	5.683	
20:1.....g	0.075		0		1		0.011	0.021	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	23.564		0		1		3.535	6.680	
18:2 undifferentiated.....g	23.133		0		1		3.470	6.558	
18:3 undifferentiated.....g	0.407		0		1		0.061	0.115	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA).....g	0.000		0		1		0.000	0.000	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.372		0		1		0.056	0.105	
Threonine.....g	0.706		0		1		0.106	0.200	
Isoleucine.....g	0.731		0		1		0.110	0.207	
Leucine.....g	1.302		0		1		0.195	0.369	
Lysine.....g	0.545		0		1		0.082	0.155	
Methionine.....g	0.561		0		1		0.084	0.159	
Cystine.....g	0.343		0		1		0.051	0.097	
Phenylalanine.....g	0.901		0		1		0.135	0.255	
Tyrosine.....g	0.712		0		1		0.107	0.202	
Valine.....g	0.950		0		1		0.143	0.269	
Arginine.....g	2.521		0		1		0.378	0.715	
Histidine.....g	0.500		0		1		0.075	0.142	
Alanine.....g	0.889		0		1		0.133	0.252	
Aspartic acid.....g	1.578		0		1		0.237	0.447	
Glutamic acid.....g	3.792		0		1		0.569	1.075	
Glycine.....g	1.165		0		1		0.175	0.330	
Proline.....g	0.776		0		1		0.116	0.220	
Serine.....g	0.927		0		1		0.139	0.263	
Hydroxyproline.....g									
<u>Others:</u>									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	

NDB No. 12166
Seeds, sesame butter, tahini, from roasted and toasted kernels (most common type)

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	Mean	Std. Error	Number		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code					
Theobromine.....mg	0		0	Z	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 = 15.0g: 1 tbsp
Measure 2 = 28.35g: 1 oz

Calories Factors: Protein 3.47 Fat 8.37 Carbohydrate4.07 **Food Group:** 12 Nut and Seed Products
USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 12171

Seeds, sesame butter, tahini, from unroasted kernels (non-chemically removed seed coat)

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	3.00		0		1		0.42	0.85	
Energy.....kcal	607		0	NC	4		85	172	
Energy.....kJ	2540				4		356	720	
Protein (N x 5.3).....g	17.95		1		1		2.51	5.09	
Total lipid (fat).....g	56.44		1		1		7.90	16.00	
Ash.....g	4.73		0		1		0.66	1.34	
Carbohydrate, by difference.....g	17.89		0	NC	4		2.50	5.07	
Fiber, total dietary.....g	9.3		0		4		1.3	2.6	
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	141		1		1		20	40	
Iron, Fe.....mg	6.35		1		1		0.89	1.80	
Magnesium, Mg.....mg	353		0		1		49	100	
Phosphorus, P.....mg	790		0		1		111	224	
Potassium, K.....mg	459		1		1		64	130	
Sodium, Na.....mg	1		1		1		0	0	
Zinc, Zn.....mg	10.45		0		1		1.46	2.96	
Copper, Cu.....mg	1.488		0		4		0.208	0.422	
Manganese, Mn.....mg	1.457		0		4		0.204	0.413	
Selenium, Se.....µg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0		4		0.0	0.0	
Thiamin.....mg	1.587		1		1		0.222	0.450	
Riboflavin.....mg	0.120		1		1		0.017	0.034	
Niacin.....mg	5.644		1		1		0.790	1.600	
Pantothenic acid.....mg	0.694		0		4		0.097	0.197	
Vitamin B-6.....mg	0.149		0		4		0.021	0.042	
Folate, total.....µg	98		0		4		14	28	
Folic acid.....µg	0		0	Z	7		0	0	
Folate, food.....µg	98		0		4		14	28	
Folate, DFE.....µg	98		0	NC	4		14	28	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....µg	3		0		4		0	1	
Retinol.....µg	0		0	Z	7		0	0	
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	67		0		4		9	19	
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D.....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone).....µg									
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									

Lipids:

NDB No. 12171

Seeds, sesame butter, tahini, from unroasted kernels (non-chemically removed seed coat)

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total saturated.....g	7.904		0		1		1.107	2.241	
4:0.....g									
6:0.....g									
8:0.....g									
10:0.....g									
12:0.....g									
13:0.....g									
14:0.....g	0.141		0		1		0.020	0.040	
15:0.....g									
16:0.....g	5.046		0		1		0.706	1.431	
17:0.....g									
18:0.....g	2.374		0		1		0.332	0.673	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	21.313		0		1		2.984	6.042	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.169		0		1		0.024	0.048	
17:1.....g									
18:1 undifferentiated.....g	21.043		0		1		2.946	5.966	
20:1.....g	0.079		0		1		0.011	0.022	
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	24.737		0		1		3.463	7.013	
18:2 undifferentiated.....g	24.285		0		1		3.400	6.885	
18:3 undifferentiated.....g	0.427		0		1		0.060	0.121	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....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	Z	7		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.393		0		1		0.055	0.111	
Threonine.....g	0.745		0		1		0.104	0.211	
Isoleucine.....g	0.772		0		1		0.108	0.219	
Leucine.....g	1.375		0		1		0.193	0.390	
Lysine.....g	0.576		0		1		0.081	0.163	
Methionine.....g	0.593		0		1		0.083	0.168	
Cystine.....g	0.362		0		1		0.051	0.103	
Phenylalanine.....g	0.951		0		1		0.133	0.270	
Tyrosine.....g	0.752		0		1		0.105	0.213	
Valine.....g	1.002		0		1		0.140	0.284	
Arginine.....g	2.661		0		1		0.373	0.754	
Histidine.....g	0.528		0		1		0.074	0.150	
Alanine.....g	0.938		0		1		0.131	0.266	
Aspartic acid.....g	1.666		0		1		0.233	0.472	
Glutamic acid.....g	4.002		0		1		0.560	1.135	
Glycine.....g	1.229		0		1		0.172	0.348	
Proline.....g	0.819		0		1		0.115	0.232	
Serine.....g	0.979		0		1		0.137	0.278	
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.

NDB No. 12171

Seeds, sesame butter, tahini, from unroasted kernels (non-chemically removed seed coat)

Common Measures:

Measure 1 = 14.0g: 1 tbsp

Measure 2 = 28.35g: 1 oz

Calories Factors: Protein 3.47

Fat 8.37

Carbohydrate4.07

Food Group: 12 Nut and Seed Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

Seeds, sesame butter, tahini, type of kernels unspecified

[illegible]

Lipids:

NDB No. 12698

Seeds, sesame butter, tahini, type of kernels unspecified

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data Points	Code	Code	Code			
Fatty acids, total saturated.....g	7.423		0		4		1.113		
4:0.....g	0.000		0		4		0.000		
6:0.....g	0.000		0		4		0.000		
8:0.....g	0.000		0		4		0.000		
10:0.....g	0.000		0		4		0.000		
12:0.....g	0.000		0		4		0.000		
13:0.....g									
14:0.....g	0.132		0		4		0.020		
15:0.....g									
16:0.....g	4.739		0		4		0.711		
17:0.....g									
18:0.....g	2.230		0		4		0.335		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	20.016		0		4		3.002		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.159		0		4		0.024		
17:1.....g									
18:1 undifferentiated.....g	19.763		0		4		2.964		
20:1.....g	0.074		0		4		0.011		
22:1 undifferentiated.....g	0.000		0		4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	23.232		0		4		3.485		
18:2 undifferentiated.....g	22.807		0		4		3.421		
18:3 undifferentiated.....g	0.401		0		4		0.060		
18:4.....g	0.000		0		4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000		
20:5 n-3 (EPA).....g	0.000		0		4		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0		4		0.000		
22:6 n-3 (DHA).....g	0.000		0		4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		4		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0		4		0.0		
Caffeine.....mg	0		0	Z	7		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 = 15.0g: 1 tbsp

Calories Factors: Protein 3.47**Fat** 8.37**Carbohydrate**4.07**Food Group:** 12 Nut and Seed Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

Refuse:0%

Lipids:

NDB No. 12170
Seeds, sesame flour, high-fat

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data Points	Code	Code	Code			
Fatty acids, total saturated.....g	5.196		0		1		1.473		
4:0.....g									
6:0.....g									
8:0.....g									
10:0.....g									
12:0.....g									
13:0.....g									
14:0.....g	0.092		0		1		0.026		
15:0.....g									
16:0.....g	3.317		0		1		0.940		
17:0.....g									
18:0.....g	1.561		0		1		0.443		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	14.010		0		1		3.972		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.111		0		1		0.031		
17:1.....g									
18:1 undifferentiated.....g	13.833		0		1		3.922		
20:1.....g	0.052		0		1		0.015		
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	16.261		0		1		4.610		
18:2 undifferentiated.....g	15.964		0		1		4.526		
18:3 undifferentiated.....g	0.281		0		1		0.080		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....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	Z	7		0		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.674		0		1		0.191		
Threonine.....g	1.278		0		1		0.362		
Isoleucine.....g	1.324		0		1		0.375		
Leucine.....g	2.358		0		1		0.668		
Lysine.....g	0.987		0		1		0.280		
Methionine.....g	1.016		0		1		0.288		
Cystine.....g	0.621		0		1		0.176		
Phenylalanine.....g	1.632		0		1		0.463		
Tyrosine.....g	1.289		0		1		0.365		
Valine.....g	1.719		0		1		0.487		
Arginine.....g	4.565		0		1		1.294		
Histidine.....g	0.906		0		1		0.257		
Alanine.....g	1.609		0		1		0.456		
Aspartic acid.....g	2.858		0		1		0.810		
Glutamic acid.....g	6.865		0		1		1.946		
Glycine.....g	2.108		0		1		0.598		
Proline.....g	1.406		0		1		0.399		
Serine.....g	1.679		0		1		0.476		
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.

NDB No. 12170
Seeds, sesame flour, high-fat

Common Measures:
Measure 1 = 28.35g: 1 oz

Calories Factors: Protein 3.47 Fat 8.37 Carbohydrate4.07 Food Group: 12 Nut and Seed Products
USDA National Nutrient Database for Standard Reference, Release 27 (2014)

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	7.10		2		1		2.01		
Energy.....kcal	333		0	NC	4		94		
Energy.....kJ	1393				4		395		
Protein (N x 5.3).....g	50.14		2		1		14.21		
Total lipid (fat).....g	1.75		2		1		0.50		
Ash.....g	5.50		2		1		1.56		
Carbohydrate, by difference.....g	35.51		0	NC	4		10.07		
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	149		0		1		42		
Iron, Fe.....mg	14.22		0		1		4.03		
Magnesium, Mg.....mg	338		0		1		96		
Phosphorus, P.....mg	757		0		1		215		
Potassium, K.....mg	397		0		1		113		
Sodium, Na.....mg	39		0		1		11		
Zinc, Zn.....mg	10.00		0		1		2.84		
Copper, Cu.....mg	1.425		0		4		0.404		
Manganese, Mn.....mg	1.396		0		4		0.396		
Selenium, Se.....µg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0		4		0.0		
Thiamin.....mg	2.516		0		1		0.713		
Riboflavin.....mg	0.269		0		1		0.076		
Niacin.....mg	12.533		0		1		3.553		
Pantothenic acid.....mg	2.745		0		1		0.778		
Vitamin B-6.....mg	0.142		0		1		0.040		
Folate, total.....µg	29		0		1		8		
Folic acid.....µg	0		0	Z	7		0		
Folate, food.....µg	29		0		1		8		
Folate, DFE.....µg	29		0	NC	4		8		
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		0	Z	7		0.00		
Vitamin A, RAE.....µg	3		0		1		1		
Retinol.....µg	0		0	Z	7		0		
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	64		0		1		18		
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0		
Vitamin D.....IU	0		0	Z	7		0		
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									

Lipids:

NDB No. 12033
Seeds, sesame flour, low-fat

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total saturated.....g	0.201		0		1		0.057		
4:0.....g									
6:0.....g									
8:0.....g									
10:0.....g									
12:0.....g									
13:0.....g									
14:0.....g	0.004		0		1		0.001		
15:0.....g									
16:0.....g	0.128		0		1		0.036		
17:0.....g									
18:0.....g	0.060		0		1		0.017		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.543		0		1		0.154		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.004		0		1		0.001		
17:1.....g									
18:1 undifferentiated.....g	0.536		0		1		0.152		
20:1.....g	0.002		0		1		0.001		
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.630		0		1		0.179		
18:2 undifferentiated.....g	0.618		0		1		0.175		
18:3 undifferentiated.....g	0.011		0		1		0.003		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....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	Z	7		0		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	1.097		0		1		0.311		
Threonine.....g	2.081		0		1		0.590		
Isoleucine.....g	2.157		0		1		0.612		
Leucine.....g	3.841		0		1		1.089		
Lysine.....g	1.608		0		1		0.456		
Methionine.....g	1.656		0		1		0.469		
Cystine.....g	1.012		0		1		0.287		
Phenylalanine.....g	2.658		0		1		0.754		
Tyrosine.....g	2.100		0		1		0.595		
Valine.....g	2.800		0		1		0.794		
Arginine.....g	7.436		0		1		2.108		
Histidine.....g	1.476		0		1		0.418		
Alanine.....g	2.620		0		1		0.743		
Aspartic acid.....g	4.654		0		1		1.319		
Glutamic acid.....g	11.182		0		1		3.170		
Glycine.....g	3.434		0		1		0.974		
Proline.....g	2.289		0		1		0.649		
Serine.....g	2.734		0		1		0.775		
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.

NDB No. 12033
Seeds, sesame flour, low-fat

Common Measures:
Measure 1 = 28.35g: 1 oz

Calories Factors: Protein 3.47 Fat 8.37 Carbohydrate4.07 Food Group: 12 Nut and Seed Products
USDA National Nutrient Database for Standard Reference, Release 27 (2014)

Seeds, sesame flour, partially defatted

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion 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	6.61	0.784	5		1		1.87		
Energy.....kcal	382		0	NC	4		108		
Energy.....kJ	1598				4		453		
Protein (N x 5.3).....g	40.32	3.275	5		1		11.43		
Total lipid (fat).....g	11.89	1.731	5		1		3.37		
Ash.....g	6.05	0.554	5		1		1.72		
Carbohydrate, by difference.....g	35.14		0	NC	4		9.96		
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	150	6.279	6		1		43		
Iron, Fe.....mg	14.30	0.318	6		1		4.05		
Magnesium, Mg.....mg	362		0		1		103		
Phosphorus, P.....mg	810		0		1		230		
Potassium, K.....mg	425		0		1		120		
Sodium, Na.....mg	41		0		1		12		
Zinc, Zn.....mg	10.70		0		1		3.03		
Copper, Cu.....mg	1.432		0		4		0.406		
Manganese, Mn.....mg	1.403		0		4		0.398		
Selenium, Se.....µg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0		4		0.0		
Thiamin.....mg	2.530	0.024	6		1		0.717		
Riboflavin.....mg	0.270	0.008	6		1		0.077		
Niacin.....mg	12.600	0.482	6		1		3.572		
Pantothenic acid.....mg	2.760	0.016	6		1		0.782		
Vitamin B-6.....mg	0.152		0		1		0.043		
Folate, total.....µg	29	0.318	6		1		8		
Folic acid.....µg	0		0	Z	7		0		
Folate, food.....µg	29	0.318	6		1		8		
Folate, DFE.....µg	29		0	NC	4		8		
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		0	Z	7		0.00		
Vitamin A, RAE.....µg	3		0		1		1		
Retinol.....µg	0		0	Z	7		0		
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	69		0		1		20		
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0		
Vitamin D.....IU	0		0	Z	7		0		
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									

Lipids:

NDB No. 12032
Seeds, sesame flour, partially defatted

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>		
	Mean	Std. Error	Number		Source Code	Confidence Code	
			of Data Points	Deriv Code			
							Measure 1 Measure 2 Measure 3
Fatty acids, total saturated.....g	1.634		0		1		0.463
4:0.....g							
6:0.....g							
8:0.....g							
10:0.....g							
12:0.....g							
13:0.....g							
14:0.....g	0.029		0		1		0.008
15:0.....g							
16:0.....g	1.043		0		1		0.296
17:0.....g							
18:0.....g	0.491		0		1		0.139
20:0.....g							
22:0.....g							
24:0.....g							
Fatty acids, total monounsaturated.....g	4.405		0		1		1.249
14:1.....g							
15:1.....g							
16:1 undifferentiated.....g	0.035		0		1		0.010
17:1.....g							
18:1 undifferentiated.....g	4.349		0		1		1.233
20:1.....g	0.016		0		1		0.005
22:1 undifferentiated.....g							
24:1 c.....g							
Fatty acids, total polyunsaturated.....g	5.113		0		1		1.450
18:2 undifferentiated.....g	5.019		0		1		1.423
18:3 undifferentiated.....g	0.088		0		1		0.025
18:4.....g							
20:2 n-6 c,c.....g							
20:3 undifferentiated.....g							
20:4 undifferentiated.....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	Z	7		0
Phytosterols.....mg							
Amino Acids:							
Tryptophan.....g	0.882		0		1		0.250
Threonine.....g	1.674		0		1		0.475
Isoleucine.....g	1.734		0		1		0.492
Leucine.....g	3.088		0		1		0.875
Lysine.....g	1.293		0		1		0.367
Methionine.....g	1.331		0		1		0.377
Cystine.....g	0.814		0		1		0.231
Phenylalanine.....g	2.138		0		1		0.606
Tyrosine.....g	1.689		0		1		0.479
Valine.....g	2.252		0		1		0.638
Arginine.....g	5.979		0		1		1.695
Histidine.....g	1.187		0		1		0.337
Alanine.....g	2.107		0		1		0.597
Aspartic acid.....g	3.743		0		1		1.061
Glutamic acid.....g	8.991		0		1		2.549
Glycine.....g	2.761		0		1		0.783
Proline.....g	1.841		0		1		0.522
Serine.....g	2.198		0		1		0.623
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.

NDB No. 12032
Seeds, sesame flour, partially defatted

Common Measures:
Measure 1 = 28.35g: 1 oz

Calories Factors: Protein 3.47 Fat 8.37 Carbohydrate4.07 Food Group: 12 Nut and Seed Products
USDA National Nutrient Database for Standard Reference, Release 27 (2014)

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	5.00		1		1		1.42		
Energy.....kcal	567		0	NC	4		161		
Energy.....kJ	2372				4		673		
Protein (N x 5.3).....g	16.96		1		1		4.81		
Total lipid (fat).....g	48.00		1		1		13.61		
Ash.....g	4.00		1		1		1.13		
Carbohydrate, by difference.....g	26.04		0	NC	4		7.38		
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	153		0		1		43		
Iron, Fe.....mg	14.55		0		1		4.12		
Magnesium, Mg.....mg	346		0		1		98		
Phosphorus, P.....mg	774		0		1		219		
Potassium, K.....mg	406		0		1		115		
Sodium, Na.....mg	39		0		1		11		
Zinc, Zn.....mg	10.23		0		1		2.90		
Copper, Cu.....mg	1.457		0		4		0.413		
Manganese, Mn.....mg	1.427		0		4		0.405		
Selenium, Se.....µg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0		1		0.0		
Thiamin.....mg	2.573		0		1		0.729		
Riboflavin.....mg	0.275		0		1		0.078		
Niacin.....mg	12.816		0		1		3.633		
Pantothenic acid.....mg	2.807		0		1		0.796		
Vitamin B-6.....mg	0.146		0		1		0.041		
Folate, total.....µg	30		0		1		8		
Folic acid.....µg	0		0	Z	7		0		
Folate, food.....µg	30		0		1		8		
Folate, DFE.....µg	30		0	NC	4		8		
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		0	Z	7		0.00		
Vitamin A, RAE.....µg	3		0		1		1		
Retinol.....µg	0		0	Z	7		0		
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	66		0		1		19		
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0		
Vitamin D.....IU	0		0	Z	7		0		
Vitamin K (phylloquinone).....µg									
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									

Lipids:

NDB No. 12034
Seeds, sesame meal, partially defatted

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points		Source Code	Confidence Code	Measure 1
			Deriv Code	Code			Measure 2
							Measure 3
Fatty acids, total saturated.....g	6.722		0		1		1.906
4:0.....g							
6:0.....g							
8:0.....g							
10:0.....g							
12:0.....g							
13:0.....g							
14:0.....g	0.120		0		1		0.034
15:0.....g							
16:0.....g	4.292		0		1		1.217
17:0.....g							
18:0.....g	2.019		0		1		0.572
20:0.....g							
22:0.....g							
24:0.....g							
Fatty acids, total monounsaturated.....g	18.127		0		1		5.139
14:1.....g							
15:1.....g							
16:1 undifferentiated.....g	0.144		0		1		0.041
17:1.....g							
18:1 undifferentiated.....g	17.897		0		1		5.074
20:1.....g	0.067		0		1		0.019
22:1 undifferentiated.....g							
24:1 c.....g							
Fatty acids, total polyunsaturated.....g	21.039		0		1		5.965
18:2 undifferentiated.....g	20.654		0		1		5.855
18:3 undifferentiated.....g	0.363		0		1		0.103
18:4.....g							
20:2 n-6 c,c.....g							
20:3 undifferentiated.....g							
20:4 undifferentiated.....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	Z	7		0
Phytosterols.....mg							
Amino Acids:							
Tryptophan.....g	0.371		0		1		0.105
Threonine.....g	0.704		0		1		0.200
Isoleucine.....g	0.730		0		1		0.207
Leucine.....g	1.299		0		1		0.368
Lysine.....g	0.544		0		1		0.154
Methionine.....g	0.560		0		1		0.159
Cystine.....g	0.342		0		1		0.097
Phenylalanine.....g	0.899		0		1		0.255
Tyrosine.....g	0.710		0		1		0.201
Valine.....g	0.947		0		1		0.268
Arginine.....g	2.515		0		1		0.713
Histidine.....g	0.499		0		1		0.141
Alanine.....g	0.886		0		1		0.251
Aspartic acid.....g	1.574		0		1		0.446
Glutamic acid.....g	3.782		0		1		1.072
Glycine.....g	1.162		0		1		0.329
Proline.....g	0.774		0		1		0.219
Serine.....g	0.925		0		1		0.262
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.

NDB No. 12034
Seeds, sesame meal, partially defatted

Common Measures:
Measure 1 = 28.35g: 1 oz

Calories Factors: Protein 3.47 Fat 8.37 Carbohydrate4.07 Food Group: 12 Nut and Seed Products
USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 12201
Seeds, sesame seed kernels, dried (decorticated) (1)

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	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Proximates:									
Water.....g	3.75		1	A	1		5.63	0.30	0.10
Energy.....kcal	631		0	NC	4		947	50	17
Energy.....kJ	2640		0	NC	4		3960	211	71
Protein (N x 5.3).....g	20.45		1	A	1		30.67	1.64	0.55
Total lipid (fat).....g	61.21		1	A	1		91.82	4.90	1.65
Ash.....g	2.86		1	A	1		4.29	0.23	0.08
Carbohydrate, by difference.....g	11.73		0	NC	4		17.60	0.94	0.32
Fiber, total dietary.....g	11.6		1	A	1		17.4	0.9	0.3
Sugars, total.....g	0.48	0.268	4	A	1		0.72	0.04	0.01
Sucrose.....g	0.31	0.263	4	A	1		0.47	0.02	0.01
Glucose (dextrose).....g	0.10	0.034	4	A	1		0.15	0.01	0.00
Fructose.....g	0.07		1	A	1		0.10	0.01	0.00
Lactose.....g	0.00		1	A	1		0.00	0.00	0.00
Maltose.....g	0.00		1	A	1		0.00	0.00	0.00
Galactose.....g	0.00		1	A	1		0.00	0.00	0.00
Starch.....g									
Minerals:									
Calcium, Ca.....mg	60		1	A	1		91	5	2
Iron, Fe.....mg	6.36		1	A	1		9.54	0.51	0.17
Magnesium, Mg.....mg	345		1	A	1		518	28	9
Phosphorus, P.....mg	667		1	A	1		1001	53	18
Potassium, K.....mg	370		1	A	1		555	30	10
Sodium, Na.....mg	47		1	A	1		71	4	1
Zinc, Zn.....mg	6.73		1	A	1		10.10	0.54	0.18
Copper, Cu.....mg	1.400		1	A	1		2.100	0.112	0.038
Manganese, Mn.....mg	1.440		1	A	1		2.160	0.115	0.039
Selenium, Se.....µg	34.4	6.162	16	A	1		51.6	2.8	0.9
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0		4		0.0	0.0	0.0
Thiamin.....mg	0.699		1	A	1		1.049	0.056	0.019
Riboflavin.....mg	0.090		1	A	1		0.135	0.007	0.002
Niacin.....mg	5.800		1	A	1		8.700	0.464	0.157
Pantothenic acid.....mg	0.290		1	A	1		0.435	0.023	0.008
Vitamin B-6.....mg	0.400	0.080	3	A	1		0.600	0.032	0.011
Folate, total.....µg	115		1	A	1		173	9	3
Folic acid.....µg	0		0	Z	7		0	0	0
Folate, food.....µg	115		1	A	1		173	9	3
Folate, DFE.....µg	115		0	NC	4		173	9	3
Choline, total.....mg	25.6		0	AS	1		38.4	2.0	0.7
Betaine.....mg	0.4		1	A	1		0.5	0.0	0.0
Vitamin B-12.....µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin B-12, added.....µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE.....µg	3		0	NC	4		5	0	0
Retinol.....µg	0		0	Z	7		0	0	0
Carotene, beta.....µg	40		0	O	4		59	3	1
Carotene, alpha.....µg	0		0	Z	7		0	0	0
Cryptoxanthin, beta.....µg	0		0	Z	7		0	0	0
Vitamin A, IU.....IU	66		1		1		99	5	2
Lycopene.....µg	0		0	Z	7		0	0	0
Lutein + zeaxanthin.....µg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol).....mg	1.68		1	A	1		2.52	0.13	0.05
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta.....mg	0.00		1	A	1		0.00	0.00	0.00
Tocopherol, gamma.....mg	0.00		1	A	1		0.00	0.00	0.00
Tocopherol, delta.....mg	0.00		1	A	1		0.00	0.00	0.00
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									

NDB No. 12201

Seeds, sesame seed kernels, dried (decorticated) (1)

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	measures of food			
						Confidence Code	Measure 1	Measure 2	Measure 3
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0	0.0	0.0
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	0		0	Z	7		0	0	0
Vitamin K (phylloquinone).....µg	0.0		1	A	1		0.0	0.0	0.0
Dihydrophyloquinone.....µg	0.0		1	A	1		0.0	0.0	0.0
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	9.055		0	NC	4		13.582	0.724	0.244
4:0.....g	0.000		1	A	1		0.000	0.000	0.000
6:0.....g	0.000		1	A	1		0.000	0.000	0.000
8:0.....g	0.000		1	A	1		0.000	0.000	0.000
10:0.....g	0.000		1	A	1		0.000	0.000	0.000
12:0.....g	0.000		1	A	1		0.000	0.000	0.000
13:0.....g	0.000		1	A	1		0.000	0.000	0.000
14:0.....g	0.000		1	A	1		0.000	0.000	0.000
15:0.....g									
16:0.....g	5.273		1	A	1		7.909	0.422	0.142
17:0.....g									
18:0.....g	3.311		1	A	1		4.966	0.265	0.089
20:0.....g	0.347		1	A	1		0.521	0.028	0.009
22:0.....g	0.071		1	A	1		0.106	0.006	0.002
24:0.....g	0.053		1	A	1		0.080	0.004	0.001
Fatty acids, total monounsaturated.....g	23.924		0	NC	4		35.886	1.914	0.646
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.105		1	A	1		0.157	0.008	0.003
17:1.....g									
18:1 undifferentiated.....g	23.595		1	A	1		35.393	1.888	0.637
18:1 c.....g									
18:1 t.....g	0.000		1	A	1		0.000	0.000	0.000
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.124		1	A	1		0.185	0.010	0.003
22:1 undifferentiated.....g	0.065		1	A	1		0.097	0.005	0.002
24:1 c.....g	0.035		1	A	1		0.053	0.003	0.001
Fatty acids, total polyunsaturated.....g	25.491		0	NC	4		38.236	2.039	0.688
18:2 undifferentiated.....g	25.227		1	A	1		37.841	2.018	0.681
18:3 undifferentiated.....g	0.263		1	A	1		0.395	0.021	0.007
18:4.....g	0.000		0		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									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3 (EPA).....g	0.000		0		1		0.000	0.000	0.000
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3 (DHA).....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans.....g	0.000		0	NC	4		0.000	0.000	0.000
Fatty acids, total trans-monoenoic.....g	0.000		0	NC	4		0.000	0.000	0.000
Fatty acids, total trans-polyenoic.....g									
Cholesterol.....mg	0		0	Z	7		0	0	0
Phytosterols.....mg									
Stigmasterol.....mg	22		1	A	1		33	2	1
Campesterol.....mg	53		1	A	1		80	4	1
Beta-sitosterol.....mg	232		1	A	1		348	19	6
Amino Acids:									
Tryptophan.....g	0.330		0	A	1		0.495	0.026	0.009
Threonine.....g	0.730		0	A	1		1.095	0.058	0.020
Isoleucine.....g	0.750		0	A	1		1.125	0.060	0.020
Leucine.....g	1.500		0	A	1		2.250	0.120	0.041
Lysine.....g	0.650		0	A	1		0.975	0.052	0.018

NDB No. 12201

Seeds, sesame seed kernels, dried (decorticated) (1)

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>					<u>Amount in edible portion of common</u>			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	<u>measures of food</u>		
							Measure 1	Measure 2	Measure 3
Methionine.....g	0.880		0	A	1		1.320	0.070	0.024
Cystine.....g	0.440		0	A	1		0.660	0.035	0.012
Phenylalanine.....g	0.940		0	A	1		1.410	0.075	0.025
Tyrosine.....g	0.790		0	A	1		1.185	0.063	0.021
Valine.....g	0.980		0	A	1		1.470	0.078	0.026
Arginine.....g	3.250		0	A	1		4.875	0.260	0.088
Histidine.....g	0.550		0	A	1		0.825	0.044	0.015
Alanine.....g	0.990		0	A	1		1.485	0.079	0.027
Aspartic acid.....g	2.070		0	A	1		3.105	0.166	0.056
Glutamic acid.....g	4.600		0	A	1		6.900	0.368	0.124
Glycine.....g	1.090		0	A	1		1.635	0.087	0.029
Proline.....g	1.040		0	A	1		1.560	0.083	0.028
Serine.....g	1.200		0	A	1		1.800	0.096	0.032
Hydroxyproline.....g	0.000		1	A	1		0.000	0.000	0.000
<u>Others:</u>									
Alcohol, ethyl.....g	0.0		0		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 = 150g: 1 cup

Measure 2 = 8.0g: 1 tbsp

Measure 3 = 2.7g: 1 tsp

Footnotes:

- 1 Other phytoosterols = 84.9 mg/100g; these include delta 5-avenasterol (40.4), campestanol (5.6), and other minor phytoosterols (38.9 mg).

Calories Factors: Protein 3.47**Fat** 8.37**Carbohydrate**4.07**Food Group:** 12 Nut and Seed Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 12529
Seeds, sesame seed kernels, toasted, with salt added (decorticated)

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
<u>Lipids:</u>									
Fatty acids, total saturated.....g	6.722		0		1		8.604	1.906	
4:0.....g	0.000		0		1		0.000	0.000	
6:0.....g	0.000		0		1		0.000	0.000	
8:0.....g	0.000		0		1		0.000	0.000	
10:0.....g	0.000		0		1		0.000	0.000	
12:0.....g	0.000		0		1		0.000	0.000	
13:0.....g									
14:0.....g	0.120		0		1		0.154	0.034	
15:0.....g									
16:0.....g	4.292		0		1		5.494	1.217	
17:0.....g									
18:0.....g	2.019		0		1		2.584	0.572	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	18.127		0		1		23.203	5.139	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.144		0		1		0.184	0.041	
17:1.....g									
18:1 undifferentiated.....g	17.897		0		1		22.908	5.074	
20:1.....g	0.067		0		1		0.086	0.019	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	21.039		0		1		26.930	5.965	
18:2 undifferentiated.....g	20.654		0		1		26.437	5.855	
18:3 undifferentiated.....g	0.363		0		1		0.465	0.103	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA).....g	0.000		0		1		0.000	0.000	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.371		0		1		0.475	0.105	
Threonine.....g	0.704		0		1		0.901	0.200	
Isoleucine.....g	0.730		0		1		0.934	0.207	
Leucine.....g	1.299		0		1		1.663	0.368	
Lysine.....g	0.544		0		1		0.696	0.154	
Methionine.....g	0.560		0		1		0.717	0.159	
Cystine.....g	0.342		0		1		0.438	0.097	
Phenylalanine.....g	0.899		0		1		1.151	0.255	
Tyrosine.....g	0.710		0		1		0.909	0.201	
Valine.....g	0.947		0		1		1.212	0.268	
Arginine.....g	2.515		0		1		3.219	0.713	
Histidine.....g	0.499		0		1		0.639	0.141	
Alanine.....g	0.886		0		1		1.134	0.251	
Aspartic acid.....g	1.574		0		1		2.015	0.446	
Glutamic acid.....g	3.782		0		1		4.841	1.072	
Glycine.....g	1.162		0		1		1.487	0.329	
Proline.....g	0.774		0		1		0.991	0.219	
Serine.....g	0.925		0		1		1.184	0.262	
Hydroxyproline.....g									
<u>Others:</u>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	

NDB No. 12529
Seeds, sesame seed kernels, toasted, with salt added (decorticated)

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	Mean	Std. Error	Number			Measure 1	Measure 2	Measure 3	
			of Data	Deriv	Source				
			Points	Code	Code	Code			
Theobromine.....mg	0		0	Z	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 = 128g: 1 cup
Measure 2 = 28.35g: 1 oz

Calories Factors: Protein 3.47 Fat 8.37 Carbohydrate4.07 **Food Group:** 12 Nut and Seed Products
USDA National Nutrient Database for Standard Reference, Release 27 (2014)

Seeds, sesame seed kernels, toasted, without salt added (decorticated)

	<u>Amount in 100 grams of edible portion</u>						<u>Amount in edible portion of common measures of food</u>		
Nutrients and Units			Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
	Mean	Std. Error							
Proximates:									
Water.....g	5.00	0.000	3		1		6.40	1.42	
Energy.....kcal	567		0	NC	4		726	161	
Energy.....kJ	2372		0		4		3037	673	
Protein (N x 5.3).....g	16.96	0.000	3		1		21.71	4.81	
Total lipid (fat).....g	48.00	0.000	3		1		61.44	13.61	
Ash.....g	4.00	0.000	3		1		5.12	1.13	
Carbohydrate, by difference.....g	26.04		0	NC	4		33.33	7.38	
Fiber, total dietary.....g	16.9		0		4		21.6	4.8	
Sugars, total.....g	0.48		0	BFZN	4		0.62	0.14	
Starch.....g									
Minerals:									
Calcium, Ca.....mg	131		0		1		168	37	
Iron, Fe.....mg	7.78		0		1		9.96	2.21	
Magnesium, Mg.....mg	346		0		1		443	98	
Phosphorus, P.....mg	774		0		1		991	219	
Potassium, K.....mg	406		0		1		520	115	
Sodium, Na.....mg	39		0		1		50	11	
Zinc, Zn.....mg	10.23		0		1		13.09	2.90	
Copper, Cu.....mg	1.457		0		4		1.865	0.413	
Manganese, Mn.....mg	1.427		0		4		1.827	0.405	
Selenium, Se.....µg	34.4		0	BFZN	4		44.0	9.8	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0		4		0.0	0.0	
Thiamin.....mg	1.205		0		1		1.542	0.342	
Riboflavin.....mg	0.466		0		1		0.596	0.132	
Niacin.....mg	5.438		0		1		6.961	1.542	
Pantothenic acid.....mg	0.680		0		1		0.870	0.193	
Vitamin B-6.....mg	0.146		0		4		0.187	0.041	
Folate, total.....µg	96		0		4		123	27	
Folic acid.....µg	0		0	Z	7		0	0	
Folate, food.....µg	96		0		4		123	27	
Folate, DFE.....µg	96		0	NC	4		123	27	
Choline, total.....mg	25.6		0	BFZN	4		32.7	7.3	
Betaine.....mg									
Vitamin B-12.....µg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added.....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....µg	3		0	NC	4		4	1	
Retinol.....µg	0		0	Z	7		0	0	
Carotene, beta.....µg	40		0	BFZN	4		51	11	
Carotene, alpha.....µg	0		0	BFZN	4		0	0	
Cryptoxanthin, beta.....µg	0		0	BFZN	4		0	0	
Vitamin A, IU.....IU	66		0		4		84	19	
Lycopene.....µg	0		0	BFZN	4		0	0	
Lutein + zeaxanthin.....µg	0		0	BFZN	4		0	0	
Vitamin E (alpha-tocopherol).....mg	0.25		0	BFZN	4		0.32	0.07	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									

NDB No. 12029

Seeds, sesame seed kernels, toasted, without salt added (decorticated)

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated.....g	6.722		0		1		8.604	1.906	
4:0.....g	0.000		0		1		0.000	0.000	
6:0.....g	0.000		0		1		0.000	0.000	
8:0.....g	0.000		0		1		0.000	0.000	
10:0.....g	0.000		0		1		0.000	0.000	
12:0.....g	0.000		0		1		0.000	0.000	
13:0.....g									
14:0.....g	0.120		0		1		0.154	0.034	
15:0.....g									
16:0.....g	4.292		0		1		5.494	1.217	
17:0.....g									
18:0.....g	2.019		0		1		2.584	0.572	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	18.127		0		1		23.203	5.139	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.144		0		1		0.184	0.041	
17:1.....g									
18:1 undifferentiated.....g	17.897		0		1		22.908	5.074	
20:1.....g	0.067		0		1		0.086	0.019	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	21.039		0		1		26.930	5.965	
18:2 undifferentiated.....g	20.654		0		1		26.437	5.855	
18:3 undifferentiated.....g	0.363		0		1		0.465	0.103	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA).....g	0.000		0		1		0.000	0.000	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.371		0		1		0.475	0.105	
Threonine.....g	0.704		0		1		0.901	0.200	
Isoleucine.....g	0.730		0		1		0.934	0.207	
Leucine.....g	1.299		0		1		1.663	0.368	
Lysine.....g	0.544		0		1		0.696	0.154	
Methionine.....g	0.560		0		1		0.717	0.159	
Cystine.....g	0.342		0		1		0.438	0.097	
Phenylalanine.....g	0.899		0		1		1.151	0.255	
Tyrosine.....g	0.710		0		1		0.909	0.201	
Valine.....g	0.947		0		1		1.212	0.268	
Arginine.....g	2.515		0		1		3.219	0.713	
Histidine.....g	0.499		0		1		0.639	0.141	
Alanine.....g	0.886		0		1		1.134	0.251	
Aspartic acid.....g	1.574		0		1		2.015	0.446	
Glutamic acid.....g	3.782		0		1		4.841	1.072	
Glycine.....g	1.162		0		1		1.487	0.329	
Proline.....g	0.774		0		1		0.991	0.219	
Serine.....g	0.925		0		1		1.184	0.262	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	

NDB No. 12029
Seeds, sesame seed kernels, toasted, without salt added (decorticated)

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	Mean	Std. Error	Number			Measure 1	Measure 2	Measure 3	
			of Data	Deriv	Source				
			Points	Code	Code	Code			
Theobromine.....mg	0		0	Z	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 = 128g: 1 cup
Measure 2 = 28.35g: 1 oz

Calories Factors: Protein 3.47 Fat 8.37 Carbohydrate4.07

Food Group: 12 Nut and Seed Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			Points						
Lipids:									
Fatty acids, total saturated.....g	6.957		0		1		10.018	0.626	
4:0.....g	0.000		0		1		0.000	0.000	
6:0.....g	0.000		0		1		0.000	0.000	
8:0.....g	0.000		0		1		0.000	0.000	
10:0.....g	0.000		0		1		0.000	0.000	
12:0.....g	0.000		0		1		0.000	0.000	
13:0.....g									
14:0.....g	0.124		1		1		0.179	0.011	
15:0.....g									
16:0.....g	4.441		761		1		6.395	0.400	
17:0.....g									
18:0.....g	2.090		761		1		3.010	0.188	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	18.759		0		1		27.013	1.688	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.149		17		1		0.215	0.013	
17:1.....g									
18:1 undifferentiated.....g	18.521		761		1		26.670	1.667	
20:1.....g	0.070		9		1		0.101	0.006	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	21.773		0		1		31.353	1.960	
18:2 undifferentiated.....g	21.375		761		1		30.780	1.924	
18:3 undifferentiated.....g	0.376		25		1		0.541	0.034	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA).....g	0.000		0		1		0.000	0.000	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	
Phytosterols.....mg	714		0		1		1028	64	
Amino Acids:									
Tryptophan.....g	0.388		13		1		0.559	0.035	
Threonine.....g	0.736		19		1		1.060	0.066	
Isoleucine.....g	0.763		19		1		1.099	0.069	
Leucine.....g	1.358		19		1		1.956	0.122	
Lysine.....g	0.569		19		1		0.819	0.051	
Methionine.....g	0.586		19		1		0.844	0.053	
Cystine.....g	0.358		10		1		0.516	0.032	
Phenylalanine.....g	0.940		19		1		1.354	0.085	
Tyrosine.....g	0.743		14		1		1.070	0.067	
Valine.....g	0.990		19		1		1.426	0.089	
Arginine.....g	2.630		18		1		3.787	0.237	
Histidine.....g	0.522		18		1		0.752	0.047	
Alanine.....g	0.927		13		1		1.335	0.083	
Aspartic acid.....g	1.646		13		1		2.370	0.148	
Glutamic acid.....g	3.955		13		1		5.695	0.356	
Glycine.....g	1.215		13		1		1.750	0.109	
Proline.....g	0.810		13		1		1.166	0.073	
Serine.....g	0.967		13		1		1.392	0.087	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	

NDB No. 12023
Seeds, sesame seeds, whole, dried

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	Mean	Std. Error	Number		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code					
Theobromine.....mg	0		0	Z	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 = 144g: 1 cup
Measure 2 = 9.0g: 1 tbsp

Calories Factors: Protein 3.47 Fat 8.37 Carbohydrate4.07

Food Group: 12 Nut and Seed Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

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	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Proximates:									
Water.....g	3.30		2		1		0.94		
Energy.....kcal	565		0	NC	4		160		
Energy.....kJ	2364		0		4		670		
Protein (N x 5.3).....g	16.96		1		1		4.81		
Total lipid (fat).....g	48.00		1		1		13.61		
Ash.....g	6.00		1		1		1.70		
Carbohydrate, by difference.....g	25.74		0	NC	4		7.30		
Fiber, total dietary.....g	14.0		0		1		4.0		
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	989		0		1		280		
Iron, Fe.....mg	14.76		0		1		4.18		
Magnesium, Mg.....mg	356		0		1		101		
Phosphorus, P.....mg	638		0		1		181		
Potassium, K.....mg	475		0		1		135		
Sodium, Na.....mg	11		0		1		3		
Zinc, Zn.....mg	7.16		1		1		2.03		
Copper, Cu.....mg	2.470		1		1		0.700		
Manganese, Mn.....mg	2.496		0		1		0.708		
Selenium, Se.....µg	34.4		0	BFZN	4		9.8		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0		4		0.0		
Thiamin.....mg	0.803		0		4		0.228		
Riboflavin.....mg	0.251		0		4		0.071		
Niacin.....mg	4.581		0		4		1.299		
Pantothenic acid.....mg	0.051		0		4		0.014		
Vitamin B-6.....mg	0.802		0		4		0.227		
Folate, total.....µg	98		0		4		28		
Folic acid.....µg	0		0	Z	7		0		
Folate, food.....µg	98		0		4		28		
Folate, DFE.....µg	98		0	NC	4		28		
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		0	Z	7		0.00		
Vitamin A, RAE.....µg	0		0	NC	4		0		
Retinol.....µg	0		0	Z	7		0		
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	9		0		4		3		
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0		
Vitamin D.....IU	0		0	Z	7		0		
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									

Lipids:

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data						
			Points						
Fatty acids, total saturated.....g	6.722		0		1		1.906		
4:0.....g									
6:0.....g									
8:0.....g									
10:0.....g									
12:0.....g									
13:0.....g									
14:0.....g	0.120		0		1		0.034		
15:0.....g									
16:0.....g	4.292		0		1		1.217		
17:0.....g									
18:0.....g	2.019		0		1		0.572		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	18.127		0		1		5.139		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.144		0		1		0.041		
17:1.....g									
18:1 undifferentiated.....g	17.897		0		1		5.074		
20:1.....g	0.067		0		1		0.019		
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	21.039		0		1		5.965		
18:2 undifferentiated.....g	20.654		0		1		5.855		
18:3 undifferentiated.....g	0.363		0		1		0.103		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....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	Z	7		0		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.371		0		1		0.105		
Threonine.....g	0.704		0		1		0.200		
Isoleucine.....g	0.730		0		1		0.207		
Leucine.....g	1.299		0		1		0.368		
Lysine.....g	0.544		0		1		0.154		
Methionine.....g	0.560		0		1		0.159		
Cystine.....g	0.342		0		1		0.097		
Phenylalanine.....g	0.899		0		1		0.255		
Tyrosine.....g	0.710		0		1		0.201		
Valine.....g	0.947		0		1		0.268		
Arginine.....g	2.515		0		1		0.713		
Histidine.....g	0.499		0		1		0.141		
Alanine.....g	0.886		0		1		0.251		
Aspartic acid.....g	1.574		0		1		0.446		
Glutamic acid.....g	3.782		0		1		1.072		
Glycine.....g	1.162		0		1		0.329		
Proline.....g	0.774		0		1		0.219		
Serine.....g	0.925		0		1		0.262		
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.

NDB No. 12024
Seeds, sesame seeds, whole, roasted and toasted

Common Measures:
Measure 1 = 28.35g: 1 oz

Calories Factors: Protein 3.47 **Fat** 8.37 **Carbohydrate**4.07 **Food Group:** 12 Nut and Seed Products
USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 12193

Seeds, sisymbrium sp. seeds, whole, dried

Sisymbrium spp.

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	measures of food		
							Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	6.10		1		1		4.51	1.73	
Energy.....kcal	318		0		NC	4	235	90	
Energy.....kJ	1331					4	985	377	
Protein (N x 5.3).....g	12.14		0			1	8.98	3.44	
Total lipid (fat).....g	4.60		1			1	3.40	1.30	
Ash.....g	18.90		1			1	13.99	5.36	
Carbohydrate, by difference.....g	58.26		0		NC	4	43.11	16.52	
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	1633		1			1	1208	463	
Iron, Fe.....mg	0.11		1			1	0.08	0.03	
Magnesium, Mg.....mg	314		1			1	232	89	
Phosphorus, P.....mg	6		1			1	4	2	
Potassium, K.....mg	2130		1			1	1576	604	
Sodium, Na.....mg	92		1			1	68	26	
Zinc, Zn.....mg	0.30		1			1	0.22	0.09	
Copper, Cu.....mg	0.110		1			1	0.081	0.031	
Manganese, Mn.....mg	1.512		0			4	1.119	0.429	
Selenium, Se.....µg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	30.7		0			4	22.7	8.7	
Thiamin.....mg	0.191		0			4	0.141	0.054	
Riboflavin.....mg	0.423		0			4	0.313	0.120	
Niacin.....mg	16.825		0			4	12.451	4.770	
Pantothenic acid.....mg	0.997		0			4	0.738	0.283	
Vitamin B-6.....mg	0.778		0			4	0.576	0.221	
Folate, total.....µg	95		0			4	71	27	
Folic acid.....µg	0		0		Z	7	0	0	
Folate, food.....µg	95		0			4	71	27	
Folate, DFE.....µg	95		0		NC	4	71	27	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		0		Z	7	0.00	0.00	
Vitamin A, RAE.....µg	3		0			4	2	1	
Retinol.....µg	0		0		Z	7	0	0	
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	63		0			4	47	18	
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									

Lipids:

NDB No. 12193

Seeds, sisymbrium sp. seeds, whole, dried

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total saturated.....g	0.902		0		1		0.667	0.256	
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	0.616		1		1		0.456	0.175	
17:0.....g									
18:0.....g	0.132		1		1		0.098	0.037	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	1.486		0		1		1.100	0.421	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.035		1		1		0.026	0.010	
17:1.....g									
18:1 undifferentiated.....g	0.836		1		1		0.619	0.237	
20:1.....g	0.352		1		1		0.260	0.100	
22:1 undifferentiated.....g	0.264		1		1		0.195	0.075	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.023		0		1		1.497	0.574	
18:2 undifferentiated.....g	0.572		1		1		0.423	0.162	
18:3 undifferentiated.....g	1.451		1		1		1.074	0.411	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....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	Z	7		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.266		0		1		0.197	0.075	
Threonine.....g	0.689		1		1		0.510	0.195	
Isoleucine.....g	0.650		1		1		0.481	0.184	
Leucine.....g	1.234		1		1		0.913	0.350	
Lysine.....g	0.806		1		1		0.596	0.229	
Methionine.....g	0.311		1		1		0.230	0.088	
Cystine.....g	0.245		0		1		0.181	0.069	
Phenylalanine.....g	0.584		1		1		0.432	0.166	
Tyrosine.....g	0.419		1		1		0.310	0.119	
Valine.....g	0.705		1		1		0.522	0.200	
Arginine.....g	0.799		1		1		0.591	0.227	
Histidine.....g	0.325		1		1		0.241	0.092	
Alanine.....g	0.685		1		1		0.507	0.194	
Aspartic acid.....g	1.484		1		1		1.098	0.421	
Glutamic acid.....g	1.770		1		1		1.310	0.502	
Glycine.....g	0.698		1		1		0.517	0.198	
Proline.....g	0.673		1		1		0.498	0.191	
Serine.....g	0.483		1		1		0.357	0.137	
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.

NDB No. 12193

Seeds, sisymbrium sp. seeds, whole, dried

Common Measures:

Measure 1 = 74g: 1 cup

Measure 2 = 28.35g: 1 oz

Calories Factors: Protein 3.47

Fat 8.37

Carbohydrate4.07

Food Group: 12 Nut and Seed Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 12540

Seeds, sunflower seed butter, with salt added (1, 2)

Includes USDA commodity food B477

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	0.62	0.064	3	A	1		0.10	0.17	
Energy.....kcal	617		0	NC	4		99	175	
Energy.....kJ	2581		0	NC	4		413	732	
Protein (N x 5.3).....g	17.28	0.110	3	A	1		2.76	4.90	
Total lipid (fat).....g	55.20	0.682	3	A	1		8.83	15.65	
Ash.....g	3.58	0.068	3	A	1		0.57	1.02	
Carbohydrate, by difference.....g	23.32		0	NC	4		3.73	6.61	
Fiber, total dietary.....g	5.7	0.177	3	A	1		0.9	1.6	
Sugars, total.....g	10.54	0.070	3	A	1		1.69	2.99	
Sucrose.....g	10.54	0.070	3	A	1		1.69	2.99	
Glucose (dextrose).....g	0.00	0.000	3	A	1		0.00	0.00	
Fructose.....g	0.00	0.000	3	A	1		0.00	0.00	
Lactose.....g	0.00	0.000	3	A	1		0.00	0.00	
Maltose.....g	0.00	0.000	3	A	1		0.00	0.00	
Galactose.....g	0.00	0.000	3	A	1		0.00	0.00	
Starch.....g	0.83	0.087	3	A	1		0.13	0.23	
Minerals:									
Calcium, Ca.....mg	64	2.686	3	A	1		10	18	
Iron, Fe.....mg	4.12	0.098	3	A	1		0.66	1.17	
Magnesium, Mg.....mg	311	3.296	3	A	1		50	88	
Phosphorus, P.....mg	666	5.732	3	A	1		107	189	
Potassium, K.....mg	576	0.203	3	A	1		92	163	
Sodium, Na.....mg	331	19.069	3	A	1		53	94	
Zinc, Zn.....mg	4.89	0.116	3	A	1		0.78	1.39	
Copper, Cu.....mg	1.597	0.048	3	A	1		0.255	0.453	
Manganese, Mn.....mg	2.073	0.043	3	A	1		0.332	0.588	
Selenium, Se.....µg	104.4	6.592	3	A	1		16.7	29.6	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	2.7		1		1		0.4	0.8	
Thiamin.....mg	0.053	0.007	3	A	1		0.009	0.015	
Riboflavin.....mg	0.163	0.007	3	A	1		0.026	0.046	
Niacin.....mg	6.747	0.133	3	A	1		1.079	1.913	
Pantothenic acid.....mg	1.167	0.033	3	A	1		0.187	0.331	
Vitamin B-6.....mg	0.550	0.021	3	A	1		0.088	0.156	
Folate, total.....µg	237		0		4		38	67	
Folic acid.....µg	0		0	Z	7		0	0	
Folate, food.....µg	237		0		4		38	67	
Folate, DFE.....µg	237		0	NC	4		38	67	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....µg									
Retinol.....µg	0		0	Z	7		0	0	
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	52		0		4		8	15	
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg	22.89	3.550	3	A	1		3.66	6.49	
Tocopherol, beta.....mg	1.34	0.154	3	A	1		0.21	0.38	
Tocopherol, gamma.....mg	14.99	7.446	3	A	1		2.40	4.25	
Tocopherol, delta.....mg	5.66	3.031	3	A	1		0.91	1.60	
Tocotrienol, alpha.....mg	0.00	0.000	3	A	1		0.00	0.00	
Tocotrienol, beta.....mg	0.00	0.000	3	A	1		0.00	0.00	
Tocotrienol, gamma.....mg	0.13	0.003	3	A	1		0.02	0.04	
Tocotrienol, delta.....mg	0.00	0.000	3	A	1		0.00	0.00	
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0	0.0	

NDB No. 12540

Seeds, sunflower seed butter, with salt added (1, 2)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common				
	Mean	Std. Error	Number	Deriv	Source	Confidence	measures of food		
			Points				Code	Code	Code
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone).....µg									
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	4.678		0	NC	4		0.749	1.326	
4:0.....g	0.010	0.000	3	A	1		0.002	0.003	
6:0.....g	0.000	0.000	3	A	1		0.000	0.000	
8:0.....g	0.000	0.000	3	A	1		0.000	0.000	
10:0.....g	0.004	0.000	3	A	1		0.001	0.001	
12:0.....g	0.000	0.000	3	A	1		0.000	0.000	
13:0.....g									
14:0.....g	0.010	0.000	3	A	1		0.002	0.003	
15:0.....g	0.008	0.000	3	A	1		0.001	0.002	
16:0.....g	1.890	0.030	3	A	1		0.302	0.536	
17:0.....g	0.013	0.003	3	A	1		0.002	0.004	
18:0.....g	2.030	0.285	3	A	1		0.325	0.576	
20:0.....g	0.133	0.003	3	A	1		0.021	0.038	
22:0.....g	0.437	0.003	3	A	1		0.070	0.124	
24:0.....g	0.143	0.003	3	A	1		0.023	0.041	
Fatty acids, total monounsaturated.....g	39.025		0	NC	4		6.244	11.063	
14:1.....g	0.001	0.001	3	A	1		0.000	0.000	
15:1.....g	0.000	0.000	3	A	1		0.000	0.000	
16:1 undifferentiated.....g	0.020	0.000	3	AS	1		0.003	0.006	
16:1 c.....g	0.020	0.000	3	A	1		0.003	0.006	
16:1 t.....g	0.000	0.000	3	A	1		0.000	0.000	
17:1.....g	0.000	0.000	3	A	1		0.000	0.000	
18:1 undifferentiated.....g	38.853	0.283	3	AS	1		6.217	11.015	
18:1 c.....g	38.837	0.282	3	A	1		6.214	11.010	
18:1 t.....g	0.017	0.003	3	A	1		0.003	0.005	
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.143	0.003	3	A	1		0.023	0.041	
22:1 undifferentiated.....g	0.003	0.001	3	AS	1		0.000	0.001	
22:1 c.....g	0.003	0.001	3	A	1		0.000	0.001	
22:1 t.....g	0.000	0.000	3	A	1		0.000	0.000	
24:1 c.....g	0.004	0.001	3	A	1		0.001	0.001	
Fatty acids, total polyunsaturated.....g	9.805		0	NC	4		1.569	2.780	
18:2 undifferentiated.....g	9.736	0.247	3	AS	1		1.558	2.760	
18:2 n-6 c,c.....g	9.723	0.247	3	A	1		1.556	2.757	
18:2 CLAs.....g	0.003	0.000	3	A	1		0.000	0.001	
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.010	0.000	3	A	1		0.002	0.003	
18:3 undifferentiated.....g	0.050	0.000	3	AS	1		0.008	0.014	
18:3 n-3 c,c,c (ALA).....g	0.050	0.000	3	A	1		0.008	0.014	
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	0.000	0.000	3	A	1		0.000	0.000	
20:2 n-6 c,c.....g	0.000	0.000	3	A	1		0.000	0.000	
20:3 undifferentiated.....g	0.003	0.000	3	AS	1		0.001	0.001	
20:3 n-3.....g	0.001	0.001	3	A	1		0.000	0.000	
20:3 n-6.....g	0.002	0.000	3	A	1		0.000	0.001	
20:4 undifferentiated.....g	0.010	0.000	3	A	1		0.002	0.003	
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.000	0.000	3	A	1		0.000	0.000	
21:5.....g									
22:4.....g	0.003	0.000	3	A	1		0.001	0.001	
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	3	A	1		0.000	0.000	
Fatty acids, total trans.....g	0.027		0	NC	4		0.004	0.008	
Fatty acids, total trans-monoenoic.....g	0.017		0	NC	4		0.003	0.005	

NDB No. 12540
Seeds, sunflower seed butter, with salt added (1, 2)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points		Source Code	Confidence Code	
			Points	Code			
							Measure 1 Measure 2 Measure 3
Fatty acids, total trans-polyenoic.....g	0.010		0	NC	4		0.002 0.003
Cholesterol.....mg	0	0.000	3	A	1		0 0
Phytosterols.....mg							
Stigmasterol.....mg	18	0.374	3	A	1		3 5
Campesterol.....mg	21	0.691	3	A	1		3 6
Beta-sitosterol.....mg	170	3.475	3	A	1		27 48
Amino Acids:							
Tryptophan.....g	0.285		0	A	1		0.046 0.081
Threonine.....g	0.723		0	A	1		0.116 0.205
Isoleucine.....g	0.842		0	A	1		0.135 0.239
Leucine.....g	1.315		0	A	1		0.210 0.373
Lysine.....g	0.532		0	A	1		0.085 0.151
Methionine.....g	0.435		0	A	1		0.070 0.123
Cystine.....g	0.268		0	A	1		0.043 0.076
Phenylalanine.....g	0.942		0	A	1		0.151 0.267
Tyrosine.....g	0.435		0	A	1		0.070 0.123
Valine.....g	1.002		0	A	1		0.160 0.284
Arginine.....g	1.753		0	A	1		0.281 0.497
Histidine.....g	0.492		0	A	1		0.079 0.139
Alanine.....g	0.865		0	A	1		0.138 0.245
Aspartic acid.....g	1.848		0	A	1		0.296 0.524
Glutamic acid.....g	4.273		0	A	1		0.684 1.211
Glycine.....g	1.123		0	A	1		0.180 0.318
Proline.....g	0.878		0	A	1		0.141 0.249
Serine.....g	0.857		0	A	1		0.137 0.243
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 = 16g: 1 tbsp

Measure 2 = 28.35g: 1 oz

Footnotes:

- Made with NuSun sunflower seeds; some brands have different formulation.
- Other phytosterols = 21.6 mg/100g; these include delta 5-avenasterol, sitostanol, and campestanol.

Calories Factors: Protein 3.47

Fat 8.37

Carbohydrate4.07

Food Group: 12 Nut and Seed Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 12040
Seeds, sunflower seed butter, without salt (1, 2)

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	0.62	0.064	3	A	1		0.10	0.17	
Energy.....kcal	617		0	NC	4		99	175	
Energy.....kJ	2581		0	NC	4		413	732	
Protein (N x 5.3).....g	17.28	0.110	3	A	1		2.76	4.90	
Total lipid (fat).....g	55.20	0.682	3	A	1		8.83	15.65	
Ash.....g	3.58	0.068	3	A	1		0.57	1.02	
Carbohydrate, by difference.....g	23.32		0	NC	4		3.73	6.61	
Fiber, total dietary.....g	5.7	0.177	3	A	1		0.9	1.6	
Sugars, total.....g	10.54	0.070	3	A	1		1.69	2.99	
Sucrose.....g	10.54	0.070	3	A	1		1.69	2.99	
Glucose (dextrose).....g	0.00	0.000	3	A	1		0.00	0.00	
Fructose.....g	0.00	0.000	3	A	1		0.00	0.00	
Lactose.....g	0.00	0.000	3	A	1		0.00	0.00	
Maltose.....g	0.00	0.000	3	A	1		0.00	0.00	
Galactose.....g	0.00	0.000	3	A	1		0.00	0.00	
Starch.....g	0.83	0.087	3	A	1		0.13	0.23	
Minerals:									
Calcium, Ca.....mg	64	2.686	3	A	1		10	18	
Iron, Fe.....mg	4.12	0.098	3	A	1		0.66	1.17	
Magnesium, Mg.....mg	311	3.296	3	A	1		50	88	
Phosphorus, P.....mg	666	5.732	3	A	1		107	189	
Potassium, K.....mg	576	0.203	3	A	1		92	163	
Sodium, Na.....mg	3		0		1		0	1	
Zinc, Zn.....mg	4.89	0.116	3	A	1		0.78	1.39	
Copper, Cu.....mg	1.597	0.048	3	A	1		0.255	0.453	
Manganese, Mn.....mg	2.073	0.043	3	A	1		0.332	0.588	
Selenium, Se.....µg	104.4	6.592	3	A	1		16.7	29.6	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	2.7		1		1		0.4	0.8	
Thiamin.....mg	0.053	0.007	3	A	1		0.009	0.015	
Riboflavin.....mg	0.163	0.007	3	A	1		0.026	0.046	
Niacin.....mg	6.747	0.133	3	A	1		1.079	1.913	
Pantothenic acid.....mg	1.167	0.033	3	A	1		0.187	0.331	
Vitamin B-6.....mg	0.550	0.021	3	A	1		0.088	0.156	
Folate, total.....µg	237		0		4		38	67	
Folic acid.....µg	0		0	Z	7		0	0	
Folate, food.....µg	237		0		4		38	67	
Folate, DFE.....µg	237		0	NC	4		38	67	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....µg									
Retinol.....µg	0		0	Z	7		0	0	
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	52		0		4		8	15	
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg	22.89	3.550	3	A	1		3.66	6.49	
Tocopherol, beta.....mg	1.34	0.154	3	A	1		0.21	0.38	
Tocopherol, gamma.....mg	14.99	7.446	3	A	1		2.40	4.25	
Tocopherol, delta.....mg	5.66	3.031	3	A	1		0.91	1.60	
Tocotrienol, alpha.....mg	0.00	0.000	3	A	1		0.00	0.00	
Tocotrienol, beta.....mg	0.00	0.000	3	A	1		0.00	0.00	
Tocotrienol, gamma.....mg	0.13	0.003	3	A	1		0.02	0.04	
Tocotrienol, delta.....mg	0.00	0.000	3	A	1		0.00	0.00	
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0	0.0	

NDB No. 12040

Seeds, sunflower seed butter, without salt (1, 2)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common				
	Mean	Std. Error	Number	Deriv	Source	Confidence	measures of food		
			Points				Code	Code	Code
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone).....µg									
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	4.678		0	NC	4		0.749	1.326	
4:0.....g	0.010	0.000	3	A	1		0.002	0.003	
6:0.....g	0.000	0.000	3	A	1		0.000	0.000	
8:0.....g	0.000	0.000	3	A	1		0.000	0.000	
10:0.....g	0.004	0.000	3	A	1		0.001	0.001	
12:0.....g	0.000	0.000	3	A	1		0.000	0.000	
13:0.....g									
14:0.....g	0.010	0.000	3	A	1		0.002	0.003	
15:0.....g	0.008	0.000	3	A	1		0.001	0.002	
16:0.....g	1.890	0.030	3	A	1		0.302	0.536	
17:0.....g	0.013	0.003	3	A	1		0.002	0.004	
18:0.....g	2.030	0.285	3	A	1		0.325	0.576	
20:0.....g	0.133	0.003	3	A	1		0.021	0.038	
22:0.....g	0.437	0.003	3	A	1		0.070	0.124	
24:0.....g	0.143	0.003	3	A	1		0.023	0.041	
Fatty acids, total monounsaturated.....g	39.025		0	NC	4		6.244	11.063	
14:1.....g	0.001	0.001	3	A	1		0.000	0.000	
15:1.....g	0.000	0.000	3	A	1		0.000	0.000	
16:1 undifferentiated.....g	0.020	0.000	3	AS	1		0.003	0.006	
16:1 c.....g	0.020	0.000	3	A	1		0.003	0.006	
16:1 t.....g	0.000	0.000	3	A	1		0.000	0.000	
17:1.....g	0.000	0.000	3	A	1		0.000	0.000	
18:1 undifferentiated.....g	38.853	0.283	3	AS	1		6.217	11.015	
18:1 c.....g	38.837	0.282	3	A	1		6.214	11.010	
18:1 t.....g	0.017	0.003	3	A	1		0.003	0.005	
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.143	0.003	3	A	1		0.023	0.041	
22:1 undifferentiated.....g	0.003	0.001	3	AS	1		0.000	0.001	
22:1 c.....g	0.003	0.001	3	A	1		0.000	0.001	
22:1 t.....g	0.000	0.000	3	A	1		0.000	0.000	
24:1 c.....g	0.004	0.001	3	A	1		0.001	0.001	
Fatty acids, total polyunsaturated.....g	9.805		0	NC	4		1.569	2.780	
18:2 undifferentiated.....g	9.736	0.247	3	AS	1		1.558	2.760	
18:2 n-6 c,c.....g	9.723	0.247	3	A	1		1.556	2.757	
18:2 CLAs.....g	0.003	0.000	3	A	1		0.000	0.001	
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.010	0.000	3	A	1		0.002	0.003	
18:3 undifferentiated.....g	0.050	0.000	3	AS	1		0.008	0.014	
18:3 n-3 c,c,c (ALA).....g	0.050	0.000	3	A	1		0.008	0.014	
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	0.000	0.000	3	A	1		0.000	0.000	
20:2 n-6 c,c.....g	0.000	0.000	3	A	1		0.000	0.000	
20:3 undifferentiated.....g	0.003	0.000	3	AS	1		0.001	0.001	
20:3 n-3.....g	0.001	0.001	3	A	1		0.000	0.000	
20:3 n-6.....g	0.002	0.000	3	A	1		0.000	0.001	
20:4 undifferentiated.....g	0.010	0.000	3	A	1		0.002	0.003	
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.000	0.000	3	A	1		0.000	0.000	
21:5.....g									
22:4.....g	0.003	0.000	3	A	1		0.001	0.001	
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	3	A	1		0.000	0.000	
Fatty acids, total trans.....g	0.027		0	NC	4		0.004	0.008	
Fatty acids, total trans-monoenoic.....g	0.017		0	NC	4		0.003	0.005	

NDB No. 12040
Seeds, sunflower seed butter, without salt (1, 2)

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
	Points	Code	Code						
Fatty acids, total trans-polyenoic.....g	0.010		0	NC	4		0.002	0.003	
Cholesterol.....mg	0	0.000	3	A	1		0	0	
Phytosterols.....mg									
Stigmasterol.....mg	18	0.374	3	A	1		3	5	
Campesterol.....mg	21	0.691	3	A	1		3	6	
Beta-sitosterol.....mg	170	3.475	3	A	1		27	48	
Amino Acids:									
Tryptophan.....g	0.285		0	A	1		0.046	0.081	
Threonine.....g	0.723		0	A	1		0.116	0.205	
Isoleucine.....g	0.842		0	A	1		0.135	0.239	
Leucine.....g	1.315		0	A	1		0.210	0.373	
Lysine.....g	0.532		0	A	1		0.085	0.151	
Methionine.....g	0.435		0	A	1		0.070	0.123	
Cystine.....g	0.268		0	A	1		0.043	0.076	
Phenylalanine.....g	0.942		0	A	1		0.151	0.267	
Tyrosine.....g	0.435		0	A	1		0.070	0.123	
Valine.....g	1.002		0	A	1		0.160	0.284	
Arginine.....g	1.753		0	A	1		0.281	0.497	
Histidine.....g	0.492		0	A	1		0.079	0.139	
Alanine.....g	0.865		0	A	1		0.138	0.245	
Aspartic acid.....g	1.848		0	A	1		0.296	0.524	
Glutamic acid.....g	4.273		0	A	1		0.684	1.211	
Glycine.....g	1.123		0	A	1		0.180	0.318	
Proline.....g	0.878		0	A	1		0.141	0.249	
Serine.....g	0.857		0	A	1		0.137	0.243	
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 = 16g: 1 tbsp

Measure 2 = 28.35g: 1 oz

Footnotes:

- Made with NuSun sunflower seeds; some brands have different formulation.
- Other phytosterols = 21.6 mg/100g; these include delta 5-avenasterol, sitostanol, and campestanol.

Calories Factors: Protein 3.47

Fat 8.37

Carbohydrate4.07

Food Group: 12 Nut and Seed Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 12041
Seeds, sunflower seed flour, partially defatted

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	7.47	0.717	11		1		4.78	0.30	
Energy.....kcal	326		0	NC	4		209	13	
Energy.....kJ	1364				4		873	55	
Protein (N x 5.3).....g	48.06	1.439	11		1		30.76	1.92	
Total lipid (fat).....g	1.61	0.188	11		1		1.03	0.06	
Ash.....g	7.04	0.213	8		1		4.51	0.28	
Carbohydrate, by difference.....g	35.83		0	NC	4		22.93	1.43	
Fiber, total dietary.....g	5.2		0		4		3.3	0.2	
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	114		0		1		73	5	
Iron, Fe.....mg	6.62		0		1		4.24	0.26	
Magnesium, Mg.....mg	346		0		1		221	14	
Phosphorus, P.....mg	689		0		1		441	28	
Potassium, K.....mg	67		0		1		43	3	
Sodium, Na.....mg	3		0		1		2	0	
Zinc, Zn.....mg	4.95		0		1		3.17	0.20	
Copper, Cu.....mg	1.713		0		1		1.096	0.069	
Manganese, Mn.....mg	1.975		0		1		1.264	0.079	
Selenium, Se.....µg	58.2		0	BFSN	4		37.2	2.3	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	1.3		0		4		0.8	0.1	
Thiamin.....mg	3.187	0.121	3		1		2.040	0.127	
Riboflavin.....mg	0.266		0		4		0.170	0.011	
Niacin.....mg	7.313	0.293	3		1		4.680	0.293	
Pantothenic acid.....mg	6.595	0.320	3		1		4.221	0.264	
Vitamin B-6.....mg	0.753		0		4		0.482	0.030	
Folate, total.....µg	222		0		4		142	9	
Folic acid.....µg	0		0	Z	7		0	0	
Folate, food.....µg	222		0		4		142	9	
Folate, DFE.....µg	222		0	NC	4		142	9	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....µg	2		0		4		2	0	
Retinol.....µg	0		0	Z	7		0	0	
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	49		0		4		31	2	
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D.....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone).....µg									
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									

Lipids:

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total saturated.....g	0.138		0		1		0.088	0.006	
4:0.....g	0.000		0		1		0.000	0.000	
6:0.....g	0.000		0		1		0.000	0.000	
8:0.....g	0.000		0		1		0.000	0.000	
10:0.....g	0.000		0		1		0.000	0.000	
12:0.....g	0.000		0		1		0.000	0.000	
13:0.....g									
14:0.....g	0.001		0		1		0.001	0.000	
15:0.....g									
16:0.....g	0.074		0		1		0.047	0.003	
17:0.....g									
18:0.....g	0.059		0		1		0.038	0.002	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.252		0		1		0.161	0.010	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0		1		0.001	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.249		0		1		0.159	0.010	
20:1.....g	0.001		0		1		0.001	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.870		0		1		0.557	0.035	
18:2 undifferentiated.....g	0.868		0		1		0.556	0.035	
18:3 undifferentiated.....g	0.002		0		1		0.001	0.000	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA).....g	0.000		0		1		0.000	0.000	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.735		0		1		0.470	0.029	
Threonine.....g	1.959		0		1		1.254	0.078	
Isoleucine.....g	2.403		0		1		1.538	0.096	
Leucine.....g	3.500		0		1		2.240	0.140	
Lysine.....g	1.977		0		1		1.265	0.079	
Methionine.....g	1.043		0		1		0.668	0.042	
Cystine.....g	0.952		0		1		0.609	0.038	
Phenylalanine.....g	2.466		0		1		1.578	0.099	
Tyrosine.....g	1.406		0		1		0.900	0.056	
Valine.....g	2.775		0		1		1.776	0.111	
Arginine.....g	5.069		0		1		3.244	0.203	
Histidine.....g	1.333		0		1		0.853	0.053	
Alanine.....g	2.358		0		1		1.509	0.094	
Aspartic acid.....g	5.160		0		1		3.302	0.206	
Glutamic acid.....g	11.770		0		1		7.533	0.471	
Glycine.....g	3.083		0		1		1.973	0.123	
Proline.....g	2.494		0		1		1.596	0.100	
Serine.....g	2.267		0		1		1.451	0.091	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg									
Theobromine.....mg									

NDB No. 12041
Seeds, sunflower seed flour, partially defatted

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

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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: 1 cup
Measure 2 = 4.0g: 1 tbsp

Calories Factors: Protein 3.47 Fat 8.37 Carbohydrate4.07

Food Group: 12 Nut and Seed Products
USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 12536
Seeds, sunflower seed kernels from shell, dry roasted, with salt added

Refuse:46% Hulls

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion 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	1.20		1		1		1.54	0.34	0.32
Energy.....kcal	546		0	NC	4		699	155	147
Energy.....kJ	2285		0	NC	4		2925	648	617
Protein (N x 5.3).....g	19.33		1		1		24.74	5.48	5.22
Total lipid (fat).....g	49.80		1		1		63.74	14.12	13.45
Ash.....g	14.36		0	NC	4		18.38	4.07	3.88
Carbohydrate, by difference.....g	15.31		0	LC	8		19.60	4.34	4.13
Fiber, total dietary.....g	9.0		0		4		11.5	2.6	2.4
Sugars, total.....g	2.73		0	NC	4		3.50	0.77	0.74
Sucrose.....g	2.70	0.346	3	A	1		3.46	0.77	0.73
Glucose (dextrose).....g	0.03	0.033	3	A	1		0.04	0.01	0.01
Fructose.....g	0.00		0	BFZN	4		0.00	0.00	0.00
Lactose.....g	0.00		0	BFZN	4		0.00	0.00	0.00
Maltose.....g	0.00		0	BFZN	4		0.00	0.00	0.00
Galactose.....g	0.00		0	Z	7		0.00	0.00	0.00
Starch.....g									
Minerals:									
Calcium, Ca.....mg	70		1		1		90	20	19
Iron, Fe.....mg	3.80		1		1		4.86	1.08	1.03
Magnesium, Mg.....mg	129		0		1		165	37	35
Phosphorus, P.....mg	1155		0		1		1478	327	312
Potassium, K.....mg	850		1		1		1088	241	230
Sodium, Na (1).....mg	6008		0	LC	8		7690	1703	1622
Zinc, Zn.....mg	5.29		0		1		6.77	1.50	1.43
Copper, Cu.....mg	1.830		0		1		2.342	0.519	0.494
Manganese, Mn.....mg	2.110		0		1		2.701	0.598	0.570
Selenium, Se.....µg	79.3		0	BFSN	4		101.5	22.5	21.4
Vitamins:									
Vitamin C, total ascorbic acid.....mg	1.4		0		4		1.8	0.4	0.4
Thiamin.....mg	0.106		1		1		0.136	0.030	0.029
Riboflavin.....mg	0.246		1		1		0.315	0.070	0.066
Niacin.....mg	7.042		1		1		9.014	1.996	1.901
Pantothenic acid.....mg	7.042		0		4		9.014	1.996	1.901
Vitamin B-6.....mg	0.804		0		4		1.029	0.228	0.217
Folate, total.....µg	237		0		4		304	67	64
Folic acid.....µg	0		0	Z	7		0	0	0
Folate, food.....µg	237		0		4		304	67	64
Folate, DFE.....µg	237		0	NC	4		304	67	64
Choline, total.....mg	55.1		0	BFZN	4		70.5	15.6	14.9
Betaine.....mg									
Vitamin B-12.....µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin B-12, added.....µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE.....µg	0		0	BFZN	4		1	0	0
Retinol.....µg	0		0	Z	7		0	0	0
Carotene, beta.....µg	5		0	BFZN	4		7	2	1
Carotene, alpha.....µg	0		0	BFZN	4		0	0	0
Cryptoxanthin, beta.....µg	0		0	BFZN	4		0	0	0
Vitamin A, IU.....IU	9		0	BFZN	4		12	3	2
Lycopene.....µg	0		0	Z	7		0	0	0
Lutein + zeaxanthin.....µg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol).....mg	26.10	4.832	4	A	1		33.41	7.40	7.05
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta.....mg	1.19	0.068	4	A	1		1.52	0.34	0.32
Tocopherol, gamma.....mg	0.00	0.000	4	A	1		0.00	0.00	0.00
Tocopherol, delta.....mg	0.24	0.240	4	A	1		0.31	0.07	0.06
Tocotrienol, alpha.....mg	0.00		2	A	1		0.00	0.00	0.00
Tocotrienol, beta.....mg	0.00		2	A	1		0.00	0.00	0.00

NDB No. 12536

Seeds, sunflower seed kernels from shell, dry roasted, with salt added

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common			
						measures of food			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			Points	Code	Code				
Tocotrienol, gamma.....mg	0.00		2	A	1		0.00	0.00	0.00
Tocotrienol, delta.....mg	0.00		2	A	1		0.00	0.00	0.00
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0	0.0	0.0
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	0		0	Z	7		0	0	0
Vitamin K (phylloquinone).....µg	2.7		0	BFFN	4		3.5	0.8	0.7
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	5.219		0		1		6.680	1.480	1.409
4:0.....g	0.000		0		1		0.000	0.000	0.000
6:0.....g	0.000		0		1		0.000	0.000	0.000
8:0.....g	0.000		0		1		0.000	0.000	0.000
10:0.....g	0.000		0		1		0.000	0.000	0.000
12:0.....g	0.000		0		1		0.000	0.000	0.000
13:0.....g									
14:0.....g	0.051		0		1		0.065	0.014	0.014
15:0.....g									
16:0.....g	2.808		0		1		3.594	0.796	0.758
17:0.....g									
18:0.....g	2.212		0		1		2.831	0.627	0.597
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	9.505		0		1		12.166	2.695	2.566
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.049		0		1		0.063	0.014	0.013
17:1.....g									
18:1 undifferentiated.....g	9.399		0		1		12.031	2.665	2.538
20:1.....g	0.048		0		1		0.061	0.014	0.013
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	32.884		0		1		42.092	9.323	8.879
18:2 undifferentiated.....g	32.782		0		1		41.961	9.294	8.851
18:3 undifferentiated.....g	0.069		0		1		0.088	0.020	0.019
18:4.....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3 (EPA).....g	0.000		0		1		0.000	0.000	0.000
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3 (DHA).....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	0
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.295		0		1		0.378	0.084	0.080
Threonine.....g	0.788		0		1		1.009	0.223	0.213
Isoleucine.....g	0.967		0		1		1.238	0.274	0.261
Leucine.....g	1.408		0		1		1.802	0.399	0.380
Lysine.....g	0.795		0		1		1.018	0.225	0.215
Methionine.....g	0.420		0		1		0.538	0.119	0.113
Cystine.....g	0.383		0		1		0.490	0.109	0.103
Phenylalanine.....g	0.992		0		1		1.270	0.281	0.268
Tyrosine.....g	0.565		0		1		0.723	0.160	0.153
Valine.....g	1.116		0		1		1.428	0.316	0.301
Arginine.....g	2.039		0		1		2.610	0.578	0.551
Histidine.....g	0.536		0		1		0.686	0.152	0.145
Alanine.....g	0.948		0		1		1.213	0.269	0.256

NDB No. 12536

Seeds, sunflower seed kernels from shell, dry roasted, with salt added

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>					<u>Amount in edible portion of common measures of food</u>			
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Aspartic acid.....g	2.076		0		1		2.657	0.589	0.561
Glutamic acid.....g	4.735		0		1		6.061	1.342	1.278
Glycine.....g	1.240		0		1		1.587	0.352	0.335
Proline.....g	1.003		0		1		1.284	0.284	0.271
Serine.....g	0.912		0		1		1.167	0.259	0.246
Hydroxyproline.....g									
<u>Others:</u>									
Alcohol, ethyl.....g	0.0		0		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 = 128g: 1 cup

Measure 2 = 28.35g: 1 oz

Measure 3 = 27g: 1 package (1.875 oz) yields

Footnotes:

1 Sodium includes salt on shells. Sodium from kernels only is 372 mg/100 g.

Calories Factors: Protein 3.47

Fat 8.37

Carbohydrate 4.07

Food Group: 12 Nut and Seed Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 12036
 Seeds, sunflower seed kernels, dried
Helianthus annuus

Refuse:46% Hulls

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Proximates:									
Water.....g	4.73		0.255	5	A	1		2.18	6.63
Energy.....kcal	584			0	NC	4		269	818
Energy.....kJ	2445			0	NC	4		1124	3422
Protein (N x 5.3).....g	20.78			2	A	1		9.56	29.09
Total lipid (fat).....g	51.46			2	A	1		23.67	72.05
Ash.....g	3.02			2	A	1		1.39	4.23
Carbohydrate, by difference.....g	20.00			0	NC	4		9.20	28.00
Fiber, total dietary.....g	8.6	1.883		5	A	1		3.9	12.0
Sugars, total.....g	2.62			0	BFSN	4		1.20	3.67
Sucrose.....g	2.50	0.231		3	A	1		1.15	3.50
Glucose (dextrose).....g									
Fructose.....g									
Lactose.....g									
Maltose.....g									
Galactose.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	78			2	A	1		36	109
Iron, Fe.....mg	5.25			2	A	1		2.41	7.35
Magnesium, Mg.....mg	325			2	A	1		150	455
Phosphorus, P.....mg	660			2	A	1		304	924
Potassium, K.....mg	645			2	A	1		297	903
Sodium, Na.....mg	9			2	A	1		4	13
Zinc, Zn.....mg	5.00			2	A	1		2.30	7.00
Copper, Cu.....mg	1.800			2	A	1		0.828	2.520
Manganese, Mn.....mg	1.950			2	A	1		0.897	2.730
Selenium, Se.....µg	53.0	8.050		11	A	1		24.4	74.1
Vitamins:									
Vitamin C, total ascorbic acid.....mg	1.4			0		4		0.6	2.0
Thiamin.....mg	1.480			2	A	1		0.681	2.072
Riboflavin.....mg	0.355			2	A	1		0.163	0.496
Niacin.....mg	8.335			2	A	1		3.834	11.669
Pantothenic acid.....mg	1.130			2	A	1		0.520	1.582
Vitamin B-6.....mg	1.345			2	A	1		0.619	1.883
Folate, total.....µg	227			0		4		105	318
Folic acid.....µg	0			0	Z	7		0	0
Folate, food.....µg	227			0		4		105	318
Folate, DFE.....µg	227			0	NC	4		105	318
Choline, total.....mg	55.1			0	AS	1		25.3	77.1
Betaine.....mg	35.4			2	A	1		16.3	49.5
Vitamin B-12.....µg	0.00			0	Z	7		0.00	0.00
Vitamin B-12, added.....µg	0.00			0	Z	7		0.00	0.00
Vitamin A, RAE.....µg	3			0	NC	4		1	4
Retinol.....µg	0			0	Z	7		0	0
Carotene, beta.....µg	30			0	BNA	4		14	42
Carotene, alpha.....µg	0			0	BNA	4		0	0
Cryptoxanthin, beta.....µg	0			0	BNA	4		0	0
Vitamin A, IU.....IU	50			0		1		23	70
Lycopene.....µg	0			0	Z	7		0	0
Lutein + zeaxanthin.....µg	0			0	Z	7		0	0
Vitamin E (alpha-tocopherol).....mg	35.17	4.981		5	A	1		16.18	49.24
Vitamin E, added.....mg	0.00			0	Z	7		0.00	0.00
Tocopherol, beta.....mg	1.18	0.125		4	A	1		0.55	1.66
Tocopherol, gamma.....mg	0.37	0.178		4	A	1		0.17	0.51
Tocopherol, delta.....mg	0.02	0.015		4	A	1		0.01	0.02
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg	0.00			1	A	1		0.00	0.00

NDB No. 12036
Seeds, sunflower seed kernels, dried

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Deriv Source			Measure 1	Measure 2	Measure 3
			Points	Code	Confidence Code			
Tocotrienol, gamma.....mg								
Tocotrienol, delta.....mg								
Vitamin D (D2 + D3).....µg	0.0		0	Z	7	0.0	0.0	
Vitamin D2 (ergocalciferol).....µg								
Vitamin D3 (cholecalciferol).....µg								
Vitamin D.....IU	0		0	Z	7	0	0	
Vitamin K (phylloquinone).....µg	0.0		1	A	1	0.0	0.0	
Dihydrophyloquinone.....µg	0.0		1	A	1	0.0	0.0	
Menaquinone-4.....µg	0.0		1	A	1	0.0	0.0	
Lipids:								
Fatty acids, total saturated.....g	4.455		0	NC	4	2.049	6.236	
4:0.....g	0.000		0		1	0.000	0.000	
6:0.....g	0.000		0		1	0.000	0.000	
8:0.....g	0.000		2	A	1	0.000	0.000	
10:0.....g	0.000		2	A	1	0.000	0.000	
12:0.....g	0.000		2	A	1	0.000	0.000	
13:0.....g								
14:0.....g	0.025		2	A	1	0.011	0.035	
15:0.....g	0.000		2	A	1	0.000	0.000	
16:0.....g	2.210		2	A	1	1.017	3.094	
17:0.....g	0.020		2	A	1	0.009	0.028	
18:0.....g	1.690		2	A	1	0.777	2.366	
20:0.....g	0.115		2	A	1	0.053	0.161	
22:0.....g	0.320		2	A	1	0.147	0.448	
24:0.....g	0.075		2	A	1	0.034	0.105	
Fatty acids, total monounsaturated.....g	18.528		0	NC	4	8.523	25.940	
14:1.....g	0.000		2	A	1	0.000	0.000	
15:1.....g	0.000		2	A	1	0.000	0.000	
16:1 undifferentiated.....g	0.020		2	A	1	0.009	0.028	
17:1.....g	0.015		2	A	1	0.007	0.021	
18:1 undifferentiated.....g	18.380		2	A	1	8.455	25.732	
20:1.....g	0.085		2	A	1	0.039	0.119	
22:1 undifferentiated.....g	0.029		2	A	1	0.013	0.040	
24:1 c.....g	0.000		2	A	1	0.000	0.000	
Fatty acids, total polyunsaturated.....g	23.137		0	NC	4	10.643	32.392	
18:2 undifferentiated.....g	23.050		2	A	1	10.603	32.270	
18:3 undifferentiated.....g	0.060		2	A	1	0.028	0.084	
18:4.....g	0.014		2	A	1	0.006	0.019	
20:2 n-6 c,c.....g	0.000		2	A	1	0.000	0.000	
20:3 undifferentiated.....g	0.000		2	A	1	0.000	0.000	
20:4 undifferentiated.....g	0.000		2	A	1	0.000	0.000	
20:5 n-3 (EPA).....g	0.014		2	A	1	0.006	0.019	
21:5.....g	0.000		2	A	1	0.000	0.000	
22:4.....g	0.000		2	A	1	0.000	0.000	
22:5 n-3 (DPA).....g	0.000		2	A	1	0.000	0.000	
22:6 n-3 (DHA).....g	0.000		2	A	1	0.000	0.000	
Fatty acids, total trans.....g								
Cholesterol.....mg	0		0	Z	7	0	0	
Phytosterols.....mg	534		0		1	246	748	
Amino Acids:								
Tryptophan.....g	0.348		25		1	0.160	0.487	
Threonine.....g	0.928		41		1	0.427	1.299	
Isoleucine.....g	1.139		41		1	0.524	1.595	
Leucine.....g	1.659		41		1	0.763	2.323	
Lysine.....g	0.937		44		1	0.431	1.312	
Methionine.....g	0.494		40		1	0.227	0.692	
Cystine.....g	0.451		26		1	0.207	0.631	
Phenylalanine.....g	1.169		40		1	0.538	1.637	
Tyrosine.....g	0.666		31		1	0.306	0.932	
Valine.....g	1.315		41		1	0.605	1.841	
Arginine.....g	2.403		35		1	1.105	3.364	
Histidine.....g	0.632		35		1	0.291	0.885	
Alanine.....g	1.117		26		1	0.514		

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Alanine.....g	1.117				1			1.564	
Aspartic acid.....g	2.446		26		1		1.125	3.424	
Glutamic acid.....g	5.579		26		1		2.566	7.811	
Glycine.....g	1.461		26		1		0.672	2.045	
Proline.....g	1.182		25		1		0.544	1.655	
Serine.....g	1.075		26		1		0.495	1.505	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	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 = 46g: 1 cup, with hulls, edible yield
Measure 2 = 140g: 1 cup

Calories Factors: Protein 3.47 Fat 8.37 Carbohydrate4.07

Food Group: 12 Nut and Seed Products
USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 12537

Seeds, sunflower seed kernels, dry roasted, with salt added

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common			
						measures of food			
	Number								
	Mean	Std. Error	Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	1.20		1		1		1.54	0.34	
Energy.....kcal	582		0	NC	4		745	165	
Energy.....kJ	2435		0		4		3117	690	
Protein (N x 5.3).....g	19.33		1		1		24.74	5.48	
Total lipid (fat).....g	49.80		1		1		63.74	14.12	
Ash.....g	5.60		1		1		7.17	1.59	
Carbohydrate, by difference.....g	24.07		0	NC	4		30.81	6.82	
Fiber, total dietary.....g	9.0		0		4		11.5	2.6	
Sugars, total.....g	2.73		0	NC	4		3.50	0.77	
Sucrose.....g	2.70	0.346	3	A	1		3.46	0.77	
Glucose (dextrose).....g	0.03	0.033	3	A	1		0.04	0.01	
Fructose.....g	0.00		0	BFZN	4		0.00	0.00	
Lactose.....g	0.00		0	BFZN	4		0.00	0.00	
Maltose.....g	0.00		0	BFZN	4		0.00	0.00	
Galactose.....g	0.00		0	Z	7		0.00	0.00	
Starch.....g									
Minerals:									
Calcium, Ca.....mg	70		1		1		90	20	
Iron, Fe.....mg	3.80		1		1		4.86	1.08	
Magnesium, Mg.....mg	129		0		1		165	37	
Phosphorus, P.....mg	1155		0		1		1478	327	
Potassium, K.....mg	850		1		1		1088	241	
Sodium, Na.....mg	655		0	LC	8		838	186	
Zinc, Zn.....mg	5.29		0		1		6.77	1.50	
Copper, Cu.....mg	1.830		0		1		2.342	0.519	
Manganese, Mn.....mg	2.110		0		1		2.701	0.598	
Selenium, Se.....µg	79.3		0	BFSN	4		101.5	22.5	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	1.4		0		4		1.8	0.4	
Thiamin.....mg	0.106		1		1		0.136	0.030	
Riboflavin.....mg	0.246		1		1		0.315	0.070	
Niacin.....mg	7.042		1		1		9.014	1.996	
Pantothenic acid.....mg	7.042		0		4		9.014	1.996	
Vitamin B-6.....mg	0.804		0		4		1.029	0.228	
Folate, total.....µg	237		0		4		304	67	
Folic acid.....µg	0		0	Z	7		0	0	
Folate, food.....µg	237		0		4		304	67	
Folate, DFE.....µg	237		0	NC	4		304	67	
Choline, total.....mg	55.1		0	BFZN	4		70.5	15.6	
Betaine.....mg									
Vitamin B-12.....µg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added.....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....µg	0		0	BFZN	4		1	0	
Retinol.....µg	0		0	Z	7		0	0	
Carotene, beta.....µg	5		0	BFZN	4		7	2	
Carotene, alpha.....µg	0		0	BFZN	4		0	0	
Cryptoxanthin, beta.....µg	0		0	BFZN	4		0	0	
Vitamin A, IU.....IU	9		0	BFZN	4		12	3	
Lycopene.....µg	0		0	Z	7		0	0	
Lutein + zeaxanthin.....µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol).....mg	26.10	4.832	4	A	1		33.41	7.40	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg	1.19	0.068	4	A	1		1.52	0.34	
Tocopherol, gamma.....mg	0.00	0.000	4	A	1		0.00	0.00	
Tocopherol, delta.....mg	0.24	0.240	4	A	1		0.31	0.07	
Tocotrienol, alpha.....mg	0.00		2	A	1		0.00	0.00	
Tocotrienol, beta.....mg	0.00		2	A	1		0.00	0.00	

NDB No. 12537

Seeds, sunflower seed kernels, dry roasted, with salt added

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	measures of food		
							Measure 1	Measure 2	Measure 3
Tocotrienol, gamma.....mg	0.00		2	A	1		0.00	0.00	
Tocotrienol, delta.....mg	0.00		2	A	1		0.00	0.00	
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone).....µg	2.7		0	BFFN	4		3.5	0.8	
Dihydrophyllquinone.....µg									
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	5.219		0		1		6.680	1.480	
4:0.....g	0.000		0		1		0.000	0.000	
6:0.....g	0.000		0		1		0.000	0.000	
8:0.....g	0.000		0		1		0.000	0.000	
10:0.....g	0.000		0		1		0.000	0.000	
12:0.....g	0.000		0		1		0.000	0.000	
13:0.....g									
14:0.....g	0.051		0		1		0.065	0.014	
15:0.....g									
16:0.....g	2.808		0		1		3.594	0.796	
17:0.....g									
18:0.....g	2.212		0		1		2.831	0.627	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	9.505		0		1		12.166	2.695	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.049		0		1		0.063	0.014	
17:1.....g									
18:1 undifferentiated.....g	9.399		0		1		12.031	2.665	
20:1.....g	0.048		0		1		0.061	0.014	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	32.884		0		1		42.092	9.323	
18:2 undifferentiated.....g	32.782		0		1		41.961	9.294	
18:3 undifferentiated.....g	0.069		0		1		0.088	0.020	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA).....g	0.000		0		1		0.000	0.000	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.295		0		1		0.378	0.084	
Threonine.....g	0.788		0		1		1.009	0.223	
Isoleucine.....g	0.967		0		1		1.238	0.274	
Leucine.....g	1.408		0		1		1.802	0.399	
Lysine.....g	0.795		0		1		1.018	0.225	
Methionine.....g	0.420		0		1		0.538	0.119	
Cystine.....g	0.383		0		1		0.490	0.109	
Phenylalanine.....g	0.992		0		1		1.270	0.281	
Tyrosine.....g	0.565		0		1		0.723	0.160	
Valine.....g	1.116		0		1		1.428	0.316	
Arginine.....g	2.039		0		1		2.610	0.578	
Histidine.....g	0.536		0		1		0.686	0.152	
Alanine.....g	0.948		0		1		1.213	0.269	

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	Mean	Std. Error	Number		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code					
Aspartic acid.....g	2.076		0		1		2.657	0.589	
Glutamic acid.....g	4.735		0		1		6.061	1.342	
Glycine.....g	1.240		0		1		1.587	0.352	
Proline.....g	1.003		0		1		1.284	0.284	
Serine.....g	0.912		0		1		1.167	0.259	
Hydroxyproline.....g									
<u>Others:</u>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	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 = 128g: 1 cup
Measure 2 = 28.35g: 1 oz

Calories Factors: Protein 3.47 Fat 8.37 Carbohydrate 4.07 Food Group: 12 Nut and Seed Products
USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 12037
Seeds, sunflower seed kernels, dry roasted, without salt

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	1.20		1		1		1.54	0.34	
Energy.....kcal	582		0	NC	4		745	165	
Energy.....kJ	2435		0		4		3117	690	
Protein (N x 5.3).....g	19.33		1		1		24.74	5.48	
Total lipid (fat).....g	49.80		1		1		63.74	14.12	
Ash.....g	5.60		1		1		7.17	1.59	
Carbohydrate, by difference.....g	24.07		0	NC	4		30.81	6.82	
Fiber, total dietary.....g	11.1		0		4		14.2	3.1	
Sugars, total.....g	2.73		0	BFZN	4		3.50	0.77	
Starch.....g									
Minerals:									
Calcium, Ca.....mg	70		1		1		90	20	
Iron, Fe.....mg	3.80		1		1		4.86	1.08	
Magnesium, Mg.....mg	129		0		1		165	37	
Phosphorus, P.....mg	1155		0		1		1478	327	
Potassium, K.....mg	850		1		1		1088	241	
Sodium, Na.....mg	3		0		1		4	1	
Zinc, Zn.....mg	5.29		0		1		6.77	1.50	
Copper, Cu.....mg	1.830		0		1		2.342	0.519	
Manganese, Mn.....mg	2.110		0		1		2.701	0.598	
Selenium, Se.....µg	79.3		0	BFSN	4		101.5	22.5	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	1.4		0		4		1.8	0.4	
Thiamin.....mg	0.106		1		1		0.136	0.030	
Riboflavin.....mg	0.246		1		1		0.315	0.070	
Niacin.....mg	7.042		1		1		9.014	1.996	
Pantothenic acid.....mg	7.042		0		4		9.014	1.996	
Vitamin B-6.....mg	0.804		0		4		1.029	0.228	
Folate, total.....µg	237		0		4		304	67	
Folic acid.....µg	0		0	Z	7		0	0	
Folate, food.....µg	237		0		4		304	67	
Folate, DFE.....µg	237		0	NC	4		304	67	
Choline, total.....mg	55.1		0	BFZN	4		70.5	15.6	
Betaine.....mg									
Vitamin B-12.....µg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added.....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....µg	0		0	BFZN	4		1	0	
Retinol.....µg	0		0	Z	7		0	0	
Carotene, beta.....µg	5		0	BFZN	4		7	2	
Carotene, alpha.....µg	0		0	BFZN	4		0	0	
Cryptoxanthin, beta.....µg	0		0	BFZN	4		0	0	
Vitamin A, IU.....IU	9		0	BFZN	4		12	3	
Lycopene.....µg	0		0	Z	7		0	0	
Lutein + zeaxanthin.....µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol).....mg	26.10	4.832	4	A	1		33.41	7.40	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg	1.19	0.068	4	A	1		1.52	0.34	
Tocopherol, gamma.....mg	0.00	0.000	4	A	1		0.00	0.00	
Tocopherol, delta.....mg	0.24	0.240	4	A	1		0.31	0.07	
Tocotrienol, alpha.....mg	0.00		2	A	1		0.00	0.00	
Tocotrienol, beta.....mg	0.00		2	A	1		0.00	0.00	
Tocotrienol, gamma.....mg	0.00		2	A	1		0.00	0.00	
Tocotrienol, delta.....mg	0.00		2	A	1		0.00	0.00	
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone).....µg	2.7		0	BFZN	4		3.5	0.8	

Seeds, sunflower seed kernels, dry roasted, without salt

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common			
	Mean	Std. Error	Number	Deriv	Source	Confidence	measures of food		
			of Data				Code	Code	Code
Dihydrophyllquinone.....µg									
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	5.219		0		1		6.680	1.480	
4:0.....g	0.000		0		1		0.000	0.000	
6:0.....g	0.000		0		1		0.000	0.000	
8:0.....g	0.000		0		1		0.000	0.000	
10:0.....g	0.000		0		1		0.000	0.000	
12:0.....g	0.000		0		1		0.000	0.000	
13:0.....g									
14:0.....g	0.051		0		1		0.065	0.014	
15:0.....g									
16:0.....g	2.808		0		1		3.594	0.796	
17:0.....g									
18:0.....g	2.212		0		1		2.831	0.627	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	9.505		0		1		12.166	2.695	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.049		0		1		0.063	0.014	
17:1.....g									
18:1 undifferentiated.....g	9.399		0		1		12.031	2.665	
20:1.....g	0.048		0		1		0.061	0.014	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	32.884		0		1		42.092	9.323	
18:2 undifferentiated.....g	32.782		0		1		41.961	9.294	
18:3 undifferentiated.....g	0.069		0		1		0.088	0.020	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA).....g	0.000		0		1		0.000	0.000	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.295		0		1		0.378	0.084	
Threonine.....g	0.788		0		1		1.009	0.223	
Isoleucine.....g	0.967		0		1		1.238	0.274	
Leucine.....g	1.408		0		1		1.802	0.399	
Lysine.....g	0.795		0		1		1.018	0.225	
Methionine.....g	0.420		0		1		0.538	0.119	
Cystine.....g	0.383		0		1		0.490	0.109	
Phenylalanine.....g	0.992		0		1		1.270	0.281	
Tyrosine.....g	0.565		0		1		0.723	0.160	
Valine.....g	1.116		0		1		1.428	0.316	
Arginine.....g	2.039		0		1		2.610	0.578	
Histidine.....g	0.536		0		1		0.686	0.152	
Alanine.....g	0.948		0		1		1.213	0.269	
Aspartic acid.....g	2.076		0		1		2.657	0.589	
Glutamic acid.....g	4.735		0		1		6.061	1.342	
Glycine.....g	1.240		0		1		1.587	0.352	
Proline.....g	1.003		0		1		1.284	0.284	
Serine.....g	0.912		0		1		1.167	0.259	
Hydroxyproline.....g									

NDB No. 12037
Seeds, sunflower seed kernels, dry roasted, without salt

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>					<u>Amount in edible portion of common measures of food</u>			
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
<u>Others:</u>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	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 = 128g: 1 cup
Measure 2 = 28.35g: 1 oz

Calories Factors: Protein 3.47 Fat 8.37 Carbohydrate 4.07

Food Group: 12 Nut and Seed Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 12538
Seeds, sunflower seed kernels, oil roasted, with salt added

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	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Proximates:									
Water.....g	1.54		5	A	1		2.08	0.44	
Energy.....kcal	592		0	NC	4		799	168	
Energy.....kJ	2477		0	NC	4		3344	702	
Protein (N x 5.3).....g	20.06		2	A	1		27.08	5.69	
Total lipid (fat) (1).....g	51.30		2	A	1		69.25	14.54	
Ash.....g	4.22		2	A	1		5.69	1.20	
Carbohydrate, by difference.....g	22.89		0	NC	4		30.90	6.49	
Fiber, total dietary.....g	10.6		1	A	1		14.3	3.0	
Sugars, total.....g	3.11		5	A	1		4.19	0.88	
Sucrose.....g	2.37		5	A	1		3.20	0.67	
Glucose (dextrose).....g	0.74		5	A	1		0.99	0.21	
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									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	87		2	A	1		118	25	
Iron, Fe.....mg	4.28		2	A	1		5.77	1.21	
Magnesium, Mg.....mg	127		1		1		171	36	
Phosphorus, P.....mg	1139		1		1		1538	323	
Potassium, K.....mg	483		1		1		652	137	
Sodium, Na.....mg	733		0	LC	8		990	208	
Zinc, Zn.....mg	5.21		0		1		7.03	1.48	
Copper, Cu.....mg	1.804		0		1		2.435	0.511	
Manganese, Mn.....mg	2.080		0		1		2.808	0.590	
Selenium, Se.....µg	78.2	6.320	5	A	1		105.6	22.2	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	1.1		2	A	1		1.4	0.3	
Thiamin.....mg	0.320		1		1		0.432	0.091	
Riboflavin.....mg	0.280		1		1		0.378	0.079	
Niacin.....mg	4.130		1		1		5.576	1.171	
Pantothenic acid.....mg	6.942		0		4		9.372	1.968	
Vitamin B-6.....mg	0.792		0		4		1.069	0.225	
Folate, total.....µg	234		1		1		316	66	
Folic acid.....µg	0		0	Z	7		0	0	
Folate, food.....µg	234		1		1		316	66	
Folate, DFE.....µg	234		0	NC	4		316	66	
Choline, total.....mg	55.1		0	BFZN	4		74.3	15.6	
Betaine.....mg									
Vitamin B-12.....µg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added.....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....µg	0		3	A	1		1	0	
Retinol.....µg	0		1	A	1		0	0	
Carotene, beta.....µg	5		3	A	1		7	2	
Carotene, alpha.....µg	0		2	A	1		0	0	
Cryptoxanthin, beta.....µg	0		2	A	1		0	0	
Vitamin A, IU.....IU	9		3	A	1		12	3	
Lycopene.....µg	0		0	Z	7		0	0	
Lutein + zeaxanthin.....µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) (2).....mg	36.33	2.236	3	A	1		49.05	10.30	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg	1.41	0.206	3	A	1		1.90	0.40	
Tocopherol, gamma.....mg	0.46	0.087	3	A	1		0.62	0.13	
Tocopherol, delta.....mg	0.00	0.000	3	A	1		0.00	0.00	
Tocotrienol, alpha.....mg	0.00		1	A	1		0.00	0.00	
Tocotrienol, beta.....mg	0.00		1	A	1		0.00	0.00	

NDB No. 12538

Seeds, sunflower seed kernels, oil roasted, with salt added

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points		Deriv Code	Source Code	Confidence Code	
			Points	Code				
							Measure 1	Measure 2
Tocotrienol, gamma.....mg	0.00		1	A	1		0.00	0.00
Tocotrienol, delta.....mg	0.00		1	A	1		0.00	0.00
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0	0.0
Vitamin D2 (ergocalciferol).....µg								
Vitamin D3 (cholecalciferol).....µg								
Vitamin D.....IU	0		0	Z	7		0	0
Vitamin K (phylloquinone).....µg	3.1		0	BFFN	4		4.2	0.9
Dihydrophyloquinone.....µg								
Menaquinone-4.....µg								
Lipids:								
Fatty acids, total saturated.....g	7.068		0	NC	4		9.541	2.004
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	0.000		1	A	1		0.000	0.000
14:0.....g	0.086		2	A	1		0.116	0.024
15:0.....g	0.006		2	A	1		0.009	0.002
16:0.....g	4.218		2	A	1		5.694	1.196
17:0.....g	0.022		2	A	1		0.030	0.006
18:0.....g	2.097		2	A	1		2.831	0.595
20:0.....g	0.146		2	A	1		0.197	0.041
22:0.....g	0.380		2	A	1		0.513	0.108
24:0.....g	0.112		2	A	1		0.152	0.032
Fatty acids, total monounsaturated.....g	8.063		0	NC	4		10.885	2.286
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	0.058		0	AS	1		0.078	0.016
16:1 c.....g	0.050		1	A	1		0.068	0.014
16:1 t.....g	0.008		1	A	1		0.010	0.002
17:1.....g	0.003		2	A	1		0.004	0.001
18:1 undifferentiated.....g	7.925		0	AS	1		10.699	2.247
18:1 c.....g	7.859		1	A	1		10.609	2.228
18:1 t.....g	0.066		1	A	1		0.089	0.019
18:1-11 t (18:1t n-7).....g								
20:1.....g	0.077		2	A	1		0.104	0.022
22:1 undifferentiated.....g	0.000		1	A	1		0.000	0.000
24:1 c.....g	0.000		1	A	1		0.000	0.000
Fatty acids, total polyunsaturated.....g	34.294		0	NC	4		46.297	9.722
18:2 undifferentiated.....g	34.208		0	AS	1		46.180	9.698
18:2 n-6 c,c.....g	34.124		1	A	1		46.067	9.674
18:2 CLAs.....g								
18:2 t,t.....g								
18:2 i.....g								
18:2 t not further defined.....g	0.084		1	A	1		0.114	0.024
18:3 undifferentiated.....g	0.081		0	AS	1		0.110	0.023
18:3 n-3 c,c,c (ALA).....g	0.076		1	A	1		0.102	0.021
18:3 n-6 c,c,c.....g	0.006		1	A	1		0.008	0.002
18:3i.....g								
18:4.....g	0.000		0		1		0.000	0.000
20:2 n-6 c,c.....g	0.005		2	A	1		0.007	0.001
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	0.000		1	A	1		0.000	0.000
20:4 n-6.....g								
20:5 n-3 (EPA).....g	0.000		1	A	1		0.000	0.000
21:5.....g								
22:4.....g								
22:5 n-3 (DPA).....g	0.000		0		1		0.000	0.000
22:6 n-3 (DHA).....g	0.000		1	A	1		0.000	0.000
Fatty acids, total trans.....g	0.158		0	NC	4		0.213	0.045

NDB No. 12538

Seeds, sunflower seed kernels, oil roasted, with salt added

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total trans-monoenoic.....g	0.074		0	NC	4		0.099	0.021	
Fatty acids, total trans-polyenoic.....g	0.084		0	NC	4		0.114	0.024	
Cholesterol.....mg	0		2	A	1		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.306		0	BFPN	4		0.413	0.087	
Threonine.....g	0.817		0	BFPN	4		1.103	0.232	
Isoleucine.....g	1.003		0	BFPN	4		1.354	0.284	
Leucine.....g	1.461		0	BFPN	4		1.972	0.414	
Lysine.....g	0.825		0	BFPN	4		1.114	0.234	
Methionine.....g	0.435		0	BFPN	4		0.587	0.123	
Cystine.....g	0.397		0	BFPN	4		0.536	0.113	
Phenylalanine.....g	1.029		0	BFPN	4		1.389	0.292	
Tyrosine.....g	0.587		0	BFPN	4		0.792	0.166	
Valine.....g	1.158		0	BFPN	4		1.563	0.328	
Arginine.....g	2.116		0	BFPN	4		2.856	0.600	
Histidine.....g	0.556		0	BFPN	4		0.750	0.158	
Alanine.....g	0.984		0	BFPN	4		1.329	0.279	
Aspartic acid.....g	2.153		0	BFPN	4		2.907	0.610	
Glutamic acid.....g	4.912		0	BFPN	4		6.631	1.393	
Glycine.....g	1.286		0	BFPN	4		1.737	0.365	
Proline.....g	1.040		0	BFPN	4		1.405	0.295	
Serine.....g	0.947		0	BFPN	4		1.278	0.268	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	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 = 135g: 1 cup

Measure 2 = 28.35g: 1 oz

Footnotes:

1 Fat and fatty acids based on 25% roasted in cottonseed oil and 75% roasted in sunflower oil

2 Tocopherols and tocotrienols based on seeds roasted in NuSun sunflower oil

Calories Factors: Protein 3.47**Fat** 8.37**Carbohydrate**4.07**Food Group:** 12 Nut and Seed Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 12038
Seeds, sunflower seed kernels, oil roasted, without salt

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	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Proximates:									
Water.....g	1.54		5	A	1		2.08	0.44	
Energy.....kcal	592		0	NC	4		799	168	
Energy.....kJ	2477		0	NC	4		3344	702	
Protein (N x 5.3).....g	20.06		2	A	1		27.08	5.69	
Total lipid (fat) (1).....g	51.30		2	A	1		69.25	14.54	
Ash.....g	4.22		2	A	1		5.69	1.20	
Carbohydrate, by difference.....g	22.89		0	NC	4		30.90	6.49	
Fiber, total dietary.....g	10.6		1	A	1		14.3	3.0	
Sugars, total.....g	3.11		5	A	1		4.19	0.88	
Sucrose.....g	2.37		5	A	1		3.20	0.67	
Glucose (dextrose).....g	0.74		5	A	1		0.99	0.21	
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									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	87		2	A	1		118	25	
Iron, Fe.....mg	4.28		2	A	1		5.77	1.21	
Magnesium, Mg.....mg	127		1		1		171	36	
Phosphorus, P.....mg	1139		1		1		1538	323	
Potassium, K.....mg	483		1		1		652	137	
Sodium, Na.....mg	3		0		1		4	1	
Zinc, Zn.....mg	5.21		0		1		7.03	1.48	
Copper, Cu.....mg	1.804		0		1		2.435	0.511	
Manganese, Mn.....mg	2.080		0		1		2.808	0.590	
Selenium, Se.....µg	78.2	6.324	5	A	1		105.6	22.2	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	1.1		2	A	1		1.4	0.3	
Thiamin.....mg	0.320		1		1		0.432	0.091	
Riboflavin.....mg	0.280		1		1		0.378	0.079	
Niacin.....mg	4.130		1		1		5.576	1.171	
Pantothenic acid.....mg	6.942		0		4		9.372	1.968	
Vitamin B-6.....mg	0.792		0		4		1.069	0.225	
Folate, total.....µg	234		1		1		316	66	
Folic acid.....µg	0		0	Z	7		0	0	
Folate, food.....µg	234		1		1		316	66	
Folate, DFE.....µg	234		0	NC	4		316	66	
Choline, total.....mg	55.1		0	BFZN	4		74.3	15.6	
Betaine.....mg									
Vitamin B-12.....µg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added.....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....µg	0		3	A	1		1	0	
Retinol.....µg	0		1	A	1		0	0	
Carotene, beta.....µg	5		3	A	1		7	2	
Carotene, alpha.....µg	0		2	A	1		0	0	
Cryptoxanthin, beta.....µg	0		2	A	1		0	0	
Vitamin A, IU.....IU	9		3	A	1		12	3	
Lycopene.....µg	0		0	Z	7		0	0	
Lutein + zeaxanthin.....µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) (2).....mg	36.33	2.236	3	A	1		49.05	10.30	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg	1.41	0.206	3	A	1		1.90	0.40	
Tocopherol, gamma.....mg	0.46	0.087	3	A	1		0.62	0.13	
Tocopherol, delta.....mg	0.00	0.000	3	A	1		0.00	0.00	
Tocotrienol, alpha.....mg	0.00		1	A	1		0.00	0.00	
Tocotrienol, beta.....mg	0.00		1	A	1		0.00	0.00	

NDB No. 12038

Seeds, sunflower seed kernels, oil roasted, without salt

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	measures of food		
							Measure 1	Measure 2	Measure 3
Tocotrienol, gamma.....mg	0.00		1	A	1		0.00	0.00	
Tocotrienol, delta.....mg	0.00		1	A	1		0.00	0.00	
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone).....µg	3.1		0	BFZN	4		4.2	0.9	
Dihydrophyllquinone.....µg									
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	7.068		0	NC	4		9.541	2.004	
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	0.000		1	A	1		0.000	0.000	
14:0.....g	0.086		2	A	1		0.116	0.024	
15:0.....g	0.006		2	A	1		0.009	0.002	
16:0.....g	4.218		2	A	1		5.694	1.196	
17:0.....g	0.022		2	A	1		0.030	0.006	
18:0.....g	2.097		2	A	1		2.831	0.595	
20:0.....g	0.146		2	A	1		0.197	0.041	
22:0.....g	0.380		2	A	1		0.513	0.108	
24:0.....g	0.112		2	A	1		0.152	0.032	
Fatty acids, total monounsaturated.....g	8.063		0	NC	4		10.885	2.286	
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	0.058		0	AS	1		0.078	0.016	
16:1 c.....g	0.050		1	A	1		0.068	0.014	
16:1 t.....g	0.008		1	A	1		0.010	0.002	
17:1.....g	0.003		2	A	1		0.004	0.001	
18:1 undifferentiated.....g	7.925		0	AS	1		10.699	2.247	
18:1 c.....g	7.859		1	A	1		10.609	2.228	
18:1 t.....g	0.066		1	A	1		0.089	0.019	
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.077		2	A	1		0.104	0.022	
22:1 undifferentiated.....g	0.000		1	A	1		0.000	0.000	
24:1 c.....g	0.000		1	A	1		0.000	0.000	
Fatty acids, total polyunsaturated.....g	34.294		0	NC	4		46.297	9.722	
18:2 undifferentiated.....g	34.208		0	AS	1		46.180	9.698	
18:2 n-6 c,c.....g	34.124		1	A	1		46.067	9.674	
18:2 CLAs.....g									
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.084		1	A	1		0.114	0.024	
18:3 undifferentiated.....g	0.081		0	AS	1		0.110	0.023	
18:3 n-3 c,c,c (ALA).....g	0.076		1	A	1		0.102	0.021	
18:3 n-6 c,c,c.....g	0.006		1	A	1		0.008	0.002	
18:3i.....g									
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g	0.005		2	A	1		0.007	0.001	
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	0.000		1	A	1		0.000	0.000	
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.000		1	A	1		0.000	0.000	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		1	A	1		0.000	0.000	
Fatty acids, total trans.....g	0.158		0	NC	4		0.213	0.045	

NDB No. 12038

Seeds, sunflower seed kernels, oil roasted, without salt

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total trans-monoenoic.....g	0.074		0	NC	4		0.099	0.021	
Fatty acids, total trans-polyenoic.....g	0.084		0	NC	4		0.114	0.024	
Cholesterol.....mg	0		2	A	1		0	0	
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.306		0	BFPN	4		0.413	0.087	
Threonine.....g	0.817		0	BFPN	4		1.103	0.232	
Isoleucine.....g	1.003		0	BFPN	4		1.354	0.284	
Leucine.....g	1.461		0	BFPN	4		1.972	0.414	
Lysine.....g	0.825		0	BFPN	4		1.114	0.234	
Methionine.....g	0.435		0	BFPN	4		0.587	0.123	
Cystine.....g	0.397		0	BFPN	4		0.536	0.113	
Phenylalanine.....g	1.029		0	BFPN	4		1.389	0.292	
Tyrosine.....g	0.587		0	BFPN	4		0.792	0.166	
Valine.....g	1.158		0	BFPN	4		1.563	0.328	
Arginine.....g	2.116		0	BFPN	4		2.856	0.600	
Histidine.....g	0.556		0	BFPN	4		0.750	0.158	
Alanine.....g	0.984		0	BFPN	4		1.329	0.279	
Aspartic acid.....g	2.153		0	BFPN	4		2.907	0.610	
Glutamic acid.....g	4.912		0	BFPN	4		6.631	1.393	
Glycine.....g	1.286		0	BFPN	4		1.737	0.365	
Proline.....g	1.040		0	BFPN	4		1.405	0.295	
Serine.....g	0.947		0	BFPN	4		1.278	0.268	
Hydroxyproline.....g									
<u>Others:</u>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	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 = 135g: 1 cup

Measure 2 = 28.35g: 1 oz

Footnotes:

1 Fat and fatty acids based on 25% roasted in cottonseed oil and 75% roasted in sunflower oil

2 Tocopherols and tocotrienols based on seeds roasted in NuSun sunflower oil

Calories Factors: Protein 3.47**Fat** 8.37**Carbohydrate**4.07**Food Group:** 12 Nut and Seed Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 12539
Seeds, sunflower seed kernels, toasted, with salt added

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	1.00		1		1		1.34	0.28	
Energy.....kcal	619		0	NC	4		829	175	
Energy.....kJ	2590				4		3470	734	
Protein (N x 5.3).....g	17.21		1		1		23.06	4.88	
Total lipid (fat).....g	56.80		1		1		76.11	16.10	
Ash.....g	4.40		1		1		5.90	1.25	
Carbohydrate, by difference.....g	20.59		0	NC	4		27.59	5.84	
Fiber, total dietary.....g	11.5		0		4		15.4	3.3	
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	57		0		1		76	16	
Iron, Fe.....mg	6.81		0		1		9.13	1.93	
Magnesium, Mg.....mg	129		0		1		173	37	
Phosphorus, P.....mg	1158		0		1		1552	328	
Potassium, K.....mg	491		0		1		658	139	
Sodium, Na.....mg	613		1		1		821	174	
Zinc, Zn.....mg	5.30		0		1		7.10	1.50	
Copper, Cu.....mg	1.834		0		1		2.458	0.520	
Manganese, Mn.....mg	2.114		0		1		2.833	0.599	
Selenium, Se.....µg	62.2		0	BFSN	4		83.3	17.6	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	1.4		0		4		1.9	0.4	
Thiamin.....mg	0.325		0		4		0.436	0.092	
Riboflavin.....mg	0.285		0		4		0.382	0.081	
Niacin.....mg	4.198		0		4		5.625	1.190	
Pantothenic acid.....mg	7.056		0		4		9.455	2.000	
Vitamin B-6.....mg	0.805		0		4		1.079	0.228	
Folate, total.....µg	238		0		4		319	67	
Folic acid.....µg	0		0	Z	7		0	0	
Folate, food.....µg	238		0		4		319	67	
Folate, DFE.....µg	238		0	NC	4		319	67	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....µg	0		0		4		0	0	
Retinol.....µg	0		0	Z	7		0	0	
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	0		0		4		0	0	
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D.....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone).....µg									
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									

Lipids:

NDB No. 12539

Seeds, sunflower seed kernels, toasted, with salt added

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total saturated.....g	5.953		0		1		7.977	1.688	
4:0.....g									
6:0.....g									
8:0.....g									
10:0.....g									
12:0.....g									
13:0.....g									
14:0.....g	0.058		0		1		0.078	0.016	
15:0.....g									
16:0.....g	3.202		0		1		4.291	0.908	
17:0.....g									
18:0.....g	2.522		0		1		3.379	0.715	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	10.841		0		1		14.527	3.073	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.056		0		1		0.075	0.016	
17:1.....g									
18:1 undifferentiated.....g	10.720		0		1		14.365	3.039	
20:1.....g	0.055		0		1		0.074	0.016	
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	37.507		0		1		50.259	10.633	
18:2 undifferentiated.....g	37.390		0		1		50.103	10.600	
18:3 undifferentiated.....g	0.079		0		1		0.106	0.022	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....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	Z	7		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.263		0		1		0.352	0.075	
Threonine.....g	0.702		0		1		0.941	0.199	
Isoleucine.....g	0.861		0		1		1.154	0.244	
Leucine.....g	1.254		0		1		1.680	0.356	
Lysine.....g	0.708		0		1		0.949	0.201	
Methionine.....g	0.374		0		1		0.501	0.106	
Cystine.....g	0.341		0		1		0.457	0.097	
Phenylalanine.....g	0.883		0		1		1.183	0.250	
Tyrosine.....g	0.503		0		1		0.674	0.143	
Valine.....g	0.994		0		1		1.332	0.282	
Arginine.....g	1.816		0		1		2.433	0.515	
Histidine.....g	0.477		0		1		0.639	0.135	
Alanine.....g	0.844		0		1		1.131	0.239	
Aspartic acid.....g	1.848		0		1		2.476	0.524	
Glutamic acid.....g	4.216		0		1		5.649	1.195	
Glycine.....g	1.104		0		1		1.479	0.313	
Proline.....g	0.893		0		1		1.197	0.253	
Serine.....g	0.812		0		1		1.088	0.230	
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.

NDB No. 12539

Seeds, sunflower seed kernels, toasted, with salt added

Common Measures:

Measure 1 = 134g: 1 cup

Measure 2 = 28.35g: 1 oz

Calories Factors: Protein 3.47

Fat 8.37

Carbohydrate4.07

Food Group: 12 Nut and Seed Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 12039
Seeds, sunflower seed kernels, toasted, without salt

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	1.00		1		1		1.34	0.28	
Energy.....kcal	619		0		NC	4	829	175	
Energy.....kJ	2590					4	3470	734	
Protein (N x 5.3).....g	17.21		1			1	23.06	4.88	
Total lipid (fat).....g	56.80		1			1	76.11	16.10	
Ash.....g	4.40		1			1	5.90	1.25	
Carbohydrate, by difference.....g	20.59		0		NC	4	27.59	5.84	
Fiber, total dietary.....g	11.5		0			4	15.4	3.3	
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	57		0			1	76	16	
Iron, Fe.....mg	6.81		0			1	9.13	1.93	
Magnesium, Mg.....mg	129		0			1	173	37	
Phosphorus, P.....mg	1158		0			1	1552	328	
Potassium, K.....mg	491		0			1	658	139	
Sodium, Na.....mg	3		0			1	4	1	
Zinc, Zn.....mg	5.30		0			1	7.10	1.50	
Copper, Cu.....mg	1.834		0			1	2.458	0.520	
Manganese, Mn.....mg	2.114		0			1	2.833	0.599	
Selenium, Se.....µg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	1.4		0			4	1.9	0.4	
Thiamin.....mg	0.325		0			4	0.436	0.092	
Riboflavin.....mg	0.285		0			4	0.382	0.081	
Niacin.....mg	4.198		0			4	5.625	1.190	
Pantothenic acid.....mg	7.056		0			4	9.455	2.000	
Vitamin B-6.....mg	0.805		0			4	1.079	0.228	
Folate, total.....µg	238		0			4	319	67	
Folic acid.....µg	0		0		Z	7	0	0	
Folate, food.....µg	238		0			4	319	67	
Folate, DFE.....µg	238		0		NC	4	319	67	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		0		Z	7	0.00	0.00	
Vitamin A, RAE.....µg	0		0			4	0	0	
Retinol.....µg	0		0		Z	7	0	0	
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	0		0			4	0	0	
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0		Z	7	0.0	0.0	
Vitamin D.....IU	0		0		Z	7	0	0	
Vitamin K (phylloquinone).....µg									
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									

Lipids:

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total saturated.....g	5.953		0		1		7.977	1.688	
4:0.....g									
6:0.....g									
8:0.....g									
10:0.....g									
12:0.....g									
13:0.....g									
14:0.....g	0.058		0		1		0.078	0.016	
15:0.....g									
16:0.....g	3.202		0		1		4.291	0.908	
17:0.....g									
18:0.....g	2.522		0		1		3.379	0.715	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	10.841		0		1		14.527	3.073	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.056		0		1		0.075	0.016	
17:1.....g									
18:1 undifferentiated.....g	10.720		0		1		14.365	3.039	
20:1.....g	0.055		0		1		0.074	0.016	
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	37.507		0		1		50.259	10.633	
18:2 undifferentiated.....g	37.390		0		1		50.103	10.600	
18:3 undifferentiated.....g	0.079		0		1		0.106	0.022	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....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	Z	7		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.263		0		1		0.352	0.075	
Threonine.....g	0.702		0		1		0.941	0.199	
Isoleucine.....g	0.861		0		1		1.154	0.244	
Leucine.....g	1.254		0		1		1.680	0.356	
Lysine.....g	0.708		0		1		0.949	0.201	
Methionine.....g	0.374		0		1		0.501	0.106	
Cystine.....g	0.341		0		1		0.457	0.097	
Phenylalanine.....g	0.883		0		1		1.183	0.250	
Tyrosine.....g	0.503		0		1		0.674	0.143	
Valine.....g	0.994		0		1		1.332	0.282	
Arginine.....g	1.816		0		1		2.433	0.515	
Histidine.....g	0.477		0		1		0.639	0.135	
Alanine.....g	0.844		0		1		1.131	0.239	
Aspartic acid.....g	1.848		0		1		2.476	0.524	
Glutamic acid.....g	4.216		0		1		5.649	1.195	
Glycine.....g	1.104		0		1		1.479	0.313	
Proline.....g	0.893		0		1		1.197	0.253	
Serine.....g	0.812		0		1		1.088	0.230	
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.

NDB No. 12039
Seeds, sunflower seed kernels, toasted, without salt

Common Measures:
Measure 1 = 134g: 1 cup
Measure 2 = 28.35g: 1 oz

Calories Factors: Protein 3.47 **Fat** 8.37 **Carbohydrate**4.07 **Food Group:** 12 Nut and Seed Products
USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 12174
Seeds, watermelon seed kernels, dried
Citrullus lanatus

Refuse:63% Hard seed coat

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	5.05	0.390	18		1		5.45	1.43	
Energy.....kcal	557		0	NC	4		602	158	
Energy.....kJ	2330				4		2517	661	
Protein (N x 5.3).....g	28.33	0.558	15		1		30.60	8.03	
Total lipid (fat).....g	47.37	1.481	15		1		51.16	13.43	
Ash.....g	3.94	0.149	10		1		4.26	1.12	
Carbohydrate, by difference.....g	15.31		0	NC	4		16.53	4.34	
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	54	7.659	10		1		58	15	
Iron, Fe.....mg	7.28	0.532	9		1		7.86	2.06	
Magnesium, Mg.....mg	515	24.437	6		1		556	146	
Phosphorus, P.....mg	755	37.018	10		1		815	214	
Potassium, K.....mg	648	15.448	6		1		700	184	
Sodium, Na.....mg	99	88.049	6		1		107	28	
Zinc, Zn.....mg	10.24		0		4		11.06	2.90	
Copper, Cu.....mg	0.686		0		4		0.741	0.194	
Manganese, Mn.....mg	1.614		0		4		1.743	0.458	
Selenium, Se.....µg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		1		1		0.0	0.0	
Thiamin.....mg	0.190	0.045	3		1		0.205	0.054	
Riboflavin.....mg	0.145		2		1		0.157	0.041	
Niacin.....mg	3.550		2		1		3.834	1.006	
Pantothenic acid.....mg	0.346		0		4		0.374	0.098	
Vitamin B-6.....mg	0.089		0		4		0.096	0.025	
Folate, total.....µg	58	0.548	3		1		63	16	
Folic acid.....µg	0		0	Z	7		0	0	
Folate, food.....µg	58	0.548	3		1		63	16	
Folate, DFE.....µg	58		0	NC	4		63	16	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....µg	0		1		1		0	0	
Retinol.....µg	0		0	Z	7		0	0	
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	0		1		1		0	0	
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D.....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone).....µg									
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									

Lipids:

NDB No. 12174
Seeds, watermelon seed kernels, dried

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points		Source Code	Confidence Code	
			Points	Code			
							Measure 1 Measure 2 Measure 3
Fatty acids, total saturated.....g	9.779		0		1		10.561 2.772
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	5.413		3		1		5.846 1.535
17:0.....g							
18:0.....g	4.299		3		1		4.643 1.219
20:0.....g							
22:0.....g							
24:0.....g							
Fatty acids, total monounsaturated.....g	7.407		0		1		8.000 2.100
14:1.....g							
15:1.....g							
16:1 undifferentiated.....g	0.090		1		1		0.097 0.026
17:1.....g							
18:1 undifferentiated.....g	7.317		3		1		7.902 2.074
20:1.....g							
22:1 undifferentiated.....g							
24:1 c.....g							
Fatty acids, total polyunsaturated.....g	28.094		0		1		30.342 7.965
18:2 undifferentiated.....g	28.094		3		1		30.342 7.965
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							
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	Z	7		0 0
Phytosterols.....mg							
Amino Acids:							
Tryptophan.....g	0.390		1		1		0.421 0.111
Threonine.....g	1.112		3		1		1.201 0.315
Isoleucine.....g	1.342		3		1		1.449 0.380
Leucine.....g	2.149		3		1		2.321 0.609
Lysine.....g	0.887		3		1		0.958 0.251
Methionine.....g	0.834		3		1		0.901 0.236
Cystine.....g	0.438		2		1		0.473 0.124
Phenylalanine.....g	2.031		3		1		2.193 0.576
Tyrosine.....g	1.016		3		1		1.097 0.288
Valine.....g	1.556		3		1		1.680 0.441
Arginine.....g	4.897		3		1		5.289 1.388
Histidine.....g	0.775		3		1		0.837 0.220
Alanine.....g	1.492		3		1		1.611 0.423
Aspartic acid.....g	2.764		3		1		2.985 0.784
Glutamic acid.....g	5.699		3		1		6.155 1.616
Glycine.....g	1.663		3		1		1.796 0.471
Proline.....g	1.251		3		1		1.351 0.355
Serine.....g	1.508		3		1		1.629 0.428
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.

NDB No. 12174

Seeds, watermelon seed kernels, dried

Common Measures:

Measure 1 = 108g: 1 cup

Measure 2 = 28.35g: 1 oz

Calories Factors: Protein 3.47

Fat 8.37

Carbohydrate4.07

Food Group: 12 Nut and Seed Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)