



NDB No. 18522

**ARCHWAY Home Style Cookies, Chocolate Chip Ice Box**

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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

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

**Common Measures:**

Measure 1 = 24g: 1 serving

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

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

NDB No. 18524

ARCHWAY Home Style Cookies, Coconut Macaroon

Archway Cookies

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
<b>Proximates:</b>									
Water.....g	11.50		1	MC	9		2.53		
Energy.....kcal	460		0	NC	4		101		
Energy.....kJ	1924		0	NC	4		423		
Protein (N x 6.25).....g	3.02		1	MC	9		0.66		
Total lipid (fat).....g	22.55		1	MC	9		4.96		
Ash.....g	1.71		1	MC	9		0.38		
Carbohydrate, by difference.....g	61.23		1	NC	4		13.47		
Fiber, total dietary.....g	5.1		1	MC	9		1.1		
Sugars, total.....g	45.16		1	MC	9		9.94		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	5		1	MC	9		1		
Iron, Fe.....mg	0.82		1	MC	9		0.18		
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg	123		1	MC	9		27		
Sodium, Na.....mg	200		0	LC	8		44		
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....µg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		1	MC	9		0.0		
Thiamin.....mg	0.020		1	MC	9		0.004		
Riboflavin.....mg	0.060		1	MC	9		0.013		
Niacin.....mg	0.220		1	MC	9		0.048		
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....µg	5		1	MC	9		1		
Folic acid.....µg									
Folate, food.....µg	5		1	MC	9		1		
Folate, DFE.....µg									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg									
Vitamin A, RAE.....µg	0		0	NR	4		0		
Retinol.....µg									
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	0		1	MC	9		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									
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	20.100		1	MC	9		4.422		

NDB No. 18524

ARCHWAY Home Style Cookies, Coconut Macaroon

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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	Measure 1	Measure 2	Measure 3
			of Data	Code	Code			
			Points	Code	Code			
Fatty acids, total monounsaturated.....g	1.610		1	MC	9	0.354		
Fatty acids, total polyunsaturated.....g	0.810		1	MC	9	0.178		
Fatty acids, total trans.....g								
Cholesterol.....mg	0		1	MC	9	0		
Phytosterols.....mg								

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**Common Measures:**

Measure 1 = 22g: 1 serving

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

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



NDB No. 18527

ARCHWAY Home Style Cookies, Date Filled Oatmeal

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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

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

**Common Measures:**

Measure 1 = 25g: 1 serving

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

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



NDB No. 18528

ARCHWAY Home Style Cookies, Dutch Cocoa

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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 Points	Code	Code	Code			

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

**Common Measures:**

Measure 1 = 24g: 1 serving

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

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



NDB No. 18529

ARCHWAY Home Style Cookies, Frosty Lemon

Archway Cookies

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
<b>Proximates:</b>									
Water.....g	12.03		0	MC	9		3.13		
Energy.....kcal	430		0	MC	9		112		
Energy.....kJ	1799		0	MC	9		468		
Protein.....g	4.41		0	MC	9		1.15		
Total lipid (fat).....g	17.11		0	MC	9		4.45		
Ash.....g	1.67		0	MC	9		0.43		
Carbohydrate, by difference.....g	64.78		0	MC	9		16.84		
Fiber, total dietary.....g	0.7		0	MC	9		0.2		
Sugars, total.....g	33.35		0	MC	9		8.67		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	41		0	MC	9		11		
Iron, Fe.....mg	1.62		0	MC	9		0.42		
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg	92		0	MC	9		24		
Sodium, Na.....mg	449		0	LC	8		117		
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....µg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0	MC	9		0.0		
Thiamin.....mg	0.240		0	MC	9		0.062		
Riboflavin.....mg	0.200		0	MC	9		0.052		
Niacin.....mg	1.950		0	MC	9		0.507		
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....µg	59		0	MC	9		15		
Folic acid.....µg									
Folate, food.....µg	59		0	MC	9		15		
Folate, DFE.....µg									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg									
Vitamin A, RAE.....µg	0		0	NR	4		0		
Retinol.....µg									
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	0		0	MC	9		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									
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	5.830		0	MC	9		1.516		

NDB No. 18529

ARCHWAY Home Style Cookies, Frosty Lemon

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Nutrients and Units	<u>Amount in 100 grams of edible portion</u>					<u>Amount in edible portion of common</u>			
	Mean	Std. Error	Number			measures of food			
			of Data	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			Points	Code	Code	Code			
Fatty acids, total monounsaturated.....g	5.750		0	MC	9		1.495		
Fatty acids, total polyunsaturated.....g	0.920		0	MC	9		0.239		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	MC	9		0		
Phytosterols.....mg									

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**Common Measures:**

Measure 1 = 26g: 1 serving

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

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

NDB No. 18532

ARCHWAY Home Style Cookies, Iced Molasses

Archway Cookies

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
<b>Proximates:</b>									
Water.....g	10.34		1		9		2.90		
Energy.....kcal	420		1	NC	4		118		
Energy.....kJ	1759		0	NC	4		492		
Protein (N x 6.25).....g	3.50		1		9		0.98		
Total lipid (fat).....g	14.43		1		9		4.04		
Ash.....g	2.61		1		9		0.73		
Carbohydrate, by difference.....g	69.12		1		9		19.35		
Fiber, total dietary.....g	1.0		1		9		0.3		
Sugars, total.....g	38.43		1		9		10.76		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	24		1		9		7		
Iron, Fe.....mg	4.10		1		9		1.15		
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg	125		1		9		35		
Sodium, Na.....mg	605		0	LC	8		169		
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....µg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg									
Thiamin.....mg	0.260		1		9		0.073		
Riboflavin.....mg	0.190		1		9		0.053		
Niacin.....mg	2.390		1		9		0.669		
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....µg	61		1		9		17		
Folic acid.....µg									
Folate, food.....µg	61		1		9		17		
Folate, DFE.....µg									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg									
Vitamin A, RAE.....µg	0		0	NR	4		0		
Retinol.....µg									
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	11		1		9		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									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	4.160		1		9		1.165		

NDB No. 18532

ARCHWAY Home Style Cookies, Iced Molasses

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Nutrients and Units	<u>Amount in 100 grams of edible portion</u>						<u>Amount in edible portion of common</u>			
	Mean	Std. Error	Number			Source Code	Confidence Code	<u>measures of food</u>		
			of Data Points	Deriv Code				Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	4.750		1		9		1.330			
Fatty acids, total polyunsaturated.....g	2.440		1		9		0.683			
Fatty acids, total trans.....g	3.080		1		9		0.862			
Cholesterol.....mg	12		1		9		3			
Phytosterols.....mg										

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**Common Measures:**

Measure 1 = 28g: 1 serving

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

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



NDB No. 18533

ARCHWAY Home Style Cookies, Iced Oatmeal

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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	Measure 1	Measure 2	Measure 3
			of Data Points	Code	Code			

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

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

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



NDB No. 18535

ARCHWAY Home Style Cookies, Molasses

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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 Points	Code	Code	Code			

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

**Common Measures:**

Measure 1 = 26g: 1 serving

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

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





NDB No. 18537

ARCHWAY Home Style Cookies, Oatmeal

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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

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

**Common Measures:**

Measure 1 = 25g: 1 serving

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

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



NDB No. 18538

ARCHWAY Home Style Cookies, Oatmeal Raisin

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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

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

**Common Measures:**

Measure 1 = 26g: 1 serving

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

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



NDB No. 18539

**ARCHWAY Home Style Cookies, Old Fashioned Molasses**

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

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

**Common Measures:**

Measure 1 = 26g: 1 serving

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

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



NDB No. 18540

ARCHWAY Home Style Cookies, Old Fashioned Windmill Cookies

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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	Measure 1	Measure 2	Measure 3
			of Data	Code	Code			

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

**Common Measures:**

Measure 1 = 20g: 1 serving

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

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





NDB No. 18541

ARCHWAY Home Style Cookies, Peanut Butter

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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

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

**Common Measures:**

Measure 1 = 21g: 1 serving

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

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



NDB No. 18544

**ARCHWAY Home Style Cookies, Raspberry Filled**

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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

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

**Common Measures:**

Measure 1 = 25g: 1 serving

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

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



NDB No. 18562

ARCHWAY Home Style Cookies, Reduced Fat Ginger Snaps

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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

---

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

**Common Measures:**

Measure 1 = 32g: 1 serving

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

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

NDB No. 18547

ARCHWAY Home Style Cookies, Strawberry Filled

Archway Cookies

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
<b>Proximates:</b>									
Water.....g	14.99		1		9		3.75		
Energy.....kcal	400		1	NC	4		100		
Energy.....kJ	1675		0	NC	4		419		
Protein (N x 6.25).....g	4.35		1		9		1.09		
Total lipid (fat).....g	13.26		1		9		3.32		
Ash.....g	1.48		1		9		0.37		
Carbohydrate, by difference.....g	65.92		1		9		16.48		
Fiber, total dietary.....g	2.2		1		9		0.5		
Sugars, total.....g	31.76		1		9		7.94		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	20		1		9		5		
Iron, Fe.....mg	2.32		1		9		0.58		
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg	118		1		9		30		
Sodium, Na.....mg	377		0	LC	8		94		
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....µg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg									
Thiamin.....mg	0.340		1		9		0.085		
Riboflavin.....mg	0.180		1		9		0.045		
Niacin.....mg	2.130		1		9		0.533		
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....µg	62		1		9		16		
Folic acid.....µg									
Folate, food.....µg	62		1		9		16		
Folate, DFE.....µg									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg									
Vitamin A, RAE.....µg	0		0	NR	4		0		
Retinol.....µg									
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	18		1		9		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									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	5.160		1		9		1.290		

NDB No. 18547

ARCHWAY Home Style Cookies, Strawberry Filled

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Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common</u>				
	Mean	Std. Error	Number			<u>measures of food</u>			
			of Data	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			Points	Code	Code	Code			
Fatty acids, total monounsaturated.....g	4.140		1		9		1.035		
Fatty acids, total polyunsaturated.....g	1.100		1		9		0.275		
Fatty acids, total trans.....g	2.850		1		9		0.713		
Cholesterol.....mg	6		1		9		2		
Phytosterols.....mg									

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

**Common Measures:**

Measure 1 = 25g: 1 serving

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

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





NDB No. 18513

ARCHWAY Home Style Cookies, Sugar Free Oatmeal

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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

---

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

**Common Measures:**

Measure 1 = 24g: 1 serving

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

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



NDB No. 18984

**AUSTIN, Cheddar Cheese on Cheese Crackers, sandwich-type**

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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

---

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

**Common Measures:**

Measure 1 = 39g: 1 package

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

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



NDB No. 18987

**AUSTIN, Cheddar Cheese on Cheese Crackers, sandwich-type, reduced fat**

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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 Points	Code	Code	Code			

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

**Common Measures:**

Measure 1 = 36g: 1 package

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

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



NDB No. 28258

**AUSTIN, Cheddar Cheese on Wafer Crackers, sandwich-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	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	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 = 39g: 1 package

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

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





NDB No. 18983

**AUSTIN, Cheddar Cheese on Wheat Crackers, sandwich-type**

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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

---

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

**Common Measures:**

Measure 1 = 39g: 1 package

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

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



NDB No. 18985

**AUSTIN, Chocolatey Peanut Butter Crackers, sandwich-type**

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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

---

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

**Common Measures:**

Measure 1 = 39g: 1 package

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

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



NDB No. 18986

**AUSTIN, Grilled Cheese on Wafer Crackers, sandwich-type**

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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	Measure 1	Measure 2	Measure 3
			of Data Points	Code	Code			

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

**Common Measures:**

Measure 1 = 39g: 1 package

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

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



NDB No. 18990

AUSTIN, PB & J Crackers, sandwich-type

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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

---

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

**Common Measures:**

Measure 1 = 39g: 1 package

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

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





NDB No. 28256

**AUSTIN, Peanut Butter on Cheese Crackers, sandwich-type**

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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 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 = 39g: 1 package

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

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



NDB No. 18988

**AUSTIN, Peanut Butter on Cheese Crackers, sandwich-type, reduced fat**

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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

---

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

**Common Measures:**

Measure 1 = 36g: 1 package

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

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



NDB No. 28257

**AUSTIN, Peanut Butter on Toasty Crackers, sandwich-type**

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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

---

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

**Common Measures:**

Measure 1 = 39g: 1 package

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

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



NDB No. 18989

**AUSTIN, Peanut Butter on Toasty Crackers, sandwich-type, reduced fat**

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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

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

**Common Measures:**

Measure 1 = 36g: 1 package

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

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





**NDB No. 18566**  
**Artificial Blueberry Muffin Mix, dry**

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 Code			
Fatty acids, total trans.....g								
Cholesterol.....mg								
Phytosterols.....mg								

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

**Common Measures:**

Measure 1 = 31g: 1 muffin

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

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



NDB No. 18991

BARBARA DEE, Winter Mints Cookies

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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

---

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

**Common Measures:**

Measure 1 = 31g: 4 cookies

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

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

NDB No. 18993

**BEAR NAKED, Double Chocolate Cookies**

Kellogg, Co.

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
<b>Proximates:</b>									
Water.....g	7.50		0	MC	9		2.25		
Energy.....kcal	423		0	MC	9		127		
Energy.....kJ	1770		0	MC	9		531		
Protein (N x 6.25).....g	6.60		0	MC	9		1.98		
Total lipid (fat).....g	16.90		0	MC	9		5.07		
Ash.....g									
Carbohydrate, by difference.....g	66.90		0	MC	9		20.07		
Fiber, total dietary.....g	7.0		0	MC	9		2.1		
Sugars, total.....g	35.20		0	MC	9		10.56		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg									
Iron, Fe.....mg	3.70		0	MC	9		1.11		
Magnesium, Mg.....mg	54		0	MC	9		16		
Phosphorus, P.....mg	88		0	MC	9		26		
Potassium, K.....mg	471		0	MC	9		141		
Sodium, Na.....mg	200		0	MC	9		60		
Zinc, Zn.....mg	0.80		0	MC	9		0.24		
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....µg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg									
Thiamin.....mg	0.070		0	MC	9		0.021		
Riboflavin.....mg	0.040		0	MC	9		0.012		
Niacin.....mg	0.300		0	MC	9		0.090		
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....µg	2		0	MC	9		1		
Folic acid.....µg									
Folate, food.....µg	2		0	MC	9		1		
Folate, DFE.....µg									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg									
Vitamin A, RAE.....µg									
Retinol.....µg									
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU									
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	0.2		0	NR	4		0.1		
Vitamin D.....IU	8		0	MC	9		2		
Vitamin K (phylloquinone).....µg									
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	4.100		0	MC	9		1.230		

NDB No. 18993

BEAR NAKED, Double Chocolate Cookies

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Nutrients and Units	<u>Amount in 100 grams of edible portion</u>					<u>Amount in edible portion of common</u>			
	Mean	Std. Error	Number			measures of food			
			of Data	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			Points	Code	Code	Code			
Fatty acids, total monounsaturated.....g	8.400		0	MC	9		2.520		
Fatty acids, total polyunsaturated.....g	4.200		0	MC	9		1.260		
Fatty acids, total trans.....g	0.000		0	MC	9		0.000		
Cholesterol.....mg	0		0	MC	9		0		
Phytosterols.....mg									

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

**Common Measures:**

Measure 1 = 30g: 1 cookie

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

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

NDB No. 18994  
 BEAR NAKED, Fruit & Nut Cookies  
 Kellogg, Co.

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
<b>Proximates:</b>									
Water.....g	8.00		0	MC	9		2.40		
Energy.....kcal	443		0	MC	9		133		
Energy.....kJ	1854		0	MC	9		556		
Protein (N x 6.25).....g	7.50		0	MC	9		2.25		
Total lipid (fat).....g	21.40		0	MC	9		6.42		
Ash.....g									
Carbohydrate, by difference.....g	61.60		0	MC	9		18.48		
Fiber, total dietary.....g	7.1		0	MC	9		2.1		
Sugars, total.....g	29.40		0	MC	9		8.82		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg									
Iron, Fe.....mg	2.10		0	MC	9		0.63		
Magnesium, Mg.....mg	37		0	MC	9		11		
Phosphorus, P.....mg	86		0	MC	9		26		
Potassium, K.....mg	278		0	MC	9		83		
Sodium, Na.....mg	133		0	MC	9		40		
Zinc, Zn.....mg	0.60		0	MC	9		0.18		
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....µg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg									
Thiamin.....mg	0.090		0	MC	9		0.027		
Riboflavin.....mg	0.090		0	MC	9		0.027		
Niacin.....mg	0.500		0	MC	9		0.150		
Pantothenic acid.....mg									
Vitamin B-6.....mg	0.060		0	MC	9		0.018		
Folate, total.....µg	7		0	MC	9		2		
Folic acid.....µg									
Folate, food.....µg	7		0	MC	9		2		
Folate, DFE.....µg									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg									
Vitamin A, RAE.....µg									
Retinol.....µg									
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU									
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg	0.90		0	MC	9		0.27		
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									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	5.100		0	MC	9		1.530		

**NDB No. 18994**  
**BEAR NAKED, Fruit & Nut Cookies**

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 Code			
Fatty acids, total monounsaturated.....g	8.500		0	MC	9	2.550		
Fatty acids, total polyunsaturated.....g	7.300		0	MC	9	2.190		
Fatty acids, total trans.....g	0.000		0	MC	9	0.000		
Cholesterol.....mg	0		0	MC	9	0		
Phytosterols.....mg								

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

**Common Measures:**

Measure 1 = 30g: 1 cookie

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked 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 of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.000		1	LC	8		0.000		
4:0.....g	0.000		0	FLC	4		0.000		
6:0.....g	0.000		0	FLC	4		0.000		
8:0.....g	0.000		0	FLC	4		0.000		
10:0.....g	0.000		0	FLC	4		0.000		
12:0.....g	0.000		0	FLC	4		0.000		
13:0.....g									
14:0.....g	0.000		0	FLC	4		0.000		
15:0.....g	0.000		0	FLC	4		0.000		
16:0.....g	0.000		0	FLC	4		0.000		
17:0.....g	0.000		0	FLC	4		0.000		
18:0.....g	0.000		0	FLC	4		0.000		
20:0.....g	0.000		0	FLC	4		0.000		
22:0.....g	0.000		0	FLC	4		0.000		
24:0.....g	0.000		0	FLC	4		0.000		
Fatty acids, total monounsaturated.....g	0.290		0	FLC	4		0.284		
14:1.....g	0.000		0	FLC	4		0.000		
15:1.....g	0.000		0	FLC	4		0.000		
16:1 undifferentiated.....g	0.008		0	FLC	4		0.008		
17:1.....g	0.000		0	FLC	4		0.000		
18:1 undifferentiated.....g	0.277		0	FLC	4		0.271		
20:1.....g	0.005		0	FLC	4		0.005		
22:1 undifferentiated.....g	0.000		0	FLC	4		0.000		
24:1 c.....g	0.000		0	FLC	4		0.000		
Fatty acids, total polyunsaturated.....g	0.936		0	FLC	4		0.917		
18:2 undifferentiated.....g	0.859		0	FLC	4		0.842		
18:3 undifferentiated.....g	0.076		0	FLC	4		0.075		
18:4.....g	0.000		0	FLC	4		0.000		
20:2 n-6 c,c.....g	0.000		0	FLC	4		0.000		
20:3 undifferentiated.....g	0.000		0	FLC	4		0.000		
20:4 undifferentiated.....g	0.000		0	FLC	4		0.000		
20:5 n-3 (EPA).....g	0.000		0	FLC	4		0.000		
21:5.....g	0.000		0	FLC	4		0.000		
22:4.....g	0.000		0	FLC	4		0.000		
22:5 n-3 (DPA).....g	0.000		0	FLC	4		0.000		
22:6 n-3 (DHA).....g	0.000		0	FLC	4		0.000		
Fatty acids, total trans.....g	0.000		1	LC	8		0.000		
Cholesterol.....mg	0		1	LC	8		0		
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	FLC	4		0.0		
Caffeine.....mg	0		0	FLC	4		0		
Theobromine.....mg	0		0	FLC	4		0		

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

**Common Measures:**

Measure 1 = 98g: 1 bagel

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 18 Baked Products

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**NDB No. 18005**  
**Bagels, cinnamon-raisin**

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	measures of food				
					Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.274		0		4		0.071	0.189	0.288
4:0.....g	0.000		0		4		0.000	0.000	0.000
6:0.....g	0.000		0		4		0.000	0.000	0.000
8:0.....g	0.000		0		4		0.000	0.000	0.000
10:0.....g	0.000		0		4		0.000	0.000	0.000
12:0.....g	0.001		0		4		0.000	0.001	0.001
13:0.....g									
14:0.....g	0.003		0		4		0.001	0.002	0.003
15:0.....g									
16:0.....g	0.251		0		4		0.065	0.173	0.264
17:0.....g									
18:0.....g	0.020		0		4		0.005	0.014	0.021
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.175		0		4		0.046	0.121	0.184
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.014		0		4		0.004	0.010	0.015
17:1.....g									
18:1 undifferentiated.....g	0.161		0		4		0.042	0.111	0.169
20:1.....g	0.000		0		4		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.671		0		4		0.174	0.463	0.705
18:2 undifferentiated.....g	0.632		0		4		0.164	0.436	0.664
18:3 undifferentiated.....g	0.039		0		4		0.010	0.027	0.041
18:4.....g	0.000		0		4		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
20:5 n-3 (EPA).....g	0.000		0		4		0.000	0.000	0.000
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0		4		0.000	0.000	0.000
22:6 n-3 (DHA).....g	0.000		0		4		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0		1		1		0	0	0
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.114		0		4		0.030	0.079	0.120
Threonine.....g	0.285		0		4		0.074	0.197	0.299
Isoleucine.....g	0.367		0		4		0.095	0.253	0.385
Leucine.....g	0.671		0		4		0.174	0.463	0.705
Lysine.....g	0.238		0		4		0.062	0.164	0.250
Methionine.....g	0.179		0		4		0.047	0.124	0.188
Cystine.....g	0.210		0		4		0.055	0.145	0.221
Phenylalanine.....g	0.474		0		4		0.123	0.327	0.498
Tyrosine.....g	0.272		0		4		0.071	0.188	0.286
Valine.....g	0.424		0		4		0.110	0.293	0.445
Arginine.....g	0.378		0		4		0.098	0.261	0.397
Histidine.....g	0.217		0		4		0.056	0.150	0.228
Alanine.....g	0.333		0		4		0.087	0.230	0.350
Aspartic acid.....g	0.479		0		4		0.125	0.331	0.503
Glutamic acid.....g	3.240		0		4		0.842	2.236	3.402
Glycine.....g	0.343		0		4		0.089	0.237	0.360
Proline.....g	1.080		0		4		0.281	0.745	1.134
Serine.....g	0.481		0		4		0.125	0.332	0.505
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	FLA	4		0	0	0

**NDB No. 18005**  
**Bagels, cinnamon-raisin**

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
Theobromine.....mg	0		0	FLA	4		0	0	0

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

**Common Measures:**

- Measure 1 = 26g: 1 mini bagel (2-1/2" dia)
- Measure 2 = 69g: 1 small bagel (3" dia)
- Measure 3 = 105g: 1 medium bagel (3-1/2" to 4" dia)

**Calories Factors: Protein 3.9**

**Fat 8.4**

**Carbohydrate 4**

**Food Group: 18 Baked Products**

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



**NDB No. 18006**  
**Bagels, cinnamon-raisin, toasted**

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common			
	Mean	Std. Error	Number	Source	measures of food			
			of Data Points		Confidence Code	Measure 1	Measure 2	Measure 3
<b>Lipids:</b>								
Fatty acids, total saturated.....g	0.295		0	4		0.071	0.192	0.292
4:0.....g	0.000		0	4		0.000	0.000	0.000
6:0.....g	0.000		0	4		0.000	0.000	0.000
8:0.....g	0.000		0	4		0.000	0.000	0.000
10:0.....g	0.000		0	4		0.000	0.000	0.000
12:0.....g	0.001		0	4		0.000	0.001	0.001
13:0.....g								
14:0.....g	0.003		0	4		0.001	0.002	0.003
15:0.....g								
16:0.....g	0.270		0	4		0.065	0.176	0.267
17:0.....g								
18:0.....g	0.022		0	4		0.005	0.014	0.022
20:0.....g								
22:0.....g								
24:0.....g								
Fatty acids, total monounsaturated.....g	0.188		0	4		0.045	0.122	0.186
14:1.....g								
15:1.....g								
16:1 undifferentiated.....g	0.015		0	4		0.004	0.010	0.015
17:1.....g								
18:1 undifferentiated.....g	0.173		0	4		0.042	0.112	0.171
20:1.....g	0.000		0	4		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0	4		0.000	0.000	0.000
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	0.722		0	4		0.173	0.469	0.715
18:2 undifferentiated.....g	0.680		0	4		0.163	0.442	0.673
18:3 undifferentiated.....g	0.042		0	4		0.010	0.027	0.042
18:4.....g	0.000		0	4		0.000	0.000	0.000
20:2 n-6 c,c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g	0.000		0	4		0.000	0.000	0.000
20:5 n-3 (EPA).....g	0.000		0	4		0.000	0.000	0.000
21:5.....g								
22:4.....g								
22:5 n-3 (DPA).....g	0.000		0	4		0.000	0.000	0.000
22:6 n-3 (DHA).....g	0.000		0	4		0.000	0.000	0.000
Fatty acids, total trans.....g								
Cholesterol.....mg	0		0	4		0	0	0
Phytosterols.....mg								
<b>Amino Acids:</b>								
Tryptophan.....g	0.122		0	4		0.029	0.079	0.121
Threonine.....g	0.306		0	4		0.073	0.199	0.303
Isoleucine.....g	0.395		0	4		0.095	0.257	0.391
Leucine.....g	0.721		0	4		0.173	0.469	0.714
Lysine.....g	0.256		0	4		0.061	0.166	0.253
Methionine.....g	0.193		0	4		0.046	0.125	0.191
Cystine.....g	0.226		0	4		0.054	0.147	0.224
Phenylalanine.....g	0.510		0	4		0.122	0.332	0.505
Tyrosine.....g	0.293		0	4		0.070	0.190	0.290
Valine.....g	0.456		0	4		0.109	0.296	0.451
Arginine.....g	0.406		0	4		0.097	0.264	0.402
Histidine.....g	0.234		0	4		0.056	0.152	0.232
Alanine.....g	0.358		0	4		0.086	0.233	0.354
Aspartic acid.....g	0.516		0	4		0.124	0.335	0.511
Glutamic acid.....g	3.484		0	4		0.836	2.265	3.449
Glycine.....g	0.369		0	4		0.089	0.240	0.365
Proline.....g	1.161		0	4		0.279	0.755	1.149
Serine.....g	0.517		0	4		0.124	0.336	0.512
Hydroxyproline.....g								
<b>Others:</b>								
Alcohol, ethyl.....g	0.0		0	7		0.0	0.0	0.0
Caffeine.....mg	0		0	RA 4		0	0	0

**NDB No. 18006**  
**Bagels, cinnamon-raisin, toasted**

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 Code			
Theobromine.....mg	0		0	RA	4	0	0	0

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

**Common Measures:**

- Measure 1 = 24g: 1 mini bagel (2-1/2" dia)
- Measure 2 = 65g: 1 small bagel (3-1/2" to 4" dia)
- Measure 3 = 99g: 1 medium bagel (4" dia)

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

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



NDB No. 18003

Bagels, egg

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	32.70	0.572	3		1		9.27	8.50	22.56
Energy.....kcal	278		0	NC	4		79	72	192
Energy.....kJ	1163		0		4		330	302	803
Protein (N x 5.7).....g	10.60		1		1		3.01	2.76	7.31
Total lipid (fat).....g	2.10	0.067	4		1		0.60	0.55	1.45
Ash.....g	1.60	0.034	3		1		0.45	0.42	1.10
Carbohydrate, by difference.....g	53.00		0	NC	4		15.03	13.78	36.57
Fiber, total dietary.....g	2.3		0		1		0.7	0.6	1.6
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	13	1.601	3		1		4	3	9
Iron, Fe.....mg	3.98	0.276	3		1		1.13	1.03	2.75
Magnesium, Mg.....mg	25		2		1		7	7	17
Phosphorus, P.....mg	84		2		1		24	22	58
Potassium, K.....mg	68		2		1		19	18	47
Sodium, Na.....mg	505	28.087	3		1		143	131	348
Zinc, Zn.....mg	0.77		2		1		0.22	0.20	0.53
Copper, Cu.....mg	0.090		2		1		0.026	0.023	0.062
Manganese, Mn.....mg	0.410		2		1		0.116	0.107	0.283
Selenium, Se.....µg	30.6		0	FLA	4		8.7	8.0	21.1
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.6		1		1		0.2	0.2	0.4
Thiamin.....mg	0.536	0.020	10		1		0.152	0.139	0.370
Riboflavin.....mg	0.235	0.009	10		1		0.067	0.061	0.162
Niacin.....mg	3.443	0.137	10		1		0.976	0.895	2.376
Pantothenic acid.....mg	0.671	0.015	9		1		0.190	0.174	0.463
Vitamin B-6.....mg	0.087	0.012	9		1		0.025	0.023	0.060
Folate, total.....µg	88		0	FLA	4		25	23	61
Folic acid.....µg	66		0	NC	4		19	17	46
Folate, food.....µg	22	0.474	8		1		6	6	15
Folate, DFE.....µg	134		0	NC	4		38	35	93
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.16	0.011	8		1		0.05	0.04	0.11
Vitamin A, RAE.....µg	33		0	NC	4		9	9	23
Retinol.....µg	33		0	NC	4		9	9	23
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	109		1		1		31	28	75
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									
<b>Lipids:</b>									

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
Fatty acids, total saturated.....g	0.421		0		1	0.119	0.109	0.290
4:0.....g								
6:0.....g								
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	0.003		0		1	0.001	0.001	0.002
15:0.....g								
16:0.....g	0.341		0		1	0.097	0.089	0.235
17:0.....g								
18:0.....g	0.076		0		1	0.022	0.020	0.052
20:0.....g								
22:0.....g								
24:0.....g								
Fatty acids, total monounsaturated.....g	0.420		0		1	0.119	0.109	0.290
14:1.....g								
15:1.....g								
16:1 undifferentiated.....g	0.035		0		1	0.010	0.009	0.024
17:1.....g								
18:1 undifferentiated.....g	0.382		0		1	0.108	0.099	0.264
20:1.....g	0.002		0		1	0.001	0.001	0.001
22:1 undifferentiated.....g	0.000		0		1	0.000	0.000	0.000
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	0.642		0		1	0.182	0.167	0.443
18:2 undifferentiated.....g	0.600		0		1	0.170	0.156	0.414
18:3 undifferentiated.....g	0.026		0		1	0.007	0.007	0.018
18:4.....g								
20:2 n-6 c,c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g	0.012		0		1	0.003	0.003	0.008
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								
22:6 n-3 (DHA).....g	0.003		0		1	0.001	0.001	0.002
Fatty acids, total trans.....g								
Cholesterol.....mg	24		1		1	7	6	17
Phytosterols.....mg								
<b>Amino Acids:</b>								
Tryptophan.....g	0.125		0		1	0.035	0.033	0.086
Threonine.....g	0.306		0		1	0.087	0.080	0.211
Isoleucine.....g	0.411		0		1	0.117	0.107	0.284
Leucine.....g	0.748		0		1	0.212	0.194	0.516
Lysine.....g	0.261		0		1	0.074	0.068	0.180
Methionine.....g	0.190		0		1	0.054	0.049	0.131
Cystine.....g	0.231		0		1	0.065	0.060	0.159
Phenylalanine.....g	0.523		0		1	0.148	0.136	0.361
Tyrosine.....g	0.308		0		1	0.087	0.080	0.213
Valine.....g	0.461		0		1	0.131	0.120	0.318
Arginine.....g	0.394		0		1	0.112	0.102	0.272
Histidine.....g	0.231		0		1	0.065	0.060	0.159
Alanine.....g	0.353		0		1	0.100	0.092	0.244
Aspartic acid.....g	0.481		0		1	0.136	0.125	0.332
Glutamic acid.....g	3.548		0		1	1.006	0.922	2.448
Glycine.....g	0.370		0		1	0.105	0.096	0.255
Proline.....g	1.189		0		1	0.337	0.309	0.820
Serine.....g	0.528		0		1	0.150	0.137	0.364
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. 18003**

**Bagels, egg**

**Common Measures:**

Measure 1 = 28.35g: 1 oz

Measure 2 = 26g: 1 mini bagel (2-1/2" dia)

Measure 3 = 69g: 1 small bagel (3" dia)

**Calories Factors: Protein 4**

**Fat 8.6**

**Carbohydrate 4.1**

**Food Group: 18 Baked Products**

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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	measures of food				
					Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.191		0		4		0.050	0.132	0.201
4:0.....g	0.000		0		4		0.000	0.000	0.000
6:0.....g	0.000		0		4		0.000	0.000	0.000
8:0.....g	0.000		0		4		0.000	0.000	0.000
10:0.....g	0.000		0		4		0.000	0.000	0.000
12:0.....g	0.002		0		4		0.001	0.001	0.002
13:0.....g									
14:0.....g	0.001		0		4		0.000	0.001	0.001
15:0.....g									
16:0.....g	0.170		0		4		0.044	0.117	0.179
17:0.....g									
18:0.....g	0.010		0		4		0.003	0.007	0.011
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.249		0		4		0.065	0.172	0.261
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.007		0		4		0.002	0.005	0.007
17:1.....g									
18:1 undifferentiated.....g	0.242		0		4		0.063	0.167	0.254
20:1.....g	0.000		0		4		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.486		0		4		0.126	0.335	0.510
18:2 undifferentiated.....g	0.465		0		4		0.121	0.321	0.488
18:3 undifferentiated.....g	0.022		0		4		0.006	0.015	0.023
18:4.....g	0.000		0		4		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
20:5 n-3 (EPA).....g	0.000		0		4		0.000	0.000	0.000
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0		4		0.000	0.000	0.000
22:6 n-3 (DHA).....g	0.000		0		4		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0		1		1		0	0	0
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.138		0		4		0.036	0.095	0.145
Threonine.....g	0.301		0		4		0.078	0.208	0.316
Isoleucine.....g	0.406		0		4		0.106	0.280	0.426
Leucine.....g	0.757		0		4		0.197	0.522	0.795
Lysine.....g	0.288		0		4		0.075	0.199	0.302
Methionine.....g	0.188		0		4		0.049	0.130	0.197
Cystine.....g	0.253		0		4		0.066	0.175	0.266
Phenylalanine.....g	0.526		0		4		0.137	0.363	0.552
Tyrosine.....g	0.321		0		4		0.083	0.221	0.337
Valine.....g	0.482		0		4		0.125	0.333	0.506
Arginine.....g	0.460		0		4		0.120	0.317	0.483
Histidine.....g	0.233		0		4		0.061	0.161	0.245
Alanine.....g	0.382		0		4		0.099	0.264	0.401
Aspartic acid.....g	0.561		0		4		0.146	0.387	0.589
Glutamic acid.....g	3.318		0		4		0.863	2.289	3.484
Glycine.....g	0.410		0		4		0.107	0.283	0.431
Proline.....g	1.082		0		4		0.281	0.747	1.136
Serine.....g	0.517		0		4		0.134	0.357	0.543
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	FLA	4		0	0	0

NDB No. 18007

Bagels, oat bran

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 Code
Theobromine.....mg	0		0	FLA	4	0	0	0

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

**Common Measures:**

Measure 1 = 26g: 1 mini bagel (2-1/2" dia)

Measure 2 = 69g: 1 small bagel (3" dia)

Measure 3 = 105g: 1 medium bagel (3-1/2" to 4" dia)

**Calories Factors: Protein 3.5**

**Fat 8.4**

**Carbohydrate 3.9**

**Food Group: 18 Baked Products**

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

NDB No. 18001

Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)

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
<b>Proximates:</b>									
Water.....g	33.81	0.309	12	A	1		33.47	8.79	23.33
Energy.....kcal	264		0	NC	4		261	69	182
Energy.....kJ	1103		0	NC	4		1092	287	761
Protein (N x 6.25).....g	10.56	0.135	12	A	1		10.45	2.75	7.29
Total lipid (fat).....g	1.32	0.099	12	A	1		1.31	0.34	0.91
Ash.....g	1.93	0.160	12	A	1		1.91	0.50	1.33
Carbohydrate, by difference.....g	52.38		0	NC	4		51.86	13.62	36.14
Fiber, total dietary.....g	1.6	0.137	5	A	1		1.6	0.4	1.1
Sugars, total.....g	8.43	0.137	6	A	1		8.35	2.19	5.82
Sucrose.....g	0.00	0.000	6	A	1		0.00	0.00	0.00
Glucose (dextrose).....g	2.34	0.211	6	A	1		2.31	0.61	1.61
Fructose.....g	2.89	0.235	6	A	1		2.86	0.75	2.00
Lactose.....g	0.00	0.000	6	A	1		0.00	0.00	0.00
Maltose.....g	3.20	0.455	6	A	1		3.17	0.83	2.21
Galactose.....g	0.00	0.000	6	A	1		0.00	0.00	0.00
Starch.....g	37.37	0.622	6	A	1		37.00	9.72	25.79
<b>Minerals:</b>									
Calcium, Ca.....mg	219	68.720	12	A	1		217	57	151
Iron, Fe.....mg	3.57	0.091	12	A	1		3.53	0.93	2.46
Magnesium, Mg.....mg	29	1.246	12	A	1		29	8	20
Phosphorus, P.....mg	99	7.510	12	A	1		98	26	68
Potassium, K.....mg	107	4.982	12	A	1		106	28	74
Sodium, Na.....mg	422	7.793	12	A	1		418	110	291
Zinc, Zn.....mg	0.83	0.020	12	A	1		0.82	0.22	0.57
Copper, Cu.....mg	0.128	0.003	12	A	1		0.127	0.033	0.089
Manganese, Mn.....mg	0.539	0.016	12	A	1		0.533	0.140	0.372
Selenium, Se.....µg	21.5	2.806	6	A	1		21.3	5.6	14.8
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0	FLA	4		0.0	0.0	0.0
Thiamin.....mg	0.568	0.066	6	A	1		0.562	0.148	0.392
Riboflavin.....mg	0.344	0.011	6	A	1		0.341	0.090	0.238
Niacin.....mg	4.515	0.141	6	A	1		4.470	1.174	3.115
Pantothenic acid.....mg	0.407	0.005	4	A	1		0.403	0.106	0.281
Vitamin B-6.....mg	0.070	0.002	6	A	1		0.069	0.018	0.048
Folate, total.....µg	106	4.894	6	A	1		104	27	73
Folic acid.....µg	82		0	FLA	4		81	21	56
Folate, food.....µg	24		0	FLA	4		24	6	17
Folate, DFE.....µg	163		0	NC	4		161	42	112
Choline, total.....mg	14.6		0	BFZN	4		14.5	3.8	10.1
Betaine.....mg									
Vitamin B-12.....µg	0.00		0	FLA	4		0.00	0.00	0.00
Vitamin B-12, added.....µg	0.00		0	FLA	4		0.00	0.00	0.00
Vitamin A, RAE.....µg	0		0	FLA	4		0	0	0
Retinol.....µg	0		0	FLA	4		0	0	0
Carotene, beta.....µg	0		0	FLA	4		0	0	0
Carotene, alpha.....µg	0		0	FLA	4		0	0	0
Cryptoxanthin, beta.....µg	0		0	FLA	4		0	0	0
Vitamin A, IU.....IU	0		0	FLA	4		0	0	0
Lycopene.....µg	0		0	FLA	4		0	0	0
Lutein + zeaxanthin.....µg	0		0	FLA	4		0	0	0
Vitamin E (alpha-tocopherol).....mg	7.46		2	A	1		7.38	1.94	5.15
Vitamin E, added.....mg	0.00		0	FLA	4		0.00	0.00	0.00
Tocopherol, beta.....mg	0.06		2	A	1		0.06	0.02	0.04
Tocopherol, gamma.....mg	0.03		2	A	1		0.03	0.01	0.02
Tocopherol, delta.....mg	0.03		2	A	1		0.03	0.01	0.02
Tocotrienol, alpha.....mg	0.00		2	A	1		0.00	0.00	0.00
Tocotrienol, beta.....mg	0.47		2	A	1		0.46	0.12	0.32

NDB No. 18001

Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	0.03		2	A	1		0.03	0.01	0.02
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	0.2	0.031	3	A	1		0.2	0.0	0.1
Dihydrophyloquinone.....µg	0.2	0.000	3	A	1		0.2	0.1	0.1
Menaquinone-4.....µg	0.0	0.000	3	A	1		0.0	0.0	0.0
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.360		0	NC	4		0.356	0.094	0.248
4:0.....g	0.000	0.000	6	A	1		0.000	0.000	0.000
6:0.....g	0.000	0.000	6	A	1		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									
14:0.....g	0.004	0.001	6	A	1		0.004	0.001	0.003
15:0.....g	0.002	0.000	6	A	1		0.002	0.001	0.002
16:0.....g	0.227	0.006	6	A	1		0.224	0.059	0.156
17:0.....g	0.003	0.001	6	A	1		0.003	0.001	0.002
18:0.....g	0.115	0.026	6	A	1		0.114	0.030	0.079
20:0.....g	0.003	0.000	6	A	1		0.003	0.001	0.002
22:0.....g	0.003	0.000	6	A	1		0.003	0.001	0.002
24:0.....g	0.002	0.000	6	A	1		0.002	0.001	0.002
Fatty acids, total monounsaturated.....g	0.197		0	NC	4		0.196	0.051	0.136
14:1.....g	0.000	0.000	6	A	1		0.000	0.000	0.000
15:1.....g	0.000	0.000	6	A	1		0.000	0.000	0.000
16:1 undifferentiated.....g	0.007	0.000	6	AS	1		0.007	0.002	0.005
16:1 c.....g	0.007	0.000	6	A	1		0.007	0.002	0.005
16:1 t.....g	0.000	0.000	6	A	1		0.000	0.000	0.000
17:1.....g	0.000	0.000	6	A	1		0.000	0.000	0.000
18:1 undifferentiated.....g	0.186	0.010	6	AS	1		0.184	0.048	0.128
18:1 c.....g	0.165	0.006	6	A	1		0.163	0.043	0.114
18:1 t.....g	0.021	0.004	6	A	1		0.021	0.005	0.015
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.005	0.000	6	A	1		0.005	0.001	0.003
22:1 undifferentiated.....g	0.000	0.000	6	AS	1		0.000	0.000	0.000
22:1 c.....g	0.000	0.000	6	A	1		0.000	0.000	0.000
22:1 t.....g	0.000	0.000	6	A	1		0.000	0.000	0.000
24:1 c.....g	0.000	0.000	6	A	1		0.000	0.000	0.000
Fatty acids, total polyunsaturated.....g	0.526		0	NC	4		0.521	0.137	0.363
18:2 undifferentiated.....g	0.503	0.011	6	AS	1		0.497	0.131	0.347
18:2 n-6 c,c.....g	0.502	0.011	6	A	1		0.497	0.131	0.346
18:2 CLAs.....g	0.000	0.000	6	A	1		0.000	0.000	0.000
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.000	0.000	6	A	1		0.000	0.000	0.000
18:3 undifferentiated.....g	0.024	0.000	6	AS	1		0.024	0.006	0.016
18:3 n-3 c,c,c (ALA).....g	0.024	0.000	6	A	1		0.024	0.006	0.016
18:3 n-6 c,c,c.....g	0.000	0.000	6	A	1		0.000	0.000	0.000
18:3i.....g	0.000	0.000	6	A	1		0.000	0.000	0.000
18:4.....g	0.000	0.000	6	A	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	6	AS	1		0.000	0.000	0.000
20:3 n-3.....g	0.000	0.000	6	A	1		0.000	0.000	0.000
20:3 n-6.....g	0.000	0.000	6	A	1		0.000	0.000	0.000
20:4 undifferentiated.....g	0.000	0.000	6	A	1		0.000	0.000	0.000
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.000	0.000	6	A	1		0.000	0.000	0.000
21:5.....g									
22:4.....g	0.000	0.000	6	A	1		0.000	0.000	0.000
22:5 n-3 (DPA).....g	0.000	0.000	6	A	1		0.000	0.000	0.000



NDB No. 18001

Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)

Nutrients and 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	Measure 2	Measure 3
			Points	Deriv Code	Code					
22:6 n-3 (DHA).....g	0.000	0.000	6	A	1		0.000	0.000	0.000	
Fatty acids, total trans.....g	0.021		0	NC	4		0.021	0.006	0.015	
Fatty acids, total trans-monoenoic.....g	0.021		0	NC	4		0.021	0.005	0.015	
Fatty acids, total trans-polyenoic.....g	0.000		0	NC	4		0.000	0.000	0.000	
Cholesterol.....mg	0		0	FLA	4		0	0	0	
Phytosterols.....mg										
<b>Others:</b>										
Alcohol, ethyl.....g	0.0		0	FLA	4		0.0	0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	0	
Theobromine.....mg	0		0	FLA	4		0	0	0	

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

**Common Measures:**

Measure 1 = 99g: 1 bagel

Measure 2 = 26g: 1 mini bagel (2-1/2" dia)

Measure 3 = 69g: 1 small bagel (3" dia)

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

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

NDB No. 18406

Bagels, plain, enriched, without calcium propionate (includes onion, poppy, sesame)

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
<b>Proximates:</b>									
Water.....g	32.60	0.572	23		1		9.24	8.48	22.49
Energy.....kcal	275		0	NC	4		78	72	190
Energy.....kJ	1151		0		4		326	299	794
Protein (N x 6.1).....g	10.50	0.180	21		1		2.98	2.73	7.25
Total lipid (fat).....g	1.60	0.089	21		1		0.45	0.42	1.10
Ash.....g	1.80	0.042	17		1		0.51	0.47	1.24
Carbohydrate, by difference.....g	53.40		0		4		15.14	13.88	36.85
Fiber, total dietary.....g	2.3		0	BFZN	4		0.7	0.6	1.6
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	18		0		4		5	5	12
Iron, Fe.....mg	3.56	0.174	22		1		1.01	0.93	2.46
Magnesium, Mg.....mg	29	1.378	17		1		8	8	20
Phosphorus, P.....mg	96	3.526	17		1		27	25	66
Potassium, K.....mg	101	2.267	18		1		29	26	70
Sodium, Na.....mg	534	17.593	22		1		151	139	368
Zinc, Zn.....mg	0.88	0.025	18		1		0.25	0.23	0.61
Copper, Cu.....mg	0.163	0.009	17		1		0.046	0.042	0.112
Manganese, Mn.....mg	0.540	0.020	17		1		0.153	0.140	0.373
Selenium, Se.....µg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0	0.000	3		1		0.0	0.0	0.0
Thiamin.....mg	0.538	0.032	18		1		0.153	0.140	0.371
Riboflavin.....mg	0.315	0.023	18		1		0.089	0.082	0.217
Niacin.....mg	4.562	0.293	18		1		1.293	1.186	3.148
Pantothenic acid.....mg	0.363	0.020	13		1		0.103	0.094	0.250
Vitamin B-6.....mg	0.051	0.004	12		1		0.014	0.013	0.035
Folate, total.....µg	88		0	FLA	4		25	23	61
Folic acid.....µg	66		0	NC	4		19	17	46
Folate, food.....µg	22	1.946	11		1		6	6	15
Folate, DFE.....µg	134		0	NC	4		38	35	93
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		0		4		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									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	0	0.000	3		1		0	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									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									

Bagels, plain, enriched, without calcium propionate (includes onion, poppy, sesame)

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
Fatty acids, total saturated.....g	0.220		0		4		0.062	0.057	0.152
4:0.....g									
6:0.....g									
8:0.....g									
10:0.....g									
12:0.....g	0.000		0		4		0.000	0.000	0.000
13:0.....g									
14:0.....g									
15:0.....g									
16:0.....g	0.207		0		4		0.059	0.054	0.143
17:0.....g									
18:0.....g	0.012		0		4		0.003	0.003	0.008
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.131		0		4		0.037	0.034	0.090
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.014		0		4		0.004	0.004	0.010
17:1.....g									
18:1 undifferentiated.....g	0.117		0		4		0.033	0.030	0.081
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.696		0		4		0.197	0.181	0.480
18:2 undifferentiated.....g	0.660		0		4		0.187	0.172	0.455
18:3 undifferentiated.....g	0.036		0		4		0.010	0.009	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	0.000	4		1		0	0	0
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.124		0		4		0.035	0.032	0.086
Threonine.....g	0.301		0		4		0.085	0.078	0.208
Isoleucine.....g	0.404		0		4		0.115	0.105	0.279
Leucine.....g	0.735		0		4		0.208	0.191	0.507
Lysine.....g	0.251		0		4		0.071	0.065	0.173
Methionine.....g	0.188		0		4		0.053	0.049	0.130
Cystine.....g	0.225		0		4		0.064	0.059	0.155
Phenylalanine.....g	0.519		0		4		0.147	0.135	0.358
Tyrosine.....g	0.301		0		4		0.085	0.078	0.208
Valine.....g	0.456		0		4		0.129	0.119	0.315
Arginine.....g	0.384		0		4		0.109	0.100	0.265
Histidine.....g	0.227		0		4		0.064	0.059	0.157
Alanine.....g	0.347		0		4		0.098	0.090	0.239
Aspartic acid.....g	0.478		0		4		0.136	0.124	0.330
Glutamic acid.....g	3.504		0		4		0.993	0.911	2.418
Glycine.....g	0.373		0		4		0.106	0.097	0.257
Proline.....g	1.180		0		4		0.335	0.307	0.814
Serine.....g	0.508		0		4		0.144	0.132	0.351
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. 18406**

**Bagels, plain, enriched, without calcium propionate (includes onion, poppy, sesame)**

**Common Measures:**

Measure 1 = 28.35g: 1 oz

Measure 2 = 26g: 1 mini bagel (2-1/2" dia)

Measure 3 = 69g: 1 small bagel (3" dia)

**Calories Factors: Protein 4.2**

**Fat 8.4**

**Carbohydrate 4.1**

**Food Group: 18 Baked Products**

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



NDB No. 18002

Bagels, plain, toasted, enriched, with calcium propionate (includes onion, poppy, sesame)

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 Code	Confidence Code	Measure 1	Measure 2	Measure 3
			Points	Code					
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	1.0		2	A	1		0.2	0.7	1.0
Dihydrophyloquinone.....µg	0.2		2	A	1		0.0	0.1	0.1
Menaquinone-4.....µg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.283		0	NC	4		0.068	0.184	0.280
4:0.....g	0.000		2	A	1		0.000	0.000	0.000
6:0.....g	0.000		2	A	1		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	0.000		2	A	1		0.000	0.000	0.000
14:0.....g	0.000		2	A	1		0.000	0.000	0.000
15:0.....g	0.000		2	A	1		0.000	0.000	0.000
16:0.....g	0.213		2	A	1		0.051	0.139	0.211
17:0.....g	0.000		2	A	1		0.000	0.000	0.000
18:0.....g	0.069		2	A	1		0.017	0.045	0.069
20:0.....g	0.000		2	A	1		0.000	0.000	0.000
22:0.....g	0.000		2	A	1		0.000	0.000	0.000
24:0.....g	0.000		2	A	1		0.000	0.000	0.000
Fatty acids, total monounsaturated.....g	0.418		0	NC	4		0.100	0.272	0.414
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	0.004		2	A	1		0.001	0.003	0.004
17:1.....g	0.000		2	A	1		0.000	0.000	0.000
18:1 undifferentiated.....g	0.411		0	AS	1		0.099	0.267	0.407
18:1 c.....g	0.411		2	A	1		0.099	0.267	0.407
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	0.003		2	A	1		0.001	0.002	0.003
22:1 undifferentiated.....g	0.000		2	A	1		0.000	0.000	0.000
24:1 c.....g	0.000		2	A	1		0.000	0.000	0.000
Fatty acids, total polyunsaturated.....g	0.944		0	NC	4		0.227	0.614	0.934
18:2 undifferentiated.....g	0.834		2	A	1		0.200	0.542	0.826
18:3 undifferentiated.....g	0.110		0	AS	1		0.026	0.071	0.109
18:3 n-3 c,c,c (ALA).....g	0.110		2	A	1		0.026	0.071	0.109
18:3 n-6 c,c,c.....g	0.000		2	A	1		0.000	0.000	0.000
18:3i.....g									
18:4.....g	0.000		0	RA	4		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
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.000		2	A	1		0.000	0.000	0.000
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.000		2	A	1		0.000	0.000	0.000
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	RA	4		0.000	0.000	0.000
22:6 n-3 (DHA).....g	0.000		2	A	1		0.000	0.000	0.000
Fatty acids, total trans.....g	0.000		0	NC	4		0.000	0.000	0.000
Cholesterol.....mg	0		0	RA	4		0	0	0
Phytosterols.....mg	0		0	RA	4		0	0	0
<b>Amino Acids:</b>									
Tryptophan.....g	0.138		0	RA	4		0.033	0.090	0.136
Threonine.....g	0.334		0	RA	4		0.080	0.217	0.331
Isoleucine.....g	0.449		0	RA	4		0.108	0.292	0.444
Leucine.....g	0.817		0	RA	4		0.196	0.531	0.809
Lysine.....g	0.279		0	RA	4		0.067	0.181	0.276
Methionine.....g	0.209		0	RA	4		0.050	0.136	0.207
Cystine.....g	0.250		0	RA	4		0.060	0.163	0.248

NDB No. 18002

Bagels, plain, toasted, enriched, with calcium propionate (includes onion, poppy, sesame)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Phenylalanine.....g	0.577		0	RA	4		0.138	0.375	0.571
Tyrosine.....g	0.334		0	RA	4		0.080	0.217	0.331
Valine.....g	0.507		0	RA	4		0.122	0.329	0.502
Arginine.....g	0.427		0	RA	4		0.102	0.277	0.422
Histidine.....g	0.252		0	RA	4		0.061	0.164	0.250
Alanine.....g	0.386		0	RA	4		0.093	0.251	0.382
Aspartic acid.....g	0.531		0	RA	4		0.127	0.345	0.526
Glutamic acid.....g	3.893		0	RA	4		0.934	2.531	3.854
Glycine.....g	0.414		0	RA	4		0.099	0.269	0.410
Proline.....g	1.311		0	RA	4		0.315	0.852	1.298
Serine.....g	0.564		0	RA	4		0.135	0.367	0.559
Hydroxyproline.....g	0.000		2	A	1		0.000	0.000	0.000
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	RA	4		0.0	0.0	0.0
Caffeine.....mg	0		0	RA	4		0	0	0
Theobromine.....mg	0		0	RA	4		0	0	0

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

**Common Measures:**

Measure 1 = 24g: 1 mini bagel (2-1/2" dia)

Measure 2 = 65g: 1 small bagel (3" dia)

Measure 3 = 99g: 1 medium bagel (3-1/2" to 4" dia)

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 18 Baked Products

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

NDB No. 18407

Bagels, plain, unenriched, with calcium propionate (includes onion, poppy, sesame)

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
<b>Proximates:</b>									
Water.....g	32.60	0.572	23		1		9.24	8.48	22.49
Energy.....kcal	275		0	NC	4		78	72	190
Energy.....kJ	1151		0		4		326	299	794
Protein (N x 5.9).....g	10.50	0.180	21		1		2.98	2.73	7.25
Total lipid (fat).....g	1.60	0.089	21		1		0.45	0.42	1.10
Ash.....g	1.80	0.042	17		1		0.51	0.47	1.24
Carbohydrate, by difference.....g	53.40		0		4		15.14	13.88	36.85
Fiber, total dietary.....g	2.3		0	BFZN	4		0.7	0.6	1.6
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	74	5.938	8		1		21	19	51
Iron, Fe.....mg	1.36		0		4		0.39	0.35	0.94
Magnesium, Mg.....mg	29	1.378	17		1		8	8	20
Phosphorus, P.....mg	96	3.526	17		1		27	25	66
Potassium, K.....mg	101	2.267	18		1		29	26	70
Sodium, Na.....mg	534	17.593	22		1		151	139	368
Zinc, Zn.....mg	0.88	0.025	18		1		0.25	0.23	0.61
Copper, Cu.....mg	0.163	0.009	17		1		0.046	0.042	0.112
Manganese, Mn.....mg	0.540	0.020	17		1		0.153	0.140	0.373
Selenium, Se.....µg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0	0.000	3		1		0.0	0.0	0.0
Thiamin.....mg	0.163		0		4		0.046	0.042	0.112
Riboflavin.....mg	0.052		0		4		0.015	0.014	0.036
Niacin.....mg	1.758		0		4		0.498	0.457	1.213
Pantothenic acid.....mg	0.363	0.020	13		1		0.103	0.094	0.250
Vitamin B-6.....mg	0.051	0.004	12		1		0.014	0.013	0.035
Folate, total.....µg	22	1.946	11		1		6	6	15
Folic acid.....µg	0		0	Z	7		0	0	0
Folate, food.....µg	22	1.946	11		1		6	6	15
Folate, DFE.....µg	22		0	NC	4		6	6	15
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		0		4		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									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	0	0.000	3		1		0	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									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									



Bagels, plain, unenriched, with calcium propionate (includes onion, poppy, sesame)

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
Fatty acids, total saturated.....g	0.220		0		4		0.062	0.057	0.152
4:0.....g									
6:0.....g									
8:0.....g									
10:0.....g									
12:0.....g	0.000		0		4		0.000	0.000	0.000
13:0.....g									
14:0.....g									
15:0.....g									
16:0.....g	0.207		0		4		0.059	0.054	0.143
17:0.....g									
18:0.....g	0.012		0		4		0.003	0.003	0.008
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.131		0		4		0.037	0.034	0.090
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.014		0		4		0.004	0.004	0.010
17:1.....g									
18:1 undifferentiated.....g	0.117		0		4		0.033	0.030	0.081
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.696		0		4		0.197	0.181	0.480
18:2 undifferentiated.....g	0.660		0		4		0.187	0.172	0.455
18:3 undifferentiated.....g	0.036		0		4		0.010	0.009	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	0.000	4		1		0	0	0
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.124		0		4		0.035	0.032	0.086
Threonine.....g	0.301		0		4		0.085	0.078	0.208
Isoleucine.....g	0.404		0		4		0.115	0.105	0.279
Leucine.....g	0.735		0		4		0.208	0.191	0.507
Lysine.....g	0.251		0		4		0.071	0.065	0.173
Methionine.....g	0.188		0		4		0.053	0.049	0.130
Cystine.....g	0.225		0		4		0.064	0.059	0.155
Phenylalanine.....g	0.519		0		4		0.147	0.135	0.358
Tyrosine.....g	0.301		0		4		0.085	0.078	0.208
Valine.....g	0.456		0		4		0.129	0.119	0.315
Arginine.....g	0.384		0		4		0.109	0.100	0.265
Histidine.....g	0.227		0		4		0.064	0.059	0.157
Alanine.....g	0.347		0		4		0.098	0.090	0.239
Aspartic acid.....g	0.478		0		4		0.136	0.124	0.330
Glutamic acid.....g	3.504		0		4		0.993	0.911	2.418
Glycine.....g	0.373		0		4		0.106	0.097	0.257
Proline.....g	1.180		0		4		0.335	0.307	0.814
Serine.....g	0.508		0		4		0.144	0.132	0.351
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. 18407**

**Bagels, plain, unenriched, with calcium propionate (includes onion, poppy, sesame)**

**Common Measures:**

Measure 1 = 28.35g: 1 oz

Measure 2 = 26g: 1 mini bagel (2-1/2" dia)

Measure 3 = 69g: 1 small bagel (3" dia)

**Calories Factors: Protein 4**

**Fat 8.4**

**Carbohydrate 4.1**

**Food Group: 18 Baked Products**

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

NDB No. 18408

Bagels, plain, unenriched, w without calcium propionate(includes onion, poppy, sesame)

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
<b>Proximates:</b>									
Water.....g	32.60	0.572	23		1		9.24	8.48	22.49
Energy.....kcal	275		0	NC	4		78	72	190
Energy.....kJ	1151		0		4		326	299	794
Protein (N x 5.9).....g	10.50	0.180	21		1		2.98	2.73	7.25
Total lipid (fat).....g	1.60	0.089	21		1		0.45	0.42	1.10
Ash.....g	1.80	0.042	17		1		0.51	0.47	1.24
Carbohydrate, by difference.....g	53.40		0		4		15.14	13.88	36.85
Fiber, total dietary.....g	2.3		0	BFZN	4		0.7	0.6	1.6
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	18		0		4		5	5	12
Iron, Fe.....mg	1.36		0		4		0.39	0.35	0.94
Magnesium, Mg.....mg	29	1.378	17		1		8	8	20
Phosphorus, P.....mg	96	3.526	17		1		27	25	66
Potassium, K.....mg	101	2.267	18		1		29	26	70
Sodium, Na.....mg	534	17.593	22		1		151	139	368
Zinc, Zn.....mg	0.88	0.025	18		1		0.25	0.23	0.61
Copper, Cu.....mg	0.163	0.009	17		1		0.046	0.042	0.112
Manganese, Mn.....mg	0.540	0.020	17		1		0.153	0.140	0.373
Selenium, Se.....µg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0	0.000	3		1		0.0	0.0	0.0
Thiamin.....mg	0.163		0		4		0.046	0.042	0.112
Riboflavin.....mg	0.052		0		4		0.015	0.014	0.036
Niacin.....mg	1.758		0		4		0.498	0.457	1.213
Pantothenic acid.....mg	0.363	0.020	13		1		0.103	0.094	0.250
Vitamin B-6.....mg	0.051	0.004	12		1		0.014	0.013	0.035
Folate, total.....µg	22	1.946	11		1		6	6	15
Folic acid.....µg	0		0	Z	7		0	0	0
Folate, food.....µg	22	1.946	11		1		6	6	15
Folate, DFE.....µg	22		0	NC	4		6	6	15
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		0		4		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									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	0	0.000	3		1		0	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									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									

Bagels, plain, unenriched, without calcium propionate(includes onion, poppy, sesame)

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
Fatty acids, total saturated.....g	0.220		0		4		0.062	0.057	0.152
4:0.....g									
6:0.....g									
8:0.....g									
10:0.....g									
12:0.....g	0.000		0		4		0.000	0.000	0.000
13:0.....g									
14:0.....g									
15:0.....g									
16:0.....g	0.207		0		4		0.059	0.054	0.143
17:0.....g									
18:0.....g	0.012		0		4		0.003	0.003	0.008
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.131		0		4		0.037	0.034	0.090
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.014		0		4		0.004	0.004	0.010
17:1.....g									
18:1 undifferentiated.....g	0.117		0		4		0.033	0.030	0.081
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.696		0		4		0.197	0.181	0.480
18:2 undifferentiated.....g	0.660		0		4		0.187	0.172	0.455
18:3 undifferentiated.....g	0.036		0		4		0.010	0.009	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	0.000	4		1		0	0	0
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.124		0		4		0.035	0.032	0.086
Threonine.....g	0.301		0		4		0.085	0.078	0.208
Isoleucine.....g	0.404		0		4		0.115	0.105	0.279
Leucine.....g	0.735		0		4		0.208	0.191	0.507
Lysine.....g	0.251		0		4		0.071	0.065	0.173
Methionine.....g	0.188		0		4		0.053	0.049	0.130
Cystine.....g	0.225		0		4		0.064	0.059	0.155
Phenylalanine.....g	0.519		0		4		0.147	0.135	0.358
Tyrosine.....g	0.301		0		4		0.085	0.078	0.208
Valine.....g	0.456		0		4		0.129	0.119	0.315
Arginine.....g	0.384		0		4		0.109	0.100	0.265
Histidine.....g	0.227		0		4		0.064	0.059	0.157
Alanine.....g	0.347		0		4		0.098	0.090	0.239
Aspartic acid.....g	0.478		0		4		0.136	0.124	0.330
Glutamic acid.....g	3.504		0		4		0.993	0.911	2.418
Glycine.....g	0.373		0		4		0.106	0.097	0.257
Proline.....g	1.180		0		4		0.335	0.307	0.814
Serine.....g	0.508		0		4		0.144	0.132	0.351
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. 18408**

**Bagels, plain, unenriched, without calcium propionate(includes onion, poppy, sesame)**

**Common Measures:**

Measure 1 = 28.35g: 1 oz

Measure 2 = 26g: 1 mini bagel (2-1/2" dia)

Measure 3 = 69g: 1 small bagel (3" dia)

**Calories Factors: Protein 4.1**

**Fat 8.8**

**Carbohydrate4**

**Food Group: 18 Baked Products**

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

NDB No. 18017

Biscuits, mixed grain, refrigerated dough

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
<b>Proximates:</b>									
Water.....g	37.80		1		1		10.72	16.63	
Energy.....kcal	263		0	NC	4		75	116	
Energy.....kJ	1100				4		312	484	
Protein (N x 5.7).....g	6.10		1		1		1.73	2.68	
Total lipid (fat).....g	5.60		1		1		1.59	2.46	
Ash.....g	3.10		1		1		0.88	1.36	
Carbohydrate, by difference.....g	47.40		0	NC	4		13.44	20.86	
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	17		1		1		5	7	
Iron, Fe.....mg	2.75		1		1		0.78	1.21	
Magnesium, Mg.....mg	30		0	FLA	4		9	13	
Phosphorus, P.....mg	236		0	FLA	4		67	104	
Potassium, K.....mg	456		1		1		129	201	
Sodium, Na.....mg	670		1		1		190	295	
Zinc, Zn.....mg	0.60		0	FLA	4		0.17	0.26	
Copper, Cu.....mg	0.115		0	FLA	4		0.033	0.051	
Manganese, Mn.....mg	0.659		0	FLA	4		0.187	0.290	
Selenium, Se.....µg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0		1		0.0	0.0	
Thiamin.....mg	0.390		1		1		0.111	0.172	
Riboflavin.....mg	0.210		1		1		0.060	0.092	
Niacin.....mg	3.400		1		1		0.964	1.496	
Pantothenic acid.....mg	0.315		0	FLA	4		0.089	0.139	
Vitamin B-6.....mg	0.065		0	FLA	4		0.018	0.029	
Folate, total.....µg	83		0	FLA	4		24	37	
Folic acid.....µg	71		0	NC	4		20	31	
Folate, food.....µg	12		0		4		3	5	
Folate, DFE.....µg	133		0	NC	4		38	58	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		0		1		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									
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									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									

Biscuits, mixed grain, refrigerated dough

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion 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	1.366		0	FLA	4		0.387	0.601	
4:0.....g	0.000		0	FLA	4		0.000	0.000	
6:0.....g	0.000		0	FLA	4		0.000	0.000	
8:0.....g	0.000		0	FLA	4		0.000	0.000	
10:0.....g	0.000		0	FLA	4		0.000	0.000	
12:0.....g	0.000		0	FLA	4		0.000	0.000	
13:0.....g									
14:0.....g	0.025		0	FLA	4		0.007	0.011	
15:0.....g									
16:0.....g	0.738		0	FLA	4		0.209	0.325	
17:0.....g									
18:0.....g	0.602		0	FLA	4		0.171	0.265	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	2.932		0	FLA	4		0.831	1.290	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0	FLA	4		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	2.931		0	FLA	4		0.831	1.290	
20:1.....g	0.000		0	FLA	4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.880		0	FLA	4		0.249	0.387	
18:2 undifferentiated.....g	0.833		0	FLA	4		0.236	0.367	
18:3 undifferentiated.....g	0.047		0	FLA	4		0.013	0.021	
18:4.....g	0.000		0	FLA	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
20:5 n-3 (EPA).....g	0.000		0	FLA	4		0.000	0.000	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	FLA	4		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0	FLA	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		1		1		0	0	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.076		0		1		0.022	0.033	
Threonine.....g	0.169		0		1		0.048	0.074	
Isoleucine.....g	0.214		0		1		0.061	0.094	
Leucine.....g	0.424		0		1		0.120	0.187	
Lysine.....g	0.143		0		1		0.041	0.063	
Methionine.....g	0.107		0		1		0.030	0.047	
Cystine.....g	0.132		0		1		0.037	0.058	
Phenylalanine.....g	0.305		0		1		0.086	0.134	
Tyrosine.....g	0.182		0		1		0.052	0.080	
Valine.....g	0.251		0		1		0.071	0.110	
Arginine.....g	0.257		0		1		0.073	0.113	
Histidine.....g	0.138		0		1		0.039	0.061	
Alanine.....g	0.204		0		1		0.058	0.090	
Aspartic acid.....g	0.274		0		1		0.078	0.121	
Glutamic acid.....g	2.016		0		1		0.572	0.887	
Glycine.....g	0.227		0		1		0.064	0.100	
Proline.....g	0.695		0		1		0.197	0.306	
Serine.....g	0.304		0		1		0.086	0.134	
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. 18017**

**Biscuits, mixed grain, refrigerated dough**

**Common Measures:**

Measure 1 = 28.35g: 1 oz

Measure 2 = 44g: 1 biscuit (2-1/2" dia)

**Calories Factors: Protein 3.9**

**Fat 8.8**

**Carbohydrate 4**

**Food Group: 18 Baked 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 of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Lipids:</b>									
Fatty acids, total saturated.....g	3.965		0	FLA	4		4.758	4.520	5.075
4:0.....g	0.011		0	FLA	4		0.013	0.013	0.014
6:0.....g	0.003		0	FLA	4		0.004	0.003	0.004
8:0.....g	0.002		0	FLA	4		0.002	0.002	0.003
10:0.....g	0.004		0	FLA	4		0.005	0.005	0.005
12:0.....g	0.004		0	FLA	4		0.005	0.005	0.005
13:0.....g									
14:0.....g	0.096		0	FLA	4		0.115	0.109	0.123
15:0.....g									
16:0.....g	2.040		0	FLA	4		2.448	2.326	2.611
17:0.....g									
18:0.....g	1.793		0	FLA	4		2.152	2.044	2.295
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	8.584		0	FLA	4		10.301	9.786	10.988
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.008		0	FLA	4		0.010	0.009	0.010
17:1.....g									
18:1 undifferentiated.....g	8.572		0	FLA	4		10.286	9.772	10.972
20:1.....g	0.000		0	FLA	4		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.011		0	FLA	4		2.413	2.293	2.574
18:2 undifferentiated.....g	1.907		0	FLA	4		2.288	2.174	2.441
18:3 undifferentiated.....g	0.104		0	FLA	4		0.125	0.119	0.133
18:4.....g	0.000		0	FLA	4		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	0.000
20:5 n-3 (EPA).....g	0.000		0	FLA	4		0.000	0.000	0.000
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	FLA	4		0.000	0.000	0.000
22:6 n-3 (DHA).....g	0.000		0	FLA	4		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	2		0	FLA	4		2	2	3
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.098		0		1		0.118	0.112	0.125
Threonine.....g	0.233		0		1		0.280	0.266	0.298
Isoleucine.....g	0.288		0		1		0.346	0.328	0.369
Leucine.....g	0.562		0		1		0.674	0.641	0.719
Lysine.....g	0.213		0		1		0.256	0.243	0.273
Methionine.....g	0.142		0		1		0.170	0.162	0.182
Cystine.....g	0.164		0		1		0.197	0.187	0.210
Phenylalanine.....g	0.392		0		1		0.470	0.447	0.502
Tyrosine.....g	0.242		0		1		0.290	0.276	0.310
Valine.....g	0.334		0		1		0.401	0.381	0.428
Arginine.....g	0.315		0		1		0.378	0.359	0.403
Histidine.....g	0.177		0		1		0.212	0.202	0.227
Alanine.....g	0.261		0		1		0.313	0.298	0.334
Aspartic acid.....g	0.364		0		1		0.437	0.415	0.466
Glutamic acid.....g	2.567		0		1		3.080	2.926	3.286
Glycine.....g	0.276		0		1		0.331	0.315	0.353
Proline.....g	0.896		0		1		1.075	1.021	1.147
Serine.....g	0.393		0		1		0.472	0.448	0.503
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	FLA	4		0	0	0

NDB No. 18010

Biscuits, plain or buttermilk, dry mix

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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
Theobromine.....mg	0		0	FLA	4		0	0	0

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

Measure 2 = 114g: 1 cup, homemade

Measure 3 = 128g: 1 cup, poured from box

**Calories Factors: Protein 4.1**

**Fat 8.8**

**Carbohydrate 4.1**

**Food Group: 18 Baked Products**

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

NDB No. 18011

Biscuits, plain or buttermilk, dry mix, prepared

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
<b>Proximates:</b>									
Water.....g	28.90		0		1		8.19		
Energy.....kcal	335		0	NC	4		95		
Energy.....kJ	1402				4		397		
Protein.....g	7.30		0		1		2.07		
Total lipid (fat).....g	12.10		0		1		3.43		
Ash.....g	3.30		0		1		0.94		
Carbohydrate, by difference.....g	48.40		0	NC	4		13.72		
Fiber, total dietary.....g	1.8		0		1		0.5		
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	185		0		1		52		
Iron, Fe.....mg	2.05		0		1		0.58		
Magnesium, Mg.....mg	25		0		1		7		
Phosphorus, P.....mg	470		0		1		133		
Potassium, K.....mg	188		0		1		53		
Sodium, Na.....mg	955		0		1		271		
Zinc, Zn.....mg	0.61		0		1		0.17		
Copper, Cu.....mg	0.116		0		1		0.033		
Manganese, Mn.....mg	0.249		0		1		0.071		
Selenium, Se.....µg	6.2		0	RP	4		1.8		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.4		0		4		0.1		
Thiamin.....mg	0.350		0		1		0.099		
Riboflavin.....mg	0.357		0		1		0.101		
Niacin.....mg	3.021		0		1		0.856		
Pantothenic acid.....mg	0.548		0		1		0.155		
Vitamin B-6.....mg	0.068		0		1		0.019		
Folate, total.....µg	52		0	RP	4		15		
Folic acid.....µg	46		0	NC	4		13		
Folate, food.....µg	6		0		1		2		
Folate, DFE.....µg	84		0	NC	4		24		
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.21		0		4		0.06		
Vitamin A, RAE.....µg	26		0	NC	4		7		
Retinol.....µg	25		0	NC	4		7		
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	94		0		4		27		
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									
<b>Lipids:</b>									

NDB No. 18011

Biscuits, plain or buttermilk, dry mix, prepared

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			
Fatty acids, total saturated.....g	2.789		0		1	0.791	
4:0.....g	0.031		0		1	0.009	
6:0.....g	0.018		0		1	0.005	
8:0.....g	0.010		0		1	0.003	
10:0.....g	0.024		0		1	0.007	
12:0.....g	0.027		0		1	0.008	
13:0.....g							
14:0.....g	0.096		0		1	0.027	
15:0.....g							
16:0.....g	1.360		0		1	0.386	
17:0.....g							
18:0.....g	1.221		0		1	0.346	
20:0.....g							
22:0.....g							
24:0.....g							
Fatty acids, total monounsaturated.....g	4.206		0		1	1.192	
14:1.....g							
15:1.....g							
16:1 undifferentiated.....g	0.021		0		1	0.006	
17:1.....g							
18:1 undifferentiated.....g	4.183		0		1	1.186	
20:1.....g							
22:1 undifferentiated.....g							
24:1 c.....g							
Fatty acids, total polyunsaturated.....g	4.305		0		1	1.220	
18:2 undifferentiated.....g	4.045		0		1	1.147	
18:3 undifferentiated.....g	0.260		0		1	0.074	
18:4.....g							
20:2 n-6 c,c.....g							
20:3 undifferentiated.....g							
20:4 undifferentiated.....g	0.000		0		1	0.000	
20:5 n-3 (EPA).....g							
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	4		0		4	1	
Phytosterols.....mg							
<b>Amino Acids:</b>							
Tryptophan.....g	0.091		0		1	0.026	
Threonine.....g	0.234		0		1	0.066	
Isoleucine.....g	0.296		0		1	0.084	
Leucine.....g	0.549		0		1	0.156	
Lysine.....g	0.267		0		1	0.076	
Methionine.....g	0.139		0		1	0.039	
Cystine.....g	0.133		0		1	0.038	
Phenylalanine.....g	0.355		0		1	0.101	
Tyrosine.....g	0.245		0		1	0.069	
Valine.....g	0.339		0		1	0.096	
Arginine.....g	0.281		0		1	0.080	
Histidine.....g	0.167		0		1	0.047	
Alanine.....g	0.239		0		1	0.068	
Aspartic acid.....g	0.373		0		1	0.106	
Glutamic acid.....g	2.172		0		1	0.616	
Glycine.....g	0.232		0		1	0.066	
Proline.....g	0.791		0		1	0.224	
Serine.....g	0.364		0		1	0.103	
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. 18011**

**Biscuits, plain or buttermilk, dry mix, prepared**

**Common Measures:**

Measure 1 = 28.35g: 1 oz

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

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



NDB No. 18009

Biscuits, plain or buttermilk, frozen, baked

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	measures of food				
					Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Lipids:</b>									
Fatty acids, total saturated.....g	1.676		0	FLA	4		0.475	1.290	0.855
4:0.....g	0.001		0	FLA	4		0.000	0.001	0.001
6:0.....g	0.001		0	FLA	4		0.000	0.001	0.000
8:0.....g	0.001		0	FLA	4		0.000	0.001	0.000
10:0.....g	0.001		0	FLA	4		0.000	0.001	0.000
12:0.....g	0.001		0	FLA	4		0.000	0.001	0.001
13:0.....g									
14:0.....g	0.015		0	FLA	4		0.004	0.011	0.008
15:0.....g									
16:0.....g	1.114		0	FLA	4		0.316	0.858	0.568
17:0.....g									
18:0.....g	0.542		0	FLA	4		0.154	0.418	0.277
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	4.647		0	FLA	4		1.317	3.578	2.370
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.044		0	FLA	4		0.012	0.034	0.022
17:1.....g									
18:1 undifferentiated.....g	4.592		0	FLA	4		1.302	3.536	2.342
20:1.....g	0.000		0	FLA	4		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	4.178		0	FLA	4		1.184	3.217	2.131
18:2 undifferentiated.....g	3.881		0	FLA	4		1.100	2.988	1.979
18:3 undifferentiated.....g	0.287		0	FLA	4		0.081	0.221	0.146
18:4.....g	0.000		0	FLA	4		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	0.000
20:5 n-3 (EPA).....g	0.000		0	FLA	4		0.000	0.000	0.000
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	FLA	4		0.000	0.000	0.000
22:6 n-3 (DHA).....g	0.000		0	FLA	4		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	1		0	FLA	4		0	1	1
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.076		0		1		0.022	0.059	0.039
Threonine.....g	0.177		0		1		0.050	0.136	0.090
Isoleucine.....g	0.226		0		1		0.064	0.174	0.115
Leucine.....g	0.436		0		1		0.124	0.336	0.222
Lysine.....g	0.167		0		1		0.047	0.129	0.085
Methionine.....g	0.112		0		1		0.032	0.086	0.057
Cystine.....g	0.123		0		1		0.035	0.095	0.063
Phenylalanine.....g	0.308		0		1		0.087	0.237	0.157
Tyrosine.....g	0.192		0		1		0.054	0.148	0.098
Valine.....g	0.262		0		1		0.074	0.202	0.134
Arginine.....g	0.245		0		1		0.069	0.189	0.125
Histidine.....g	0.139		0		1		0.039	0.107	0.071
Alanine.....g	0.197		0		1		0.056	0.152	0.100
Aspartic acid.....g	0.277		0		1		0.079	0.213	0.141
Glutamic acid.....g	1.979		0		1		0.561	1.524	1.009
Glycine.....g	0.211		0		1		0.060	0.162	0.108
Proline.....g	0.698		0		1		0.198	0.537	0.356
Serine.....g	0.307		0		1		0.087	0.236	0.157
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	FLA	4		0	0	0



NDB No. 18009

Biscuits, plain or buttermilk, frozen, baked

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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
Theobromine.....mg	0		0	FLA	4		0	0	0

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Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 = 77g: 1 large

Measure 3 = 51g: 1 medium

**Calories Factors: Protein 4.1**

**Fat 8.8**

**Carbohydrate 4**

**Food Group: 18 Baked Products**

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

NDB No. 18016

Biscuits, plain or buttermilk, prepared from recipe

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
<b>Proximates:</b>									
Water.....g	28.90		0		1		8.19	29.19	4.05
Energy.....kcal	353		0	NC	4		100	357	49
Energy.....kJ	1477		0	NC	4		419	1492	207
Protein (N x 0).....g	7.00		0		1		1.98	7.07	0.98
Total lipid (fat).....g	16.30		0		1		4.62	16.46	2.28
Ash.....g	3.20		0		1		0.91	3.23	0.45
Carbohydrate, by difference.....g	44.60		0	NC	4		12.64	45.05	6.24
Fiber, total dietary.....g	1.5		0		4		0.4	1.5	0.2
Sugars, total.....g	2.18		0	RA	4		0.62	2.20	0.31
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	235		0		1		67	237	33
Iron, Fe.....mg	2.90		0		1		0.82	2.93	0.41
Magnesium, Mg.....mg	18		0		1		5	18	3
Phosphorus, P.....mg	164		0		1		46	166	23
Potassium, K.....mg	121		0		1		34	122	17
Sodium, Na.....mg	580		0		1		164	586	81
Zinc, Zn.....mg	0.54		0		1		0.15	0.55	0.08
Copper, Cu.....mg	0.082		0		1		0.023	0.083	0.011
Manganese, Mn.....mg	0.378		0		1		0.107	0.382	0.053
Selenium, Se.....µg	19.5		0	RK	4		5.5	19.7	2.7
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.2		0		1		0.1	0.2	0.0
Thiamin.....mg	0.356		0		1		0.101	0.360	0.050
Riboflavin.....mg	0.310		0		1		0.088	0.313	0.043
Niacin.....mg	2.949		0		1		0.836	2.978	0.413
Pantothenic acid.....mg	0.285		0		1		0.081	0.288	0.040
Vitamin B-6.....mg	0.035		0		1		0.010	0.035	0.005
Folate, total.....µg	61		0	RK	4		17	62	9
Folic acid.....µg	49		0	NC	4		14	49	7
Folate, food.....µg	12		0		1		3	12	2
Folate, DFE.....µg	95		0	NC	4		27	96	13
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.08		0		1		0.02	0.08	0.01
Vitamin A, RAE.....µg									
Retinol.....µg									
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	82		0		1		23	83	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									
<b>Lipids:</b>									



NDB No. 18016

Biscuits, plain or buttermilk, prepared from recipe

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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	Measure 1	Measure 2	Measure 3
			of Data Points	Confidence Code			

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Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 = 101g: 1 biscuit (4" dia)

Measure 3 = 14.0g: 1 small (1-1/2" dia)

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

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

NDB No. 18014

Biscuits, plain or buttermilk, refrigerated dough, higher 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
<b>Proximates:</b>									
Water.....g	33.15	0.320	6	A	1		19.23	14.26	131.95
Energy.....kcal	307		0	NC	4		178	132	1222
Energy.....kJ	1285		0	NC	4		745	553	5114
Protein.....g	6.66	0.061	6	A	1		3.86	2.86	26.49
Total lipid (fat).....g	10.58		2	MC	9		6.13	4.55	42.09
Ash.....g	3.30	0.086	6	A	1		1.91	1.42	13.12
Carbohydrate, by difference.....g	46.32		0	NC	4		26.87	19.92	184.36
Fiber, total dietary.....g	0.7	0.000	6	A	1		0.4	0.3	3.0
Sugars, total.....g	7.40	0.216	6	A	1		4.29	3.18	29.46
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	51	4.306	6	A	1		29	22	202
Iron, Fe.....mg	2.48	0.034	6	A	1		1.44	1.07	9.86
Magnesium, Mg.....mg	17	0.307	6	A	1		10	7	67
Phosphorus, P.....mg	470	7.639	6	A	1		273	202	1870
Potassium, K.....mg	162	11.066	5	A	1		94	69	643
Sodium, Na.....mg	977		2	MC	9		567	420	3889
Zinc, Zn.....mg	0.50	0.023	6	A	1		0.29	0.22	2.01
Copper, Cu.....mg	0.090	0.006	6	A	1		0.052	0.039	0.358
Manganese, Mn.....mg	0.438	0.009	6	A	1		0.254	0.188	1.744
Selenium, Se.....µg	8.0		0	FLA	4		4.7	3.5	32.0
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.1		2	MC	9		0.0	0.0	0.2
Thiamin.....mg	0.391	0.006	6	A	1		0.227	0.168	1.557
Riboflavin.....mg	0.290	0.013	6	A	1		0.168	0.125	1.155
Niacin.....mg	3.308	0.088	6	A	1		1.919	1.423	13.167
Pantothenic acid.....mg	0.346	0.038	6	A	1		0.201	0.149	1.378
Vitamin B-6.....mg	0.063	0.004	6	A	1		0.037	0.027	0.251
Folate, total.....µg	57		0	FLA	4		33	25	227
Folic acid.....µg	46		0	FLA	4		27	20	182
Folate, food.....µg	11		0	FLA	4		7	5	45
Folate, DFE.....µg	89		0	NC	4		52	38	354
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.05		0	FLA	4		0.03	0.02	0.21
Vitamin B-12, added.....µg	0.00		0	FLA	4		0.00	0.00	0.00
Vitamin A, RAE (3).....µg	2		0	FLA	4		1	1	9
Retinol (4).....µg	2		0	FLA	4		1	1	8
Carotene, beta.....µg	0		0	FLA	4		0	0	2
Carotene, alpha.....µg	0		0	FLA	4		0	0	0
Cryptoxanthin, beta.....µg	0		0	FLA	4		0	0	0
Vitamin A, IU (1).....IU	8		0	FLA	4		5	3	32
Lycopene.....µg	0		0	FLA	4		0	0	0
Lutein + zeaxanthin.....µg	8		0	FLA	4		4	3	30
Vitamin E (alpha-tocopherol).....mg	0.69	0.044	4	A	1		0.40	0.30	2.74
Vitamin E, added.....mg	0.00		0	FLA	4		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	0.00	0.000	6	A	1		0.00	0.00	0.00
Vitamin D (D2 + D3).....µg									
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg	6.2	0.538	6	A	1		3.6	2.7	24.8

NDB No. 18014

Biscuits, plain or buttermilk, refrigerated dough, higher fat

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
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	2.806		0	NC	4		1.628	1.207	11.168
4:0.....g	0.000		0	FLA	4		0.000	0.000	0.000
6:0.....g	0.000		0	FLA	4		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									
14:0.....g	0.013	0.003	6	A	1		0.008	0.006	0.053
15:0.....g	0.000	0.000	6	A	1		0.000	0.000	0.000
16:0.....g	1.198	0.043	6	A	1		0.695	0.515	4.769
17:0.....g	0.010	0.002	6	A	1		0.006	0.004	0.039
18:0.....g	1.513	0.121	6	A	1		0.878	0.651	6.024
20:0.....g	0.036	0.002	6	A	1		0.021	0.016	0.144
22:0.....g	0.035	0.002	6	A	1		0.020	0.015	0.139
24:0.....g	0.000		0	FLA	4		0.000	0.000	0.000
Fatty acids, total monounsaturated.....g	6.559		0	NC	4		3.804	2.820	26.105
14:1.....g	0.000	0.000	6	A	1		0.000	0.000	0.000
15:1.....g	0.000	0.000	6	A	1		0.000	0.000	0.000
16:1 undifferentiated.....g	0.009	0.002	6	A	1		0.005	0.004	0.036
17:1.....g	0.000	0.000	6	A	1		0.000	0.000	0.000
18:1 undifferentiated.....g	6.525	0.277	6	A	1		3.785	2.806	25.970
20:1.....g	0.025	0.002	6	A	1		0.014	0.011	0.099
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.681		0	NC	4		0.395	0.293	2.710
18:2 undifferentiated.....g	0.645	0.055	6	A	1		0.374	0.277	2.567
18:3 undifferentiated.....g	0.036		0	AS	1		0.021	0.015	0.143
18:3 n-3 c,c,c (ALA).....g	0.036	0.002	6	A	1		0.021	0.015	0.143
18:3 n-6 c,c,c.....g	0.000	0.000	6	A	1		0.000	0.000	0.000
18:3i.....g									
18:4.....g									
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	6	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	6	A	1		0.000	0.000	0.000
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.000		0	FLA	4		0.000	0.000	0.000
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	FLA	4		0.000	0.000	0.000
22:6 n-3 (DHA).....g	0.000		0	FLA	4		0.000	0.000	0.000
Fatty acids, total trans.....g	3.444		0	FLA	4		1.997	1.481	13.707
Cholesterol (2).....mg	1		0	FLA	4		1	0	4
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.064		0	FLA	4		0.037	0.027	0.254
Threonine.....g	0.171		0	FLA	4		0.099	0.074	0.682
Isoleucine.....g	0.215		0	FLA	4		0.125	0.092	0.855
Leucine.....g	0.393		0	FLA	4		0.228	0.169	1.564
Lysine.....g	0.206		0	FLA	4		0.119	0.088	0.819
Methionine.....g	0.095		0	FLA	4		0.055	0.041	0.377
Cystine.....g	0.123		0	FLA	4		0.071	0.053	0.490
Phenylalanine.....g	0.240		0	FLA	4		0.139	0.103	0.953
Tyrosine.....g	0.101		0	FLA	4		0.059	0.044	0.404
Valine.....g	0.256		0	FLA	4		0.149	0.110	1.020
Arginine.....g	0.210		0	FLA	4		0.122	0.090	0.834
Histidine.....g	0.121		0	FLA	4		0.070	0.052	0.481
Alanine.....g	0.172		0	FLA	4		0.100	0.074	0.684
Aspartic acid.....g	0.266		0	FLA	4		0.154	0.114	1.057

NDB No. 18014

Biscuits, plain or buttermilk, refrigerated dough, higher fat

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
Glutamic acid.....g	1.578		0	FLA	4	0.915	0.679	6.280
Glycine.....g	0.177		0	FLA	4	0.102	0.076	0.703
Proline.....g	0.574		0	FLA	4	0.333	0.247	2.283
Serine.....g	0.246		0	FLA	4	0.142	0.106	0.977
Hydroxyproline.....g								
<b>Others:</b>								
Alcohol, ethyl.....g	0.0		0	FLA	4	0.0	0.0	0.0
Caffeine.....mg	0		0	FLA	4	0	0	0
Theobromine.....mg	0		0	FLA	4	0	0	0

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

**Common Measures:**

Measure 1 = 58g: 1 biscuit

Measure 2 = 43g: 1 biscuit

Measure 3 = 398g: 1 package

**Footnotes:**

- 1 value based on product containing buttermilk
- 2 value based on product containing buttermilk
- 3 value based on product containing buttermilk
- 4 value based on product containing buttermilk

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

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

NDB No. 18015

Biscuits, plain or buttermilk, refrigerated dough, higher fat, baked

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
<b>Proximates:</b>									
Water.....g	29.69	0.178	12	A	1		15.14	8.02	8.42
Energy.....kcal	324		0	NC	4		165	88	92
Energy.....kJ	1357		0	NC	4		692	366	385
Protein.....g	6.79	0.066	12	A	1		3.46	1.83	1.93
Total lipid (fat).....g	11.22	0.292	12	A	1		5.72	3.03	3.18
Ash.....g	3.25	0.031	12	A	1		1.66	0.88	0.92
Carbohydrate, by difference.....g	49.05		0	NC	4		25.02	13.24	13.91
Fiber, total dietary.....g	2.8	0.150	6	A	1		1.4	0.8	0.8
Sugars, total.....g	8.19	0.093	6	A	1		4.18	2.21	2.32
Sucrose.....g	3.56	0.161	6	A	1		1.82	0.96	1.01
Glucose (dextrose).....g	2.53	0.087	6	A	1		1.29	0.68	0.72
Fructose.....g	0.71	0.022	6	A	1		0.36	0.19	0.20
Lactose.....g	0.00	0.000	6	A	1		0.00	0.00	0.00
Maltose.....g	1.28	0.088	6	A	1		0.65	0.35	0.36
Galactose.....g	0.10	0.002	6	A	1		0.05	0.03	0.03
Starch.....g	36.36	0.407	6	A	1		18.54	9.82	10.31
<b>Minerals:</b>									
Calcium, Ca.....mg	27	0.650	12	A	1		14	7	8
Iron, Fe.....mg	2.57	0.100	12	A	1		1.31	0.69	0.73
Magnesium, Mg.....mg	18	0.247	12	A	1		9	5	5
Phosphorus, P.....mg	446	4.446	12	A	1		227	120	126
Potassium, K.....mg	152	10.644	12	A	1		77	41	43
Sodium, Na.....mg	1002	20.365	12	A	1		511	271	284
Zinc, Zn.....mg	0.41	0.008	12	A	1		0.21	0.11	0.12
Copper, Cu.....mg	0.086	0.002	12	A	1		0.044	0.023	0.024
Manganese, Mn.....mg	0.490	0.010	12	A	1		0.250	0.132	0.139
Selenium, Se.....µg	13.6	0.749	6	A	1		6.9	3.7	3.9
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0	FLA	4		0.0	0.0	0.0
Thiamin.....mg	0.447	0.020	6	A	1		0.228	0.121	0.127
Riboflavin.....mg	0.299	0.015	6	A	1		0.152	0.081	0.085
Niacin.....mg	3.684	0.233	6	A	1		1.879	0.995	1.044
Pantothenic acid.....mg	0.382	0.010	4	A	1		0.195	0.103	0.108
Vitamin B-6.....mg	0.046	0.002	6	A	1		0.024	0.013	0.013
Folate, total.....µg	63	2.747	6	A	1		32	17	18
Folic acid.....µg	53		0	FLA	4		27	14	15
Folate, food.....µg	10		0	FLA	4		5	3	3
Folate, DFE.....µg	100		0	NC	4		51	27	28
Choline, total.....mg	19.8		0	BFZN	4		10.1	5.4	5.6
Betaine.....mg									
Vitamin B-12.....µg	0.00		0	FLA	4		0.00	0.00	0.00
Vitamin B-12, added.....µg	0.00		0	FLA	4		0.00	0.00	0.00
Vitamin A, RAE (3).....µg	0		0	AS	1		0	0	0
Retinol (2).....µg	0		2	A	1		0	0	0
Carotene, beta.....µg	0		0	FLA	4		0	0	0
Carotene, alpha.....µg	0		0	FLA	4		0	0	0
Cryptoxanthin, beta.....µg	0		0	FLA	4		0	0	0
Vitamin A, IU (1).....IU	2		0	AS	1		1	0	0
Lycopene.....µg	0		0	FLA	4		0	0	0
Lutein + zeaxanthin.....µg	8		0	FLA	4		4	2	2
Vitamin E (alpha-tocopherol).....mg	0.67		2	A	1		0.34	0.18	0.19
Vitamin E, added.....mg	0.00		0	FLA	4		0.00	0.00	0.00
Tocopherol, beta.....mg	0.10		2	A	1		0.05	0.03	0.03
Tocopherol, gamma.....mg	3.70		2	A	1		1.89	1.00	1.05
Tocopherol, delta.....mg	1.45		2	A	1		0.74	0.39	0.41
Tocotrienol, alpha.....mg	0.04		2	A	1		0.02	0.01	0.01
Tocotrienol, beta.....mg	0.15		2	A	1		0.08	0.04	0.04



NDB No. 18015

Biscuits, plain or buttermilk, refrigerated dough, higher fat, baked

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Tocotrienol, gamma.....mg	0.15		2	A	1		0.08	0.04	0.04
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	9.5	0.064	3	A	1		4.8	2.6	2.7
Dihydrophyloquinone.....µg	3.8	0.032	3	A	1		2.0	1.0	1.1
Menaquinone-4.....µg	0.0	0.000	3	A	1		0.0	0.0	0.0
<b>Lipids:</b>									
Fatty acids, total saturated.....g	5.514		0	NC	4		2.812	1.489	1.563
4:0.....g	0.000	0.000	6	A	1		0.000	0.000	0.000
6:0.....g	0.000	0.000	6	A	1		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	0.006	0.001	6	A	1		0.003	0.002	0.002
12:0.....g	0.008	0.002	6	A	1		0.004	0.002	0.002
13:0.....g									
14:0.....g	0.049	0.007	6	A	1		0.025	0.013	0.014
15:0.....g	0.007	0.000	6	A	1		0.003	0.002	0.002
16:0.....g	2.594	0.302	6	A	1		1.323	0.700	0.736
17:0.....g	0.015	0.001	6	A	1		0.008	0.004	0.004
18:0.....g	2.753	0.105	6	A	1		1.404	0.743	0.780
20:0.....g	0.042	0.002	6	A	1		0.021	0.011	0.012
22:0.....g	0.028	0.002	6	A	1		0.014	0.007	0.008
24:0.....g	0.013	0.001	6	A	1		0.007	0.003	0.004
Fatty acids, total monounsaturated.....g	2.309		0	NC	4		1.178	0.623	0.655
14:1.....g	0.000	0.000	6	A	1		0.000	0.000	0.000
15:1.....g	0.000	0.000	6	A	1		0.000	0.000	0.000
16:1 undifferentiated.....g	0.007	0.001	6	AS	1		0.004	0.002	0.002
16:1 c.....g	0.007	0.001	6	A	1		0.004	0.002	0.002
16:1 t.....g	0.000	0.000	6	A	1		0.000	0.000	0.000
17:1.....g	0.003	0.000	6	A	1		0.002	0.001	0.001
18:1 undifferentiated.....g	2.282	0.295	6	AS	1		1.164	0.616	0.647
18:1 c.....g	2.089	0.195	6	A	1		1.065	0.564	0.592
18:1 t.....g	0.193	0.111	6	A	1		0.098	0.052	0.055
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.017	0.001	6	A	1		0.009	0.005	0.005
22:1 undifferentiated.....g	0.000	0.000	6	AS	1		0.000	0.000	0.000
22:1 c.....g	0.000	0.000	6	A	1		0.000	0.000	0.000
22:1 t.....g	0.000	0.000	6	A	1		0.000	0.000	0.000
24:1 c.....g	0.000	0.000	6	A	1		0.000	0.000	0.000
Fatty acids, total polyunsaturated.....g	2.688		0	NC	4		1.371	0.726	0.762
18:2 undifferentiated.....g	2.412	0.041	6	AS	1		1.230	0.651	0.684
18:2 n-6 c,c.....g	2.375	0.025	6	A	1		1.211	0.641	0.673
18:2 CLAs.....g	0.005	0.001	6	A	1		0.003	0.001	0.001
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.032	0.018	6	A	1		0.016	0.009	0.009
18:3 undifferentiated.....g	0.271	0.001	6	AS	1		0.138	0.073	0.077
18:3 n-3 c,c,c (ALA).....g	0.263	0.002	6	A	1		0.134	0.071	0.074
18:3 n-6 c,c,c.....g	0.008	0.001	6	A	1		0.004	0.002	0.002
18:3i.....g	0.000	0.000	6	A	1		0.000	0.000	0.000
18:4.....g	0.000	0.000	6	A	1		0.000	0.000	0.000
20:2 n-6 c,c.....g	0.001	0.000	6	A	1		0.001	0.000	0.000
20:3 undifferentiated.....g	0.000	0.000	6	AS	1		0.000	0.000	0.000
20:3 n-3.....g	0.000	0.000	6	A	1		0.000	0.000	0.000
20:3 n-6.....g	0.000	0.000	6	A	1		0.000	0.000	0.000
20:4 undifferentiated.....g	0.004	0.000	6	A	1		0.002	0.001	0.001
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.000	0.000	6	A	1		0.000	0.000	0.000
21:5.....g									
22:4.....g	0.000	0.000	6	A	1		0.000	0.000	0.000
22:5 n-3 (DPA).....g	0.000	0.000	6	A	1		0.000	0.000	0.000

NDB No. 18015

Biscuits, plain or buttermilk, refrigerated dough, higher fat, baked

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points			Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			Points	Deriv Code	Code					
22:6 n-3 (DHA).....g	0.000	0.000	6	A	1		0.000	0.000	0.000	
Fatty acids, total trans.....g	0.224		0	NC	4		0.114	0.061	0.064	
Fatty acids, total trans-monoenoic.....g	0.193		0	NC	4		0.098	0.052	0.055	
Fatty acids, total trans-polyenoic.....g	0.032		0	NC	4		0.016	0.009	0.009	
Cholesterol (4).....mg	0		0	FLA	4		0	0	0	
Phytosterols.....mg										
<b>Others:</b>										
Alcohol, ethyl.....g	0.0		0	FLA	4		0.0	0.0	0.0	
Caffeine.....mg	0		0	FLA	4		0	0	0	
Theobromine.....mg	0		0	FLA	4		0	0	0	

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

**Common Measures:**

Measure 1 = 51g: 1 biscuit

Measure 2 = 27g: 1 biscuit (2-1/2" dia)

Measure 3 = 28.35g: 1 oz

**Footnotes:**

- 1 value based on product containing buttermilk
- 2 value based on product containing buttermilk
- 3 value based on product containing buttermilk
- 4 value based on product containing buttermilk

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

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



NDB No. 18012

Biscuits, plain or buttermilk, refrigerated dough, lower fat

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Lipids:</b>									
Fatty acids, total saturated.....g	3.140		0	NC	4		1.821	0.890	
4:0.....g	0.000		0		4		0.000	0.000	
6:0.....g	0.000		0		4		0.000	0.000	
8:0.....g	0.000		0		4		0.000	0.000	
10:0.....g	0.000		0		4		0.000	0.000	
12:0.....g	0.000		0		4		0.000	0.000	
13:0.....g									
14:0.....g	0.056		0		4		0.033	0.016	
15:0.....g									
16:0.....g	1.681		0		4		0.975	0.477	
17:0.....g									
18:0.....g	1.402		0		4		0.813	0.398	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	2.405		0	NC	4		1.395	0.682	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	2.405		0		4		1.395	0.682	
20:1.....g	0.000		0		4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.671		0	NC	4		0.389	0.190	
18:2 undifferentiated.....g	0.637		0		4		0.369	0.181	
18:3 undifferentiated.....g	0.034		0		4		0.020	0.010	
18:4.....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	
20:5 n-3 (EPA).....g	0.000		0		4		0.000	0.000	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0		4		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		2	MC	9		0	0	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.082		0		1		0.048	0.023	
Threonine.....g	0.182		0		1		0.106	0.052	
Isoleucine.....g	0.231		0		1		0.134	0.065	
Leucine.....g	0.461		0		1		0.267	0.131	
Lysine.....g	0.148		0		1		0.086	0.042	
Methionine.....g	0.118		0		1		0.068	0.033	
Cystine.....g	0.142		0		1		0.082	0.040	
Phenylalanine.....g	0.337		0		1		0.195	0.096	
Tyrosine.....g	0.202		0		1		0.117	0.057	
Valine.....g	0.269		0		1		0.156	0.076	
Arginine.....g	0.270		0		1		0.157	0.077	
Histidine.....g	0.149		0		1		0.086	0.042	
Alanine.....g	0.215		0		1		0.125	0.061	
Aspartic acid.....g	0.282		0		1		0.164	0.080	
Glutamic acid.....g	2.251		0		1		1.306	0.638	
Glycine.....g	0.240		0		1		0.139	0.068	
Proline.....g	0.775		0		1		0.450	0.220	
Serine.....g	0.333		0		1		0.193	0.094	
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	FLA	4		0.0	0.0	
Caffeine.....mg	0		0	FLA	4		0	0	

NDB No. 18012

Biscuits, plain or buttermilk, refrigerated dough, lower fat

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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				
Theobromine.....mg	0		0	FLA	4		0		0

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

**Common Measures:**

Measure 1 = 58g: 1 serving 1 biscuit

Measure 2 = 28.35g: 1 oz

**Calories Factors: Protein 4**

**Fat 8.8**

**Carbohydrate 4**

**Food Group:** 18 Baked Products

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



NDB No. 18013

Biscuits, plain or buttermilk, refrigerated dough, lower fat, baked

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	measures of food			
					Source Code	Confidence Code	Measure 1	Measure 2
<b>Lipids:</b>								
Fatty acids, total saturated.....g	1.294		0		1		0.367	0.272
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	0.024		0		1		0.007	0.005
15:0.....g								
16:0.....g	0.693		0		1		0.196	0.146
17:0.....g								
18:0.....g	0.578		0		1		0.164	0.121
20:0.....g								
22:0.....g								
24:0.....g								
Fatty acids, total monounsaturated.....g	2.797		0		1		0.793	0.587
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	2.797		0		1		0.793	0.587
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	0.780		0		1		0.221	0.164
18:2 undifferentiated.....g	0.740		0		1		0.210	0.155
18:3 undifferentiated.....g	0.040		0		1		0.011	0.008
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		1		0	0
Phytosterols.....mg								
<b>Amino Acids:</b>								
Tryptophan.....g	0.095		0		1		0.027	0.020
Threonine.....g	0.211		0		1		0.060	0.044
Isoleucine.....g	0.269		0		1		0.076	0.056
Leucine.....g	0.536		0		1		0.152	0.113
Lysine.....g	0.172		0		1		0.049	0.036
Methionine.....g	0.138		0		1		0.039	0.029
Cystine.....g	0.165		0		1		0.047	0.035
Phenylalanine.....g	0.391		0		1		0.111	0.082
Tyrosine.....g	0.235		0		1		0.067	0.049
Valine.....g	0.312		0		1		0.088	0.066
Arginine.....g	0.314		0		1		0.089	0.066
Histidine.....g	0.173		0		1		0.049	0.036
Alanine.....g	0.250		0		1		0.071	0.053
Aspartic acid.....g	0.327		0		1		0.093	0.069
Glutamic acid.....g	2.618		0		1		0.742	0.550
Glycine.....g	0.280		0		1		0.079	0.059
Proline.....g	0.902		0		1		0.256	0.189
Serine.....g	0.387		0		1		0.110	0.081
Hydroxyproline.....g								
<b>Others:</b>								
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0
Caffeine.....mg	0		0	RK	4		0	0

NDB No. 18013

Biscuits, plain or buttermilk, refrigerated dough, lower fat, baked

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			
Theobromine.....mg	0		0	RK	4	0	0

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

**Common Measures:**

Measure 1 = 28.35g: 1 oz

Measure 2 = 21g: 1 biscuit (2-1/4" dia)

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

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



NDB No. 18079

Bread crumbs, dry, grated, plain

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	6.51	0.154	6	A	1		1.84	7.03	
Energy.....kcal	395		0	NC	4		112	427	
Energy.....kJ	1653		0	NC	4		469	1785	
Protein (N x 5.7).....g	13.35	0.707	6	A	1		3.79	14.42	
Total lipid (fat).....g	5.30	0.106	6	A	1		1.50	5.72	
Ash.....g	2.87	0.023	6	A	1		0.81	3.10	
Carbohydrate, by difference.....g	71.98		0	NC	4		20.41	77.74	
Fiber, total dietary.....g	4.5	0.086	6	A	1		1.3	4.8	
Sugars, total.....g	6.20	0.137	6	A	1		1.76	6.70	
Sucrose.....g	0.00	0.000	6	A	1		0.00	0.00	
Glucose (dextrose).....g	1.82	0.074	6	A	1		0.52	1.97	
Fructose.....g	2.46	0.071	6	A	1		0.70	2.66	
Lactose.....g	0.00	0.000	6	A	1		0.00	0.00	
Maltose.....g	1.92	0.056	6	A	1		0.54	2.07	
Galactose.....g	0.00	0.000	6	A	1		0.00	0.00	
Starch.....g	59.66	0.470	6	A	1		16.91	64.43	
<b>Minerals:</b>									
Calcium, Ca.....mg	183	2.941	6	A	1		52	198	
Iron, Fe.....mg	4.83	0.153	6	A	1		1.37	5.21	
Magnesium, Mg.....mg	43	0.254	6	A	1		12	47	
Phosphorus, P.....mg	165	1.069	6	A	1		47	178	
Potassium, K.....mg	196	2.150	6	A	1		56	212	
Sodium, Na.....mg	732	3.891	6	A	1		207	790	
Zinc, Zn.....mg	1.45	0.020	6	A	1		0.41	1.56	
Copper, Cu.....mg	0.255	0.013	6	A	1		0.072	0.275	
Manganese, Mn.....mg	0.919	0.007	6	A	1		0.261	0.993	
Selenium, Se.....µg	25.2	0.305	3	A	1		7.1	27.2	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0		4		0.0	0.0	
Thiamin.....mg	0.967	0.052	6	A	1		0.274	1.045	
Riboflavin.....mg	0.403	0.011	6	A	1		0.114	0.435	
Niacin.....mg	6.634	0.109	6	A	1		1.881	7.165	
Pantothenic acid.....mg	0.552	0.010	3	A	1		0.157	0.596	
Vitamin B-6.....mg	0.121	0.003	3	A	1		0.034	0.131	
Folate, total.....µg	107	3.765	6	A	1		30	115	
Folic acid.....µg	82		0	O	4		23	89	
Folate, food.....µg	25		0		4		7	27	
Folate, DFE.....µg	164		0	NC	4		47	178	
Choline, total.....mg	14.6		0	BFZN	4		4.1	15.8	
Betaine.....mg									
Vitamin B-12.....µg	0.35		1	A	1		0.10	0.38	
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	3	A	1		0	0	
Carotene, alpha.....µg	0	0.000	3	A	1		0	0	
Cryptoxanthin, beta.....µg	0	0.000	3	A	1		0	0	
Vitamin A, IU.....IU	0		0	AS	1		0	0	
Lycopene.....µg	0	0.000	3	A	1		0	0	
Lutein + zeaxanthin.....µg	0		0		4		0	0	
Vitamin E (alpha-tocopherol).....mg	0.08	0.003	3	A	1		0.02	0.08	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg	0.04	0.003	3	A	1		0.01	0.04	
Tocopherol, gamma.....mg	0.76	0.052	3	A	1		0.22	0.82	
Tocopherol, delta.....mg	0.18	0.087	3	A	1		0.05	0.20	
Tocotrienol, alpha.....mg	0.01	0.007	3	A	1		0.00	0.01	
Tocotrienol, beta.....mg	0.00	0.000	3	A	1		0.00	0.00	

NDB No. 18079

Bread crumbs, dry, grated, plain

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	1.04	0.136	3	A	1		0.29	1.12	
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	6.6		1	A	1		1.9	7.1	
Dihydrophyloquinone.....µg	1.1		1	A	1		0.3	1.2	
Menaquinone-4.....µg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	1.203		0	NC	4		0.341	1.299	
4:0.....g	0.000	0.000	3	A	1		0.000	0.000	
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	0.000	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									
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	0.674	0.031	3	A	1		0.191	0.727	
17:0.....g	0.000	0.000	3	A	1		0.000	0.000	
18:0.....g	0.529	0.027	3	A	1		0.150	0.572	
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	1.023		0	NC	4		0.290	1.104	
14:1.....g	0.000	0.000	3	A	1		0.000	0.000	
15:1.....g									
16:1 undifferentiated.....g	0.000	0.000	3	A	1		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	1.023	0.089	3	A	1		0.290	1.104	
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									
Fatty acids, total polyunsaturated.....g	2.060		0	NC	4		0.584	2.224	
18:2 undifferentiated.....g	1.874	0.144	3	A	1		0.531	2.024	
18:3 undifferentiated.....g	0.186	0.018	3	A	1		0.053	0.201	
18:4.....g	0.000	0.000	3	A	1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
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		1	A	1		0	0	
Phytosterols.....mg	8		0	FLC	4		2	9	
<b>Amino Acids:</b>									
Tryptophan.....g	0.162		0	FLC	4		0.046	0.175	
Threonine.....g	0.427		0	FLC	4		0.121	0.462	
Isoleucine.....g	0.544		0	FLC	4		0.154	0.587	
Leucine.....g	0.963		0	FLC	4		0.273	1.041	
Lysine.....g	0.430		0	FLC	4		0.122	0.464	
Methionine.....g	0.232		0	FLC	4		0.066	0.250	
Cystine.....g	0.278		0	FLC	4		0.079	0.300	
Phenylalanine.....g	0.655		0	FLC	4		0.186	0.707	
Tyrosine.....g	0.398		0	FLC	4		0.113	0.430	
Valine.....g	0.600		0	FLC	4		0.170	0.648	
Arginine.....g	0.552		0	FLC	4		0.157	0.597	
Histidine.....g	0.296		0	FLC	4		0.084	0.320	
Alanine.....g	0.483		0	FLC	4		0.137	0.521	

NDB No. 18079

Bread crumbs, dry, grated, plain

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 Code			
Aspartic acid.....g	0.766		0	FLC	4	0.217	0.827	
Glutamic acid.....g	4.123		0	FLC	4	1.169	4.453	
Glycine.....g	0.488		0	FLC	4	0.138	0.527	
Proline.....g	1.366		0	FLC	4	0.387	1.475	
Serine.....g	0.662		0	FLC	4	0.188	0.715	
Hydroxyproline.....g								
<b>Others:</b>								
Alcohol, ethyl.....g	0.0		0	FLC	4	0.0	0.0	
Caffeine.....mg	0		0	FLC	4	0	0	
Theobromine.....mg	0		0	FLC	4	0	0	

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

**Common Measures:**

Measure 1 = 28.35g: 1 oz

Measure 2 = 108g: 1 cup

**Calories Factors: Protein 4**

**Fat 8.8**

**Carbohydrate 4.1**

**Food Group: 18 Baked Products**

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

NDB No. 18376

Bread crumbs, dry, grated, seasoned

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
<b>Proximates:</b>									
Water.....g	6.35	0.144	6	A	1		1.80	7.62	
Energy.....kcal	383		0	NC	4		109	460	
Energy.....kJ	1604		0	NC	4		455	1925	
Protein (N x 5.8).....g	14.13	0.187	3	A	1		4.01	16.96	
Total lipid (fat).....g	5.48	0.131	6	A	1		1.55	6.57	
Ash.....g	5.55	0.114	5	A	1		1.57	6.66	
Carbohydrate, by difference.....g	68.49		0	NC	4		19.42	82.18	
Fiber, total dietary.....g	4.9	0.039	3	A	1		1.4	5.9	
Sugars, total.....g	5.74	0.286	3	A	1		1.63	6.89	
Sucrose.....g	0.00	0.000	6	A	1		0.00	0.00	
Glucose (dextrose).....g	1.72	0.029	6	A	1		0.49	2.06	
Fructose.....g	1.98	0.091	6	A	1		0.56	2.38	
Lactose.....g	0.00	0.000	6	A	1		0.00	0.00	
Maltose.....g	2.04	0.121	6	A	1		0.58	2.45	
Galactose.....g	0.00	0.000	6	A	1		0.00	0.00	
Starch.....g	54.92	0.589	6	A	1		15.57	65.90	
<b>Minerals:</b>									
Calcium, Ca.....mg	182	5.329	6	A	1		52	218	
Iron, Fe.....mg	4.92	0.127	6	A	1		1.39	5.90	
Magnesium, Mg.....mg	46	0.239	6	A	1		13	55	
Phosphorus, P.....mg	177	2.922	6	A	1		50	213	
Potassium, K.....mg	231	5.897	6	A	1		65	277	
Sodium, Na.....mg	1336		0	LC	8		379	1604	
Zinc, Zn.....mg	1.43	0.033	6	A	1		0.41	1.72	
Copper, Cu.....mg	0.244	0.012	6	A	1		0.069	0.293	
Manganese, Mn.....mg	0.984	0.007	6	A	1		0.279	1.181	
Selenium, Se.....µg	24.7	1.338	3	A	1		7.0	29.7	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	2.7	0.272	3	A	1		0.8	3.2	
Thiamin.....mg	0.961	0.080	6	A	1		0.273	1.154	
Riboflavin.....mg	0.415	0.011	6	A	1		0.118	0.498	
Niacin.....mg	6.161	0.236	6	A	1		1.747	7.393	
Pantothenic acid.....mg	0.623	0.048	3	A	1		0.177	0.748	
Vitamin B-6.....mg	0.171	0.018	3	A	1		0.048	0.205	
Folate, total.....µg	119	2.672	6	A	1		34	143	
Folic acid.....µg	91		0	NR	4		26	109	
Folate, food.....µg	28		0	NC	4		8	34	
Folate, DFE.....µg	183		0	NC	4		52	219	
Choline, total.....mg	14.6		0	BFZN	4		4.1	17.5	
Betaine.....mg									
Vitamin B-12.....µg	0.35		0	BFZN	4		0.10	0.42	
Vitamin B-12, added.....µg	0.00		0	BFZN	4		0.00	0.00	
Vitamin A, RAE.....µg	10		0	AS	1		3	12	
Retinol.....µg	0		0	BFZN	4		0	0	
Carotene, beta.....µg	116		2	A	1		33	139	
Carotene, alpha.....µg	0	0.000	3	A	1		0	0	
Cryptoxanthin, beta.....µg	0	0.000	3	A	1		0	0	
Vitamin A, IU.....IU	193		0	AS	1		55	232	
Lycopene.....µg	0	0.000	3	A	1		0	0	
Lutein + zeaxanthin.....µg	0		0	BFZN	4		0	0	
Vitamin E (alpha-tocopherol).....mg	0.26	0.054	3	A	1		0.07	0.31	
Vitamin E, added.....mg	0.00		0	BFZN	4		0.00	0.00	
Tocopherol, beta.....mg	0.05	0.007	3	A	1		0.01	0.06	
Tocopherol, gamma.....mg	0.85	0.041	3	A	1		0.24	1.02	
Tocopherol, delta.....mg	0.25	0.003	3	A	1		0.07	0.30	
Tocotrienol, alpha.....mg	0.01	0.013	3	A	1		0.00	0.02	
Tocotrienol, beta.....mg	0.00	0.000	3	A	1		0.00	0.00	

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	0.87	0.093	3	A	1		0.25	1.05	
Tocotrienol, delta.....mg	0.00	0.000	3	A	1		0.00	0.00	
Vitamin D (D2 + D3).....µg	0.0		0	BFZN	4		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	46.0		1	A	1		13.0	55.2	
Dihydrophyloquinone.....µg	0.0		1	A	1		0.0	0.0	
Menaquinone-4.....µg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	1.391		0	NC	4		0.394	1.669	
4:0.....g	0.000	0.000	3	A	1		0.000	0.000	
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	0.000	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									
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	0.782	0.007	3	A	1		0.222	0.938	
17:0.....g	0.000	0.000	3	A	1		0.000	0.000	
18:0.....g	0.609	0.029	3	A	1		0.173	0.730	
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	1.168		0	NC	4		0.331	1.401	
14:1.....g	0.000	0.000	3	A	1		0.000	0.000	
15:1.....g									
16:1 undifferentiated.....g	0.000	0.000	3	A	1		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	1.168	0.022	3	A	1		0.331	1.401	
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									
Fatty acids, total polyunsaturated.....g	2.300		0	NC	4		0.652	2.760	
18:2 undifferentiated.....g	2.084	0.030	3	A	1		0.591	2.501	
18:3 undifferentiated.....g	0.216	0.005	3	A	1		0.061	0.259	
18:4.....g	0.000	0.000	3	A	1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
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	1		0	FLA	4		0	1	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.171		0		1		0.048	0.205	
Threonine.....g	0.424		0		1		0.120	0.509	
Isoleucine.....g	0.586		0		1		0.166	0.703	
Leucine.....g	1.007		0		1		0.285	1.208	
Lysine.....g	0.446		0		1		0.126	0.535	
Methionine.....g	0.233		0		1		0.066	0.280	
Cystine.....g	0.235		0		1		0.067	0.282	
Phenylalanine.....g	0.703		0		1		0.199	0.844	
Tyrosine.....g	0.360		0		1		0.102	0.432	
Valine.....g	0.723		0		1		0.205	0.868	
Arginine.....g	0.603		0		1		0.171	0.724	
Histidine.....g	0.318		0		1		0.090	0.382	
Alanine.....g	0.497		0		1		0.141	0.596	

NDB No. 18376

Bread crumbs, dry, grated, seasoned

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
Aspartic acid.....g	0.767		0		1		0.217	0.920	
Glutamic acid.....g	4.290		0		1		1.216	5.148	
Glycine.....g	0.539		0		1		0.153	0.647	
Proline.....g	1.497		0		1		0.424	1.796	
Serine.....g	0.720		0		1		0.204	0.864	
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	BFZN	4		0.0	0.0	
Caffeine.....mg	0		0	BFZN	4		0	0	
Theobromine.....mg	0		0	BFZN	4		0	0	

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

**Common Measures:**

Measure 1 = 28.35g: 1 oz

Measure 2 = 120g: 1 cup

**Calories Factors: Protein 4**

**Fat 8.4**

**Carbohydrate 4.1**

**Food Group: 18 Baked Products**

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



**NDB No. 18080**  
**Bread sticks, plain**

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	measures of food				
					Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Lipids:</b>									
Fatty acids, total saturated.....g	1.410		0	FLA	4		0.649	0.071	0.141
4:0.....g	0.000		0	FLA	4		0.000	0.000	0.000
6:0.....g	0.000		0	FLA	4		0.000	0.000	0.000
8:0.....g	0.000		0	FLA	4		0.000	0.000	0.000
10:0.....g	0.000		0	FLA	4		0.000	0.000	0.000
12:0.....g	0.001		0	FLA	4		0.000	0.000	0.000
13:0.....g									
14:0.....g	0.009		0	FLA	4		0.004	0.000	0.001
15:0.....g									
16:0.....g	0.981		0	FLA	4		0.451	0.049	0.098
17:0.....g									
18:0.....g	0.406		0	FLA	4		0.187	0.020	0.041
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	3.568		0	FLA	4		1.641	0.178	0.357
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.066		0	FLA	4		0.030	0.003	0.007
17:1.....g									
18:1 undifferentiated.....g	3.494		0	FLA	4		1.607	0.175	0.349
20:1.....g	0.000		0	FLA	4		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	3.628		0	FLA	4		1.669	0.181	0.363
18:2 undifferentiated.....g	3.377		0	FLA	4		1.553	0.169	0.338
18:3 undifferentiated.....g	0.244		0	FLA	4		0.112	0.012	0.024
18:4.....g	0.000		0	FLA	4		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	0.000
20:5 n-3 (EPA).....g	0.000		0	FLA	4		0.000	0.000	0.000
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	FLA	4		0.000	0.000	0.000
22:6 n-3 (DHA).....g	0.000		0	FLA	4		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0	0.000	3		1		0	0	0
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.139		0		1		0.064	0.007	0.014
Threonine.....g	0.338		0		1		0.155	0.017	0.034
Isoleucine.....g	0.458		0		1		0.211	0.023	0.046
Leucine.....g	0.835		0		1		0.384	0.042	0.084
Lysine.....g	0.281		0		1		0.129	0.014	0.028
Methionine.....g	0.212		0		1		0.098	0.011	0.021
Cystine.....g	0.262		0		1		0.121	0.013	0.026
Phenylalanine.....g	0.590		0		1		0.271	0.030	0.059
Tyrosine.....g	0.338		0		1		0.155	0.017	0.034
Valine.....g	0.516		0		1		0.237	0.026	0.052
Arginine.....g	0.432		0		1		0.199	0.022	0.043
Histidine.....g	0.258		0		1		0.119	0.013	0.026
Alanine.....g	0.395		0		1		0.182	0.020	0.040
Aspartic acid.....g	0.535		0		1		0.246	0.027	0.054
Glutamic acid.....g	4.026		0		1		1.852	0.201	0.403
Glycine.....g	0.422		0		1		0.194	0.021	0.042
Proline.....g	1.350		0		1		0.621	0.068	0.135
Serine.....g	0.579		0		1		0.266	0.029	0.058
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	FLA	4		0	0	0



**NDB No. 18080**  
**Bread sticks, plain**

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
Theobromine.....mg	0		0	FLA	4		0	0	0

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

**Common Measures:**

- Measure 1 = 46g: 1 cup, small pieces
- Measure 2 = 5.0g: 1 stick, small (approx 4-1/4" long)
- Measure 3 = 10.0g: 1 stick (7-5/8" x 5/8")

**Calories Factors: Protein 4                      Fat 8.8                      Carbohydrate 4.1**

**Food Group:** 18 Baked Products  
 USDA National Nutrient Database for Standard Reference, Release 27 (2014)



**NDB No. 18081**  
**Bread stuffing, bread, dry mix**

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
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.845		0		4		0.240	1.437	
4:0.....g	0.000		0		4		0.000	0.000	
6:0.....g	0.000		0		4		0.000	0.000	
8:0.....g	0.000		0		4		0.000	0.000	
10:0.....g	0.000		0		4		0.000	0.000	
12:0.....g	0.002		0		4		0.001	0.003	
13:0.....g									
14:0.....g	0.019		0		4		0.005	0.032	
15:0.....g									
16:0.....g	0.560		0		4		0.159	0.952	
17:0.....g									
18:0.....g	0.265		0		4		0.075	0.451	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	1.493		0		4		0.423	2.538	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.074		0		4		0.021	0.126	
17:1.....g									
18:1 undifferentiated.....g	1.406		0		4		0.399	2.390	
20:1.....g	0.013		0		4		0.004	0.022	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.713		0		4		0.202	1.212	
18:2 undifferentiated.....g	0.675		0		4		0.191	1.148	
18:3 undifferentiated.....g	0.037		0		4		0.010	0.063	
18:4.....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.001		0		4		0.000	0.002	
20:5 n-3 (EPA).....g	0.000		0		4		0.000	0.000	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0		4		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	1		0	FLA	4		0	2	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.139		0		1		0.039	0.236	
Threonine.....g	0.329		0		1		0.093	0.559	
Isoleucine.....g	0.404		0		1		0.115	0.687	
Leucine.....g	0.774		0		1		0.219	1.316	
Lysine.....g	0.317		0		1		0.090	0.539	
Methionine.....g	0.193		0		1		0.055	0.328	
Cystine.....g	0.224		0		1		0.064	0.381	
Phenylalanine.....g	0.553		0		1		0.157	0.940	
Tyrosine.....g	0.342		0		1		0.097	0.581	
Valine.....g	0.464		0		1		0.132	0.789	
Arginine.....g	0.470		0		1		0.133	0.799	
Histidine.....g	0.251		0		1		0.071	0.427	
Alanine.....g	0.389		0		1		0.110	0.661	
Aspartic acid.....g	0.553		0		1		0.157	0.940	
Glutamic acid.....g	3.488		0		1		0.989	5.930	
Glycine.....g	0.408		0		1		0.116	0.694	
Proline.....g	1.192		0		1		0.338	2.026	
Serine.....g	0.551		0		1		0.156	0.937	
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	FLA	4		0	0	

NDB No. 18081

Bread stuffing, bread, dry mix

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
Theobromine.....mg	0		0	FLA	4		0		0

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

**Common Measures:**

Measure 1 = 28.35g: 1 oz

Measure 2 = 170g: 1 package (6 oz)

**Calories Factors: Protein 4**

**Fat 8.8**

**Carbohydrate 4.1**

**Food Group:** 18 Baked Products

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



NDB No. 18082

Bread stuffing, bread, dry mix, prepared

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data Points					
<b>Lipids:</b>								
Fatty acids, total saturated.....g	1.734		0			1	0.492	1.734
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	0.024		0			1	0.007	0.024
15:0.....g								
16:0.....g	1.076		0			1	0.305	1.076
17:0.....g								
18:0.....g	0.633		0			1	0.179	0.633
20:0.....g								
22:0.....g								
24:0.....g								
Fatty acids, total monounsaturated.....g	3.808		0			1	1.080	3.808
14:1.....g								
15:1.....g								
16:1 undifferentiated.....g	0.021		0			1	0.006	0.021
17:1.....g								
18:1 undifferentiated.....g	3.784		0			1	1.073	3.784
20:1.....g	0.004		0			1	0.001	0.004
22:1 undifferentiated.....g	0.000		0			1	0.000	0.000
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	2.604		0			1	0.738	2.604
18:2 undifferentiated.....g	2.489		0			1	0.706	2.489
18:3 undifferentiated.....g	0.114		0			1	0.032	0.114
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			4	0	0
Phytosterols.....mg								
<b>Amino Acids:</b>								
Tryptophan.....g	0.041		0			1	0.012	0.041
Threonine.....g	0.097		0			1	0.027	0.097
Isoleucine.....g	0.120		0			1	0.034	0.120
Leucine.....g	0.228		0			1	0.065	0.228
Lysine.....g	0.096		0			1	0.027	0.096
Methionine.....g	0.057		0			1	0.016	0.057
Cystine.....g	0.064		0			1	0.018	0.064
Phenylalanine.....g	0.161		0			1	0.046	0.161
Tyrosine.....g	0.101		0			1	0.029	0.101
Valine.....g	0.137		0			1	0.039	0.137
Arginine.....g	0.136		0			1	0.039	0.136
Histidine.....g	0.074		0			1	0.021	0.074
Alanine.....g	0.113		0			1	0.032	0.113
Aspartic acid.....g	0.163		0			1	0.046	0.163
Glutamic acid.....g	1.007		0			1	0.285	1.007
Glycine.....g	0.118		0			1	0.033	0.118
Proline.....g	0.346		0			1	0.098	0.346
Serine.....g	0.161		0			1	0.046	0.161
Hydroxyproline.....g								
<b>Others:</b>								
Alcohol, ethyl.....g	0.0		0			7	0.0	0.0
Caffeine.....mg	0		0	RA		4	0	0

NDB No. 18082

Bread stuffing, bread, dry mix, prepared

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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 Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Code					
Theobromine.....mg	0		0	RA	4	0		0	

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Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 = 100g: .5 cup

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

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

NDB No. 18084

Bread stuffing, cornbread, dry mix

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
<b>Proximates:</b>									
Water.....g	4.60	0.568	3		1		1.30	7.82	
Energy.....kcal	389		0	NC	4		110	661	
Energy.....kJ	1628		0	NC	4		461	2767	
Protein (N x 5.9).....g	10.00	0.062	20		1		2.84	17.00	
Total lipid (fat).....g	4.20	0.063	20		1		1.19	7.14	
Ash.....g	4.40	0.834	3		1		1.25	7.48	
Carbohydrate, by difference.....g	76.70		0	NC	4		21.74	130.39	
Fiber, total dietary.....g	14.3		0		4		4.1	24.3	
Sugars, total.....g	4.77		0	FLA	4		1.35	8.11	
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	78	1.282	20		1		22	133	
Iron, Fe.....mg	3.25	0.054	20		1		0.92	5.53	
Magnesium, Mg.....mg	44		1		1		12	75	
Phosphorus, P.....mg	113		1		1		32	192	
Potassium, K.....mg	204	43.693	3		1		58	347	
Sodium, Na.....mg	1283		2		1		364	2181	
Zinc, Zn.....mg	0.75		1		1		0.21	1.28	
Copper, Cu.....mg	0.228		1		1		0.065	0.388	
Manganese, Mn.....mg	0.529		0	FLA	4		0.150	0.899	
Selenium, Se.....µg	29.6		0	FLA	4		8.4	50.3	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	3.5		1		1		1.0	6.0	
Thiamin.....mg	0.509	0.009	20		1		0.144	0.865	
Riboflavin.....mg	0.348	0.008	20		1		0.099	0.592	
Niacin.....mg	4.873	0.107	20		1		1.381	8.284	
Pantothenic acid.....mg	0.284		1		1		0.081	0.483	
Vitamin B-6.....mg	0.146		1		1		0.041	0.248	
Folate, total.....µg	175		0	FLA	4		50	298	
Folic acid.....µg	133		0	FLA	4		38	227	
Folate, food.....µg	42		0	FLA	4		12	71	
Folate, DFE.....µg	269		0	NC	4		76	457	
Choline, total.....mg	9.1		0	FLA	4		2.6	15.5	
Betaine.....mg									
Vitamin B-12.....µg	0.01		1		1		0.00	0.02	
Vitamin A, RAE.....µg	8		1		1		2	13	
Retinol.....µg	0		0	Z	7		0	0	
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	157		1		1		45	267	
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									
<b>Lipids:</b>									





NDB No. 18084

Bread stuffing, cornbread, dry mix

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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						

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Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 = 170g: 1 package (6 oz)

**Calories Factors: Protein** 3.8

**Fat** 8.7

**Carbohydrate**4.1

**Food Group:** 18 Baked Products

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



NDB No. 18085

Bread stuffing, cornbread, dry mix, prepared

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common		
	Mean	Std. Error	Number	Source	measures of food		
			of Data Points		Confidence Code	Measure 1	Measure 2
<b>Lipids:</b>							
Fatty acids, total saturated.....g	1.755		0	4		0.498	1.755
4:0.....g	0.000		0	4		0.000	0.000
6:0.....g	0.000		0	4		0.000	0.000
8:0.....g	0.000		0	4		0.000	0.000
10:0.....g	0.000		0	4		0.000	0.000
12:0.....g	0.001		0	4		0.000	0.001
13:0.....g							
14:0.....g	0.024		0	4		0.007	0.024
15:0.....g							
16:0.....g	1.094		0	4		0.310	1.094
17:0.....g							
18:0.....g	0.636		0	4		0.180	0.636
20:0.....g							
22:0.....g							
24:0.....g							
Fatty acids, total monounsaturated.....g	3.856		0	4		1.093	3.856
14:1.....g							
15:1.....g							
16:1 undifferentiated.....g	0.019		0	4		0.005	0.019
17:1.....g							
18:1 undifferentiated.....g	3.835		0	4		1.087	3.835
20:1.....g	0.003		0	4		0.001	0.003
22:1 undifferentiated.....g	0.000		0	4		0.000	0.000
24:1 c.....g							
Fatty acids, total polyunsaturated.....g	2.706		0	4		0.767	2.706
18:2 undifferentiated.....g	2.588		0	4		0.734	2.588
18:3 undifferentiated.....g	0.117		0	4		0.033	0.117
18:4.....g	0.000		0	4		0.000	0.000
20:2 n-6 c,c.....g							
20:3 undifferentiated.....g							
20:4 undifferentiated.....g	0.000		0	4		0.000	0.000
20:5 n-3 (EPA).....g	0.000		0	4		0.000	0.000
21:5.....g							
22:4.....g							
22:5 n-3 (DPA).....g	0.000		0	4		0.000	0.000
22:6 n-3 (DHA).....g	0.000		0	4		0.000	0.000
Fatty acids, total trans.....g							
Cholesterol.....mg	0		0	4		0	0
Phytosterols.....mg							
<b>Amino Acids:</b>							
Tryptophan.....g	0.031		0	4		0.009	0.031
Threonine.....g	0.095		0	4		0.027	0.095
Isoleucine.....g	0.108		0	4		0.031	0.108
Leucine.....g	0.256		0	4		0.073	0.256
Lysine.....g	0.085		0	4		0.024	0.085
Methionine.....g	0.055		0	4		0.016	0.055
Cystine.....g	0.057		0	4		0.016	0.057
Phenylalanine.....g	0.145		0	4		0.041	0.145
Tyrosine.....g	0.101		0	4		0.029	0.101
Valine.....g	0.132		0	4		0.037	0.132
Arginine.....g	0.128		0	4		0.036	0.128
Histidine.....g	0.073		0	4		0.021	0.073
Alanine.....g	0.139		0	4		0.039	0.139
Aspartic acid.....g	0.161		0	4		0.046	0.161
Glutamic acid.....g	0.793		0	4		0.225	0.793
Glycine.....g	0.110		0	4		0.031	0.110
Proline.....g	0.296		0	4		0.084	0.296
Serine.....g	0.142		0	4		0.040	0.142
Hydroxyproline.....g							
<b>Others:</b>							
Alcohol, ethyl.....g	0.0		0	7		0.0	0.0
Caffeine.....mg	0		0	RA 4		0	0

NDB No. 18085

Bread stuffing, cornbread, dry mix, prepared

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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
Theobromine.....mg	0		0	RA	4		0	0	

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Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 = 100g: .5 cup

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

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

NDB No. 18035

Bread, Multi-Grain (includes whole-grain)

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
<b>Proximates:</b>									
Water.....g	36.94	0.919	4	A	1		10.47	9.60	15.15
Energy.....kcal	265		0	NC	4		75	69	109
Energy.....kJ	1108		0	NC	4		314	288	454
Protein.....g	13.36	0.817	4	A	1		3.79	3.47	5.48
Total lipid (fat).....g	4.23	0.562	4	A	1		1.20	1.10	1.73
Ash.....g	2.13	0.075	4	A	1		0.61	0.56	0.88
Carbohydrate, by difference.....g	43.34		0	NC	4		12.29	11.27	17.77
Fiber, total dietary.....g	7.4	0.742	4	A	1		2.1	1.9	3.0
Sugars, total.....g	6.39		0	FLA	4		1.81	1.66	2.62
Sucrose.....g	0.00	0.000	4	A	1		0.00	0.00	0.00
Glucose (dextrose).....g	1.69	0.276	4	A	1		0.48	0.44	0.69
Fructose.....g	2.45	0.243	4	A	1		0.70	0.64	1.01
Lactose.....g	0.57	0.017	4	A	1		0.16	0.15	0.23
Maltose.....g	1.67	0.244	4	A	1		0.47	0.43	0.68
Galactose.....g									
Starch.....g	25.67	1.590	4	A	1		7.28	6.68	10.53
<b>Minerals:</b>									
Calcium, Ca.....mg	103	14.930	4	A	1		29	27	42
Iron, Fe.....mg	2.50	0.058	4	A	1		0.71	0.65	1.02
Magnesium, Mg.....mg	78	9.656	4	A	1		22	20	32
Phosphorus, P.....mg	228	17.970	4	A	1		64	59	93
Potassium, K.....mg	230	21.602	4	A	1		65	60	94
Sodium, Na.....mg	381		0	LC	8		108	99	156
Zinc, Zn.....mg	1.70	0.082	4	A	1		0.48	0.44	0.70
Copper, Cu.....mg	0.282	0.037	4	A	1		0.080	0.073	0.116
Manganese, Mn.....mg	2.025	0.165	4	A	1		0.574	0.526	0.830
Selenium, Se.....µg	32.9	3.763	4	A	1		9.3	8.6	13.5
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.1		0	FLA	4		0.0	0.0	0.0
Thiamin.....mg	0.279	0.015	4	A	1		0.079	0.073	0.114
Riboflavin.....mg	0.131	0.009	4	A	1		0.037	0.034	0.054
Niacin.....mg	4.042	0.312	4	A	1		1.146	1.051	1.657
Pantothenic acid.....mg	0.336	0.031	4	A	1		0.095	0.087	0.138
Vitamin B-6.....mg	0.263	0.018	4	A	1		0.075	0.068	0.108
Folate, total.....µg	75		0	FLA	4		21	20	31
Folic acid.....µg	0		0	FLA	4		0	0	0
Folate, food.....µg	75		0	FLA	4		21	20	31
Folate, DFE.....µg	75		0	NC	4		21	20	31
Choline, total.....mg	22.0		0	FLA	4		6.2	5.7	9.0
Betaine.....mg									
Vitamin B-12.....µg	0.00		0	FLA	4		0.00	0.00	0.00
Vitamin B-12, added.....µg	0.00		0	FLA	4		0.00	0.00	0.00
Vitamin A, RAE.....µg	0		0	FLA	4		0	0	0
Retinol.....µg	0		0	FLA	4		0	0	0
Carotene, beta.....µg	1		0	FLA	4		0	0	0
Carotene, alpha.....µg	0		0	FLA	4		0	0	0
Cryptoxanthin, beta.....µg	0		0	FLA	4		0	0	0
Vitamin A, IU.....IU	0		1		1		0	0	0
Lycopene.....µg	0		0	FLA	4		0	0	0
Lutein + zeaxanthin.....µg	94		0	FLA	4		27	24	39
Vitamin E (alpha-tocopherol).....mg	0.37	0.123	4	A	1		0.10	0.10	0.15
Vitamin E, added.....mg	0.00		0	FLA	4		0.00	0.00	0.00
Tocopherol, beta.....mg	0.09	0.015	4	A	1		0.03	0.02	0.04
Tocopherol, gamma.....mg	1.46	0.249	4	A	1		0.41	0.38	0.60
Tocopherol, delta.....mg	0.54	0.045	4	A	1		0.15	0.14	0.22
Tocotrienol, alpha.....mg	0.10	0.011	4	A	1		0.03	0.03	0.04
Tocotrienol, beta.....mg	0.00	0.000	4	A	1		0.00	0.00	0.00

NDB No. 18035

Bread, Multi-Grain (includes whole-grain)

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	0.02	0.006	4	A	1	0.00	0.00	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	1.4		0	FLA	4	0.4	0.4	0.6	
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.872		0	NC	4	0.247	0.227	0.358	
4:0.....g	0.000		0	FLA	4	0.000	0.000	0.000	
6:0.....g	0.000		0	FLA	4	0.000	0.000	0.000	
8:0.....g	0.000	0.000	4	A	1	0.000	0.000	0.000	
10:0.....g	0.000	0.000	4	A	1	0.000	0.000	0.000	
12:0.....g	0.000	0.000	4	A	1	0.000	0.000	0.000	
13:0.....g									
14:0.....g	0.000	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	0.510	0.052	4	A	1	0.145	0.133	0.209	
17:0.....g	0.000	0.000	4	A	1	0.000	0.000	0.000	
18:0.....g	0.355	0.060	4	A	1	0.101	0.092	0.146	
20:0.....g	0.002	0.002	4	A	1	0.001	0.001	0.001	
22:0.....g	0.005	0.005	4	A	1	0.001	0.001	0.002	
24:0.....g	0.000	0.000	4	A	1	0.000	0.000	0.000	
Fatty acids, total monounsaturated.....g	0.760		0	NC	4	0.215	0.198	0.311	
14:1.....g	0.000	0.000	4	A	1	0.000	0.000	0.000	
15:1.....g	0.000	0.000	4	A	1	0.000	0.000	0.000	
16:1 undifferentiated.....g	0.017	0.003	4	A	1	0.005	0.005	0.007	
17:1.....g	0.000	0.000	4	A	1	0.000	0.000	0.000	
18:1 undifferentiated.....g	0.730	0.148	4	A	1	0.207	0.190	0.299	
20:1.....g	0.012	0.003	4	A	1	0.004	0.003	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	1.872		0	NC	4	0.531	0.487	0.768	
18:2 undifferentiated.....g	1.667	0.356	4	A	1	0.473	0.434	0.684	
18:3 undifferentiated.....g	0.205	0.072	4	A	1	0.058	0.053	0.084	
18:4.....g	0.000	0.000	4	A	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	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	0.000	0.000	4	A	1	0.000	0.000	0.000	
22:4.....g	0.000	0.000	4	A	1	0.000	0.000	0.000	
22:5 n-3 (DPA).....g	0.000	0.000	4	A	1	0.000	0.000	0.000	
22:6 n-3 (DHA).....g	0.000	0.000	4	A	1	0.000	0.000	0.000	
Fatty acids, total trans.....g	0.000		0	FLA	4	0.000	0.000	0.000	
Cholesterol.....mg	0		0	FLA	4	0	0	0	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.124		0	FLA	4	0.035	0.032	0.051	
Threonine.....g	0.271		0	FLA	4	0.077	0.070	0.111	
Isoleucine.....g	0.323		0	FLA	4	0.091	0.084	0.132	
Leucine.....g	0.556		0	FLA	4	0.158	0.145	0.228	
Lysine.....g	0.289		0	FLA	4	0.082	0.075	0.118	
Methionine.....g	0.138		0	FLA	4	0.039	0.036	0.056	
Cystine.....g	0.176		0	FLA	4	0.050	0.046	0.072	
Phenylalanine.....g	0.387		0	FLA	4	0.110	0.101	0.159	
Tyrosine.....g	0.236		0	FLA	4	0.067	0.061	0.097	
Valine.....g	0.397		0	FLA	4	0.113	0.103	0.163	
Arginine.....g	0.485		0	FLA	4	0.137	0.126	0.199	
Histidine.....g	0.198		0	FLA	4	0.056	0.051	0.081	
Alanine.....g	0.341		0	FLA	4	0.097			

NDB No. 18035

Bread, Multi-Grain (includes whole-grain)

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
Alanine.....g	0.341			FLA	4		0.089	0.140
Aspartic acid.....g	0.554		0	FLA	4	0.157	0.144	0.227
Glutamic acid.....g	2.195		0	FLA	4	0.622	0.571	0.900
Glycine.....g	0.374		0	FLA	4	0.106	0.097	0.153
Proline.....g	0.706		0	FLA	4	0.200	0.183	0.289
Serine.....g	0.381		0	FLA	4	0.108	0.099	0.156
Hydroxyproline.....g								
<b>Others:</b>								
Alcohol, ethyl.....g	0.0		0	FLA	4	0.0	0.0	0.0
Caffeine.....mg	0		0	FLA	4	0	0	0
Theobromine.....mg	0		0	FLA	4	0	0	0

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

**Common Measures:**

- Measure 1 = 28.35g: 1 oz
- Measure 2 = 26g: 1 slice regular
- Measure 3 = 41g: 1 slice large

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

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



NDB No. 18036

Bread, Multi-Grain, toasted (includes whole-grain)

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						
<b>Proximates:</b>									
Water.....g	31.46		0	RK	4		8.92	7.55	11.95
Energy.....kcal	288		0	RK	4		82	69	109
Energy.....kJ	1204		0	RK	4		341	289	458
Protein.....g	14.52		0	RK	4		4.12	3.48	5.52
Total lipid (fat).....g	4.60		0	RK	4		1.30	1.10	1.75
Ash.....g	2.32		0	RK	4		0.66	0.56	0.88
Carbohydrate, by difference.....g	47.11		0	RK	4		13.35	11.31	17.90
Fiber, total dietary.....g	8.1		0	RK	4		2.3	1.9	3.1
Sugars, total.....g	6.94		0	RK	4		1.97	1.67	2.64
Sucrose.....g	0.00		0	RK	4		0.00	0.00	0.00
Glucose (dextrose).....g	1.84		0	RK	4		0.52	0.44	0.70
Fructose.....g	2.67		0	RK	4		0.76	0.64	1.01
Lactose.....g	0.62		0	RK	4		0.18	0.15	0.24
Maltose.....g	1.82		0	RK	4		0.51	0.44	0.69
Galactose.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	111		0	RK	4		32	27	42
Iron, Fe.....mg	2.72		0	RK	4		0.77	0.65	1.03
Magnesium, Mg.....mg	85		0	RK	4		24	20	32
Phosphorus, P.....mg	247		0	RK	4		70	59	94
Potassium, K.....mg	250		0	RK	4		71	60	95
Sodium, Na.....mg	414		0	BFSN	4		117	99	157
Zinc, Zn.....mg	1.85		0	RK	4		0.52	0.44	0.70
Copper, Cu.....mg	0.307		0	RK	4		0.087	0.074	0.117
Manganese, Mn.....mg	2.201		0	RK	4		0.624	0.528	0.836
Selenium, Se.....µg	35.8		0	RK	4		10.1	8.6	13.6
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.1		0	RK	4		0.0	0.0	0.0
Thiamin.....mg	0.243		0	RK	4		0.069	0.058	0.092
Riboflavin.....mg	0.142		0	RK	4		0.040	0.034	0.054
Niacin.....mg	4.394		0	RK	4		1.246	1.055	1.670
Pantothenic acid.....mg	0.365		0	RK	4		0.103	0.088	0.139
Vitamin B-6.....mg	0.286		0	RK	4		0.081	0.069	0.109
Folate, total.....µg	70		0	RK	4		20	17	26
Folic acid.....µg	0		0	RK	4		0	0	0
Folate, food.....µg	70		0	RK	4		20	17	26
Folate, DFE.....µg	70		0	NC	4		20	17	26
Choline, total.....mg	28.8		0	RK	4		8.2	6.9	11.0
Betaine.....mg									
Vitamin B-12.....µg	0.00		0	RK	4		0.00	0.00	0.00
Vitamin B-12, added.....µg	0.00		0	RK	4		0.00	0.00	0.00
Vitamin A, RAE.....µg	0		0	RK	4		0	0	0
Retinol.....µg	0		0	RK	4		0	0	0
Carotene, beta.....µg	0		0	RK	4		0	0	0
Carotene, alpha.....µg	0		0	RK	4		0	0	0
Cryptoxanthin, beta.....µg	0		0	RK	4		0	0	0
Vitamin A, IU.....IU	0		0	RK	4		0	0	0
Lycopene.....µg	0		0	RK	4		0	0	0
Lutein + zeaxanthin.....µg	97		0	RK	4		28	23	37
Vitamin E (alpha-tocopherol).....mg	0.40		0	RK	4		0.11	0.10	0.15
Vitamin E, added.....mg	0.00		0	RK	4		0.00	0.00	0.00
Tocopherol, beta.....mg	0.10		0	RK	4		0.03	0.02	0.04
Tocopherol, gamma.....mg	1.58		0	RK	4		0.45	0.38	0.60
Tocopherol, delta.....mg	0.59		0	RK	4		0.17	0.14	0.22
Tocotrienol, alpha.....mg	0.11		0	RK	4		0.03	0.03	0.04
Tocotrienol, beta.....mg	0.00		0	RK	4		0.00	0.00	0.00

NDB No. 18036

Bread, Multi-Grain, toasted (includes whole-grain)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common				
	Mean	Std. Error	Number		measures of food				
			of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Tocotrienol, gamma.....mg	0.02		0	RK	4		0.00	0.00	0.01
Tocotrienol, delta.....mg	0.00		0	RK	4		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	1.5		0	RK	4		0.4	0.4	0.6
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.948		0	RK	4		0.269	0.228	0.360
4:0.....g	0.000		0	RK	4		0.000	0.000	0.000
6:0.....g	0.000		0	RK	4		0.000	0.000	0.000
8:0.....g	0.000		0	RK	4		0.000	0.000	0.000
10:0.....g	0.000		0	RK	4		0.000	0.000	0.000
12:0.....g	0.000		0	RK	4		0.000	0.000	0.000
13:0.....g									
14:0.....g	0.000		0	RK	4		0.000	0.000	0.000
15:0.....g	0.000		0	RK	4		0.000	0.000	0.000
16:0.....g	0.554		0	RK	4		0.157	0.133	0.211
17:0.....g	0.000		0	RK	4		0.000	0.000	0.000
18:0.....g	0.386		0	RK	4		0.109	0.093	0.147
20:0.....g	0.003		0	RK	4		0.001	0.001	0.001
22:0.....g	0.005		0	RK	4		0.002	0.001	0.002
24:0.....g	0.000		0	RK	4		0.000	0.000	0.000
Fatty acids, total monounsaturated.....g	0.826		0	RK	4		0.234	0.198	0.314
14:1.....g	0.000		0	RK	4		0.000	0.000	0.000
15:1.....g	0.000		0	RK	4		0.000	0.000	0.000
16:1 undifferentiated.....g	0.019		0	RK	4		0.005	0.005	0.007
17:1.....g	0.000		0	RK	4		0.000	0.000	0.000
18:1 undifferentiated.....g	0.793		0	RK	4		0.225	0.190	0.301
20:1.....g	0.013		0	RK	4		0.004	0.003	0.005
22:1 undifferentiated.....g	0.000		0	RK	4		0.000	0.000	0.000
24:1 c.....g	0.000		0	RK	4		0.000	0.000	0.000
Fatty acids, total polyunsaturated.....g	2.035		0	RK	4		0.577	0.488	0.773
18:2 undifferentiated.....g	1.812		0	RK	4		0.514	0.435	0.689
18:3 undifferentiated.....g	0.223		0	RK	4		0.063	0.053	0.085
18:4.....g	0.000		0	RK	4		0.000	0.000	0.000
20:2 n-6 c,c.....g	0.000		0	RK	4		0.000	0.000	0.000
20:3 undifferentiated.....g	0.000		0	RK	4		0.000	0.000	0.000
20:4 undifferentiated.....g	0.000		0	RK	4		0.000	0.000	0.000
20:5 n-3 (EPA).....g	0.000		0	RK	4		0.000	0.000	0.000
21:5.....g	0.000		0	RK	4		0.000	0.000	0.000
22:4.....g	0.000		0	RK	4		0.000	0.000	0.000
22:5 n-3 (DPA).....g	0.000		0	RK	4		0.000	0.000	0.000
22:6 n-3 (DHA).....g	0.000		0	RK	4		0.000	0.000	0.000
Fatty acids, total trans.....g	0.000		0	RK	4		0.000	0.000	0.000
Cholesterol.....mg	0		0	RK	4		0	0	0
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.135		0	RK	4		0.038	0.032	0.051
Threonine.....g	0.294		0	RK	4		0.083	0.071	0.112
Isoleucine.....g	0.351		0	RK	4		0.099	0.084	0.133
Leucine.....g	0.604		0	RK	4		0.171	0.145	0.230
Lysine.....g	0.314		0	RK	4		0.089	0.075	0.119
Methionine.....g	0.150		0	RK	4		0.042	0.036	0.057
Cystine.....g	0.191		0	RK	4		0.054	0.046	0.073
Phenylalanine.....g	0.421		0	RK	4		0.119	0.101	0.160
Tyrosine.....g	0.256		0	RK	4		0.073	0.061	0.097
Valine.....g	0.432		0	RK	4		0.122	0.104	0.164
Arginine.....g	0.527		0	RK	4		0.149	0.126	0.200
Histidine.....g	0.215		0	RK	4		0.061	0.052	0.082
Alanine.....g	0.371		0	RK	4		0.105		

NDB No. 18036

Bread, Multi-Grain, toasted (includes whole-grain)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion 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	0.371			RK	4		0.089	0.141	
Aspartic acid.....g	0.602		0	RK	4	0.171	0.144	0.229	
Glutamic acid.....g	2.386		0	RK	4	0.676	0.573	0.907	
Glycine.....g	0.407		0	RK	4	0.115	0.098	0.155	
Proline.....g	0.767		0	RK	4	0.217	0.184	0.291	
Serine.....g	0.414		0	RK	4	0.117	0.099	0.157	
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	RK	4	0.0	0.0	0.0	
Caffeine.....mg	0		0	RK	4	0	0	0	
Theobromine.....mg	0		0	RK	4	0	0	0	

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

**Common Measures:**

- Measure 1 = 28.35g: 1 oz
- Measure 2 = 24g: 1 slice regular
- Measure 3 = 38g: 1 slice large

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

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

NDB No. 18019

Bread, banana, prepared from recipe, made with margarine

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
<b>Proximates:</b>									
Water.....g	29.20		0		1		8.28	16.64	17.52
Energy.....kcal	326		0	NC	4		92	186	196
Energy.....kJ	1364				4		387	777	818
Protein (N x 0).....g	4.30		0		1		1.22	2.45	2.58
Total lipid (fat).....g	10.50		0		1		2.98	5.99	6.30
Ash.....g	1.00		0		1		0.28	0.57	0.60
Carbohydrate, by difference.....g	54.60		0	NC	4		15.48	31.12	32.76
Fiber, total dietary.....g	1.1		0		4		0.3	0.6	0.7
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	21		0		1		6	12	13
Iron, Fe.....mg	1.40		0		1		0.40	0.80	0.84
Magnesium, Mg.....mg	14		0		1		4	8	8
Phosphorus, P.....mg	58		0		1		16	33	35
Potassium, K.....mg	134		0		1		38	76	80
Sodium, Na.....mg	302		0		1		86	172	181
Zinc, Zn.....mg	0.35		0		1		0.10	0.20	0.21
Copper, Cu.....mg	0.072		0		1		0.020	0.041	0.043
Manganese, Mn.....mg	0.209		0		1		0.059	0.119	0.125
Selenium, Se.....µg	12.1		0	RK	4		3.4	6.9	7.3
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	1.7		0		1		0.5	1.0	1.0
Thiamin.....mg	0.172		0		1		0.049	0.098	0.103
Riboflavin.....mg	0.200		0		1		0.057	0.114	0.120
Niacin.....mg	1.446		0		1		0.410	0.824	0.868
Pantothenic acid.....mg	0.268		0		1		0.076	0.153	0.161
Vitamin B-6.....mg	0.150		0		1		0.043	0.086	0.090
Folate, total.....µg	33		0	RK	4		9	19	20
Folic acid.....µg	22		0	NC	4		6	13	13
Folate, food.....µg	11		0		1		3	6	7
Folate, DFE.....µg	48		0	NC	4		14	28	29
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.10		0		1		0.03	0.06	0.06
Vitamin A, RAE.....µg	106		0	NC	4		30	60	63
Retinol.....µg	97		0	RK	4		27	55	58
Carotene, beta.....µg	102		0	RK	4		29	58	61
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	493		0	NC	4		140	281	296
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									
<b>Lipids:</b>									

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated.....g	2.237		0		1		0.634	1.275	1.342
4:0.....g	0.004		0		1		0.001	0.002	0.002
6:0.....g	0.002		0		1		0.001	0.001	0.001
8:0.....g	0.002		0		1		0.001	0.001	0.001
10:0.....g	0.004		0		1		0.001	0.002	0.002
12:0.....g	0.004		0		1		0.001	0.002	0.002
13:0.....g									
14:0.....g	0.039		0		1		0.011	0.022	0.023
15:0.....g									
16:0.....g	1.417		0		1		0.402	0.808	0.850
17:0.....g									
18:0.....g	0.761		0		1		0.216	0.434	0.457
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	4.480		0		1		1.270	2.554	2.688
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.036		0		1		0.010	0.021	0.022
17:1.....g									
18:1 undifferentiated.....g	4.440		0		1		1.259	2.531	2.664
20:1.....g	0.003		0		1		0.001	0.002	0.002
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	3.130		0		1		0.887	1.784	1.878
18:2 undifferentiated.....g	2.968		0		1		0.841	1.692	1.781
18:3 undifferentiated.....g	0.143		0		1		0.041	0.082	0.086
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	0.014		0		1		0.004	0.008	0.008
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	0.004		0		1		0.001	0.002	0.002
Fatty acids, total trans.....g									
Cholesterol.....mg	43		0		1		12	25	26
Phytosterols.....mg	34		0		1		10	19	20
<b>Amino Acids:</b>									
Tryptophan.....g	0.053		0		1		0.015	0.030	0.032
Threonine.....g	0.150		0		1		0.043	0.086	0.090
Isoleucine.....g	0.182		0		1		0.052	0.104	0.109
Leucine.....g	0.327		0		1		0.093	0.186	0.196
Lysine.....g	0.180		0		1		0.051	0.103	0.108
Methionine.....g	0.094		0		1		0.027	0.054	0.056
Cystine.....g	0.090		0		1		0.026	0.051	0.054
Phenylalanine.....g	0.218		0		1		0.062	0.124	0.131
Tyrosine.....g	0.148		0		1		0.042	0.084	0.089
Valine.....g	0.209		0		1		0.059	0.119	0.125
Arginine.....g	0.199		0		1		0.056	0.113	0.119
Histidine.....g	0.113		0		1		0.032	0.064	0.068
Alanine.....g	0.170		0		1		0.048	0.097	0.102
Aspartic acid.....g	0.281		0		1		0.080	0.160	0.169
Glutamic acid.....g	1.113		0		1		0.316	0.634	0.668
Glycine.....g	0.149		0		1		0.042	0.085	0.089
Proline.....g	0.384		0		1		0.109	0.219	0.230
Serine.....g	0.247		0		1		0.070	0.141	0.148
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	RK	4		0	0	0
Theobromine.....mg	0		0	RK	4		0	0	0

NDB No. 18019

Bread, banana, prepared from recipe, made with margarine

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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

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Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 = 57g: 1 individual loaf (include Keebler Elfin Loaves)

Measure 3 = 60g: 1 slice

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

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



**NDB No. 18021**  
**Bread, boston brown, canned**

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	measures of food			
					Source Code	Confidence Code	Measure 1	Measure 2
<b>Lipids:</b>								
Fatty acids, total saturated.....g	0.282		0		1		0.080	0.127
4:0.....g	0.005		0		1		0.001	0.002
6:0.....g	0.003		0		1		0.001	0.001
8:0.....g	0.002		0		1		0.001	0.001
10:0.....g	0.004		0		1		0.001	0.002
12:0.....g	0.004		0		1		0.001	0.002
13:0.....g								
14:0.....g	0.017		0		1		0.005	0.008
15:0.....g								
16:0.....g	0.217		0		1		0.062	0.098
17:0.....g								
18:0.....g	0.029		0		1		0.008	0.013
20:0.....g								
22:0.....g								
24:0.....g								
Fatty acids, total monounsaturated.....g	0.207		0		1		0.059	0.093
14:1.....g								
15:1.....g								
16:1 undifferentiated.....g	0.010		0		1		0.003	0.005
17:1.....g								
18:1 undifferentiated.....g	0.195		0		1		0.055	0.088
20:1.....g	0.003		0		1		0.001	0.001
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	0.564		0		1		0.160	0.254
18:2 undifferentiated.....g	0.511		0		1		0.145	0.230
18:3 undifferentiated.....g	0.052		0		1		0.015	0.023
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	0.001		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	1		0	FLA	4		0	0
Phytosterols.....mg								
<b>Amino Acids:</b>								
Tryptophan.....g	0.073		0		1		0.021	0.033
Threonine.....g	0.162		0		1		0.046	0.073
Isoleucine.....g	0.186		0		1		0.053	0.084
Leucine.....g	0.350		0		1		0.099	0.158
Lysine.....g	0.156		0		1		0.044	0.070
Methionine.....g	0.092		0		1		0.026	0.041
Cystine.....g	0.116		0		1		0.033	0.052
Phenylalanine.....g	0.233		0		1		0.066	0.105
Tyrosine.....g	0.148		0		1		0.042	0.067
Valine.....g	0.233		0		1		0.066	0.105
Arginine.....g	0.255		0		1		0.072	0.115
Histidine.....g	0.128		0		1		0.036	0.058
Alanine.....g	0.203		0		1		0.058	0.091
Aspartic acid.....g	0.324		0		1		0.092	0.146
Glutamic acid.....g	1.537		0		1		0.436	0.692
Glycine.....g	0.203		0		1		0.058	0.091
Proline.....g	0.498		0		1		0.141	0.224
Serine.....g	0.251		0		1		0.071	0.113
Hydroxyproline.....g								
<b>Others:</b>								
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0
Caffeine.....mg	0		0	FLA	4		0	0



NDB No. 18021  
 Bread, boston brown, 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 Points	Deriv Code			
Theobromine.....mg	0		0	FLA	4	0	0

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

**Common Measures:**

Measure 1 = 28.35g: 1 oz

Measure 2 = 45g: 1 slice

**Calories Factors: Protein 3.5**

**Fat 8.4**

**Carbohydrate 3.8**

**Food Group:** 18 Baked 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 of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	1.953		0	NC	4		1.328		
4:0.....g	0.000		1	A	1		0.000		
6:0.....g	0.000		1	A	1		0.000		
8:0.....g	0.000		1	A	1		0.000		
10:0.....g	0.011		1	A	1		0.007		
12:0.....g	0.010		1	A	1		0.007		
13:0.....g									
14:0.....g	0.035		1	A	1		0.024		
15:0.....g	0.005		1	A	1		0.003		
16:0.....g	1.645		1	A	1		1.119		
17:0.....g	0.005		1	A	1		0.003		
18:0.....g	0.210		1	A	1		0.142		
20:0.....g	0.018		1	A	1		0.012		
22:0.....g	0.008		1	A	1		0.006		
24:0.....g	0.006		1	A	1		0.004		
Fatty acids, total monounsaturated.....g	1.893		0	NC	4		1.287		
14:1.....g	0.000		1	A	1		0.000		
15:1.....g	0.000		1	A	1		0.000		
16:1 undifferentiated.....g	0.008		0	AS	1		0.006		
16:1 c.....g	0.008		1	A	1		0.006		
16:1 t.....g	0.000		1	A	1		0.000		
17:1.....g	0.003		1	A	1		0.002		
18:1 undifferentiated.....g	1.854		0	AS	1		1.261		
18:1 c.....g	1.828		1	A	1		1.243		
18:1 t.....g	0.026		1	A	1		0.018		
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.028		1	A	1		0.019		
22:1 undifferentiated.....g	0.000		0	AS	1		0.000		
22:1 c.....g	0.000		1	A	1		0.000		
22:1 t.....g	0.000		1	A	1		0.000		
24:1 c.....g	0.000		1	A	1		0.000		
Fatty acids, total polyunsaturated.....g	1.147		0	NC	4		0.780		
18:2 undifferentiated.....g	1.013		0	AS	1		0.689		
18:2 n-6 c,c.....g	1.003		1	A	1		0.682		
18:2 CLAs.....g	0.002		1	A	1		0.001		
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.008		1	A	1		0.006		
18:3 undifferentiated.....g	0.132		0	AS	1		0.090		
18:3 n-3 c,c,c (ALA).....g	0.129		1	A	1		0.088		
18:3 n-6 c,c,c.....g	0.004		1	A	1		0.003		
18:3i.....g	0.000		1	A	1		0.000		
18:4.....g	0.000		1	A	1		0.000		
20:2 n-6 c,c.....g	0.001		1	A	1		0.001		
20:3 undifferentiated.....g	0.000		0	AS	1		0.000		
20:3 n-3.....g	0.000		1	A	1		0.000		
20:3 n-6.....g	0.000		1	A	1		0.000		
20:4 undifferentiated.....g	0.000		1	A	1		0.000		
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.000		1	A	1		0.000		
21:5.....g									
22:4.....g	0.000		1	A	1		0.000		
22:5 n-3 (DPA).....g	0.000		1	A	1		0.000		
22:6 n-3 (DHA).....g	0.000		1	A	1		0.000		
Fatty acids, total trans.....g	0.034		0	NC	4		0.023		
Fatty acids, total trans-monoenoic.....g	0.026		0	NC	4		0.018		

NDB No. 28306

Bread, chapati or roti, plain, commercially prepared

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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 Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Code					
Fatty acids, total trans-polyenoic.....g	0.008		0	NC	4		0.006		
Cholesterol.....mg									
Phytosterols.....mg									

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

**Common Measures:**

Measure 1 = 68g: 1 piece

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

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

NDB No. 28285

Bread, chapati or roti, whole wheat, frozen

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
<b>Proximates:</b>									
Water.....g	35.43		3	A	1		15.24		
Energy.....kcal	299		0	NC	4		128		
Energy.....kJ	1250		0	NC	4		538		
Protein (N x 6.25).....g	7.85		3	A	1		3.37		
Total lipid (fat).....g	9.20		0	A	1		3.96		
Ash.....g	1.39		3	A	1		0.60		
Carbohydrate, by difference.....g	46.13		0	NC	4		19.83		
Fiber, total dietary.....g	9.7		3	A	1		4.2		
Sugars, total.....g	2.93		3	A	1		1.26		
Sucrose.....g	0.40		3	A	1		0.17		
Glucose (dextrose).....g	0.30		3	A	1		0.13		
Fructose.....g	0.27		3	A	1		0.11		
Lactose.....g	0.00		3	A	1		0.00		
Maltose.....g	1.97		3	A	1		0.85		
Galactose.....g	0.00		3	A	1		0.00		
Starch.....g	33.67		3	A	1		14.48		
<b>Minerals:</b>									
Calcium, Ca.....mg	36		3	A	1		15		
Iron, Fe.....mg	2.20		3	A	1		0.95		
Magnesium, Mg.....mg	56		3	A	1		24		
Phosphorus, P.....mg	158		3	A	1		68		
Potassium, K.....mg	196		3	A	1		84		
Sodium, Na.....mg	298		0	A	1		128		
Zinc, Zn.....mg	1.54		3	A	1		0.66		
Copper, Cu.....mg	0.229		3	A	1		0.099		
Manganese, Mn.....mg	1.747		3	A	1		0.751		
Selenium, Se.....µg	26.6		2	A	1		11.4		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0	BFPN	4		0.0		
Thiamin.....mg	0.450		1	A	1		0.193		
Riboflavin.....mg	0.180		2	A	1		0.077		
Niacin.....mg	4.610		2	A	1		1.982		
Pantothenic acid.....mg	0.560		2	A	1		0.241		
Vitamin B-6.....mg	0.280		1	A	1		0.120		
Folate, total.....µg	45		2	A	1		20		
Folic acid.....µg	0		0	NR	4		0		
Folate, food.....µg	45		2	A	1		20		
Folate, DFE.....µg	45		0	NC	4		20		
Choline, total.....mg	7.8		0	BFPN	4		3.3		
Betaine.....mg									
Vitamin B-12.....µg	0.00		0	BFPN	4		0.00		
Vitamin B-12, added.....µg	0.00		0	BFPN	4		0.00		
Vitamin A, RAE.....µg	0		0	BFSN	4		0		
Retinol.....µg	0		0	BFSN	4		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	11		0	BFSN	4		5		
Vitamin E (alpha-tocopherol).....mg	0.55		1	A	1		0.24		
Vitamin E, added.....mg	0.00		0	BFSN	4		0.00		
Tocopherol, beta.....mg	0.28		1	A	1		0.12		
Tocopherol, gamma.....mg	1.72		1	A	1		0.74		
Tocopherol, delta.....mg	0.57		1	A	1		0.24		
Tocotrienol, alpha.....mg	0.14		1	A	1		0.06		
Tocotrienol, beta.....mg	1.37		1	A	1		0.59		

NDB No. 28285

Bread, chapati or roti, whole wheat, frozen

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					
Tocotrienol, gamma.....mg	0.26		1	A	1		0.11		
Tocotrienol, delta.....mg	0.33		1	A	1		0.14		
Vitamin D (D2 + D3).....µg	0.0		0	BFSN	4		0.0		
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	0		0	BFSN	4		0		
Vitamin K (phylloquinone).....µg	3.3		0	BFSN	4		1.4		
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	3.311		0	NC	4		1.424		
4:0.....g	0.000		1	A	1		0.000		
6:0.....g	0.000		1	A	1		0.000		
8:0.....g	0.003		1	A	1		0.001		
10:0.....g	0.008		1	A	1		0.004		
12:0.....g	0.015		1	A	1		0.006		
13:0.....g									
14:0.....g	0.065		1	A	1		0.028		
15:0.....g	0.006		1	A	1		0.003		
16:0.....g	2.791		1	A	1		1.200		
17:0.....g	0.007		1	A	1		0.003		
18:0.....g	0.383		1	A	1		0.165		
20:0.....g	0.022		1	A	1		0.009		
22:0.....g	0.005		1	A	1		0.002		
24:0.....g	0.005		1	A	1		0.002		
Fatty acids, total monounsaturated.....g	2.091		0	NC	4		0.899		
14:1.....g	0.000		1	A	1		0.000		
15:1.....g	0.000		1	A	1		0.000		
16:1 undifferentiated.....g	0.008		0	AS	1		0.004		
16:1 c.....g	0.008		1	A	1		0.004		
16:1 t.....g	0.000		1	A	1		0.000		
17:1.....g	0.002		1	A	1		0.001		
18:1 undifferentiated.....g	2.070		0	AS	1		0.890		
18:1 c.....g	2.048		1	A	1		0.881		
18:1 t.....g	0.022		1	A	1		0.009		
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.011		1	A	1		0.005		
22:1 undifferentiated.....g	0.000		0	AS	1		0.000		
22:1 c.....g	0.000		1	A	1		0.000		
22:1 t.....g	0.000		1	A	1		0.000		
24:1 c.....g	0.000		1	A	1		0.000		
Fatty acids, total polyunsaturated.....g	0.761		0	NC	4		0.327		
18:2 undifferentiated.....g	0.729		0	AS	1		0.313		
18:2 n-6 c,c.....g	0.720		1	A	1		0.309		
18:2 CLAs.....g	0.002		1	A	1		0.001		
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.007		1	A	1		0.003		
18:3 undifferentiated.....g	0.030		0	AS	1		0.013		
18:3 n-3 c,c,c (ALA).....g	0.027		1	A	1		0.012		
18:3 n-6 c,c,c.....g	0.003		1	A	1		0.001		
18:3i.....g	0.000		1	A	1		0.000		
18:4.....g	0.000		1	A	1		0.000		
20:2 n-6 c,c.....g	0.000		1	A	1		0.000		
20:3 undifferentiated.....g	0.002		0	AS	1		0.001		
20:3 n-3.....g	0.002		1	A	1		0.001		
20:3 n-6.....g	0.000		1	A	1		0.000		
20:4 undifferentiated.....g	0.001		1	A	1		0.001		
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.000		1	A	1		0.000		
21:5.....g									
22:4.....g	0.000		1	A	1		0.000		
22:5 n-3 (DPA).....g	0.000		1	A	1		0.000		

NDB No. 28285

Bread, chapati or roti, whole wheat, frozen

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 Code
22:6 n-3 (DHA).....g	0.000		1	A	1	0.000		
Fatty acids, total trans.....g	0.029		0	NC	4	0.013		
Fatty acids, total trans-monoenoic.....g	0.022		0	NC	4	0.009		
Fatty acids, total trans-polyenoic.....g	0.007		0	NC	4	0.003		
Cholesterol.....mg	0		0	BFNN	4	0		
Phytosterols.....mg								
<b>Others:</b>								
Alcohol, ethyl.....g	0.0		0	BFNN	4	0.0		
Caffeine.....mg	0		0	BFNN	4	0		
Theobromine.....mg	0		0	BFNN	4	0		

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

**Common Measures:**

Measure 1 = 43g: 1 piece

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked 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	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data Points	Code				
<b>Lipids:</b>								
Fatty acids, total saturated.....g	6.250		1	LC	8		3.000	
4:0.....g	0.153		0	FLC	4		0.073	
6:0.....g	0.073		0	FLC	4		0.035	
8:0.....g	0.043		0	FLC	4		0.021	
10:0.....g	0.096		0	FLC	4		0.046	
12:0.....g	0.111		0	FLC	4		0.053	
13:0.....g	0.000		0	FLC	4		0.000	
14:0.....g	0.401		0	FLC	4		0.192	
15:0.....g	0.000		0	FLC	4		0.000	
16:0.....g	3.623		0	FLC	4		1.739	
17:0.....g	0.008		0	FLC	4		0.004	
18:0.....g	1.485		0	FLC	4		0.713	
20:0.....g	0.086		0	FLC	4		0.041	
22:0.....g	0.087		0	FLC	4		0.042	
24:0.....g	0.000		0	FLC	4		0.000	
Fatty acids, total monounsaturated.....g	4.339		0	FLC	4		2.082	
14:1.....g	0.000		0	FLC	4		0.000	
15:1.....g	0.000		0	FLC	4		0.000	
16:1 undifferentiated.....g	0.076		0	FLC	4		0.037	
17:1.....g	0.000		0	FLC	4		0.000	
18:1 undifferentiated.....g	4.174		0	FLC	4		2.004	
20:1.....g	0.039		0	FLC	4		0.019	
22:1 undifferentiated.....g	0.000		0	FLC	4		0.000	
24:1 c.....g	0.000		0	FLC	4		0.000	
Fatty acids, total polyunsaturated.....g	9.203		0	FLC	4		4.417	
18:2 undifferentiated.....g	8.105		0	FLC	4		3.890	
18:3 undifferentiated.....g	1.097		0	FLC	4		0.527	
18:4.....g	0.000		0	FLC	4		0.000	
20:2 n-6 c,c.....g	0.000		0	FLC	4		0.000	
20:3 undifferentiated.....g	0.000		0	FLC	4		0.000	
20:4 undifferentiated.....g	0.000		0	FLC	4		0.000	
20:5 n-3 (EPA).....g	0.000		0	FLC	4		0.000	
21:5.....g	0.000		0	FLC	4		0.000	
22:4.....g	0.000		0	FLC	4		0.000	
22:5 n-3 (DPA).....g	0.000		0	FLC	4		0.000	
22:6 n-3 (DHA).....g	0.000		0	FLC	4		0.000	
Fatty acids, total trans.....g	0.000		1	LC	8		0.000	
Cholesterol.....mg	10		1	LC	8		5	
Phytosterols.....mg								
<b>Others:</b>								
Alcohol, ethyl.....g	0.0		0	FLC	4		0.0	
Caffeine.....mg	0		0	FLC	4		0	
Theobromine.....mg	0		0	FLC	4		0	

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

**Common Measures:**

Measure 1 = 48g: 1 slice

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 18 Baked 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 of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Lipids:</b>									
Fatty acids, total saturated.....g	3.091		0	FLA	4		0.876	7.449	
4:0.....g	0.004		0	FLA	4		0.001	0.010	
6:0.....g	0.003		0	FLA	4		0.001	0.007	
8:0.....g	0.001		0	FLA	4		0.000	0.002	
10:0.....g	0.003		0	FLA	4		0.001	0.007	
12:0.....g	0.004		0	FLA	4		0.001	0.010	
13:0.....g									
14:0.....g	0.070		0	FLA	4		0.020	0.169	
15:0.....g									
16:0.....g	1.607		0	FLA	4		0.456	3.873	
17:0.....g									
18:0.....g	1.393		0	FLA	4		0.395	3.357	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	6.719		0	FLA	4		1.905	16.193	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.004		0	FLA	4		0.001	0.010	
17:1.....g									
18:1 undifferentiated.....g	6.714		0	FLA	4		1.903	16.181	
20:1.....g	0.000		0	FLA	4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.682		0	FLA	4		0.477	4.054	
18:2 undifferentiated.....g	1.599		0	FLA	4		0.453	3.854	
18:3 undifferentiated.....g	0.083		0	FLA	4		0.024	0.200	
18:4.....g	0.000		0	FLA	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
20:5 n-3 (EPA).....g	0.000		0	FLA	4		0.000	0.000	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	FLA	4		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0	FLA	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	2		0	FLA	4		1	5	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.071		0		1		0.020	0.171	
Threonine.....g	0.224		0		1		0.064	0.540	
Isoleucine.....g	0.254		0		1		0.072	0.612	
Leucine.....g	0.632		0		1		0.179	1.523	
Lysine.....g	0.198		0		1		0.056	0.477	
Methionine.....g	0.133		0		1		0.038	0.321	
Cystine.....g	0.132		0		1		0.037	0.318	
Phenylalanine.....g	0.343		0		1		0.097	0.827	
Tyrosine.....g	0.241		0		1		0.068	0.581	
Valine.....g	0.320		0		1		0.091	0.771	
Arginine.....g	0.302		0		1		0.086	0.728	
Histidine.....g	0.177		0		1		0.050	0.427	
Alanine.....g	0.336		0		1		0.095	0.810	
Aspartic acid.....g	0.382		0		1		0.108	0.921	
Glutamic acid.....g	1.847		0		1		0.524	4.451	
Glycine.....g	0.254		0		1		0.072	0.612	
Proline.....g	0.715		0		1		0.203	1.723	
Serine.....g	0.336		0		1		0.095	0.810	
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	FLA	4		0	0	

NDB No. 18022

Bread, cornbread, dry mix, enriched (includes corn muffin mix)

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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	Measure 1	Measure 2	Measure 3
			of Data	Code	Code			
			Points	Code	Code			
Theobromine.....mg	0		0	FLA	4	0	0	

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Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 = 241g: 1 package (8.5 oz)

**Calories Factors: Protein 3.8**

**Fat 8.8**

**Carbohydrate 4.1**

**Food Group:** 18 Baked Products

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

NDB No. 18023

Bread, cornbread, dry mix, prepared with 2% milk, 80% margarine, and eggs

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
<b>Proximates:</b>									
Water.....g	27.11	0.471	12	A	1		13.83	16.27	7.69
Energy.....kcal	330		0	NC	4		169	198	94
Energy.....kJ	1383		0	NC	4		705	830	392
Protein (N x 6.25).....g	6.59	0.041	12	A	1		3.36	3.96	1.87
Total lipid (fat).....g	9.58	0.186	12	A	1		4.89	5.75	2.72
Ash.....g	2.25	0.029	12	A	1		1.15	1.35	0.64
Carbohydrate, by difference.....g	54.46		0	NC	4		27.78	32.68	15.44
Fiber, total dietary.....g	2.3	0.246	6	A	1		1.2	1.4	0.7
Sugars, total.....g	16.05	0.430	6	A	1		8.19	9.63	4.55
Sucrose.....g	14.45	0.454	6	A	1		7.37	8.67	4.10
Glucose (dextrose).....g	0.29	0.000	6	A	1		0.15	0.18	0.08
Fructose.....g	0.20	0.000	6	A	1		0.10	0.12	0.06
Lactose.....g	1.05	0.031	6	A	1		0.53	0.63	0.30
Maltose.....g	0.06	0.000	6	A	1		0.03	0.04	0.02
Galactose.....g	0.00	0.000	6	A	1		0.00	0.00	0.00
Starch.....g	35.66	0.427	6	A	1		18.18	21.39	10.11
<b>Minerals:</b>									
Calcium, Ca.....mg	135	1.677	12	A	1		69	81	38
Iron, Fe.....mg	1.85	0.033	12	A	1		0.94	1.11	0.52
Magnesium, Mg.....mg	17	0.381	12	A	1		9	10	5
Phosphorus, P.....mg	391	2.905	12	A	1		199	234	111
Potassium, K.....mg	133	1.914	12	A	1		68	80	38
Sodium, Na.....mg	599	7.632	12	A	1		306	359	170
Zinc, Zn.....mg	0.67	0.015	12	A	1		0.34	0.40	0.19
Copper, Cu.....mg	0.073	0.003	12	A	1		0.037	0.044	0.021
Manganese, Mn.....mg	0.222	0.003	12	A	1		0.113	0.133	0.063
Selenium, Se.....µg	8.7	0.134	6	A	1		4.4	5.2	2.5
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.1		0	BFZN	4		0.1	0.1	0.0
Thiamin.....mg	0.190	0.003	6	A	1		0.097	0.114	0.054
Riboflavin.....mg	0.175	0.006	6	A	1		0.089	0.105	0.050
Niacin.....mg	2.004	0.047	6	A	1		1.022	1.203	0.568
Pantothenic acid.....mg	0.579	0.005	4	A	1		0.296	0.348	0.164
Vitamin B-6.....mg	0.085	0.003	6	A	1		0.043	0.051	0.024
Folate, total.....µg	55		0	FLA	4		28	33	16
Folic acid.....µg	44		0	NC	4		22	26	12
Folate, food.....µg	11		0		1		6	7	3
Folate, DFE.....µg	86		0	NC	4		44	51	24
Choline, total.....mg	58.7		0	AS	1		30.0	35.2	16.7
Betaine.....mg	12.2		1	A	1		6.2	7.3	3.5
Vitamin B-12.....µg	0.23		2	A	1		0.12	0.14	0.07
Vitamin B-12, added.....µg	0.00		0	BFZN	4		0.00	0.00	0.00
Vitamin A, RAE.....µg	35		0	AS	1		18	21	10
Retinol.....µg	31		2	A	1		16	19	9
Carotene, beta.....µg	26		1	A	1		13	16	7
Carotene, alpha.....µg	3		1	A	1		1	2	1
Cryptoxanthin, beta.....µg	21		1	A	1		11	13	6
Vitamin A, IU.....IU	168		0	AS	1		86	101	48
Lycopene.....µg	0		1	A	1		0	0	0
Lutein + zeaxanthin.....µg	550		1	A	1		280	330	156
Vitamin E (alpha-tocopherol).....mg	0.51	0.012	6	A	1		0.26	0.30	0.14
Vitamin E, added.....mg	0.00		0	BFZN	4		0.00	0.00	0.00
Tocopherol, beta.....mg	0.12	0.016	6	A	1		0.06	0.07	0.03
Tocopherol, gamma.....mg	0.82	0.065	6	A	1		0.42	0.49	0.23
Tocopherol, delta.....mg	0.25	0.027	6	A	1		0.13	0.15	0.07
Tocotrienol, alpha.....mg	0.19	0.005	6	A	1		0.10	0.11	0.05
Tocotrienol, beta.....mg	0.46	0.014	6	A	1		0.23	0.27	0.13

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Tocotrienol, gamma.....mg	0.24	0.010	6	A	1		0.12	0.14	0.07
Tocotrienol, delta.....mg	0.00	0.000	6	A	1		0.00	0.00	0.00
Vitamin D (D2 + D3).....µg	0.0		0	BFZN	4		0.0	0.0	0.0
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	0		0	BFZN	4		0	0	0
Vitamin K (phylloquinone).....µg	3.7		0	FLA	4		1.9	2.2	1.0
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	3.732		0	NC	4		1.903	2.239	1.058
4:0.....g	0.015	0.001	6	A	1		0.008	0.009	0.004
6:0.....g	0.007	0.002	6	A	1		0.004	0.004	0.002
8:0.....g	0.004	0.002	6	A	1		0.002	0.002	0.001
10:0.....g	0.006	0.001	6	A	1		0.003	0.004	0.002
12:0.....g	0.022	0.001	6	A	1		0.011	0.013	0.006
13:0.....g									
14:0.....g	0.147	0.001	6	A	1		0.075	0.088	0.042
15:0.....g	0.013	0.000	6	A	1		0.007	0.008	0.004
16:0.....g	2.157	0.007	6	A	1		1.100	1.294	0.611
17:0.....g	0.035	0.001	6	A	1		0.018	0.021	0.010
18:0.....g	1.295	0.009	6	A	1		0.661	0.777	0.367
20:0.....g	0.025	0.000	6	A	1		0.013	0.015	0.007
22:0.....g	0.004	0.000	6	A	1		0.002	0.003	0.001
24:0.....g	0.001	0.000	6	A	1		0.001	0.001	0.000
Fatty acids, total monounsaturated.....g	3.494		0	NC	4		1.782	2.096	0.990
14:1.....g	0.007	0.000	6	A	1		0.004	0.004	0.002
15:1.....g	0.000	0.000	6	A	1		0.000	0.000	0.000
16:1 undifferentiated.....g	0.159	0.002	6	AS	1		0.081	0.095	0.045
16:1 c.....g	0.154	0.002	6	A	1		0.078	0.092	0.044
16:1 t.....g	0.005	0.000	6	A	1		0.002	0.003	0.001
17:1.....g	0.019	0.000	6	A	1		0.009	0.011	0.005
18:1 undifferentiated.....g	3.254	0.038	6	AS	1		1.659	1.952	0.922
18:1 c.....g	3.063	0.020	6	A	1		1.562	1.838	0.868
18:1 t.....g	0.191	0.022	6	A	1		0.097	0.114	0.054
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.055	0.001	6	A	1		0.028	0.033	0.016
22:1 undifferentiated.....g	0.001	0.001	6	AS	1		0.000	0.000	0.000
22:1 c.....g	0.001	0.001	6	A	1		0.000	0.000	0.000
22:1 t.....g	0.000	0.000	6	A	1		0.000	0.000	0.000
24:1 c.....g	0.000	0.000	6	A	1		0.000	0.000	0.000
Fatty acids, total polyunsaturated.....g	1.963		0	NC	4		1.001	1.178	0.556
18:2 undifferentiated.....g	1.769	0.032	6	AS	1		0.902	1.061	0.502
18:2 n-6 c,c.....g	1.726	0.031	6	A	1		0.880	1.036	0.489
18:2 CLAs.....g	0.014	0.001	6	A	1		0.007	0.008	0.004
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.029	0.002	6	A	1		0.015	0.017	0.008
18:3 undifferentiated.....g	0.080	0.004	6	AS	1		0.041	0.048	0.023
18:3 n-3 c,c,c (ALA).....g	0.076	0.004	6	A	1		0.039	0.046	0.022
18:3 n-6 c,c,c.....g	0.004	0.000	6	A	1		0.002	0.002	0.001
18:3i.....g									
18:4.....g	0.000	0.000	6	A	1		0.000	0.000	0.000
20:2 n-6 c,c.....g	0.043	0.001	6	A	1		0.022	0.026	0.012
20:3 undifferentiated.....g	0.013	0.000	6	AS	1		0.007	0.008	0.004
20:3 n-3.....g	0.004	0.001	6	A	1		0.002	0.003	0.001
20:3 n-6.....g	0.009	0.000	6	A	1		0.005	0.005	0.003
20:4 undifferentiated.....g	0.038	0.001	6	A	1		0.019	0.023	0.011
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.000	0.000	6	A	1		0.000	0.000	0.000
21:5.....g									
22:4.....g	0.007	0.000	6	A	1		0.004	0.004	0.002
22:5 n-3 (DPA).....g	0.003	0.000	6	A	1		0.001	0.002	0.001

NDB No. 18023

Bread, cornbread, dry mix, prepared with 2% milk, 80% margarine, and eggs

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			
22:6 n-3 (DHA).....g	0.007	0.001	6	A	1	0.004	0.004	0.002
Fatty acids, total trans.....g	0.224		0	NC	4	0.114	0.135	0.064
Fatty acids, total trans-monoenoic.....g	0.195		0	NC	4	0.100	0.117	0.055
Fatty acids, total trans-polyenoic.....g	0.029		0	NC	4	0.015	0.017	0.008
Cholesterol.....mg	57	1.096	6	A	1	29	34	16
Phytosterols.....mg								
<b>Amino Acids:</b>								
Tryptophan.....g	0.059		0	A	1	0.030	0.035	0.017
Threonine.....g	0.226		0	A	1	0.115	0.135	0.064
Isoleucine.....g	0.265		0	A	1	0.135	0.159	0.075
Leucine.....g	0.658		0	A	1	0.335	0.395	0.186
Lysine.....g	0.324		0	A	1	0.165	0.194	0.092
Methionine.....g	0.157		0	A	1	0.080	0.094	0.045
Cystine.....g	0.177		0	A	1	0.090	0.106	0.050
Phenylalanine.....g	0.343		0	A	1	0.175	0.206	0.097
Tyrosine.....g	0.147		0	A	1	0.075	0.088	0.042
Valine.....g	0.334		0	A	1	0.170	0.200	0.095
Arginine.....g	0.285		0	A	1	0.145	0.171	0.081
Histidine.....g	0.167		0	A	1	0.085	0.100	0.047
Alanine.....g	0.363		0	A	1	0.185	0.218	0.103
Aspartic acid.....g	0.461		0	A	1	0.235	0.277	0.131
Glutamic acid.....g	1.492		0	A	1	0.761	0.895	0.423
Glycine.....g	0.226		0	A	1	0.115	0.135	0.064
Proline.....g	0.746		0	A	1	0.380	0.448	0.211
Serine.....g	0.373		0	A	1	0.190	0.224	0.106
Hydroxyproline.....g	0.000		1	A	1	0.000	0.000	0.000
<b>Others:</b>								
Alcohol, ethyl.....g	0.0		0	BFZN	4	0.0	0.0	0.0
Caffeine.....mg	0		0	BFZN	4	0	0	0
Theobromine.....mg	0		0	BFZN	4	0	0	0

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

**Common Measures:**

- Measure 1 = 51g: 1 muffin
- Measure 2 = 60g: 1 piece
- Measure 3 = 28.35g: 1 oz

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 18 Baked Products

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

NDB No. 18412

Bread, cornbread, dry mix, unenriched (includes corn muffin mix)

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
<b>Proximates:</b>									
Water.....g	7.80	0.162	46		1		2.21	18.80	
Energy.....kcal	418		0	NC	4		119	1007	
Energy.....kJ	1749				4		496	4215	
Protein (N x 5.7).....g	7.00	0.077	56		1		1.98	16.87	
Total lipid (fat).....g	12.20	0.128	54		1		3.46	29.40	
Ash.....g	3.60	0.060	46		1		1.02	8.68	
Carbohydrate, by difference.....g	69.50		0		4		19.70	167.50	
Fiber, total dietary.....g	6.5		0	BFZN	4		1.8	15.7	
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	57	3.755	29		1		16	137	
Iron, Fe.....mg	0.59		0	BFZN	4		0.17	1.42	
Magnesium, Mg.....mg	24	1.229	21		1		7	58	
Phosphorus, P.....mg	489	11.566	45		1		139	1178	
Potassium, K.....mg	113	3.064	43		1		32	272	
Sodium, Na.....mg	1111	34.872	43		1		315	2678	
Zinc, Zn.....mg	0.57	0.026	22		1		0.16	1.37	
Copper, Cu.....mg	0.085	0.002	22		1		0.024	0.205	
Manganese, Mn.....mg	0.315		2		1		0.089	0.759	
Selenium, Se.....µg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.1		0	BFZN	4		0.0	0.2	
Thiamin.....mg	0.046		0	BFZN	4		0.013	0.111	
Riboflavin.....mg	0.020		0	BFZN	4		0.006	0.048	
Niacin.....mg	0.937		0	BFZN	4		0.266	2.258	
Pantothenic acid.....mg	0.480	0.079	20		1		0.136	1.157	
Vitamin B-6.....mg	0.128	0.011	20		1		0.036	0.308	
Folate, total.....µg	11	0.918	13		1		3	27	
Folic acid.....µg	0		0	Z	7		0	0	
Folate, food.....µg	11	0.918	13		1		3	27	
Folate, DFE.....µg	11		0	NC	4		3	27	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.09		0	BFZN	4		0.03	0.22	
Vitamin A, RAE.....µg	6		0	NC	4		2	14	
Retinol.....µg	0		0	Z	7		0	0	
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	115	33.732	3		1		33	277	
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									
<b>Lipids:</b>									



Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated.....g	3.091		0	BFZN	4		0.876	7.449	
4:0.....g	0.004		0	BFZN	4		0.001	0.010	
6:0.....g	0.003		0	BFZN	4		0.001	0.007	
8:0.....g	0.001		0		4		0.000	0.002	
10:0.....g	0.003		0	BFZN	4		0.001	0.007	
12:0.....g	0.004		0	BFZN	4		0.001	0.010	
13:0.....g									
14:0.....g	0.070		0	BFZN	4		0.020	0.169	
15:0.....g									
16:0.....g	1.607		0	BFZN	4		0.456	3.873	
17:0.....g									
18:0.....g	1.393		0	BFZN	4		0.395	3.357	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	6.719		0	BFZN	4		1.905	16.193	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.004		0	BFZN	4		0.001	0.010	
17:1.....g									
18:1 undifferentiated.....g	6.714		0	BFZN	4		1.903	16.181	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.682		0	BFZN	4		0.477	4.054	
18:2 undifferentiated.....g	1.599		0	BFZN	4		0.453	3.854	
18:3 undifferentiated.....g	0.083		0	BFZN	4		0.024	0.200	
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	2		0	BFZN	4		1	5	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.071		0		4		0.020	0.171	
Threonine.....g	0.224		0		4		0.064	0.540	
Isoleucine.....g	0.254		0		4		0.072	0.612	
Leucine.....g	0.632		0		4		0.179	1.523	
Lysine.....g	0.198		0		4		0.056	0.477	
Methionine.....g	0.133		0		4		0.038	0.321	
Cystine.....g	0.132		0		4		0.037	0.318	
Phenylalanine.....g	0.343		0		4		0.097	0.827	
Tyrosine.....g	0.241		0		4		0.068	0.581	
Valine.....g	0.320		0		4		0.091	0.771	
Arginine.....g	0.302		0		4		0.086	0.728	
Histidine.....g	0.177		0		4		0.050	0.427	
Alanine.....g	0.336		0		4		0.095	0.810	
Aspartic acid.....g	0.382		0		4		0.108	0.921	
Glutamic acid.....g	1.847		0		4		0.524	4.451	
Glycine.....g	0.254		0		4		0.072	0.612	
Proline.....g	0.715		0		4		0.203	1.723	
Serine.....g	0.336		0		4		0.095	0.810	
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. 18412**

**Bread, cornbread, dry mix, unenriched (includes corn muffin mix)**

**Common Measures:**

Measure 1 = 28.35g: 1 oz

Measure 2 = 241g: 1 package (8.5 oz)

**Calories Factors: Protein 4**

**Fat 8.4**

**Carbohydrate 4.1**

**Food Group: 18 Baked Products**

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

NDB No. 18024

Bread, cornbread, prepared from recipe, made with low fat (2%) milk

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
<b>Proximates:</b>									
Water.....g	39.10		0		1		11.08	25.42	
Energy.....kcal	266		0	NC	4		75	173	
Energy.....kJ	1113				4		316	723	
Protein (N x 0).....g	6.70		0		1		1.90	4.36	
Total lipid (fat).....g	7.10		0		1		2.01	4.62	
Ash.....g	3.60		0		1		1.02	2.34	
Carbohydrate, by difference.....g	43.50		0	NC	4		12.33	28.28	
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	249		0		1		71	162	
Iron, Fe.....mg	2.50		0		1		0.71	1.63	
Magnesium, Mg.....mg	25		0		1		7	16	
Phosphorus, P.....mg	169		0		1		48	110	
Potassium, K.....mg	147		0		1		42	96	
Sodium, Na.....mg	658		0		1		187	428	
Zinc, Zn.....mg	0.60		0		1		0.17	0.39	
Copper, Cu.....mg	0.051		0		1		0.014	0.033	
Manganese, Mn.....mg	0.118		0		1		0.033	0.077	
Selenium, Se.....µg	10.1		0	RK	4		2.9	6.6	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.3		0		1		0.1	0.2	
Thiamin.....mg	0.291		0		1		0.082	0.189	
Riboflavin.....mg	0.294		0		1		0.083	0.191	
Niacin.....mg	2.254		0		1		0.639	1.465	
Pantothenic acid.....mg	0.339		0		1		0.096	0.220	
Vitamin B-6.....mg	0.113		0		1		0.032	0.073	
Folate, total.....µg	77		0	FLA	4		22	50	
Folic acid.....µg	58		0	FLA	4		17	38	
Folate, food.....µg	19		0		1		5	12	
Folate, DFE.....µg	118		0	NC	4		34	77	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.15		0		1		0.04	0.10	
Vitamin A, RAE.....µg									
Retinol.....µg									
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	277		0		1		79	180	
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									
<b>Lipids:</b>									

Bread, cornbread, prepared from recipe, made with low fat (2%) milk

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			
Fatty acids, total saturated.....g	1.555		0	1	0.441	1.011	
4:0.....g	0.027		0	1	0.008	0.018	
6:0.....g	0.016		0	1	0.005	0.010	
8:0.....g	0.010		0	1	0.003	0.007	
10:0.....g	0.021		0	1	0.006	0.014	
12:0.....g	0.025		0	1	0.007	0.016	
13:0.....g							
14:0.....g	0.093		0	1	0.026	0.060	
15:0.....g							
16:0.....g	0.991		0	1	0.281	0.644	
17:0.....g							
18:0.....g	0.362		0	1	0.103	0.235	
20:0.....g							
22:0.....g							
24:0.....g							
Fatty acids, total monounsaturated.....g	1.830		0	1	0.519	1.190	
14:1.....g							
15:1.....g							
16:1 undifferentiated.....g	0.056		0	1	0.016	0.036	
17:1.....g							
18:1 undifferentiated.....g	1.759		0	1	0.499	1.143	
20:1.....g	0.012		0	1	0.003	0.008	
22:1 undifferentiated.....g	0.000		0	1	0.000	0.000	
24:1 c.....g							
Fatty acids, total polyunsaturated.....g	3.206		0	1	0.909	2.084	
18:2 undifferentiated.....g	2.841		0	1	0.805	1.847	
18:3 undifferentiated.....g	0.349		0	1	0.099	0.227	
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	0.012		0	1	0.003	0.008	
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	0.003		0	1	0.001	0.002	
Fatty acids, total trans.....g							
Cholesterol.....mg	40		0	1	11	26	
Phytosterols.....mg	12		0	1	3	8	
<b>Amino Acids:</b>							
Tryptophan.....g	0.067		0	1	0.019	0.044	
Threonine.....g	0.259		0	1	0.073	0.168	
Isoleucine.....g	0.290		0	1	0.082	0.189	
Leucine.....g	0.678		0	1	0.192	0.441	
Lysine.....g	0.296		0	1	0.084	0.192	
Methionine.....g	0.152		0	1	0.043	0.099	
Cystine.....g	0.117		0	1	0.033	0.076	
Phenylalanine.....g	0.330		0	1	0.094	0.215	
Tyrosine.....g	0.268		0	1	0.076	0.174	
Valine.....g	0.357		0	1	0.101	0.232	
Arginine.....g	0.312		0	1	0.088	0.203	
Histidine.....g	0.181		0	1	0.051	0.118	
Alanine.....g	0.372		0	1	0.105	0.242	
Aspartic acid.....g	0.472		0	1	0.134	0.307	
Glutamic acid.....g	1.376		0	1	0.390	0.894	
Glycine.....g	0.231		0	1	0.065	0.150	
Proline.....g	0.571		0	1	0.162	0.371	
Serine.....g	0.356		0	1	0.101	0.231	
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. 18024**

**Bread, cornbread, prepared from recipe, made with low fat (2%) milk**

**Common Measures:**

Measure 1 = 28.35g: 1 oz

Measure 2 = 65g: 1 piece

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

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

**NDB No. 18025**  
**Bread, cracked-w heat**

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
<b>Proximates:</b>									
Water.....g	35.80	0.436	23		1		10.15	1.15	10.74
Energy.....kcal	260		0	NC	4		74	8	78
Energy.....kJ	1088				4		308	35	326
Protein (N x 5.8).....g	8.70	0.159	27		1		2.47	0.28	2.61
Total lipid (fat).....g	3.90	0.171	27		1		1.11	0.12	1.17
Ash.....g	2.10	0.059	19		1		0.60	0.07	0.63
Carbohydrate, by difference.....g	49.50		0	NC	4		14.03	1.58	14.85
Fiber, total dietary.....g	5.5		0		1		1.6	0.2	1.7
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	43	5.290	27		1		12	1	13
Iron, Fe.....mg	2.81	0.185	26		1		0.80	0.09	0.84
Magnesium, Mg.....mg	52	2.764	13		1		15	2	16
Phosphorus, P.....mg	153	5.092	13		1		43	5	46
Potassium, K.....mg	177	6.187	15		1		50	6	53
Sodium, Na.....mg	538	11.700	21		1		153	17	161
Zinc, Zn.....mg	1.24	0.065	13		1		0.35	0.04	0.37
Copper, Cu.....mg	0.222	0.009	13		1		0.063	0.007	0.067
Manganese, Mn.....mg	1.371	0.089	13		1		0.389	0.044	0.411
Selenium, Se.....µg	25.3	0.970	3	A	1		7.2	0.8	7.6
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0	FLA	4		0.0	0.0	0.0
Thiamin.....mg	0.358	0.019	26		1		0.101	0.011	0.107
Riboflavin.....mg	0.240	0.016	26		1		0.068	0.008	0.072
Niacin.....mg	3.671	0.188	26		1		1.041	0.117	1.101
Pantothenic acid.....mg	0.512	0.032	16		1		0.145	0.016	0.154
Vitamin B-6.....mg	0.304	0.202	14		1		0.086	0.010	0.091
Folate, total.....µg	61		0	FLA	4		17	2	18
Folic acid.....µg	22		0	NC	4		6	1	7
Folate, food.....µg	39	3.367	11		1		11	1	12
Folate, DFE.....µg	76		0	NC	4		22	2	23
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.02		0	FLA	4		0.01	0.00	0.01
Vitamin A, RAE.....µg	0		0	NC	4		0	0	0
Retinol.....µg	0		0	Z	7		0	0	0
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	0		0	FLA	4		0	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									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									



NDB No. 18025  
Bread, cracked-w heat

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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						

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Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 = 3.2g: 1 cubic inch

Measure 3 = 30g: 1 slice, large or thick

**Calories Factors: Protein 3.8**

**Fat 8.8**

**Carbohydrate 3.9**

**Food Group: 18 Baked 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 of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Lipids:</b>									
Fatty acids, total saturated.....g	1.593		0	FLA	4		0.452	0.637	
4:0.....g	0.000		0	FLA	4		0.000	0.000	
6:0.....g	0.000		0	FLA	4		0.000	0.000	
8:0.....g	0.001		0	FLA	4		0.000	0.000	
10:0.....g	0.001		0	FLA	4		0.000	0.000	
12:0.....g	0.001		0	FLA	4		0.000	0.000	
13:0.....g									
14:0.....g	0.020		0	FLA	4		0.006	0.008	
15:0.....g									
16:0.....g	1.082		0	FLA	4		0.307	0.433	
17:0.....g	0.006		0	FLA	4		0.002	0.002	
18:0.....g	0.463		0	FLA	4		0.131	0.185	
20:0.....g	0.003		0	FLA	4		0.001	0.001	
22:0.....g	0.004		0	FLA	4		0.001	0.002	
24:0.....g	0.001		0	FLA	4		0.000	0.000	
Fatty acids, total monounsaturated.....g	2.302		0	FLA	4		0.653	0.921	
14:1.....g	0.003		0	FLA	4		0.001	0.001	
15:1.....g									
16:1 undifferentiated.....g	0.108		0	FLA	4		0.031	0.043	
17:1.....g									
18:1 undifferentiated.....g	2.182		0	FLA	4		0.619	0.873	
20:1.....g	0.009		0	FLA	4		0.003	0.004	
22:1 undifferentiated.....g	0.001		0	FLA	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.106		0	FLA	4		0.314	0.442	
18:2 undifferentiated.....g	0.998		0	FLA	4		0.283	0.399	
18:3 undifferentiated.....g	0.048		0	FLA	4		0.014	0.019	
18:4.....g	0.000		0	FLA	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.046		0	FLA	4		0.013	0.018	
20:5 n-3 (EPA).....g	0.001		0	FLA	4		0.000	0.000	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	FLA	4		0.000	0.000	
22:6 n-3 (DHA).....g	0.012		0	FLA	4		0.003	0.005	
Fatty acids, total trans.....g									
Cholesterol.....mg	51		0		1		14	20	
Phytosterols.....mg	7		0		4		2	3	
<b>Amino Acids:</b>									
Tryptophan.....g	0.112		0		1		0.032	0.045	
Threonine.....g	0.306		0		1		0.087	0.122	
Isoleucine.....g	0.394		0		1		0.112	0.158	
Leucine.....g	0.692		0		1		0.196	0.277	
Lysine.....g	0.311		0		1		0.088	0.124	
Methionine.....g	0.189		0		1		0.054	0.076	
Cystine.....g	0.208		0		1		0.059	0.083	
Phenylalanine.....g	0.475		0		1		0.135	0.190	
Tyrosine.....g	0.292		0		1		0.083	0.117	
Valine.....g	0.443		0		1		0.126	0.177	
Arginine.....g	0.385		0		1		0.109	0.154	
Histidine.....g	0.210		0		1		0.060	0.084	
Alanine.....g	0.356		0		1		0.101	0.142	
Aspartic acid.....g	0.522		0		1		0.148	0.209	
Glutamic acid.....g	2.856		0		1		0.810	1.142	
Glycine.....g	0.336		0		1		0.095	0.134	
Proline.....g	0.947		0		1		0.268	0.379	
Serine.....g	0.501		0		1		0.142	0.200	
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	

NDB No. 18027

Bread, egg

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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 Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Code					
Caffeine.....mg	0		0	FLA	4		0	0	
Theobromine.....mg	0		0	FLA	4		0	0	

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Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 = 40g: 1 slice (5" x 3" x 1/2")

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

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



**NDB No. 18028**  
**Bread, egg, toasted**

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common		
	Mean	Std. Error	Number	Source	measures of food		
			of Data Points		Confidence Code	Measure 1	Measure 2
<b>Lipids:</b>							
Fatty acids, total saturated.....g	1.616		0	1		0.458	0.598
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	0.001		0	1		0.000	0.000
13:0.....g							
14:0.....g	0.025		0	1		0.007	0.009
15:0.....g							
16:0.....g	0.972		0	1		0.276	0.360
17:0.....g							
18:0.....g	0.601		0	1		0.170	0.222
20:0.....g							
22:0.....g							
24:0.....g							
Fatty acids, total monounsaturated.....g	2.989		0	1		0.847	1.106
14:1.....g							
15:1.....g							
16:1 undifferentiated.....g	0.072		0	1		0.020	0.027
17:1.....g							
18:1 undifferentiated.....g	2.911		0	1		0.825	1.077
20:1.....g	0.004		0	1		0.001	0.001
22:1 undifferentiated.....g	0.000		0	1		0.000	0.000
24:1 c.....g							
Fatty acids, total polyunsaturated.....g	1.149		0	1		0.326	0.425
18:2 undifferentiated.....g	1.067		0	1		0.302	0.395
18:3 undifferentiated.....g	0.057		0	1		0.016	0.021
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	0.019		0	1		0.005	0.007
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	0.005		0	1		0.001	0.002
Fatty acids, total trans.....g							
Cholesterol.....mg	56		0	1		16	21
Phytosterols.....mg	8		0	1		2	3
<b>Amino Acids:</b>							
Tryptophan.....g	0.123		0	1		0.035	0.046
Threonine.....g	0.336		0	1		0.095	0.124
Isoleucine.....g	0.433		0	1		0.123	0.160
Leucine.....g	0.760		0	1		0.215	0.281
Lysine.....g	0.342		0	1		0.097	0.127
Methionine.....g	0.208		0	1		0.059	0.077
Cystine.....g	0.229		0	1		0.065	0.085
Phenylalanine.....g	0.522		0	1		0.148	0.193
Tyrosine.....g	0.321		0	1		0.091	0.119
Valine.....g	0.487		0	1		0.138	0.180
Arginine.....g	0.423		0	1		0.120	0.157
Histidine.....g	0.230		0	1		0.065	0.085
Alanine.....g	0.391		0	1		0.111	0.145
Aspartic acid.....g	0.574		0	1		0.163	0.212
Glutamic acid.....g	3.139		0	1		0.890	1.161
Glycine.....g	0.370		0	1		0.105	0.137
Proline.....g	1.041		0	1		0.295	0.385
Serine.....g	0.551		0	1		0.156	0.204
Hydroxyproline.....g							
<b>Others:</b>							
Alcohol, ethyl.....g	0.0		0	7		0.0	0.0
Caffeine.....mg	0		0	RK 4		0	0

**NDB No. 18028**  
**Bread, egg, toasted**

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			
Theobromine.....mg	0		0	RK	4	0	0

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

**Common Measures:**

Measure 1 = 28.35g: 1 oz

Measure 2 = 37g: 1 slice (5" x 3" x 1/2")

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

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

NDB No. 18029

Bread, french or vienna (includes sourdough)

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
<b>Proximates:</b>									
Water.....g	33.00	0.647	5	A	1		9.36	45.87	
Energy.....kcal	272		0	NC	4		77	378	
Energy.....kJ	1139		0	NC	4		323	1583	
Protein.....g	10.75	0.118	6	A	1		3.05	14.94	
Total lipid (fat).....g	2.42	0.430	6	A	1		0.69	3.36	
Ash.....g	1.96	0.058	6	A	1		0.55	2.72	
Carbohydrate, by difference.....g	51.88		0	NC	4		14.71	72.11	
Fiber, total dietary.....g	2.2	0.042	3	A	1		0.6	3.0	
Sugars, total.....g	4.62	0.303	3	A	1		1.31	6.42	
Sucrose.....g	0.00	0.000	3	A	1		0.00	0.00	
Glucose (dextrose).....g	0.40	0.026	3	A	1		0.11	0.56	
Fructose.....g	0.51	0.030	3	A	1		0.15	0.71	
Lactose.....g	0.00	0.000	3	A	1		0.00	0.00	
Maltose.....g	3.70	0.321	3	A	1		1.05	5.15	
Galactose.....g	0.00	0.000	3	A	1		0.00	0.00	
Starch.....g	44.23	2.908	3	A	1		12.54	61.48	
<b>Minerals:</b>									
Calcium, Ca.....mg	52	16.634	6	A	1		15	72	
Iron, Fe.....mg	3.91	0.159	6	A	1		1.11	5.44	
Magnesium, Mg.....mg	32	1.972	6	A	1		9	44	
Phosphorus, P.....mg	105	5.583	6	A	1		30	146	
Potassium, K.....mg	117	3.073	6	A	1		33	163	
Sodium, Na.....mg	602	28.302	6	A	1		171	836	
Zinc, Zn.....mg	1.04	0.072	6	A	1		0.29	1.44	
Copper, Cu.....mg	0.152	0.004	6	A	1		0.043	0.211	
Manganese, Mn.....mg	0.577	0.025	6	A	1		0.164	0.803	
Selenium, Se.....µg	28.6	4.041	3	A	1		8.1	39.8	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0	FLC	4		0.0	0.0	
Thiamin.....mg	0.710	0.060	3	A	1		0.201	0.987	
Riboflavin.....mg	0.427	0.027	3	A	1		0.121	0.593	
Niacin.....mg	4.817	0.098	3	A	1		1.366	6.695	
Pantothenic acid.....mg	0.455		2	A	1		0.129	0.632	
Vitamin B-6.....mg	0.107	0.009	3	A	1		0.030	0.148	
Folate, total.....µg	123	12.522	3	A	1		35	171	
Folic acid.....µg	67		0	FLC	4		19	93	
Folate, food.....µg	56		0	FLC	4		16	78	
Folate, DFE.....µg	170		0	NC	4		48	236	
Choline, total.....mg	8.0		0	FLC	4		2.3	11.1	
Betaine.....mg									
Vitamin B-12.....µg	0.00		0	FLC	4		0.00	0.00	
Vitamin B-12, added.....µg	0.00		0	FLC	4		0.00	0.00	
Vitamin A, RAE.....µg	0		0	FLC	4		0	0	
Retinol.....µg	0		0	FLC	4		0	0	
Carotene, beta.....µg	0		0	FLC	4		0	1	
Carotene, alpha.....µg	0		0	FLC	4		0	0	
Cryptoxanthin, beta.....µg	0		0	FLC	4		0	0	
Vitamin A, IU.....IU	1		0	NC	4		0	1	
Lycopene.....µg	0		0	FLC	4		0	0	
Lutein + zeaxanthin.....µg	45		0	FLC	4		13	63	
Vitamin E (alpha-tocopherol).....mg	0.21	0.056	3	A	1		0.06	0.30	
Vitamin E, added.....mg	0.00		0	FLC	4		0.00	0.00	
Tocopherol, beta.....mg	0.03	0.027	3	A	1		0.01	0.04	
Tocopherol, gamma.....mg	0.28	0.277	3	A	1		0.08	0.39	
Tocopherol, delta.....mg	0.07	0.074	3	A	1		0.02	0.10	
Tocotrienol, alpha.....mg	0.00	0.000	3	A	1		0.00	0.00	
Tocotrienol, beta.....mg	0.59	0.172	3	A	1		0.17	0.81	

Bread, french or vienna (includes sourdough)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	0.00	0.000	3	A	1		0.00	0.00	
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	0.7		0	FLC	4		0.2	1.0	
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.529		0	NC	4		0.150	0.735	
4:0.....g	0.000	0.000	3	A	1		0.000	0.000	
6:0.....g	0.000	0.000	3	A	1		0.000	0.000	
8:0.....g	0.001	0.001	3	A	1		0.000	0.002	
10:0.....g	0.002	0.001	3	A	1		0.001	0.003	
12:0.....g	0.002	0.001	3	A	1		0.001	0.003	
13:0.....g									
14:0.....g	0.006	0.002	3	A	1		0.002	0.008	
15:0.....g	0.003	0.000	3	A	1		0.001	0.004	
16:0.....g	0.363	0.152	3	A	1		0.103	0.504	
17:0.....g	0.003	0.000	3	A	1		0.001	0.004	
18:0.....g	0.138	0.047	3	A	1		0.039	0.192	
20:0.....g	0.004	0.002	3	A	1		0.001	0.006	
22:0.....g	0.004	0.002	3	A	1		0.001	0.006	
24:0.....g	0.002	0.001	3	A	1		0.001	0.003	
Fatty acids, total monounsaturated.....g	0.362		0	NC	4		0.103	0.503	
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	0.011	0.003	3	AS	1		0.003	0.016	
16:1 c.....g	0.011	0.003	3	A	1		0.003	0.016	
16:1 t.....g	0.000	0.000	3	A	1		0.000	0.000	
17:1.....g	0.001	0.000	3	A	1		0.000	0.001	
18:1 undifferentiated.....g	0.344	0.177	3	AS	1		0.097	0.478	
18:1 c.....g	0.340	0.173	3	A	1		0.096	0.473	
18:1 t.....g	0.003	0.003	3	A	1		0.001	0.005	
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.006	0.002	3	A	1		0.002	0.009	
22:1 undifferentiated.....g	0.000	0.000	3	AS	1		0.000	0.000	
22:1 c.....g	0.000	0.000	3	A	1		0.000	0.000	
22:1 t.....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	0.855		0	NC	4		0.242	1.189	
18:2 undifferentiated.....g	0.790	0.252	3	AS	1		0.224	1.098	
18:2 n-6 c,c.....g	0.788	0.251	3	A	1		0.223	1.095	
18:2 CLAs.....g	0.000	0.000	3	A	1		0.000	0.000	
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.002	0.001	3	A	1		0.000	0.002	
18:3 undifferentiated.....g	0.064	0.030	3	AS	1		0.018	0.089	
18:3 n-3 c,c,c (ALA).....g	0.063	0.029	3	A	1		0.018	0.088	
18:3 n-6 c,c,c.....g	0.001	0.001	3	A	1		0.000	0.002	
18:3i.....g	0.000	0.000	3	A	1		0.000	0.000	
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. 18029

Bread, french or vienna (includes sourdough)

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					
22:6 n-3 (DHA).....g	0.000	0.000	3	A	1		0.000	0.000	
Fatty acids, total trans.....g	0.005		0	NC	4		0.001	0.007	
Fatty acids, total trans-monoenoic.....g	0.003		0	NC	4		0.001	0.005	
Fatty acids, total trans-polyenoic.....g	0.002		0	NC	4		0.000	0.002	
Cholesterol.....mg	0		0	FLC	4		0	0	
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	FLC	4		0.0	0.0	
Caffeine.....mg	0		0	FLC	4		0	0	
Theobromine.....mg	0		0	FLC	4		0	0	

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

**Common Measures:**

Measure 1 = 28.35g: 1 oz

Measure 2 = 139g: 1 slice

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

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



NDB No. 18030

Bread, french or vienna, toasted (includes sourdough)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.502		0	NC	4		0.142	0.146	0.296
4:0.....g	0.000		0	RK	4		0.000	0.000	0.000
6:0.....g	0.000		0	RK	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	0.000		2	A	1		0.000	0.000	0.000
15:0.....g	0.000		2	A	1		0.000	0.000	0.000
16:0.....g	0.326		2	A	1		0.092	0.094	0.192
17:0.....g	0.001		2	A	1		0.000	0.000	0.001
18:0.....g	0.164		2	A	1		0.046	0.048	0.097
20:0.....g	0.004		2	A	1		0.001	0.001	0.003
22:0.....g	0.007		2	A	1		0.002	0.002	0.004
24:0.....g	0.000		0	RK	4		0.000	0.000	0.000
Fatty acids, total monounsaturated.....g	0.386		0	NC	4		0.110	0.112	0.228
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	0.016		2	A	1		0.004	0.004	0.009
17:1.....g	0.000		2	A	1		0.000	0.000	0.000
18:1 undifferentiated.....g	0.362		2	A	1		0.103	0.105	0.214
20:1.....g	0.008		2	A	1		0.002	0.002	0.005
22:1 undifferentiated.....g	0.000		0	RK	4		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.830		0	NC	4		0.235	0.241	0.489
18:2 undifferentiated.....g	0.780		2	A	1		0.221	0.226	0.460
18:3 undifferentiated.....g	0.050		0	AS	1		0.014	0.015	0.030
18:3 n-3 c,c,c (ALA).....g	0.050		2	A	1		0.014	0.015	0.030
18:3 n-6 c,c,c.....g	0.000		2	A	1		0.000	0.000	0.000
18:3i.....g									
18:4.....g	0.000		0	RK	4		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
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.000		2	A	1		0.000	0.000	0.000
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.000		0	RK	4		0.000	0.000	0.000
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	RK	4		0.000	0.000	0.000
22:6 n-3 (DHA).....g	0.000		0	RK	4		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	RK	4		0	0	0
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.134		0	RK	4		0.038	0.039	0.079
Threonine.....g	0.316		0	RK	4		0.090	0.092	0.186
Isoleucine.....g	0.416		0	RK	4		0.118	0.121	0.245
Leucine.....g	0.762		0	RK	4		0.216	0.221	0.450
Lysine.....g	0.328		0	RK	4		0.093	0.095	0.193
Methionine.....g	0.168		0	RK	4		0.048	0.049	0.099
Cystine.....g	0.261		0	RK	4		0.074	0.076	0.154
Phenylalanine.....g	0.543		0	RK	4		0.154	0.158	0.321
Tyrosine.....g	0.208		0	RK	4		0.059	0.060	0.123
Valine.....g	0.476		0	RK	4		0.135	0.138	0.281
Arginine.....g	0.406		0	RK	4		0.115	0.118	0.239
Histidine.....g	0.234		0	RK	4		0.066	0.068	0.138
Alanine.....g	0.361		0	RK	4		0.102	0.105	0.213
Aspartic acid.....g	0.496		0	RK	4		0.141	0.144	0.293
Glutamic acid.....g	3.652		0	RK	4		1.035	1.059	2.155
Glycine.....g	0.403		0	RK	4		0.114	0.117	0.238

NDB No. 18030

Bread, french or vienna, toasted (includes sourdough)

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
Proline.....g	1.235		0	RK	4	0.350	0.358	0.729
Serine.....g	0.501		0	RK	4	0.142	0.145	0.296
Hydroxyproline.....g								
<b>Others:</b>								
Alcohol, ethyl.....g	0.0		0	RK	4	0.0	0.0	0.0
Caffeine.....mg	0		0	RK	4	0	0	0
Theobromine.....mg	0		0	RK	4	0	0	0

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

**Common Measures:**

- Measure 1 = 28.35g: 1 oz
- Measure 2 = 29g: 1 slice, small
- Measure 3 = 59g: 1 slice, medium

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

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

NDB No. 18032

Bread, irish soda, prepared from recipe

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
<b>Proximates:</b>									
Water.....g	30.10		0		1		8.53		
Energy.....kcal	290		0	NC	4		82		
Energy.....kJ	1213				4		344		
Protein.....g	6.60		0		1		1.87		
Total lipid (fat).....g	5.00		0		1		1.42		
Ash.....g	1.90		0		1		0.54		
Carbohydrate, by difference.....g	56.00		0	NC	4		15.88		
Fiber, total dietary.....g	2.6		0		4		0.7		
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	81		0		1		23		
Iron, Fe.....mg	2.69		0		1		0.76		
Magnesium, Mg.....mg	23		0		1		7		
Phosphorus, P.....mg	114		0		1		32		
Potassium, K.....mg	266		0		1		75		
Sodium, Na.....mg	398		0		1		113		
Zinc, Zn.....mg	0.57		0		1		0.16		
Copper, Cu.....mg	0.130		0		1		0.037		
Manganese, Mn.....mg	0.355		0		1		0.101		
Selenium, Se.....µg	16.0		0	RA	4		4.5		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.8		0		1		0.2		
Thiamin.....mg	0.298		0		1		0.084		
Riboflavin.....mg	0.269		0		1		0.076		
Niacin.....mg	2.405		0		1		0.682		
Pantothenic acid.....mg	0.250		0		1		0.071		
Vitamin B-6.....mg	0.083		0		1		0.024		
Folate, total.....µg	47		0	RA	4		13		
Folic acid.....µg	37		0	NC	4		10		
Folate, food.....µg	10		0		1		3		
Folate, DFE.....µg	73		0	NC	4		21		
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.05		0		1		0.01		
Vitamin A, RAE.....µg	48		0	NC	4		13		
Retinol.....µg	45		0	NC	4		13		
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	194		0		1		55		
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. 18032

Bread, irish soda, prepared from recipe

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			
Fatty acids, total saturated.....g	1.111		0		1	0.315	
4:0.....g	0.008		0		1	0.002	
6:0.....g	0.005		0		1	0.001	
8:0.....g	0.003		0		1	0.001	
10:0.....g	0.006		0		1	0.002	
12:0.....g	0.007		0		1	0.002	
13:0.....g							
14:0.....g	0.036		0		1	0.010	
15:0.....g							
16:0.....g	0.698		0		1	0.198	
17:0.....g							
18:0.....g	0.342		0		1	0.097	
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	0.018		0		1	0.005	
17:1.....g							
18:1 undifferentiated.....g	1.976		0		1	0.560	
20:1.....g	0.001		0		1	0.000	
22:1 undifferentiated.....g	0.000		0		1	0.000	
24:1 c.....g							
Fatty acids, total polyunsaturated.....g	1.478		0		1	0.419	
18:2 undifferentiated.....g	1.396		0		1	0.396	
18:3 undifferentiated.....g	0.074		0		1	0.021	
18:4.....g	0.000		0		1	0.000	
20:2 n-6 c,c.....g							
20:3 undifferentiated.....g							
20:4 undifferentiated.....g	0.006		0		1	0.002	
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	0.002		0		1	0.001	
Fatty acids, total trans.....g							
Cholesterol.....mg	18		0		1	5	
Phytosterols.....mg	13		0		1	4	
<b>Amino Acids:</b>							
Tryptophan.....g	0.072		0		1	0.020	
Threonine.....g	0.201		0		1	0.057	
Isoleucine.....g	0.234		0		1	0.066	
Leucine.....g	0.436		0		1	0.124	
Lysine.....g	0.219		0		1	0.062	
Methionine.....g	0.138		0		1	0.039	
Cystine.....g	0.122		0		1	0.035	
Phenylalanine.....g	0.300		0		1	0.085	
Tyrosine.....g	0.201		0		1	0.057	
Valine.....g	0.283		0		1	0.080	
Arginine.....g	0.290		0		1	0.082	
Histidine.....g	0.159		0		1	0.045	
Alanine.....g	0.226		0		1	0.064	
Aspartic acid.....g	0.390		0		1	0.111	
Glutamic acid.....g	1.825		0		1	0.517	
Glycine.....g	0.188		0		1	0.053	
Proline.....g	0.597		0		1	0.169	
Serine.....g	0.296		0		1	0.084	
Hydroxyproline.....g							
<b>Others:</b>							
Alcohol, ethyl.....g	0.0		0		7	0.0	
Caffeine.....mg							
Theobromine.....mg							

NDB No. 18032

Bread, irish soda, prepared from recipe

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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

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

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

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Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common			
	Mean	Std. Error	Number	Source	measures of food			
			of Data Points		Confidence Code	Measure 1	Measure 2	Measure 3
<b>Lipids:</b>								
Fatty acids, total saturated.....g	0.855		0	1		0.242	0.257	0.171
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	0.011		0	1		0.003	0.003	0.002
15:0.....g								
16:0.....g	0.712		0	1		0.202	0.214	0.142
17:0.....g								
18:0.....g	0.131		0	1		0.037	0.039	0.026
20:0.....g								
22:0.....g								
24:0.....g								
Fatty acids, total monounsaturated.....g	0.812		0	1		0.230	0.244	0.162
14:1.....g								
15:1.....g								
16:1 undifferentiated.....g	0.013		0	1		0.004	0.004	0.003
17:1.....g								
18:1 undifferentiated.....g	0.799		0	1		0.227	0.240	0.160
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	1.390		0	1		0.394	0.417	0.278
18:2 undifferentiated.....g	1.290		0	1		0.366	0.387	0.258
18:3 undifferentiated.....g	0.100		0	1		0.028	0.030	0.020
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		1	1		0	0	0
Phytosterols.....mg								
<b>Amino Acids:</b>								
Tryptophan.....g	0.103		0	1		0.029	0.031	0.021
Threonine.....g	0.245		0	1		0.069	0.074	0.049
Isoleucine.....g	0.333		0	1		0.094	0.100	0.067
Leucine.....g	0.614		0	1		0.174	0.184	0.123
Lysine.....g	0.197		0	1		0.056	0.059	0.039
Methionine.....g	0.156		0	1		0.044	0.047	0.031
Cystine.....g	0.193		0	1		0.055	0.058	0.039
Phenylalanine.....g	0.433		0	1		0.123	0.130	0.087
Tyrosine.....g	0.248		0	1		0.070	0.074	0.050
Valine.....g	0.376		0	1		0.107	0.113	0.075
Arginine.....g	0.316		0	1		0.090	0.095	0.063
Histidine.....g	0.188		0	1		0.053	0.056	0.038
Alanine.....g	0.284		0	1		0.081	0.085	0.057
Aspartic acid.....g	0.379		0	1		0.107	0.114	0.076
Glutamic acid.....g	2.990		0	1		0.848	0.897	0.598
Glycine.....g	0.307		0	1		0.087	0.092	0.061
Proline.....g	1.004		0	1		0.285	0.301	0.201
Serine.....g	0.426		0	1		0.121	0.128	0.085
Hydroxyproline.....g								
<b>Others:</b>								
Alcohol, ethyl.....g	0.0		0	7		0.0	0.0	0.0
Caffeine.....mg	0		0	FLA 4		0	0	0

NDB No. 18033

Bread, italian

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 Code
Theobromine.....mg	0		0	FLA	4	0	0	0

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

**Common Measures:**

Measure 1 = 28.35g: 1 oz

Measure 2 = 30g: 1 slice, large (4-1/2" x 3-1/4" x 3/4")

Measure 3 = 20g: 1 slice, medium

**Calories Factors: Protein 4**

**Fat 8.7**

**Carbohydrate 4.1**

**Food Group:** 18 Baked Products

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Bread, naan (Indian bread), plain, commercially prepared, refrigerated

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion 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 D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	1.393		0	NC	4		1.253		
4:0.....g	0.014		2	A	1		0.012		
6:0.....g	0.009		2	A	1		0.009		
8:0.....g	0.007		2	A	1		0.006		
10:0.....g	0.019		2	A	1		0.017		
12:0.....g	0.021		2	A	1		0.018		
13:0.....g									
14:0.....g	0.060		2	A	1		0.054		
15:0.....g	0.012		2	A	1		0.010		
16:0.....g	0.933		2	A	1		0.840		
17:0.....g	0.006		2	A	1		0.006		
18:0.....g	0.274		2	A	1		0.247		
20:0.....g	0.020		2	A	1		0.018		
22:0.....g	0.013		2	A	1		0.012		
24:0.....g	0.007		2	A	1		0.006		
Fatty acids, total monounsaturated.....g	1.801		0	NC	4		1.621		
14:1.....g	0.006		2	A	1		0.005		
15:1.....g	0.000		2	A	1		0.000		
16:1 undifferentiated.....g	0.017		0	AS	1		0.016		
16:1 c.....g	0.015		2	A	1		0.013		
16:1 t.....g	0.002		2	A	1		0.002		
17:1.....g	0.004		2	A	1		0.004		
18:1 undifferentiated.....g	1.739		0	AS	1		1.565		
18:1 c.....g	1.710		2	A	1		1.539		
18:1 t.....g	0.029		2	A	1		0.026		
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.034		2	A	1		0.031		
22:1 undifferentiated.....g	0.000		0	AS	1		0.000		
22:1 c.....g	0.000		2	A	1		0.000		
22:1 t.....g	0.000		2	A	1		0.000		
24:1 c.....g	0.000		2	A	1		0.000		
Fatty acids, total polyunsaturated.....g	2.098		0	NC	4		1.888		
18:2 undifferentiated.....g	1.806		0	AS	1		1.625		
18:2 n-6 c,c.....g	1.787		2	A	1		1.608		
18:2 CLAs.....g	0.007		2	A	1		0.007		
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.011		2	A	1		0.010		
18:3 undifferentiated.....g	0.286		0	AS	1		0.258		
18:3 n-3 c,c,c (ALA).....g	0.276		2	A	1		0.249		
18:3 n-6 c,c,c.....g	0.010		2	A	1		0.009		
18:3i.....g	0.000		2	A	1		0.000		
18:4.....g	0.000		2	A	1		0.000		
20:2 n-6 c,c.....g	0.003		2	A	1		0.003		
20:3 undifferentiated.....g	0.000		0	AS	1		0.000		
20:3 n-3.....g	0.000		2	A	1		0.000		
20:3 n-6.....g	0.000		2	A	1		0.000		
20:4 undifferentiated.....g	0.003		2	A	1		0.003		
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.000		2	A	1		0.000		
21:5.....g									
22:4.....g	0.000		2	A	1		0.000		
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	0.042		0	NC	4		0.038		
Fatty acids, total trans-monoenoic.....g	0.031		0	NC	4		0.028		

NDB No. 28307

Bread, naan (Indian bread), plain, commercially prepared, refrigerated

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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 Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Code					
Fatty acids, total trans-polyenoic.....g	0.011		0	NC	4		0.010		
Cholesterol.....mg									
Phytosterols.....mg									

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

**Common Measures:**

Measure 1 = 90g: 1 piece

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

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



NDB No. 28287

Bread, naan (Indian bread), whole wheat, refrigerated

Nutrients and 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	Measure 2	Measure 3
			Deriv Code	Points					
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	BFSN	4		0.0		
Vitamin D.....IU	0		0	BFSN	4		0		
Vitamin K (phylloquinone).....µg	3.3		0	BFSN	4		3.5		
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	2.907		0	NC	4		3.081		
4:0.....g	0.000		0	BFFN	4		0.000		
6:0.....g	0.000		0	BFFN	4		0.000		
8:0.....g	0.002		0	BFFN	4		0.002		
10:0.....g	0.008		0	BFFN	4		0.009		
12:0.....g	0.026		0	BFFN	4		0.028		
13:0.....g									
14:0.....g	0.058		0	BFFN	4		0.061		
15:0.....g									
16:0.....g	2.486		0	BFFN	4		2.635		
17:0.....g									
18:0.....g	0.327		0	BFFN	4		0.346		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	1.946		0	NC	4		2.062		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.009		0	BFFN	4		0.009		
17:1.....g									
18:1 undifferentiated.....g	1.923		0	BFFN	4		2.038		
20:1.....g	0.014		0	BFFN	4		0.014		
22:1 undifferentiated.....g	0.001		0	BFFN	4		0.001		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.258		0	NC	4		1.334		
18:2 undifferentiated.....g	1.222		0	BFFN	4		1.295		
18:3 undifferentiated.....g	0.035		0	BFFN	4		0.037		
18:4.....g	0.000		0	BFFN	4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.002		0	BFFN	4		0.002		
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	1		0	BFFN	4		1		
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	BFFN	4		0.0		
Caffeine.....mg	0		0	BFFN	4		0		
Theobromine.....mg	0		0	BFFN	4		0		

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

**Common Measures:**

Measure 1 = 106g: 1 piece

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**NDB No. 28287**

**Bread, naan (Indian bread), whole wheat, refrigerated**

**Food Group:** 18 Baked 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		
	Mean	Std. Error	Number	Source	measures of food		
			of Data Points		Confidence Code	Measure 1	Measure 2
<b>Lipids:</b>							
Fatty acids, total saturated.....g	0.697		0	4		0.198	0.209
4:0.....g	0.000		0	4		0.000	0.000
6:0.....g	0.000		0	4		0.000	0.000
8:0.....g	0.000		0	4		0.000	0.000
10:0.....g	0.000		0	4		0.000	0.000
12:0.....g	0.002		0	4		0.001	0.001
13:0.....g							
14:0.....g	0.005		0	4		0.001	0.002
15:0.....g							
16:0.....g	0.526		0	4		0.149	0.158
17:0.....g							
18:0.....g	0.157		0	4		0.045	0.047
20:0.....g							
22:0.....g							
24:0.....g							
Fatty acids, total monounsaturated.....g	1.590		0	4		0.451	0.477
14:1.....g							
15:1.....g							
16:1 undifferentiated.....g	0.030		0	4		0.009	0.009
17:1.....g							
18:1 undifferentiated.....g	1.560		0	4		0.442	0.468
20:1.....g	0.000		0	4		0.000	0.000
22:1 undifferentiated.....g	0.000		0	4		0.000	0.000
24:1 c.....g							
Fatty acids, total polyunsaturated.....g	1.694		0	4		0.480	0.508
18:2 undifferentiated.....g	1.590		0	4		0.451	0.477
18:3 undifferentiated.....g	0.103		0	4		0.029	0.031
18:4.....g	0.000		0	4		0.000	0.000
20:2 n-6 c,c.....g							
20:3 undifferentiated.....g							
20:4 undifferentiated.....g	0.000		0	4		0.000	0.000
20:5 n-3 (EPA).....g	0.000		0	4		0.000	0.000
21:5.....g							
22:4.....g							
22:5 n-3 (DPA).....g	0.000		0	4		0.000	0.000
22:6 n-3 (DHA).....g	0.000		0	4		0.000	0.000
Fatty acids, total trans.....g							
Cholesterol.....mg	0		2	1		0	0
Phytosterols.....mg							
<b>Amino Acids:</b>							
Tryptophan.....g	0.131		0	4		0.037	0.039
Threonine.....g	0.299		0	4		0.085	0.090
Isoleucine.....g	0.399		0	4		0.113	0.120
Leucine.....g	0.733		0	4		0.208	0.220
Lysine.....g	0.297		0	4		0.084	0.089
Methionine.....g	0.179		0	4		0.051	0.054
Cystine.....g	0.234		0	4		0.066	0.070
Phenylalanine.....g	0.518		0	4		0.147	0.155
Tyrosine.....g	0.324		0	4		0.092	0.097
Valine.....g	0.461		0	4		0.131	0.138
Arginine.....g	0.445		0	4		0.126	0.134
Histidine.....g	0.225		0	4		0.064	0.068
Alanine.....g	0.370		0	4		0.105	0.111
Aspartic acid.....g	0.547		0	4		0.155	0.164
Glutamic acid.....g	3.162		0	4		0.896	0.949
Glycine.....g	0.395		0	4		0.112	0.119
Proline.....g	1.055		0	4		0.299	0.317
Serine.....g	0.502		0	4		0.142	0.151
Hydroxyproline.....g							
<b>Others:</b>							
Alcohol, ethyl.....g	0.0		0	7		0.0	0.0
Caffeine.....mg	0		0	FLC 4		0	0

NDB No. 18037

Bread, oat bran

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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 Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Code					
Theobromine.....mg	0		0	FLC	4	0		0	

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Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 = 30g: 1 slice

**Calories Factors: Protein 3.7**

**Fat 8.7**

**Carbohydrate 4**

**Food Group:** 18 Baked Products

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



**NDB No. 18038**  
**Bread, oat bran, toasted**

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common		
	Mean	Std. Error	Number	Source	measures of food		
			of Data Points		Confidence Code	Measure 1	Measure 2
<b><u>Lipids:</u></b>							
Fatty acids, total saturated.....g	0.766		0	4		0.217	0.207
4:0.....g	0.000		0	4		0.000	0.000
6:0.....g	0.000		0	4		0.000	0.000
8:0.....g	0.000		0	4		0.000	0.000
10:0.....g	0.000		0	4		0.000	0.000
12:0.....g	0.002		0	4		0.001	0.001
13:0.....g							
14:0.....g	0.006		0	4		0.002	0.002
15:0.....g							
16:0.....g	0.578		0	4		0.164	0.156
17:0.....g							
18:0.....g	0.172		0	4		0.049	0.046
20:0.....g							
22:0.....g							
24:0.....g							
Fatty acids, total monounsaturated.....g	1.748		0	4		0.496	0.472
14:1.....g							
15:1.....g							
16:1 undifferentiated.....g	0.033		0	4		0.009	0.009
17:1.....g							
18:1 undifferentiated.....g	1.714		0	4		0.486	0.463
20:1.....g	0.000		0	4		0.000	0.000
22:1 undifferentiated.....g	0.000		0	4		0.000	0.000
24:1 c.....g							
Fatty acids, total polyunsaturated.....g	1.861		0	4		0.528	0.502
18:2 undifferentiated.....g	1.748		0	4		0.496	0.472
18:3 undifferentiated.....g	0.114		0	4		0.032	0.031
18:4.....g	0.000		0	4		0.000	0.000
20:2 n-6 c,c.....g							
20:3 undifferentiated.....g							
20:4 undifferentiated.....g	0.000		0	4		0.000	0.000
20:5 n-3 (EPA).....g	0.000		0	4		0.000	0.000
21:5.....g							
22:4.....g							
22:5 n-3 (DPA).....g	0.000		0	4		0.000	0.000
22:6 n-3 (DHA).....g	0.000		0	4		0.000	0.000
Fatty acids, total trans.....g							
Cholesterol.....mg	0		0	4		0	0
Phytosterols.....mg							
<b><u>Amino Acids:</u></b>							
Tryptophan.....g	0.143		0	4		0.041	0.039
Threonine.....g	0.328		0	4		0.093	0.089
Isoleucine.....g	0.438		0	4		0.124	0.118
Leucine.....g	0.805		0	4		0.228	0.217
Lysine.....g	0.326		0	4		0.092	0.088
Methionine.....g	0.196		0	4		0.056	0.053
Cystine.....g	0.257		0	4		0.073	0.069
Phenylalanine.....g	0.570		0	4		0.162	0.154
Tyrosine.....g	0.356		0	4		0.101	0.096
Valine.....g	0.507		0	4		0.144	0.137
Arginine.....g	0.489		0	4		0.139	0.132
Histidine.....g	0.248		0	4		0.070	0.067
Alanine.....g	0.407		0	4		0.115	0.110
Aspartic acid.....g	0.601		0	4		0.170	0.162
Glutamic acid.....g	3.475		0	4		0.985	0.938
Glycine.....g	0.434		0	4		0.123	0.117
Proline.....g	1.159		0	4		0.329	0.313
Serine.....g	0.552		0	4		0.156	0.149
Hydroxyproline.....g							
<b><u>Others:</u></b>							
Alcohol, ethyl.....g	0.0		0	7		0.0	0.0
Caffeine.....mg	0		0	RK 4		0	0

**NDB No. 18038**  
**Bread, oat bran, toasted**

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			
Theobromine.....mg	0		0	RK	4	0	0

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

**Common Measures:**

Measure 1 = 28.35g: 1 oz

Measure 2 = 27g: 1 slice

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked 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				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	measures of food			
						Confidence Code	Measure 1	Measure 2	Measure 3
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.703		0		4		0.199	0.190	
4:0.....g	0.000		0		4		0.000	0.000	
6:0.....g	0.000		0		4		0.000	0.000	
8:0.....g	0.000		0		4		0.000	0.000	
10:0.....g	0.000		0		4		0.000	0.000	
12:0.....g	0.005		0		4		0.001	0.001	
13:0.....g									
14:0.....g	0.007		0		4		0.002	0.002	
15:0.....g									
16:0.....g	0.527		0		4		0.149	0.142	
17:0.....g									
18:0.....g	0.148		0		4		0.042	0.040	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	1.578		0		4		0.447	0.426	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.023		0		4		0.007	0.006	
17:1.....g									
18:1 undifferentiated.....g	1.555		0		4		0.441	0.420	
20:1.....g	0.000		0		4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.702		0		4		0.483	0.460	
18:2 undifferentiated.....g	1.603		0		4		0.454	0.433	
18:3 undifferentiated.....g	0.100		0		4		0.028	0.027	
18:4.....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	
20:5 n-3 (EPA).....g	0.000		0		4		0.000	0.000	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0		4		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	FLA	4		0	0	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.116		0		4		0.033	0.031	
Threonine.....g	0.247		0		4		0.070	0.067	
Isoleucine.....g	0.325		0		4		0.092	0.088	
Leucine.....g	0.608		0		4		0.172	0.164	
Lysine.....g	0.270		0		4		0.077	0.073	
Methionine.....g	0.152		0		4		0.043	0.041	
Cystine.....g	0.208		0		4		0.059	0.056	
Phenylalanine.....g	0.414		0		4		0.117	0.112	
Tyrosine.....g	0.263		0		4		0.075	0.071	
Valine.....g	0.393		0		4		0.111	0.106	
Arginine.....g	0.395		0		4		0.112	0.107	
Histidine.....g	0.186		0		4		0.053	0.050	
Alanine.....g	0.328		0		4		0.093	0.089	
Aspartic acid.....g	0.505		0		4		0.143	0.136	
Glutamic acid.....g	2.413		0		4		0.684	0.652	
Glycine.....g	0.343		0		4		0.097	0.093	
Proline.....g	0.765		0		4		0.217	0.207	
Serine.....g	0.408		0		4		0.116	0.110	
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	FLA	4		0	0	



NDB No. 18039

Bread, oatmeal

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			
Theobromine.....mg	0		0	FLA	4	0	0

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

**Common Measures:**

Measure 1 = 28.35g: 1 oz

Measure 2 = 27g: 1 slice

**Calories Factors: Protein 3.8**

**Fat 8.6**

**Carbohydrate 4.1**

**Food Group:** 18 Baked Products

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



**NDB No. 18040**  
**Bread, oatmeal, toasted**

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common			
	Mean	Std. Error	Number	Deriv Code	Source Code	measures of food		
			of Data Points			Confidence Code	Measure 1	Measure 2
<b>Lipids:</b>								
Fatty acids, total saturated.....g	0.764		0		1		0.217	0.191
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	0.006		0		1		0.002	0.002
13:0.....g								
14:0.....g	0.007		0		1		0.002	0.002
15:0.....g								
16:0.....g	0.573		0		1		0.162	0.143
17:0.....g								
18:0.....g	0.161		0		1		0.046	0.040
20:0.....g								
22:0.....g								
24:0.....g								
Fatty acids, total monounsaturated.....g	1.715		0		1		0.486	0.429
14:1.....g								
15:1.....g								
16:1 undifferentiated.....g	0.025		0		1		0.007	0.006
17:1.....g								
18:1 undifferentiated.....g	1.690		0		1		0.479	0.423
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	1.850		0		1		0.524	0.463
18:2 undifferentiated.....g	1.742		0		1		0.494	0.436
18:3 undifferentiated.....g	0.108		0		1		0.031	0.027
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		4		0	0
Phytosterols.....mg								
<b>Amino Acids:</b>								
Tryptophan.....g	0.126		0		1		0.036	0.032
Threonine.....g	0.268		0		1		0.076	0.067
Isoleucine.....g	0.353		0		1		0.100	0.088
Leucine.....g	0.661		0		1		0.187	0.165
Lysine.....g	0.294		0		1		0.083	0.074
Methionine.....g	0.166		0		1		0.047	0.042
Cystine.....g	0.226		0		1		0.064	0.057
Phenylalanine.....g	0.450		0		1		0.128	0.113
Tyrosine.....g	0.286		0		1		0.081	0.072
Valine.....g	0.428		0		1		0.121	0.107
Arginine.....g	0.429		0		1		0.122	0.107
Histidine.....g	0.202		0		1		0.057	0.051
Alanine.....g	0.357		0		1		0.101	0.089
Aspartic acid.....g	0.549		0		1		0.156	0.137
Glutamic acid.....g	2.623		0		1		0.744	0.656
Glycine.....g	0.372		0		1		0.105	0.093
Proline.....g	0.832		0		1		0.236	0.208
Serine.....g	0.443		0		1		0.126	0.111
Hydroxyproline.....g								
<b>Others:</b>								
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0
Caffeine.....mg	0		0	RK	4		0	0

**NDB No. 18040**  
**Bread, oatmeal, toasted**

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			
Theobromine.....mg	0		0	RK	4	0	0

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

**Common Measures:**

Measure 1 = 28.35g: 1 oz

Measure 2 = 25g: 1 slice

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

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

NDB No. 18955

Bread, pan dulce, sweet yeast bread

Latino food

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
<b>Proximates:</b>									
Water.....g	21.54	3.569	3	A	1		13.57		
Energy.....kcal	367		0	NC	4		231		
Energy.....kJ	1537		0	NC	4		968		
Protein.....g	9.42	0.656	3	A	1		5.93		
Total lipid (fat).....g	11.58	3.690	3	A	1		7.30		
Ash.....g	1.08	0.169	3	A	1		0.68		
Carbohydrate, by difference.....g	56.38		0	NC	4		35.52		
Fiber, total dietary.....g	2.3	0.088	3	A	1		1.5		
Sugars, total.....g	12.50	2.476	3	A	1		7.87		
Sucrose.....g	3.86	2.350	3	A	1		2.43		
Glucose (dextrose).....g	3.58	0.388	3	A	1		2.25		
Fructose.....g	4.05	0.236	3	A	1		2.55		
Lactose.....g	0.00	0.000	3	A	1		0.00		
Maltose.....g	1.01	0.295	3	A	1		0.64		
Galactose.....g	0.00	0.000	3	A	1		0.00		
Starch.....g	37.80	1.823	3	A	1		23.81		
<b>Minerals:</b>									
Calcium, Ca.....mg	86	26.581	3	A	1		54		
Iron, Fe.....mg	2.87	0.767	3	A	1		1.81		
Magnesium, Mg.....mg	24	0.984	3	A	1		15		
Phosphorus, P.....mg	94	6.320	3	A	1		59		
Potassium, K.....mg	103	14.467	3	A	1		65		
Sodium, Na.....mg	228	49.934	3	A	1		143		
Zinc, Zn.....mg	0.84	0.038	3	A	1		0.53		
Copper, Cu.....mg	0.121	0.001	3	A	1		0.076		
Manganese, Mn.....mg	0.460	0.004	3	A	1		0.290		
Selenium, Se.....µg	26.2	3.143	3	A	1		16.5		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	1.2		0	BFZN	4		0.7		
Thiamin.....mg	0.377	0.039	3	A	1		0.237		
Riboflavin.....mg	0.230	0.012	3	A	1		0.145		
Niacin.....mg	3.463	0.736	3	A	1		2.182		
Pantothenic acid.....mg	0.590		1	A	1		0.372		
Vitamin B-6.....mg	0.057	0.003	3	A	1		0.036		
Folate, total.....µg	108		0	BFZN	4		68		
Folic acid.....µg	68		0	BFZN	4		43		
Folate, food.....µg	40		0	BFZN	4		25		
Folate, DFE.....µg	155		0	NC	4		97		
Choline, total.....mg	29.1		0	BFZN	4		18.3		
Betaine.....mg									
Vitamin B-12.....µg	0.11		0	BFZN	4		0.07		
Vitamin B-12, added.....µg	0.00		0	BFZN	4		0.00		
Vitamin A, RAE.....µg	5		0	BFZN	4		3		
Retinol.....µg	5		0	BFZN	4		3		
Carotene, beta.....µg	3		0	BFZN	4		2		
Carotene, alpha.....µg	1		0	BFZN	4		1		
Cryptoxanthin, beta.....µg	1		0	BFZN	4		1		
Vitamin A, IU.....IU	23		0	NC	4		15		
Lycopene.....µg	0		0	BFZN	4		0		
Lutein + zeaxanthin.....µg	36		0	BFZN	4		22		
Vitamin E (alpha-tocopherol).....mg	0.29		2	A	1		0.19		
Vitamin E, added.....mg	0.00		0	BFZN	4		0.00		
Tocopherol, beta.....mg	0.07		2	A	1		0.05		
Tocopherol, gamma.....mg	2.69		2	A	1		1.69		
Tocopherol, delta.....mg	0.77		2	A	1		0.49		
Tocotrienol, alpha.....mg	0.00		2	A	1		0.00		
Tocotrienol, beta.....mg	0.00		2	A	1		0.00		

NDB No. 18955

Bread, pan dulce, sweet yeast bread

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion 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	0.00		2	A	1		0.00		
Tocotrienol, delta.....mg	0.00		2	A	1		0.00		
Vitamin D (D2 + D3).....µg	0.0		0	BFZN	4		0.0		
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	0		0	BFZN	4		0		
Vitamin K (phylloquinone).....µg	1.6		2	A	1		1.0		
Dihydrophyloquinone.....µg	10.4		2	A	1		6.6		
Menaquinone-4.....µg	0.0		2	A	1		0.0		
<b>Lipids:</b>									
Fatty acids, total saturated.....g	2.183		0	NC	4		1.375		
4:0.....g	0.000		0	BFZN	4		0.000		
6:0.....g	0.000		2	A	1		0.000		
8:0.....g	0.000		2	A	1		0.000		
10:0.....g	0.021		2	A	1		0.013		
12:0.....g	0.002		2	A	1		0.001		
13:0.....g									
14:0.....g	0.023		2	A	1		0.014		
15:0.....g	0.004		2	A	1		0.002		
16:0.....g	1.128		2	A	1		0.710		
17:0.....g	0.012		2	A	1		0.008		
18:0.....g	0.948		2	A	1		0.598		
20:0.....g	0.021		2	A	1		0.014		
22:0.....g	0.017		2	A	1		0.011		
24:0.....g	0.007		2	A	1		0.004		
Fatty acids, total monounsaturated.....g	3.499		0	NC	4		2.205		
14:1.....g	0.002		2	A	1		0.001		
15:1.....g	0.000		2	A	1		0.000		
16:1 undifferentiated.....g	0.035		0	AS	1		0.022		
16:1 c.....g	0.034		2	A	1		0.022		
16:1 t.....g	0.001		2	A	1		0.001		
17:1.....g	0.000		2	A	1		0.000		
18:1 undifferentiated.....g	3.437		0	AS	1		2.165		
18:1 c.....g	2.542		2	A	1		1.601		
18:1 t.....g	0.895		2	A	1		0.564		
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.025		2	A	1		0.015		
22:1 undifferentiated.....g	0.000		0	AS	1		0.000		
22:1 c.....g	0.000		2	A	1		0.000		
22:1 t.....g	0.000		2	A	1		0.000		
24:1 c.....g	0.001		2	A	1		0.001		
Fatty acids, total polyunsaturated.....g	1.530		0	NC	4		0.964		
18:2 undifferentiated.....g	1.433		0	AS	1		0.903		
18:2 n-6 c,c.....g	1.210		2	A	1		0.763		
18:2 CLAs.....g	0.016		2	A	1		0.010		
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.207		2	A	1		0.130		
18:3 undifferentiated.....g	0.066		0	AS	1		0.042		
18:3 n-3 c,c,c (ALA).....g	0.066		2	A	1		0.042		
18:3 n-6 c,c,c.....g	0.001		2	A	1		0.000		
18:3i.....g									
18:4.....g	0.000		2	A	1		0.000		
20:2 n-6 c,c.....g	0.009		2	A	1		0.005		
20:3 undifferentiated.....g	0.003		0	AS	1		0.002		
20:3 n-3.....g	0.002		2	A	1		0.001		
20:3 n-6.....g	0.002		2	A	1		0.001		
20:4 undifferentiated.....g	0.009		2	A	1		0.006		
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.000		2	A	1		0.000		
21:5.....g									
22:4.....g	0.009		2	A	1		0.005		
22:5 n-3 (DPA).....g	0.001		2	A	1		0.001		

NDB No. 18955

Bread, pan dulce, sweet yeast bread

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 Code
22:6 n-3 (DHA).....g	0.000		2	A	1	0.000		
Fatty acids, total trans.....g	1.103		0	NC	4	0.695		
Fatty acids, total trans-monoenoic.....g	0.896		0	NC	4	0.564		
Fatty acids, total trans-polyenoic.....g	0.207		0	NC	4	0.130		
Cholesterol.....mg	30		0	BFZN	4	19		
Phytosterols.....mg								
<b>Others:</b>								
Alcohol, ethyl.....g	0.0		0	BFZN	4	0.0		
Caffeine.....mg	0		0	BFZN	4	0		
Theobromine.....mg	0		0	BFZN	4	0		

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

**Common Measures:**

Measure 1 = 63g: 1 slice (average weight of 1 slice)

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

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

NDB No. 28286

Bread, paratha (Indian bread), whole wheat, frozen

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
<b>Proximates:</b>									
Water.....g	33.50		2	A	1		26.46		
Energy.....kcal	326		0	NC	4		257		
Energy.....kJ	1362		0	NC	4		1076		
Protein (N x 6.25).....g	6.36		2	A	1		5.03		
Total lipid (fat).....g	13.20		2	A	1		10.43		
Ash.....g	1.59		2	A	1		1.26		
Carbohydrate, by difference.....g	45.35		0	NC	4		35.82		
Fiber, total dietary.....g	9.6		2	A	1		7.6		
Sugars, total.....g	4.15		2	A	1		3.28		
Sucrose.....g	1.75		2	A	1		1.38		
Glucose (dextrose).....g	0.35		2	A	1		0.28		
Fructose.....g	0.35		2	A	1		0.28		
Lactose.....g	0.00		2	A	1		0.00		
Maltose.....g	1.70		2	A	1		1.34		
Galactose.....g	0.00		2	A	1		0.00		
Starch.....g	31.50		2	A	1		24.88		
<b>Minerals:</b>									
Calcium, Ca.....mg	25		2	A	1		20		
Iron, Fe.....mg	1.61		2	A	1		1.27		
Magnesium, Mg.....mg	37		2	A	1		29		
Phosphorus, P.....mg	120		2	A	1		95		
Potassium, K.....mg	139		2	A	1		109		
Sodium, Na.....mg	452		2	A	1		357		
Zinc, Zn.....mg	0.82		2	A	1		0.65		
Copper, Cu.....mg	0.146		2	A	1		0.115		
Manganese, Mn.....mg	1.054		2	A	1		0.833		
Selenium, Se.....µg	7.1		1	A	1		5.6		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0	BFPN	4		0.0		
Thiamin.....mg	0.110		1	A	1		0.087		
Riboflavin.....mg	0.076		2	A	1		0.060		
Niacin.....mg	1.830		2	A	1		1.446		
Pantothenic acid.....mg	0.465		2	A	1		0.367		
Vitamin B-6.....mg	0.080		1	A	1		0.063		
Folate, total.....µg	10		2	A	1		8		
Folic acid.....µg	0		0	NR	4		0		
Folate, food.....µg	10		0	NR	4		8		
Folate, DFE.....µg	10		0	NC	4		8		
Choline, total.....mg	6.3		0	BFPN	4		5.0		
Betaine.....mg									
Vitamin B-12.....µg	0.00		0	BFPN	4		0.00		
Vitamin B-12, added.....µg	0.00		0	BFPN	4		0.00		
Vitamin A, RAE.....µg	2		2	AS	1		1		
Retinol.....µg	2		2	A	1		1		
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	6		0	NC	4		5		
Lycopene.....µg	0		0	BFSN	4		0		
Lutein + zeaxanthin.....µg	12		0	BFSN	4		9		
Vitamin E (alpha-tocopherol).....mg	1.35		1	A	1		1.07		
Vitamin E, added.....mg	0.00		0	BFSN	4		0.00		
Tocopherol, beta.....mg	0.09		1	A	1		0.07		
Tocopherol, gamma.....mg	0.20		1	A	1		0.16		
Tocopherol, delta.....mg	0.07		1	A	1		0.06		
Tocotrienol, alpha.....mg	1.08		1	A	1		0.86		
Tocotrienol, beta.....mg	0.41		1	A	1		0.32		



NDB No. 28286

Bread, paratha (Indian bread), whole wheat, frozen

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					
Tocotrienol, gamma.....mg	3.36		1	A	1		2.65		
Tocotrienol, delta.....mg	1.14		1	A	1		0.90		
Vitamin D (D2 + D3).....µg	0.0		0	BFSN	4		0.0		
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	0		0	BFSN	4		0		
Vitamin K (phylloquinone).....µg	3.4		0	BFSN	4		2.6		
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	5.826		0	NC	4		4.602		
4:0.....g	0.000		2	A	1		0.000		
6:0.....g	0.000		2	A	1		0.000		
8:0.....g	0.004		2	A	1		0.003		
10:0.....g	0.016		2	A	1		0.013		
12:0.....g	0.051		2	A	1		0.041		
13:0.....g									
14:0.....g	0.113		2	A	1		0.090		
15:0.....g	0.009		2	A	1		0.007		
16:0.....g	4.897		2	A	1		3.869		
17:0.....g	0.013		2	A	1		0.010		
18:0.....g	0.644		2	A	1		0.509		
20:0.....g	0.049		2	A	1		0.039		
22:0.....g	0.012		2	A	1		0.009		
24:0.....g	0.015		2	A	1		0.012		
Fatty acids, total monounsaturated.....g	3.837		0	NC	4		3.032		
14:1.....g	0.000		2	A	1		0.000		
15:1.....g	0.000		2	A	1		0.000		
16:1 undifferentiated.....g	0.017		0	AS	1		0.013		
16:1 c.....g	0.017		2	A	1		0.013		
16:1 t.....g	0.000		2	A	1		0.000		
17:1.....g	0.004		2	A	1		0.003		
18:1 undifferentiated.....g	3.788		0	AS	1		2.993		
18:1 c.....g	3.773		2	A	1		2.981		
18:1 t.....g	0.016		2	A	1		0.012		
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.027		2	A	1		0.021		
22:1 undifferentiated.....g	0.001		0	AS	1		0.001		
22:1 c.....g	0.001		2	A	1		0.001		
22:1 t.....g	0.000		2	A	1		0.000		
24:1 c.....g	0.000		2	A	1		0.000		
Fatty acids, total polyunsaturated.....g	2.484		0	NC	4		1.962		
18:2 undifferentiated.....g	2.407		0	AS	1		1.902		
18:2 n-6 c,c.....g	2.386		2	A	1		1.885		
18:2 CLAs.....g	0.003		2	A	1		0.002		
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.019		2	A	1		0.015		
18:3 undifferentiated.....g	0.069		0	AS	1		0.055		
18:3 n-3 c,c,c (ALA).....g	0.064		2	A	1		0.050		
18:3 n-6 c,c,c.....g	0.006		2	A	1		0.004		
18:3i.....g	0.000		2	A	1		0.000		
18:4.....g	0.000		2	A	1		0.000		
20:2 n-6 c,c.....g	0.002		2	A	1		0.002		
20:3 undifferentiated.....g	0.003		0	AS	1		0.002		
20:3 n-3.....g	0.003		2	A	1		0.002		
20:3 n-6.....g	0.000		2	A	1		0.000		
20:4 undifferentiated.....g	0.003		2	A	1		0.002		
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.000		2	A	1		0.000		
21:5.....g									
22:4.....g	0.000		2	A	1		0.000		
22:5 n-3 (DPA).....g	0.000		2	A	1		0.000		

NDB No. 28286

Bread, paratha (Indian bread), whole wheat, frozen

Nutrients and 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	Measure 2	Measure 3
			Deriv Code	Points					
22:6 n-3 (DHA).....g	0.000		2	A	1		0.000		
Fatty acids, total trans.....g	0.034		0	NC	4		0.027		
Fatty acids, total trans-monoenoic.....g	0.016		0	NC	4		0.012		
Fatty acids, total trans-polyenoic.....g	0.019		0	NC	4		0.015		
Cholesterol.....mg	1		1	A	1		1		
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	BFNN	4		0.0		
Caffeine.....mg	0		0	BFNN	4		0		
Theobromine.....mg	0		0	BFNN	4		0		

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

**Common Measures:**

Measure 1 = 79g: 1 piece

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

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



**NDB No. 18041**  
**Bread, pita, white, enriched**

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
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.166		0		1		0.100	0.046	
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	0.156		0		1		0.094	0.044	
17:0.....g									
18:0.....g	0.009		0		1		0.005	0.003	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.105		0		1		0.063	0.029	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.013		0		1		0.008	0.004	
17:1.....g									
18:1 undifferentiated.....g	0.092		0		1		0.055	0.026	
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	0.535		0		1		0.321	0.150	
18:2 undifferentiated.....g	0.511		0		1		0.307	0.143	
18:3 undifferentiated.....g	0.024		0		1		0.014	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		2		1		0	0	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.105		0		1		0.063	0.029	
Threonine.....g	0.257		0		1		0.154	0.072	
Isoleucine.....g	0.349		0		1		0.209	0.098	
Leucine.....g	0.634		0		1		0.380	0.178	
Lysine.....g	0.219		0		1		0.131	0.061	
Methionine.....g	0.160		0		1		0.096	0.045	
Cystine.....g	0.197		0		1		0.118	0.055	
Phenylalanine.....g	0.446		0		1		0.268	0.125	
Tyrosine.....g	0.257		0		1		0.154	0.072	
Valine.....g	0.394		0		1		0.236	0.110	
Arginine.....g	0.329		0		1		0.197	0.092	
Histidine.....g	0.195		0		1		0.117	0.055	
Alanine.....g	0.302		0		1		0.181	0.085	
Aspartic acid.....g	0.408		0		1		0.245	0.114	
Glutamic acid.....g	3.033		0		1		1.820	0.849	
Glycine.....g	0.319		0		1		0.191	0.089	
Proline.....g	1.012		0		1		0.607	0.283	
Serine.....g	0.438		0		1		0.263	0.123	
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	FLA	4		0	0	

**NDB No. 18041**  
**Bread, pita, white, enriched**

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			
Theobromine.....mg	0		0	FLA	4	0	0

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

**Common Measures:**

Measure 1 = 60g: 1 pita, large (6-1/2" dia)

Measure 2 = 28g: 1 pita, small (4" dia)

**Calories Factors: Protein 4**

**Fat 8.4**

**Carbohydrate 4.1**

**Food Group: 18 Baked Products**

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

**NDB No. 18413**  
**Bread, pita, white, unenriched**

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
<b>Proximates:</b>									
Water.....g	32.10	1.012	17		1		9.10	19.26	
Energy.....kcal	275		0	NC	4		78	165	
Energy.....kJ	1151				4		326	690	
Protein (N x 5.7).....g	9.10	0.098	37		1		2.58	5.46	
Total lipid (fat).....g	1.20	0.040	36		1		0.34	0.72	
Ash.....g	1.90	0.094	14		1		0.54	1.14	
Carbohydrate, by difference.....g	55.70		0		4		15.79	33.42	
Fiber, total dietary.....g	2.2		0	BFZN	4		0.6	1.3	
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	86	2.853	38		1		24	52	
Iron, Fe.....mg	1.40		0	BFZN	4		0.40	0.84	
Magnesium, Mg.....mg	26	1.034	13		1		7	16	
Phosphorus, P.....mg	97	2.804	13		1		27	58	
Potassium, K.....mg	120	6.316	17		1		34	72	
Sodium, Na.....mg	536	16.930	24		1		152	322	
Zinc, Zn.....mg	0.84	0.041	13		1		0.24	0.50	
Copper, Cu.....mg	0.168	0.012	13		1		0.048	0.101	
Manganese, Mn.....mg	0.481	0.018	13		1		0.136	0.289	
Selenium, Se.....µg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0		4		0.0	0.0	
Thiamin.....mg	0.267		0	BFZN	4		0.076	0.160	
Riboflavin.....mg	0.097		0	BFZN	4		0.027	0.058	
Niacin.....mg	2.142		0	BFZN	4		0.607	1.285	
Pantothenic acid.....mg	0.397	0.020	12		1		0.113	0.238	
Vitamin B-6.....mg	0.034	0.005	11		1		0.010	0.020	
Folate, total.....µg	24	2.596	10		1		7	14	
Folic acid.....µg	0		0	Z	7		0	0	
Folate, food.....µg	24	2.596	10		1		7	14	
Folate, DFE.....µg	24		0	NC	4		7	14	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		1		1		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									
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									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									

**NDB No. 18413**  
**Bread, pita, white, unenriched**

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	Measure 1	Measure 2	Measure 3
			of Data Points				
Fatty acids, total saturated.....g	0.166		0	4	0.047	0.100	
4:0.....g							
6:0.....g							
8:0.....g							
10:0.....g							
12:0.....g	0.000		0	4	0.000	0.000	
13:0.....g							
14:0.....g							
15:0.....g							
16:0.....g	0.156		0	4	0.044	0.094	
17:0.....g							
18:0.....g	0.009		0	4	0.003	0.005	
20:0.....g							
22:0.....g							
24:0.....g							
Fatty acids, total monounsaturated.....g	0.105		0	4	0.030	0.063	
14:1.....g							
15:1.....g							
16:1 undifferentiated.....g	0.013		0	4	0.004	0.008	
17:1.....g							
18:1 undifferentiated.....g	0.092		0	4	0.026	0.055	
20:1.....g							
22:1 undifferentiated.....g							
24:1 c.....g							
Fatty acids, total polyunsaturated.....g	0.535		0	4	0.152	0.321	
18:2 undifferentiated.....g	0.511		0	4	0.145	0.307	
18:3 undifferentiated.....g	0.024		0	4	0.007	0.014	
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		2	1	0	0	
Phytosterols.....mg							
<b>Amino Acids:</b>							
Tryptophan.....g	0.105		0	4	0.030	0.063	
Threonine.....g	0.257		0	4	0.073	0.154	
Isoleucine.....g	0.349		0	4	0.099	0.209	
Leucine.....g	0.634		0	4	0.180	0.380	
Lysine.....g	0.219		0	4	0.062	0.131	
Methionine.....g	0.160		0	4	0.045	0.096	
Cystine.....g	0.197		0	4	0.056	0.118	
Phenylalanine.....g	0.446		0	4	0.126	0.268	
Tyrosine.....g	0.257		0	4	0.073	0.154	
Valine.....g	0.394		0	4	0.112	0.236	
Arginine.....g	0.329		0	4	0.093	0.197	
Histidine.....g	0.195		0	4	0.055	0.117	
Alanine.....g	0.302		0	4	0.086	0.181	
Aspartic acid.....g	0.408		0	4	0.116	0.245	
Glutamic acid.....g	3.033		0	4	0.860	1.820	
Glycine.....g	0.319		0	4	0.090	0.191	
Proline.....g	1.012		0	4	0.287	0.607	
Serine.....g	0.438		0	4	0.124	0.263	
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. 18413**

**Bread, pita, white, unenriched**

**Common Measures:**

Measure 1 = 28.35g: 1 oz

Measure 2 = 60g: 1 pita, large (6-1/2" dia)

**Calories Factors: Protein 4**

**Fat 8.4**

**Carbohydrate4.1**

**Food Group: 18 Baked Products**

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





**NDB No. 18042**  
**Bread, pita, whole-w heat**

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
<b>Lipids:</b>								
Fatty acids, total saturated.....g	0.410		0		4		0.262	0.115
4:0.....g	0.000		0		4		0.000	0.000
6:0.....g	0.000		0		4		0.000	0.000
8:0.....g	0.000		0		4		0.000	0.000
10:0.....g	0.000		0		4		0.000	0.000
12:0.....g	0.001		0		4		0.001	0.000
13:0.....g								
14:0.....g	0.004		0		4		0.003	0.001
15:0.....g								
16:0.....g	0.373		0		4		0.239	0.104
17:0.....g								
18:0.....g	0.022		0		4		0.014	0.006
20:0.....g								
22:0.....g								
24:0.....g								
Fatty acids, total monounsaturated.....g	0.349		0		4		0.223	0.098
14:1.....g								
15:1.....g								
16:1 undifferentiated.....g	0.037		0		4		0.024	0.010
17:1.....g								
18:1 undifferentiated.....g	0.312		0		4		0.200	0.087
20:1.....g	0.000		0		4		0.000	0.000
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	1.055		0		4		0.675	0.295
18:2 undifferentiated.....g	1.001		0		4		0.641	0.280
18:3 undifferentiated.....g	0.052		0		4		0.033	0.015
18:4.....g	0.000		0		4		0.000	0.000
20:2 n-6 c,c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g	0.003		0		4		0.002	0.001
20:5 n-3 (EPA).....g	0.000		0		4		0.000	0.000
21:5.....g								
22:4.....g								
22:5 n-3 (DPA).....g	0.000		0		4		0.000	0.000
22:6 n-3 (DHA).....g	0.000		0		4		0.000	0.000
Fatty acids, total trans.....g								
Cholesterol.....mg	0		1		1		0	0
Phytosterols.....mg								
<b>Amino Acids:</b>								
Tryptophan.....g	0.149		0		4		0.095	0.042
Threonine.....g	0.282		0		4		0.180	0.079
Isoleucine.....g	0.367		0		4		0.235	0.103
Leucine.....g	0.671		0		4		0.429	0.188
Lysine.....g	0.265		0		4		0.170	0.074
Methionine.....g	0.153		0		4		0.098	0.043
Cystine.....g	0.228		0		4		0.146	0.064
Phenylalanine.....g	0.470		0		4		0.301	0.132
Tyrosine.....g	0.292		0		4		0.187	0.082
Valine.....g	0.441		0		4		0.282	0.123
Arginine.....g	0.455		0		4		0.291	0.127
Histidine.....g	0.226		0		4		0.145	0.063
Alanine.....g	0.343		0		4		0.220	0.096
Aspartic acid.....g	0.494		0		4		0.316	0.138
Glutamic acid.....g	3.153		0		4		2.018	0.883
Glycine.....g	0.394		0		4		0.252	0.110
Proline.....g	1.046		0		4		0.669	0.293
Serine.....g	0.469		0		4		0.300	0.131
Hydroxyproline.....g								
<b>Others:</b>								
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0
Caffeine.....mg	0		0	FLA	4		0	0

**NDB No. 18042**  
**Bread, pita, whole-w heat**

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			
Theobromine.....mg	0		0	FLA	4	0	0

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

**Common Measures:**

Measure 1 = 64g: 1 pita, large (6-1/2" dia)

Measure 2 = 28g: 1 pita, small (4" dia)

**Calories Factors: Protein 3.6**

**Fat 8.4**

**Carbohydrate 3.8**

**Food Group: 18 Baked Products**

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Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.000		1	LC	8		0.000		
4:0.....g	0.000		0	FLC	4		0.000		
6:0.....g	0.000		0	FLC	4		0.000		
8:0.....g	0.000		0	FLC	4		0.000		
10:0.....g	0.000		0	FLC	4		0.000		
12:0.....g	0.000		0	FLC	4		0.000		
13:0.....g									
14:0.....g	0.000		0	FLC	4		0.000		
15:0.....g	0.000		0	FLC	4		0.000		
16:0.....g	0.000		0	FLC	4		0.000		
17:0.....g	0.000		0	FLC	4		0.000		
18:0.....g	0.000		0	FLC	4		0.000		
20:0.....g	0.000		0	FLC	4		0.000		
22:0.....g	0.000		0	FLC	4		0.000		
24:0.....g									
Fatty acids, total monounsaturated.....g	0.000		1	LC	8		0.000		
14:1.....g	0.000		0	FLC	4		0.000		
15:1.....g	0.000		0	FLC	4		0.000		
16:1 undifferentiated.....g	0.000		0	FLC	4		0.000		
17:1.....g	0.000		0	FLC	4		0.000		
18:1 undifferentiated.....g	0.000		0	FLC	4		0.000		
20:1.....g	0.000		0	FLC	4		0.000		
22:1 undifferentiated.....g	0.000		0	FLC	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.000		1	LC	8		0.000		
18:2 undifferentiated.....g	0.000		0	FLC	4		0.000		
18:3 undifferentiated.....g	0.000		0	FLC	4		0.000		
18:4.....g	0.000		0	FLC	4		0.000		
20:2 n-6 c,c.....g	0.000		0	FLC	4		0.000		
20:3 undifferentiated.....g	0.000		0	FLC	4		0.000		
20:4 undifferentiated.....g	0.000		0	FLC	4		0.000		
20:5 n-3 (EPA).....g	0.000		0	FLC	4		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	FLC	4		0.000		
22:6 n-3 (DHA).....g	0.000		0	FLC	4		0.000		
Fatty acids, total trans.....g	0.000		1	LC	8		0.000		
Cholesterol.....mg	0		1	LC	8		0		
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.081		0	FLC	4		0.026		
Threonine.....g	0.224		0	FLC	4		0.072		
Isoleucine.....g	0.268		0	FLC	4		0.086		
Leucine.....g	0.440		0	FLC	4		0.141		
Lysine.....g	0.311		0	FLC	4		0.099		
Methionine.....g	0.112		0	FLC	4		0.036		
Cystine.....g	0.086		0	FLC	4		0.027		
Phenylalanine.....g	0.285		0	FLC	4		0.091		
Tyrosine.....g	0.213		0	FLC	4		0.068		
Valine.....g	0.305		0	FLC	4		0.098		
Arginine.....g	0.265		0	FLC	4		0.085		
Histidine.....g	0.143		0	FLC	4		0.046		
Alanine.....g	0.243		0	FLC	4		0.078		
Aspartic acid.....g	0.533		0	FLC	4		0.170		
Glutamic acid.....g	1.352		0	FLC	4		0.433		
Glycine.....g	0.204		0	FLC	4		0.065		
Proline.....g	0.479		0	FLC	4		0.153		
Serine.....g	0.275		0	FLC	4		0.088		
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	FLC	4		0.0		

NDB No. 18971

Bread, potato

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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 Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Code					
Caffeine.....mg	0		0	FLC	4		0		
Theobromine.....mg	0		0	FLC	4		0		

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

**Common Measures:**

Measure 1 = 32g: 1 slice

**Calories Factors: Protein 4**

**Fat 9**

**Carbohydrate4**

**Food Group: 18 Baked Products**

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Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Lipids:</b>									
Fatty acids, total saturated.....g	3.042		0	NC	4		1.673	18.919	
4:0.....g	0.000		1	A	1		0.000	0.000	
6:0.....g	0.003		1	A	1		0.002	0.019	
8:0.....g	0.002		1	A	1		0.001	0.012	
10:0.....g	0.024		1	A	1		0.013	0.149	
12:0.....g	0.006		1	A	1		0.003	0.037	
13:0.....g									
14:0.....g	0.033		1	A	1		0.018	0.205	
15:0.....g	0.005		1	A	1		0.003	0.030	
16:0.....g	2.028		1	A	1		1.115	12.614	
17:0.....g	0.019		1	A	1		0.010	0.118	
18:0.....g	0.804		1	A	1		0.442	5.001	
20:0.....g	0.050		1	A	1		0.028	0.311	
22:0.....g	0.051		1	A	1		0.028	0.317	
24:0.....g	0.017		1	A	1		0.009	0.106	
Fatty acids, total monounsaturated.....g	4.411		0	NC	4		2.426	27.436	
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	0.046		0	AS	1		0.025	0.286	
16:1 c.....g	0.046		1	A	1		0.025	0.286	
16:1 t.....g	0.000		1	A	1		0.000	0.000	
17:1.....g	0.010		1	A	1		0.005	0.062	
18:1 undifferentiated.....g	4.259		0	AS	1		2.342	26.491	
18:1 c.....g	4.177		1	A	1		2.297	25.981	
18:1 t.....g	0.082		1	A	1		0.045	0.510	
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.093		1	A	1		0.051	0.578	
22:1 undifferentiated.....g	0.003		0	AS	1		0.002	0.019	
22:1 c.....g	0.003		1	A	1		0.002	0.019	
22:1 t.....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	9.424		0	NC	4		5.183	58.615	
18:2 undifferentiated.....g	8.160		0	AS	1		4.488	50.755	
18:2 n-6 c,c.....g	8.074		1	A	1		4.441	50.220	
18:2 CLAs.....g	0.008		1	A	1		0.004	0.050	
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.078		1	A	1		0.043	0.485	
18:3 undifferentiated.....g	1.213		0	AS	1		0.667	7.544	
18:3 n-3 c,c,c (ALA).....g	1.158		1	A	1		0.637	7.202	
18:3 n-6 c,c,c.....g	0.055		1	A	1		0.030	0.341	
18:3i.....g									
18:4.....g	0.000		1	A	1		0.000	0.000	
20:2 n-6 c,c.....g	0.009		1	A	1		0.005	0.055	
20:3 undifferentiated.....g	0.004		0	AS	1		0.002	0.025	
20:3 n-3.....g	0.000		1	A	1		0.000	0.000	
20:3 n-6.....g	0.004		1	A	1		0.002	0.025	
20:4 undifferentiated.....g	0.025		1	A	1		0.014	0.156	
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.002		1	A	1		0.001	0.012	
21:5.....g									
22:4.....g	0.004		1	A	1		0.002	0.025	
22:5 n-3 (DPA).....g	0.000		1	A	1		0.000	0.000	
22:6 n-3 (DHA).....g	0.007		1	A	1		0.004	0.044	
Fatty acids, total trans.....g	0.160		0	NC	4		0.088	0.995	
Fatty acids, total trans-monoenoic.....g	0.082		0	NC	4		0.045	0.510	
Fatty acids, total trans-polyenoic.....g	0.078		0	NC	4		0.043	0.485	
Cholesterol.....mg									
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.090		0	A	1		0.050	0.560	
Threonine.....g	0.160		0	A	1		0.088	0.995	



NDB No. 18954

Bread, pound cake type, pan de torta salvadoran

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Isoleucine.....g	0.240		0	A	1		0.132	1.492	
Leucine.....g	0.540		0	A	1		0.297	3.359	
Lysine.....g	0.150		0	A	1		0.083	0.933	
Methionine.....g	0.180		0	A	1		0.099	1.120	
Cystine.....g	0.060		0	A	1		0.033	0.373	
Phenylalanine.....g	0.350		0	A	1		0.192	2.176	
Tyrosine.....g	0.170		0	A	1		0.094	1.057	
Valine.....g	0.330		0	A	1		0.182	2.053	
Arginine.....g	0.180		0	A	1		0.099	1.120	
Histidine.....g	0.100		0	A	1		0.055	0.622	
Alanine.....g	0.290		0	A	1		0.159	1.803	
Aspartic acid.....g	0.390		0	A	1		0.214	2.425	
Glutamic acid.....g	2.170		0	A	1		1.194	13.497	
Glycine.....g	0.230		0	A	1		0.126	1.431	
Proline.....g	1.090		0	A	1		0.600	6.780	
Serine.....g	0.380		0	A	1		0.209	2.363	
Hydroxyproline.....g	0.000		1	A	1		0.000	0.000	

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

**Common Measures:**

Measure 1 = 55g: 1 serving

Measure 2 = 622g: 1 cake square

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

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



**NDB No. 18043**  
**Bread, protein (includes gluten)**

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
<b>Lipids:</b>								
Fatty acids, total saturated.....g	0.332		0		4		0.094	0.063
4:0.....g	0.000		0		4		0.000	0.000
6:0.....g	0.000		0		4		0.000	0.000
8:0.....g	0.000		0		4		0.000	0.000
10:0.....g	0.000		0		4		0.000	0.000
12:0.....g	0.000		0		4		0.000	0.000
13:0.....g								
14:0.....g	0.001		0		4		0.000	0.000
15:0.....g								
16:0.....g	0.286		0		4		0.081	0.054
17:0.....g								
18:0.....g	0.021		0		4		0.006	0.004
20:0.....g								
22:0.....g								
24:0.....g								
Fatty acids, total monounsaturated.....g	0.183		0		4		0.052	0.035
14:1.....g								
15:1.....g								
16:1 undifferentiated.....g	0.001		0		4		0.000	0.000
17:1.....g								
18:1 undifferentiated.....g	0.182		0		4		0.052	0.035
20:1.....g	0.000		0		4		0.000	0.000
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	1.009		0		4		0.286	0.192
18:2 undifferentiated.....g	0.950		0		4		0.269	0.181
18:3 undifferentiated.....g	0.059		0		4		0.017	0.011
18:4.....g	0.000		0		4		0.000	0.000
20:2 n-6 c,c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000
20:5 n-3 (EPA).....g	0.000		0		4		0.000	0.000
21:5.....g								
22:4.....g								
22:5 n-3 (DPA).....g	0.000		0		4		0.000	0.000
22:6 n-3 (DHA).....g	0.000		0		4		0.000	0.000
Fatty acids, total trans.....g								
Cholesterol.....mg	0		1		1		0	0
Phytosterols.....mg								
<b>Amino Acids:</b>								
Tryptophan.....g	0.148		0		4		0.042	0.028
Threonine.....g	0.366		0		4		0.104	0.070
Isoleucine.....g	0.471		0		4		0.134	0.089
Leucine.....g	0.858		0		4		0.243	0.163
Lysine.....g	0.372		0		4		0.105	0.071
Methionine.....g	0.199		0		4		0.056	0.038
Cystine.....g	0.247		0		4		0.070	0.047
Phenylalanine.....g	0.596		0		4		0.169	0.113
Tyrosine.....g	0.362		0		4		0.103	0.069
Valine.....g	0.518		0		4		0.147	0.098
Arginine.....g	0.548		0		4		0.155	0.104
Histidine.....g	0.271		0		4		0.077	0.051
Alanine.....g	0.414		0		4		0.117	0.079
Aspartic acid.....g	0.734		0		4		0.208	0.139
Glutamic acid.....g	3.689		0		4		1.046	0.701
Glycine.....g	0.444		0		4		0.126	0.084
Proline.....g	1.222		0		4		0.346	0.232
Serine.....g	0.605		0		4		0.172	0.115
Hydroxyproline.....g								
<b>Others:</b>								
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0
Caffeine.....mg	0		0	FLA	4		0	0

NDB No. 18043

Bread, protein (includes gluten)

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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 Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Code					
Theobromine.....mg	0		0	FLA	4	0		0	

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Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 = 19g: 1 slice

**Calories Factors: Protein 3.9**

**Fat 8.4**

**Carbohydrate 4.1**

**Food Group:** 18 Baked Products

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



NDB No. 18383

Bread, protein, toasted (includes gluten)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common				
	Mean	Std. Error	Number	Source	measures of food				
			of Data Points		Confidence Code	Measure 1	Measure 2	Measure 3	
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.364		0	4		0.103	0.062		
4:0.....g	0.000		0	4		0.000	0.000		
6:0.....g	0.000		0	4		0.000	0.000		
8:0.....g	0.000		0	4		0.000	0.000		
10:0.....g	0.000		0	4		0.000	0.000		
12:0.....g	0.000		0	4		0.000	0.000		
13:0.....g									
14:0.....g	0.002		0	4		0.001	0.000		
15:0.....g									
16:0.....g	0.315		0	4		0.089	0.054		
17:0.....g									
18:0.....g	0.023		0	4		0.007	0.004		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.201		0	4		0.057	0.034		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0	4		0.000	0.000		
17:1.....g									
18:1 undifferentiated.....g	0.200		0	4		0.057	0.034		
20:1.....g	0.000		0	4		0.000	0.000		
22:1 undifferentiated.....g	0.000		0	4		0.000	0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.109		0	4		0.314	0.189		
18:2 undifferentiated.....g	1.044		0	4		0.296	0.177		
18:3 undifferentiated.....g	0.065		0	4		0.018	0.011		
18:4.....g	0.000		0	4		0.000	0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	4		0.000	0.000		
20:5 n-3 (EPA).....g	0.000		0	4		0.000	0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	4		0.000	0.000		
22:6 n-3 (DHA).....g	0.000		0	4		0.000	0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	4		0	0		
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.163		0	4		0.046	0.028		
Threonine.....g	0.402		0	4		0.114	0.068		
Isoleucine.....g	0.518		0	4		0.147	0.088		
Leucine.....g	0.943		0	4		0.267	0.160		
Lysine.....g	0.409		0	4		0.116	0.070		
Methionine.....g	0.218		0	4		0.062	0.037		
Cystine.....g	0.272		0	4		0.077	0.046		
Phenylalanine.....g	0.655		0	4		0.186	0.111		
Tyrosine.....g	0.397		0	4		0.113	0.067		
Valine.....g	0.569		0	4		0.161	0.097		
Arginine.....g	0.602		0	4		0.171	0.102		
Histidine.....g	0.297		0	4		0.084	0.050		
Alanine.....g	0.455		0	4		0.129	0.077		
Aspartic acid.....g	0.806		0	4		0.229	0.137		
Glutamic acid.....g	4.054		0	4		1.149	0.689		
Glycine.....g	0.488		0	4		0.138	0.083		
Proline.....g	1.343		0	4		0.381	0.228		
Serine.....g	0.664		0	4		0.188	0.113		
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	7		0.0	0.0		
Caffeine.....mg	0		0	RA 4		0	0		

NDB No. 18383

Bread, protein, toasted (includes gluten)

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			
Theobromine.....mg	0		0	RA	4	0	0

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

**Common Measures:**

Measure 1 = 28.35g: 1 oz

Measure 2 = 17g: 1 slice

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

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





**NDB No. 18044**  
**Bread, pumpernickel**

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common			
	Mean	Std. Error	Number	Source	measures of food			
			of Data Points		Confidence Code	Measure 1	Measure 2	Measure 3
<b>Lipids:</b>								
Fatty acids, total saturated.....g	0.437		0	4		0.124	0.114	0.031
4:0.....g	0.000		0	4		0.000	0.000	0.000
6:0.....g	0.000		0	4		0.000	0.000	0.000
8:0.....g	0.000		0	4		0.000	0.000	0.000
10:0.....g	0.000		0	4		0.000	0.000	0.000
12:0.....g	0.000		0	4		0.000	0.000	0.000
13:0.....g								
14:0.....g	0.002		0	4		0.001	0.001	0.000
15:0.....g								
16:0.....g	0.332		0	4		0.094	0.086	0.023
17:0.....g								
18:0.....g	0.102		0	4		0.029	0.027	0.007
20:0.....g								
22:0.....g								
24:0.....g								
Fatty acids, total monounsaturated.....g	0.932		0	4		0.264	0.242	0.065
14:1.....g								
15:1.....g								
16:1 undifferentiated.....g	0.018		0	4		0.005	0.005	0.001
17:1.....g								
18:1 undifferentiated.....g	0.912		0	4		0.259	0.237	0.064
20:1.....g	0.002		0	4		0.001	0.001	0.000
22:1 undifferentiated.....g	0.000		0	4		0.000	0.000	0.000
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	1.237		0	4		0.351	0.322	0.087
18:2 undifferentiated.....g	1.145		0	4		0.325	0.298	0.080
18:3 undifferentiated.....g	0.092		0	4		0.026	0.024	0.006
18:4.....g	0.000		0	4		0.000	0.000	0.000
20:2 n-6 c,c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g	0.000		0	4		0.000	0.000	0.000
20:5 n-3 (EPA).....g	0.000		0	4		0.000	0.000	0.000
21:5.....g								
22:4.....g								
22:5 n-3 (DPA).....g	0.000		0	4		0.000	0.000	0.000
22:6 n-3 (DHA).....g	0.000		0	4		0.000	0.000	0.000
Fatty acids, total trans.....g								
Cholesterol.....mg	0		2	1		0	0	0
Phytosterols.....mg								
<b>Amino Acids:</b>								
Tryptophan.....g	0.097		0	1		0.027	0.025	0.007
Threonine.....g	0.267		0	1		0.076	0.069	0.019
Isoleucine.....g	0.334		0	1		0.095	0.087	0.023
Leucine.....g	0.602		0	1		0.171	0.157	0.042
Lysine.....g	0.248		0	1		0.070	0.064	0.017
Methionine.....g	0.155		0	1		0.044	0.040	0.011
Cystine.....g	0.190		0	1		0.054	0.049	0.013
Phenylalanine.....g	0.422		0	1		0.120	0.110	0.030
Tyrosine.....g	0.238		0	1		0.067	0.062	0.017
Valine.....g	0.396		0	1		0.112	0.103	0.028
Arginine.....g	0.359		0	1		0.102	0.093	0.025
Histidine.....g	0.196		0	1		0.056	0.051	0.014
Alanine.....g	0.324		0	1		0.092	0.084	0.023
Aspartic acid.....g	0.475		0	1		0.135	0.124	0.033
Glutamic acid.....g	2.721		0	1		0.771	0.707	0.190
Glycine.....g	0.337		0	1		0.096	0.088	0.024
Proline.....g	0.950		0	1		0.269	0.247	0.067
Serine.....g	0.417		0	1		0.118	0.108	0.029
Hydroxyproline.....g								
<b>Others:</b>								
Alcohol, ethyl.....g	0.0		0	7		0.0	0.0	0.0
Caffeine.....mg	0		0	FLA 4		0	0	0

**NDB No. 18044**  
**Bread, pumpernickel**

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
Theobromine.....mg	0		0	FLA	4		0	0	0

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

**Common Measures:**

- Measure 1 = 28.35g: 1 oz
- Measure 2 = 26g: 1 slice, regular
- Measure 3 = 7.0g: 1 slice, snack-size

**Calories Factors: Protein 3.7**

**Fat 8.7**

**Carbohydrate 4**

**Food Group: 18 Baked Products**

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



**NDB No. 18045**  
**Bread, pumpernickel, toasted**

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data Points					
<b>Lipids:</b>								
Fatty acids, total saturated.....g	0.481		0		1		0.136	0.139
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	0.003		0		1		0.001	0.001
15:0.....g								
16:0.....g	0.365		0		1		0.103	0.106
17:0.....g								
18:0.....g	0.112		0		1		0.032	0.032
20:0.....g								
22:0.....g								
24:0.....g								
Fatty acids, total monounsaturated.....g	1.024		0		1		0.290	0.297
14:1.....g								
15:1.....g								
16:1 undifferentiated.....g	0.020		0		1		0.006	0.006
17:1.....g								
18:1 undifferentiated.....g	1.002		0		1		0.284	0.291
20:1.....g	0.002		0		1		0.001	0.001
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	1.359		0		1		0.385	0.394
18:2 undifferentiated.....g	1.258		0		1		0.357	0.365
18:3 undifferentiated.....g	0.101		0		1		0.029	0.029
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		1		0	0
Phytosterols.....mg								
<b>Amino Acids:</b>								
Tryptophan.....g	0.107		0		1		0.030	0.031
Threonine.....g	0.293		0		1		0.083	0.085
Isoleucine.....g	0.366		0		1		0.104	0.106
Leucine.....g	0.661		0		1		0.187	0.192
Lysine.....g	0.273		0		1		0.077	0.079
Methionine.....g	0.171		0		1		0.048	0.050
Cystine.....g	0.209		0		1		0.059	0.061
Phenylalanine.....g	0.464		0		1		0.132	0.135
Tyrosine.....g	0.261		0		1		0.074	0.076
Valine.....g	0.435		0		1		0.123	0.126
Arginine.....g	0.395		0		1		0.112	0.115
Histidine.....g	0.216		0		1		0.061	0.063
Alanine.....g	0.356		0		1		0.101	0.103
Aspartic acid.....g	0.522		0		1		0.148	0.151
Glutamic acid.....g	2.991		0		1		0.848	0.867
Glycine.....g	0.370		0		1		0.105	0.107
Proline.....g	1.044		0		1		0.296	0.303
Serine.....g	0.459		0		1		0.130	0.133
Hydroxyproline.....g								
<b>Others:</b>								
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0
Caffeine.....mg	0		0	RK	4		0	0

NDB No. 18045

Bread, pumpernickel, toasted

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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
Theobromine.....mg	0		0	RK	4		0	0	

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Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 = 29g: 1 slice (5" x 4" x 3/8")

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

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



**NDB No. 18047**  
**Bread, raisin, enriched**

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common				
	Mean	Std. Error	Number	Source Code	measures of food				
			of Data Points		Deriv Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Lipids:</b>									
Fatty acids, total saturated.....g	1.081		0		4		0.306	0.346	0.281
4:0.....g	0.000		0		4		0.000	0.000	0.000
6:0.....g	0.000		0		4		0.000	0.000	0.000
8:0.....g	0.000		0		4		0.000	0.000	0.000
10:0.....g	0.000		0		4		0.000	0.000	0.000
12:0.....g	0.000		0		4		0.000	0.000	0.000
13:0.....g									
14:0.....g	0.020		0		4		0.006	0.006	0.005
15:0.....g									
16:0.....g	0.584		0		4		0.166	0.187	0.152
17:0.....g									
18:0.....g	0.476		0		4		0.135	0.152	0.124
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	2.294		0		4		0.650	0.734	0.596
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.006		0		4		0.002	0.002	0.002
17:1.....g									
18:1 undifferentiated.....g	2.288		0		4		0.649	0.732	0.595
20:1.....g	0.000		0		4		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.679		0		4		0.192	0.217	0.177
18:2 undifferentiated.....g	0.641		0		4		0.182	0.205	0.167
18:3 undifferentiated.....g	0.038		0		4		0.011	0.012	0.010
18:4.....g	0.000		0		4		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
20:5 n-3 (EPA).....g	0.000		0		4		0.000	0.000	0.000
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0		4		0.000	0.000	0.000
22:6 n-3 (DHA).....g	0.000		0		4		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0		2		1		0	0	0
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.083		0		1		0.024	0.027	0.022
Threonine.....g	0.222		0		1		0.063	0.071	0.058
Isoleucine.....g	0.287		0		1		0.081	0.092	0.075
Leucine.....g	0.516		0		1		0.146	0.165	0.134
Lysine.....g	0.200		0		1		0.057	0.064	0.052
Methionine.....g	0.128		0		1		0.036	0.041	0.033
Cystine.....g	0.152		0		1		0.043	0.049	0.040
Phenylalanine.....g	0.361		0		1		0.102	0.116	0.094
Tyrosine.....g	0.204		0		1		0.058	0.065	0.053
Valine.....g	0.329		0		1		0.093	0.105	0.086
Arginine.....g	0.362		0		1		0.103	0.116	0.094
Histidine.....g	0.167		0		1		0.047	0.053	0.043
Alanine.....g	0.267		0		1		0.076	0.085	0.069
Aspartic acid.....g	0.351		0		1		0.100	0.112	0.091
Glutamic acid.....g	2.355		0		1		0.668	0.754	0.612
Glycine.....g	0.269		0		1		0.076	0.086	0.070
Proline.....g	0.828		0		1		0.235	0.265	0.215
Serine.....g	0.357		0		1		0.101	0.114	0.093
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	FLA	4		0	0	0

**NDB No. 18047**  
**Bread, raisin, enriched**

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
Theobromine.....mg	0		0	FLA	4		0	0	0

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

**Common Measures:**

- Measure 1 = 28.35g: 1 oz
- Measure 2 = 32g: 1 slice, large
- Measure 3 = 26g: 1 slice

**Calories Factors: Protein 3.9                      Fat 8.8                      Carbohydrate 3.9**

**Food Group:** 18 Baked Products  
 USDA National Nutrient Database for Standard Reference, Release 27 (2014)





**NDB No. 18048**  
**Bread, raisin, toasted, enriched**

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common			
	Mean	Std. Error	Number	Source	measures of food			
			of Data Points		Confidence Code	Measure 1	Measure 2	Measure 3
<b>Lipids:</b>								
Fatty acids, total saturated.....g	1.175		0	1		0.333	0.341	0.282
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	0.022		0	1		0.006	0.006	0.005
15:0.....g								
16:0.....g	0.635		0	1		0.180	0.184	0.152
17:0.....g								
18:0.....g	0.518		0	1		0.147	0.150	0.124
20:0.....g								
22:0.....g								
24:0.....g								
Fatty acids, total monounsaturated.....g	2.494		0	1		0.707	0.723	0.599
14:1.....g								
15:1.....g								
16:1 undifferentiated.....g	0.007		0	1		0.002	0.002	0.002
17:1.....g								
18:1 undifferentiated.....g	2.487		0	1		0.705	0.721	0.597
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	0.738		0	1		0.209	0.214	0.177
18:2 undifferentiated.....g	0.697		0	1		0.198	0.202	0.167
18:3 undifferentiated.....g	0.041		0	1		0.012	0.012	0.010
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	1		0	0	0
Phytosterols.....mg								
<b>Amino Acids:</b>								
Tryptophan.....g	0.090		0	1		0.026	0.026	0.022
Threonine.....g	0.241		0	1		0.068	0.070	0.058
Isoleucine.....g	0.312		0	1		0.088	0.090	0.075
Leucine.....g	0.561		0	1		0.159	0.163	0.135
Lysine.....g	0.217		0	1		0.062	0.063	0.052
Methionine.....g	0.139		0	1		0.039	0.040	0.033
Cystine.....g	0.166		0	1		0.047	0.048	0.040
Phenylalanine.....g	0.392		0	1		0.111	0.114	0.094
Tyrosine.....g	0.222		0	1		0.063	0.064	0.053
Valine.....g	0.358		0	1		0.101	0.104	0.086
Arginine.....g	0.394		0	1		0.112	0.114	0.095
Histidine.....g	0.182		0	1		0.052	0.053	0.044
Alanine.....g	0.290		0	1		0.082	0.084	0.070
Aspartic acid.....g	0.382		0	1		0.108	0.111	0.092
Glutamic acid.....g	2.559		0	1		0.725	0.742	0.614
Glycine.....g	0.293		0	1		0.083	0.085	0.070
Proline.....g	0.899		0	1		0.255	0.261	0.216
Serine.....g	0.388		0	1		0.110	0.113	0.093
Hydroxyproline.....g								
<b>Others:</b>								
Alcohol, ethyl.....g	0.0		0	7		0.0	0.0	0.0
Caffeine.....mg	0		0	RK 4		0	0	0

**NDB No. 18048**  
**Bread, raisin, toasted, enriched**

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 Code			
Theobromine.....mg	0		0	RK	4	0	0	0

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

**Common Measures:**

- Measure 1 = 28.35g: 1 oz
- Measure 2 = 29g: 1 slice, large
- Measure 3 = 24g: 1 slice

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

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

**NDB No. 18414**  
**Bread, raisin, unenriched**

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
<b>Proximates:</b>									
Water.....g	33.60	0.286	47		1		9.53	10.75	8.74
Energy.....kcal	274		0	NC	4		78	88	71
Energy.....kJ	1146				4		325	367	298
Protein (N x 5.8).....g	7.90	0.086	55		1		2.24	2.53	2.05
Total lipid (fat).....g	4.40	0.144	54		1		1.25	1.41	1.14
Ash.....g	1.80	0.036	22		1		0.51	0.58	0.47
Carbohydrate, by difference.....g	52.30		0		4		14.83	16.74	13.60
Fiber, total dietary.....g	4.3		0	BFZN	4		1.2	1.4	1.1
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	66	5.711	29		1		19	21	17
Iron, Fe.....mg	1.83		0	BFZN	4		0.52	0.59	0.48
Magnesium, Mg.....mg	26	1.166	13		1		7	8	7
Phosphorus, P.....mg	109	5.060	13		1		31	35	28
Potassium, K.....mg	227	11.006	15		1		64	73	59
Sodium, Na.....mg	390	9.864	20		1		111	125	101
Zinc, Zn.....mg	0.72	0.045	13		1		0.20	0.23	0.19
Copper, Cu.....mg	0.198	0.009	13		1		0.056	0.063	0.051
Manganese, Mn.....mg	0.501	0.024	13		1		0.142	0.160	0.130
Selenium, Se.....µg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.1		0	BFZN	4		0.0	0.0	0.0
Thiamin.....mg	0.177		0	BFZN	4		0.050	0.057	0.046
Riboflavin.....mg	0.173		0	BFZN	4		0.049	0.055	0.045
Niacin.....mg	1.495		0	BFZN	4		0.424	0.478	0.389
Pantothenic acid.....mg	0.387	0.042	15		1		0.110	0.124	0.101
Vitamin B-6.....mg	0.069	0.009	13		1		0.020	0.022	0.018
Folate, total.....µg	34	1.369	11		1		10	11	9
Folic acid.....µg	0		0	Z	7		0	0	0
Folate, food.....µg	34	1.369	11		1		10	11	9
Folate, DFE.....µg	34		0	NC	4		10	11	9
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		0		4		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									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	0		0	BFZN	4		0	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									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									

**NDB No. 18414**  
**Bread, raisin, unenriched**

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food		
	Mean	Std. Error	Number	Source	Measure 1	Measure 2	Measure 3
			of Data Points	Confidence Code			
Fatty acids, total saturated.....g	1.081		0	4	0.306	0.346	0.281
4:0.....g							
6:0.....g							
8:0.....g							
10:0.....g							
12:0.....g	0.000		0	4	0.000	0.000	0.000
13:0.....g							
14:0.....g	0.020		0	4	0.006	0.006	0.005
15:0.....g							
16:0.....g	0.584		0	4	0.166	0.187	0.152
17:0.....g							
18:0.....g	0.476		0	4	0.135	0.152	0.124
20:0.....g							
22:0.....g							
24:0.....g							
Fatty acids, total monounsaturated.....g	2.294		0	4	0.650	0.734	0.596
14:1.....g							
15:1.....g							
16:1 undifferentiated.....g	0.006		0	4	0.002	0.002	0.002
17:1.....g							
18:1 undifferentiated.....g	2.288		0	4	0.649	0.732	0.595
20:1.....g							
22:1 undifferentiated.....g							
24:1 c.....g							
Fatty acids, total polyunsaturated.....g	0.679		0	4	0.192	0.217	0.177
18:2 undifferentiated.....g	0.641		0	4	0.182	0.205	0.167
18:3 undifferentiated.....g	0.038		0	4	0.011	0.012	0.010
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		2	1	0	0	0
Phytosterols.....mg							
<b>Amino Acids:</b>							
Tryptophan.....g	0.083		0	4	0.024	0.027	0.022
Threonine.....g	0.222		0	4	0.063	0.071	0.058
Isoleucine.....g	0.287		0	4	0.081	0.092	0.075
Leucine.....g	0.516		0	4	0.146	0.165	0.134
Lysine.....g	0.200		0	4	0.057	0.064	0.052
Methionine.....g	0.128		0	4	0.036	0.041	0.033
Cystine.....g	0.152		0	4	0.043	0.049	0.040
Phenylalanine.....g	0.361		0	4	0.102	0.116	0.094
Tyrosine.....g	0.204		0	4	0.058	0.065	0.053
Valine.....g	0.329		0	4	0.093	0.105	0.086
Arginine.....g	0.362		0	4	0.103	0.116	0.094
Histidine.....g	0.167		0	4	0.047	0.053	0.043
Alanine.....g	0.267		0	4	0.076	0.085	0.069
Aspartic acid.....g	0.351		0	4	0.100	0.112	0.091
Glutamic acid.....g	2.355		0	4	0.668	0.754	0.612
Glycine.....g	0.269		0	4	0.076	0.086	0.070
Proline.....g	0.828		0	4	0.235	0.265	0.215
Serine.....g	0.357		0	4	0.101	0.114	0.093
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. 18414**

**Bread, raisin, unenriched**

**Common Measures:**

Measure 1 = 28.35g: 1 oz

Measure 2 = 32g: 1 slice, large

Measure 3 = 26g: 1 slice

**Calories Factors: Protein 3.9**

**Fat 8.8**

**Carbohydrate 3.9**

**Food Group:** 18 Baked Products

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



**NDB No. 18049**  
**Bread, reduced-calorie, oat bran**

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common		
	Mean	Std. Error	Number		Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code			
<b>Lipids:</b>							
Fatty acids, total saturated.....g	0.445		0		4	0.126	0.102
4:0.....g	0.000		0		4	0.000	0.000
6:0.....g	0.000		0		4	0.000	0.000
8:0.....g	0.000		0		4	0.000	0.000
10:0.....g	0.000		0		4	0.000	0.000
12:0.....g	0.002		0		4	0.001	0.000
13:0.....g							
14:0.....g	0.002		0		4	0.001	0.000
15:0.....g							
16:0.....g	0.369		0		4	0.105	0.085
17:0.....g							
18:0.....g	0.068		0		4	0.019	0.016
20:0.....g							
22:0.....g							
24:0.....g							
Fatty acids, total monounsaturated.....g	0.684		0		4	0.194	0.157
14:1.....g							
15:1.....g							
16:1 undifferentiated.....g	0.019		0		4	0.005	0.004
17:1.....g							
18:1 undifferentiated.....g	0.663		0		4	0.188	0.152
20:1.....g	0.002		0		4	0.001	0.000
22:1 undifferentiated.....g	0.000		0		4	0.000	0.000
24:1 c.....g							
Fatty acids, total polyunsaturated.....g	1.670		0		4	0.473	0.384
18:2 undifferentiated.....g	1.567		0		4	0.444	0.360
18:3 undifferentiated.....g	0.102		0		4	0.029	0.023
18:4.....g	0.000		0		4	0.000	0.000
20:2 n-6 c,c.....g							
20:3 undifferentiated.....g							
20:4 undifferentiated.....g	0.000		0		4	0.000	0.000
20:5 n-3 (EPA).....g	0.000		0		4	0.000	0.000
21:5.....g							
22:4.....g							
22:5 n-3 (DPA).....g	0.000		0		4	0.000	0.000
22:6 n-3 (DHA).....g	0.000		0		4	0.000	0.000
Fatty acids, total trans.....g							
Cholesterol.....mg	0		0		4	0	0
Phytosterols.....mg							
<b>Amino Acids:</b>							
Tryptophan.....g	0.103		0		4	0.029	0.024
Threonine.....g	0.257		0		4	0.073	0.059
Isoleucine.....g	0.321		0		4	0.091	0.074
Leucine.....g	0.565		0		4	0.160	0.130
Lysine.....g	0.291		0		4	0.082	0.067
Methionine.....g	0.140		0		4	0.040	0.032
Cystine.....g	0.135		0		4	0.038	0.031
Phenylalanine.....g	0.165		0		4	0.047	0.038
Tyrosine.....g	0.386		0		4	0.109	0.089
Valine.....g	0.364		0		4	0.103	0.084
Arginine.....g	0.384		0		4	0.109	0.088
Histidine.....g	0.183		0		4	0.052	0.042
Alanine.....g	0.312		0		4	0.088	0.072
Aspartic acid.....g	0.527		0		4	0.149	0.121
Glutamic acid.....g	2.197		0		4	0.623	0.505
Glycine.....g	0.318		0		4	0.090	0.073
Proline.....g	0.712		0		4	0.202	0.164
Serine.....g	0.391		0		4	0.111	0.090
Hydroxyproline.....g							
<b>Others:</b>							
Alcohol, ethyl.....g	0.0		0		7	0.0	0.0
Caffeine.....mg	0		0	FLA	4	0	0



NDB No. 18049

Bread, reduced-calorie, oat bran

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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 Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Code					
Theobromine.....mg	0		0	FLA	4	0		0	

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Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 = 23g: 1 slice

**Calories Factors: Protein 3.6**

**Fat 8.6**

**Carbohydrate 3.5**

**Food Group:** 18 Baked Products

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



NDB No. 18050

Bread, reduced-calorie, oat bran, toasted

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					
<b>Lipids:</b>								
Fatty acids, total saturated.....g	0.530		0				0.150	0.101
4:0.....g	0.000		0				0.000	0.000
6:0.....g	0.000		0				0.000	0.000
8:0.....g	0.000		0				0.000	0.000
10:0.....g	0.000		0				0.000	0.000
12:0.....g	0.002		0				0.001	0.000
13:0.....g								
14:0.....g	0.003		0				0.001	0.001
15:0.....g								
16:0.....g	0.439		0				0.124	0.083
17:0.....g								
18:0.....g	0.081		0				0.023	0.015
20:0.....g								
22:0.....g								
24:0.....g								
Fatty acids, total monounsaturated.....g	0.814		0				0.231	0.155
14:1.....g								
15:1.....g								
16:1 undifferentiated.....g	0.023		0				0.007	0.004
17:1.....g								
18:1 undifferentiated.....g	0.789		0				0.224	0.150
20:1.....g	0.002		0				0.001	0.000
22:1 undifferentiated.....g	0.000		0				0.000	0.000
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	1.988		0				0.564	0.378
18:2 undifferentiated.....g	1.865		0				0.529	0.354
18:3 undifferentiated.....g	0.122		0				0.035	0.023
18:4.....g	0.000		0				0.000	0.000
20:2 n-6 c,c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g	0.000		0				0.000	0.000
20:5 n-3 (EPA).....g	0.000		0				0.000	0.000
21:5.....g								
22:4.....g								
22:5 n-3 (DPA).....g	0.000		0				0.000	0.000
22:6 n-3 (DHA).....g	0.000		0				0.000	0.000
Fatty acids, total trans.....g								
Cholesterol.....mg	0		0				0	0
Phytosterols.....mg								
<b>Amino Acids:</b>								
Tryptophan.....g	0.123		0				0.035	0.023
Threonine.....g	0.306		0				0.087	0.058
Isoleucine.....g	0.382		0				0.108	0.073
Leucine.....g	0.673		0				0.191	0.128
Lysine.....g	0.346		0				0.098	0.066
Methionine.....g	0.167		0				0.047	0.032
Cystine.....g	0.160		0				0.045	0.030
Phenylalanine.....g	0.196		0				0.056	0.037
Tyrosine.....g	0.459		0				0.130	0.087
Valine.....g	0.433		0				0.123	0.082
Arginine.....g	0.458		0				0.130	0.087
Histidine.....g	0.217		0				0.062	0.041
Alanine.....g	0.371		0				0.105	0.070
Aspartic acid.....g	0.627		0				0.178	0.119
Glutamic acid.....g	2.616		0				0.742	0.497
Glycine.....g	0.379		0				0.107	0.072
Proline.....g	0.848		0				0.240	0.161
Serine.....g	0.466		0				0.132	0.089
Hydroxyproline.....g								
<b>Others:</b>								
Alcohol, ethyl.....g	0.0		0				0.0	0.0
Caffeine.....mg	0		0	RK			0	0

NDB No. 18050

Bread, reduced-calorie, oat bran, toasted

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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 Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Code					
Theobromine.....mg	0		0	RK	4	0		0	

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Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 = 19g: 1 slice

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

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

**NDB No. 18051**  
**Bread, reduced-calorie, oatmeal**

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
<b>Proximates:</b>									
Water.....g	44.00		2		1		12.47	10.12	
Energy.....kcal	210		0	NC	4		60	48	
Energy.....kJ	879				4		249	202	
Protein (N x 5.8).....g	7.60		2		1		2.15	1.75	
Total lipid (fat).....g	3.50		2		1		0.99	0.81	
Ash.....g	1.60		2		1		0.45	0.37	
Carbohydrate, by difference.....g	43.30		0		4		12.28	9.96	
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	115		2		1		33	26	
Iron, Fe.....mg	2.30		2		1		0.65	0.53	
Magnesium, Mg.....mg	24		0	FLA	4		7	6	
Phosphorus, P.....mg	100		0	FLA	4		28	23	
Potassium, K.....mg	124		0	FLA	4		35	29	
Sodium, Na.....mg	388		2		1		110	89	
Zinc, Zn.....mg	0.83		0	FLA	4		0.24	0.19	
Copper, Cu.....mg	0.099		0	FLA	4		0.028	0.023	
Manganese, Mn.....mg	0.539		0	FLA	4		0.153	0.124	
Selenium, Se.....µg	23.0		0	FLA	4		6.5	5.3	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.2		0	FLA	4		0.1	0.0	
Thiamin.....mg	0.348		2		1		0.099	0.080	
Riboflavin.....mg	0.280		2		1		0.079	0.064	
Niacin.....mg	3.030		2		1		0.859	0.697	
Pantothenic acid.....mg	0.431		0	FLA	4		0.122	0.099	
Vitamin B-6.....mg	0.045		0	FLA	4		0.013	0.010	
Folate, total.....µg	55		0	FLA	4		16	13	
Folic acid.....µg	21		0	NC	4		6	5	
Folate, food.....µg	34		0		4		10	8	
Folate, DFE.....µg	70		0	NC	4		20	16	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.10		0	FLA	4		0.03	0.02	
Vitamin A, RAE.....µg	0		0	NC	4		0	0	
Retinol.....µg	0		0	Z	7		0	0	
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	6		0	FLA	4		2	1	
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									
<b>Lipids:</b>									

**NDB No. 18051**  
**Bread, reduced-calorie, oatmeal**

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 Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Code					
Fatty acids, total saturated.....g	0.599		0		4		0.170	0.138	
4:0.....g	0.002		0		4		0.001	0.000	
6:0.....g	0.001		0		4		0.000	0.000	
8:0.....g	0.001		0		4		0.000	0.000	
10:0.....g	0.002		0		4		0.001	0.000	
12:0.....g	0.010		0		4		0.003	0.002	
13:0.....g									
14:0.....g	0.011		0		4		0.003	0.003	
15:0.....g									
16:0.....g	0.504		0		4		0.143	0.116	
17:0.....g									
18:0.....g	0.041		0		4		0.012	0.009	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.822		0		4		0.233	0.189	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.039		0		4		0.011	0.009	
17:1.....g									
18:1 undifferentiated.....g	0.783		0		4		0.222	0.180	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.351		0		4		0.383	0.311	
18:2 undifferentiated.....g	1.289		0		4		0.365	0.296	
18:3 undifferentiated.....g	0.063		0		4		0.018	0.014	
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		1		1		0	0	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.096		0		4		0.027	0.022	
Threonine.....g	0.234		0		4		0.066	0.054	
Isoleucine.....g	0.312		0		4		0.088	0.072	
Leucine.....g	0.562		0		4		0.159	0.129	
Lysine.....g	0.259		0		4		0.073	0.060	
Methionine.....g	0.138		0		4		0.039	0.032	
Cystine.....g	0.161		0		4		0.046	0.037	
Phenylalanine.....g	0.381		0		4		0.108	0.088	
Tyrosine.....g	0.251		0		4		0.071	0.058	
Valine.....g	0.359		0		4		0.102	0.083	
Arginine.....g	0.327		0		4		0.093	0.075	
Histidine.....g	0.170		0		4		0.048	0.039	
Alanine.....g	0.274		0		4		0.078	0.063	
Aspartic acid.....g	0.431		0		4		0.122	0.099	
Glutamic acid.....g	2.235		0		4		0.634	0.514	
Glycine.....g	0.282		0		4		0.080	0.065	
Proline.....g	0.764		0		4		0.217	0.176	
Serine.....g	0.376		0		4		0.107	0.086	
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. 18051**

**Bread, reduced-calorie, oatmeal**

**Common Measures:**

Measure 1 = 28.35g: 1 oz

Measure 2 = 23g: 1 slice

**Calories Factors: Protein 3.9**

**Fat 8.4**

**Carbohydrate 3.5**

**Food Group: 18 Baked Products**

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





**NDB No. 18053**  
**Bread, reduced-calorie, rye**

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common			
	Mean	Std. Error	Number	Source	measures of food			
			of Data Points		Confidence Code	Measure 1	Measure 2	Measure 3
<b>Lipids:</b>								
Fatty acids, total saturated.....g	0.368		0	4		0.104	0.085	0.118
4:0.....g	0.001		0	4		0.000	0.000	0.000
6:0.....g	0.001		0	4		0.000	0.000	0.000
8:0.....g	0.001		0	4		0.000	0.000	0.000
10:0.....g	0.002		0	4		0.001	0.000	0.001
12:0.....g	0.004		0	4		0.001	0.001	0.001
13:0.....g								
14:0.....g	0.012		0	4		0.003	0.003	0.004
15:0.....g								
16:0.....g	0.270		0	4		0.077	0.062	0.086
17:0.....g								
18:0.....g	0.075		0	4		0.021	0.017	0.024
20:0.....g								
22:0.....g								
24:0.....g								
Fatty acids, total monounsaturated.....g	0.672		0	4		0.191	0.155	0.215
14:1.....g								
15:1.....g								
16:1 undifferentiated.....g	0.034		0	4		0.010	0.008	0.011
17:1.....g								
18:1 undifferentiated.....g	0.638		0	4		0.181	0.147	0.204
20:1.....g	0.000		0	4		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0	4		0.000	0.000	0.000
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	0.752		0	4		0.213	0.173	0.241
18:2 undifferentiated.....g	0.710		0	4		0.201	0.163	0.227
18:3 undifferentiated.....g	0.041		0	4		0.012	0.009	0.013
18:4.....g	0.000		0	4		0.000	0.000	0.000
20:2 n-6 c,c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g	0.000		0	4		0.000	0.000	0.000
20:5 n-3 (EPA).....g	0.000		0	4		0.000	0.000	0.000
21:5.....g								
22:4.....g								
22:5 n-3 (DPA).....g	0.000		0	4		0.000	0.000	0.000
22:6 n-3 (DHA).....g	0.000		0	4		0.000	0.000	0.000
Fatty acids, total trans.....g								
Cholesterol.....mg	0		1	1		0	0	0
Phytosterols.....mg								
<b>Amino Acids:</b>								
Tryptophan.....g	0.110		0	4		0.031	0.025	0.035
Threonine.....g	0.284		0	4		0.081	0.065	0.091
Isoleucine.....g	0.357		0	4		0.101	0.082	0.114
Leucine.....g	0.638		0	4		0.181	0.147	0.204
Lysine.....g	0.321		0	4		0.091	0.074	0.103
Methionine.....g	0.155		0	4		0.044	0.036	0.050
Cystine.....g	0.180		0	4		0.051	0.041	0.058
Phenylalanine.....g	0.457		0	4		0.130	0.105	0.146
Tyrosine.....g	0.288		0	4		0.082	0.066	0.092
Valine.....g	0.415		0	4		0.118	0.095	0.133
Arginine.....g	0.476		0	4		0.135	0.109	0.152
Histidine.....g	0.208		0	4		0.059	0.048	0.067
Alanine.....g	0.320		0	4		0.091	0.074	0.102
Aspartic acid.....g	0.556		0	4		0.158	0.128	0.178
Glutamic acid.....g	2.629		0	4		0.745	0.605	0.841
Glycine.....g	0.321		0	4		0.091	0.074	0.103
Proline.....g	0.860		0	4		0.244	0.198	0.275
Serine.....g	0.432		0	4		0.122	0.099	0.138
Hydroxyproline.....g								
<b>Others:</b>								
Alcohol, ethyl.....g	0.0		0	7		0.0	0.0	0.0
Caffeine.....mg	0		0	FLA 4		0	0	0

**NDB No. 18053**  
**Bread, reduced-calorie, rye**

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 Code
Theobromine.....mg	0		0	FLA	4	0	0	0

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

**Common Measures:**

- Measure 1 = 28.35g: 1 oz
- Measure 2 = 23g: 1 slice
- Measure 3 = 32g: 1 slice, thick

**Calories Factors: Protein 4**

**Fat 8.6**

**Carbohydrate 3.5**

**Food Group: 18 Baked Products**

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

**NDB No. 18055**  
**Bread, reduced-calorie, wheat**

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
<b>Proximates:</b>									
Water.....g	39.60	0.350	3	A	1		11.23	8.32	
Energy.....kcal	217		0	NC	4		61	46	
Energy.....kJ	907		0	NC	4		257	190	
Protein (N x 5.8).....g	13.32	0.225	3	A	1		3.78	2.80	
Total lipid (fat).....g	2.92	0.125	3	A	1		0.83	0.61	
Ash.....g	1.68	0.035	3	A	1		0.48	0.35	
Carbohydrate, by difference.....g	42.47		0	NC	4		12.04	8.92	
Fiber, total dietary.....g	11.1		2	A	1		3.1	2.3	
Sugars, total.....g	3.71	0.000	3	A	1		1.05	0.78	
Sucrose.....g	0.00	0.000	3	A	1		0.00	0.00	
Glucose (dextrose).....g	0.95	0.017	3	A	1		0.27	0.20	
Fructose.....g	1.62	0.033	3	A	1		0.46	0.34	
Lactose.....g	0.00	0.000	3	A	1		0.00	0.00	
Maltose.....g	1.14	0.015	3	A	1		0.32	0.24	
Galactose.....g	0.00	0.000	3	A	1		0.00	0.00	
Starch.....g	26.05	0.650	3	A	1		7.39	5.47	
<b>Minerals:</b>									
Calcium, Ca.....mg	163	2.750	3	A	1		46	34	
Iron, Fe.....mg	2.91	0.048	3	A	1		0.83	0.61	
Magnesium, Mg.....mg	43	1.725	3	A	1		12	9	
Phosphorus, P.....mg	149	2.500	3	A	1		42	31	
Potassium, K.....mg	150	2.250	3	A	1		43	32	
Sodium, Na.....mg	332	7.000	3	A	1		94	70	
Zinc, Zn.....mg	1.35	0.015	3	A	1		0.38	0.28	
Copper, Cu.....mg	0.171	0.008	3	A	1		0.049	0.036	
Manganese, Mn.....mg	1.210	0.110	3	A	1		0.343	0.254	
Selenium, Se.....µg	30.4		0	FLA	4		8.6	6.4	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.1		0	FLA	4		0.0	0.0	
Thiamin.....mg	0.350		1	A	1		0.099	0.073	
Riboflavin.....mg	0.140		1	A	1		0.040	0.029	
Niacin.....mg	3.780		1	A	1		1.072	0.794	
Pantothenic acid.....mg									
Vitamin B-6.....mg	0.060		1	A	1		0.017	0.013	
Folate, total.....µg	91		0	FLA	4		26	19	
Folic acid.....µg	63		0	NR	4		18	13	
Folate, food.....µg	28		0		4		8	6	
Folate, DFE.....µg	135		0	NC	4		38	28	
Choline, total.....mg	18.7		0	BFZN	4		5.3	3.9	
Betaine.....mg									
Vitamin B-12.....µg	0.00		0	FLA	4		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	FLA	4		0	0	
Carotene, beta.....µg	1		0	FLA	4		0	0	
Carotene, alpha.....µg	0		0	FLA	4		0	0	
Cryptoxanthin, beta.....µg	0		0	FLA	4		0	0	
Vitamin A, IU.....IU	1		0	NC	4		0	0	
Lycopene.....µg	0		0	FLA	4		0	0	
Lutein + zeaxanthin.....µg	41		0	FLA	4		12	9	
Vitamin E (alpha-tocopherol).....mg	0.24		0	FLA	4		0.07	0.05	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg	0.09		0	FLA	4		0.03	0.02	
Tocopherol, gamma.....mg	0.67		0	FLA	4		0.19	0.14	
Tocopherol, delta.....mg	0.00		0	FLA	4		0.00	0.00	
Tocotrienol, alpha.....mg	0.09		0	FLA	4		0.03	0.02	
Tocotrienol, beta.....mg	0.00		0	FLA	4		0.00	0.00	

**NDB No. 18055**  
**Bread, reduced-calorie, wheat**

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion 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	0.00		0	FLA	4		0.00	0.00	
Tocotrienol, delta.....mg	0.00		0	FLA	4		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	0.2		0	FLA	4		0.1	0.0	
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
<b><u>Lipids:</u></b>									
Fatty acids, total saturated.....g	0.840		0	NC	4		0.238	0.176	
4:0.....g	0.007		1	A	1		0.002	0.001	
6:0.....g	0.000		1	A	1		0.000	0.000	
8:0.....g	0.003		1	A	1		0.001	0.001	
10:0.....g	0.025		1	A	1		0.007	0.005	
12:0.....g	0.000		1	A	1		0.000	0.000	
13:0.....g									
14:0.....g	0.004		1	A	1		0.001	0.001	
15:0.....g	0.002		1	A	1		0.001	0.000	
16:0.....g	0.410		1	A	1		0.116	0.086	
17:0.....g	0.005		1	A	1		0.001	0.001	
18:0.....g	0.366		1	A	1		0.104	0.077	
20:0.....g	0.008		1	A	1		0.002	0.002	
22:0.....g	0.007		1	A	1		0.002	0.001	
24:0.....g	0.003		1	A	1		0.001	0.001	
Fatty acids, total monounsaturated.....g	0.523		0	NC	4		0.148	0.110	
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	0.017		0	AS	1		0.005	0.004	
16:1 c.....g	0.017		1	A	1		0.005	0.004	
16:1 t.....g	0.000		1	A	1		0.000	0.000	
17:1.....g	0.001		1	A	1		0.000	0.000	
18:1 undifferentiated.....g	0.492		0	AS	1		0.139	0.103	
18:1 c.....g	0.452		1	A	1		0.128	0.095	
18:1 t.....g	0.040		1	A	1		0.011	0.008	
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.013		1	A	1		0.004	0.003	
22:1 undifferentiated.....g	0.000		0	AS	1		0.000	0.000	
22:1 c.....g	0.000		1	A	1		0.000	0.000	
22:1 t.....g	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	1.196		0	NC	4		0.339	0.251	
18:2 undifferentiated.....g	1.100		0	AS	1		0.312	0.231	
18:2 n-6 c,c.....g	1.094		1	A	1		0.310	0.230	
18:2 CLAs.....g	0.000		1	A	1		0.000	0.000	
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.006		1	A	1		0.002	0.001	
18:3 undifferentiated.....g	0.088		0	AS	1		0.025	0.018	
18:3 n-3 c,c,c (ALA).....g	0.088		1	A	1		0.025	0.018	
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	0.002		1	A	1		0.001	0.000	
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	0.003		1	A	1		0.001	0.001	
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.003		1	A	1		0.001	0.001	
21:5.....g									
22:4.....g	0.000		1	A	1		0.000	0.000	
22:5 n-3 (DPA).....g	0.000		1	A	1		0.000	0.000	

NDB No. 18055

Bread, reduced-calorie, wheat

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			
22:6 n-3 (DHA).....g	0.000		1	A	1	0.000	0.000
Fatty acids, total trans.....g	0.046		0	NC	4	0.013	0.010
Fatty acids, total trans-monoenoic.....g	0.040		0	NC	4	0.011	0.008
Fatty acids, total trans-polyenoic.....g	0.006		0	NC	4	0.002	0.001
Cholesterol.....mg	0		0		4	0	0
Phytosterols.....mg							
<b>Others:</b>							
Alcohol, ethyl.....g	0.0		0		7	0.0	0.0
Caffeine.....mg	0		0	FLA	4	0	0
Theobromine.....mg	0		0	FLA	4	0	0

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

**Common Measures:**

Measure 1 = 28.35g: 1 oz

Measure 2 = 21g: 1 slice

**Calories Factors: Protein 3.9**

**Fat 8.4**

**Carbohydrate 3.3**

**Food Group: 18 Baked Products**

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



NDB No. 18057  
 Bread, reduced-calorie, white

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
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.549		0		4		0.156	0.126	
4:0.....g	0.000		0		4		0.000	0.000	
6:0.....g	0.000		0		4		0.000	0.000	
8:0.....g	0.000		0		4		0.000	0.000	
10:0.....g	0.000		0		4		0.000	0.000	
12:0.....g	0.000		0		4		0.000	0.000	
13:0.....g									
14:0.....g	0.009		0		4		0.003	0.002	
15:0.....g									
16:0.....g	0.325		0		4		0.092	0.075	
17:0.....g									
18:0.....g	0.214		0		4		0.061	0.049	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	1.077		0		4		0.305	0.248	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.016		0		4		0.005	0.004	
17:1.....g									
18:1 undifferentiated.....g	1.061		0		4		0.301	0.244	
20:1.....g	0.000		0		4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.559		0		4		0.158	0.129	
18:2 undifferentiated.....g	0.531		0		4		0.151	0.122	
18:3 undifferentiated.....g	0.028		0		4		0.008	0.006	
18:4.....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	
20:5 n-3 (EPA).....g	0.000		0		4		0.000	0.000	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0		4		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		1		1		0	0	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.104		0		4		0.029	0.024	
Threonine.....g	0.289		0		4		0.082	0.066	
Isoleucine.....g	0.381		0		4		0.108	0.088	
Leucine.....g	0.657		0		4		0.186	0.151	
Lysine.....g	0.358		0		4		0.101	0.082	
Methionine.....g	0.160		0		4		0.045	0.037	
Cystine.....g	0.151		0		4		0.043	0.035	
Phenylalanine.....g	0.419		0		4		0.119	0.096	
Tyrosine.....g	0.296		0		4		0.084	0.068	
Valine.....g	0.418		0		4		0.119	0.096	
Arginine.....g	0.339		0		4		0.096	0.078	
Histidine.....g	0.198		0		4		0.056	0.046	
Alanine.....g	0.293		0		4		0.083	0.067	
Aspartic acid.....g	0.504		0		4		0.143	0.116	
Glutamic acid.....g	2.440		0		4		0.692	0.561	
Glycine.....g	0.276		0		4		0.078	0.063	
Proline.....g	0.881		0		4		0.250	0.203	
Serine.....g	0.430		0		4		0.122	0.099	
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	FLA	4		0	0	

NDB No. 18057

Bread, reduced-calorie, white

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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
Theobromine.....mg	0		0	FLA	4		0		0

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Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 = 23g: 1 slice

**Calories Factors: Protein 4**

**Fat 8.7**

**Carbohydrate 3.4**

**Food Group:** 18 Baked Products

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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
<b>Lipids:</b>								
Fatty acids, total saturated.....g	0.709		0		4		0.201	0.191
4:0.....g	0.000		0		4		0.000	0.000
6:0.....g	0.000		0		4		0.000	0.000
8:0.....g	0.000		0		4		0.000	0.000
10:0.....g	0.000		0		4		0.000	0.000
12:0.....g	0.001		0		4		0.000	0.000
13:0.....g								
14:0.....g	0.006		0		4		0.002	0.002
15:0.....g								
16:0.....g	0.530		0		4		0.150	0.143
17:0.....g								
18:0.....g	0.165		0		4		0.047	0.045
20:0.....g								
22:0.....g								
24:0.....g								
Fatty acids, total monounsaturated.....g	1.654		0		4		0.469	0.447
14:1.....g								
15:1.....g								
16:1 undifferentiated.....g	0.033		0		4		0.009	0.009
17:1.....g								
18:1 undifferentiated.....g	1.621		0		4		0.460	0.438
20:1.....g	0.000		0		4		0.000	0.000
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	1.760		0		4		0.499	0.475
18:2 undifferentiated.....g	1.654		0		4		0.469	0.447
18:3 undifferentiated.....g	0.106		0		4		0.030	0.029
18:4.....g	0.000		0		4		0.000	0.000
20:2 n-6 c,c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000
20:5 n-3 (EPA).....g	0.000		0		4		0.000	0.000
21:5.....g								
22:4.....g								
22:5 n-3 (DPA).....g	0.000		0		4		0.000	0.000
22:6 n-3 (DHA).....g	0.000		0		4		0.000	0.000
Fatty acids, total trans.....g								
Cholesterol.....mg	0		2		1		0	0
Phytosterols.....mg								
<b>Amino Acids:</b>								
Tryptophan.....g	0.106		0		4		0.030	0.029
Threonine.....g	0.268		0		4		0.076	0.072
Isoleucine.....g	0.347		0		4		0.098	0.094
Leucine.....g	0.624		0		4		0.177	0.168
Lysine.....g	0.259		0		4		0.073	0.070
Methionine.....g	0.156		0		4		0.044	0.042
Cystine.....g	0.190		0		4		0.054	0.051
Phenylalanine.....g	0.439		0		4		0.124	0.119
Tyrosine.....g	0.271		0		4		0.077	0.073
Valine.....g	0.402		0		4		0.114	0.109
Arginine.....g	0.379		0		4		0.107	0.102
Histidine.....g	0.197		0		4		0.056	0.053
Alanine.....g	0.328		0		4		0.093	0.089
Aspartic acid.....g	0.464		0		4		0.132	0.125
Glutamic acid.....g	2.703		0		4		0.766	0.730
Glycine.....g	0.344		0		4		0.098	0.093
Proline.....g	0.910		0		4		0.258	0.246
Serine.....g	0.433		0		4		0.123	0.117
Hydroxyproline.....g								
<b>Others:</b>								
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0
Caffeine.....mg	0		0	FLC	4		0	0

NDB No. 18059

Bread, rice bran

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	FLC	4		0		0

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

**Common Measures:**

Measure 1 = 28.35g: 1 oz

Measure 2 = 27g: 1 slice

**Calories Factors: Protein 3.7**

**Fat 8.7**

**Carbohydrate 3.9**

**Food Group:** 18 Baked Products

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



**NDB No. 18384**  
**Bread, rice bran, toasted**

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
<b>Lipids:</b>								
Fatty acids, total saturated.....g	0.771		0		1		0.219	0.193
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	0.001		0		1		0.000	0.000
13:0.....g								
14:0.....g	0.006		0		1		0.002	0.002
15:0.....g								
16:0.....g	0.576		0		1		0.163	0.144
17:0.....g								
18:0.....g	0.179		0		1		0.051	0.045
20:0.....g								
22:0.....g								
24:0.....g								
Fatty acids, total monounsaturated.....g	1.798		0		1		0.510	0.450
14:1.....g								
15:1.....g								
16:1 undifferentiated.....g	0.036		0		1		0.010	0.009
17:1.....g								
18:1 undifferentiated.....g	1.762		0		1		0.500	0.441
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	1.913		0		1		0.542	0.478
18:2 undifferentiated.....g	1.797		0		1		0.509	0.449
18:3 undifferentiated.....g	0.115		0		1		0.033	0.029
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		1		0	0
Phytosterols.....mg								
<b>Amino Acids:</b>								
Tryptophan.....g	0.116		0		1		0.033	0.029
Threonine.....g	0.292		0		1		0.083	0.073
Isoleucine.....g	0.377		0		1		0.107	0.094
Leucine.....g	0.679		0		1		0.192	0.170
Lysine.....g	0.282		0		1		0.080	0.071
Methionine.....g	0.169		0		1		0.048	0.042
Cystine.....g	0.206		0		1		0.058	0.052
Phenylalanine.....g	0.478		0		1		0.136	0.120
Tyrosine.....g	0.295		0		1		0.084	0.074
Valine.....g	0.437		0		1		0.124	0.109
Arginine.....g	0.412		0		1		0.117	0.103
Histidine.....g	0.215		0		1		0.061	0.054
Alanine.....g	0.357		0		1		0.101	0.089
Aspartic acid.....g	0.504		0		1		0.143	0.126
Glutamic acid.....g	2.938		0		1		0.833	0.735
Glycine.....g	0.374		0		1		0.106	0.094
Proline.....g	0.989		0		1		0.280	0.247
Serine.....g	0.471		0		1		0.134	0.118
Hydroxyproline.....g								
<b>Others:</b>								
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0
Caffeine.....mg	0		0	RA	4		0	0

NDB No. 18384  
 Bread, rice bran, toasted

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			
Theobromine.....mg	0		0	RA	4	0	0

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

**Common Measures:**

Measure 1 = 28.35g: 1 oz  
 Measure 2 = 25g: 1 slice

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

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

NDB No. 28288  
Bread, roll, Mexican, bollilo

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
<b>Proximates:</b>									
Water.....g	26.05		2	A	1		25.53		
Energy.....kcal	318		0	NC	4		312		
Energy.....kJ	1330		0	NC	4		1303		
Protein (N x 6.25).....g	10.65		2	A	1		10.44		
Total lipid (fat).....g	5.80		2	A	1		5.68		
Ash.....g	1.73		2	A	1		1.70		
Carbohydrate, by difference.....g	55.77		0	NC	4		54.65		
Fiber, total dietary.....g	2.2		2	A	1		2.1		
Sugars, total.....g	3.55		2	A	1		3.48		
Sucrose.....g	0.00		2	A	1		0.00		
Glucose (dextrose).....g	0.40		2	A	1		0.39		
Fructose.....g	1.15		2	A	1		1.13		
Lactose.....g	0.00		2	A	1		0.00		
Maltose.....g	2.00		2	A	1		1.96		
Galactose.....g	0.00		2	A	1		0.00		
Starch.....g	46.95		2	A	1		46.01		
<b>Minerals:</b>									
Calcium, Ca.....mg	41		2	A	1		40		
Iron, Fe.....mg	3.90		2	A	1		3.82		
Magnesium, Mg.....mg	30		2	A	1		29		
Phosphorus, P.....mg	111		2	A	1		109		
Potassium, K.....mg	131		2	A	1		128		
Sodium, Na.....mg	506		2	A	1		495		
Zinc, Zn.....mg	0.88		2	A	1		0.87		
Copper, Cu.....mg	0.135		2	A	1		0.133		
Manganese, Mn.....mg	0.680		2	A	1		0.667		
Selenium, Se.....µg	38.8		2	A	1		38.0		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.2		0	BFPN	4		0.2		
Thiamin.....mg	0.680		2	A	1		0.666		
Riboflavin.....mg	0.430		2	A	1		0.421		
Niacin.....mg	5.585		2	A	1		5.473		
Pantothenic acid.....mg	0.520		2	A	1		0.510		
Vitamin B-6.....mg	0.105		2	A	1		0.103		
Folate, total.....µg	127		2	A	1		124		
Folic acid.....µg	70		0	BFPN	4		68		
Folate, food.....µg	57		0	NC	4		56		
Folate, DFE.....µg	176		0	NC	4		172		
Choline, total.....mg	14.3		0	BFPN	4		14.1		
Betaine.....mg									
Vitamin B-12.....µg	0.13		0	BFPN	4		0.12		
Vitamin B-12, added.....µg	0.00		0	BFPN	4		0.00		
Vitamin A, RAE.....µg	1		0	BFSN	4		1		
Retinol.....µg	1		0	BFSN	4		1		
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	5		0	NC	4		5		
Lycopene.....µg	0		0	BFSN	4		0		
Lutein + zeaxanthin.....µg	14		0	BFSN	4		14		
Vitamin E (alpha-tocopherol).....mg	0.00		1	A	1		0.00		
Vitamin E, added.....mg	0.00		0	BFSN	4		0.00		
Tocopherol, beta.....mg	0.00		1	A	1		0.00		
Tocopherol, gamma.....mg	0.14		1	A	1		0.13		
Tocopherol, delta.....mg	0.13		1	A	1		0.13		
Tocotrienol, alpha.....mg	0.00		1	A	1		0.00		
Tocotrienol, beta.....mg	0.19		1	A	1		0.18		

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
Tocotrienol, gamma.....mg	0.00		1	A	1		0.00		
Tocotrienol, delta.....mg	0.00		1	A	1		0.00		
Vitamin D (D2 + D3).....µg	0.0		0	BFSN	4		0.0		
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	0		0	BFSN	4		0		
Vitamin K (phylloquinone).....µg	10.9		0	BFSN	4		10.7		
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	1.401		0	NC	4		1.373		
4:0.....g	0.000		2	A	1		0.000		
6:0.....g	0.000		2	A	1		0.000		
8:0.....g	0.000		2	A	1		0.000		
10:0.....g	0.010		2	A	1		0.010		
12:0.....g	0.005		2	A	1		0.004		
13:0.....g									
14:0.....g	0.009		2	A	1		0.009		
15:0.....g	0.006		2	A	1		0.006		
16:0.....g	0.688		2	A	1		0.674		
17:0.....g	0.008		2	A	1		0.007		
18:0.....g	0.632		2	A	1		0.620		
20:0.....g	0.019		2	A	1		0.019		
22:0.....g	0.017		2	A	1		0.017		
24:0.....g	0.008		2	A	1		0.007		
Fatty acids, total monounsaturated.....g	2.658		0	NC	4		2.605		
14:1.....g	0.000		2	A	1		0.000		
15:1.....g	0.000		2	A	1		0.000		
16:1 undifferentiated.....g	0.021		0	AS	1		0.020		
16:1 c.....g	0.021		2	A	1		0.020		
16:1 t.....g	0.000		2	A	1		0.000		
17:1.....g	0.003		2	A	1		0.002		
18:1 undifferentiated.....g	2.621		0	AS	1		2.569		
18:1 c.....g	1.864		2	A	1		1.827		
18:1 t.....g	0.757		2	A	1		0.742		
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.014		2	A	1		0.014		
22:1 undifferentiated.....g	0.000		0	AS	1		0.000		
22:1 c.....g	0.000		2	A	1		0.000		
22:1 t.....g	0.000		2	A	1		0.000		
24:1 c.....g	0.000		2	A	1		0.000		
Fatty acids, total polyunsaturated.....g	1.022		0	NC	4		1.001		
18:2 undifferentiated.....g	0.966		0	AS	1		0.947		
18:2 n-6 c,c.....g	0.850		2	A	1		0.833		
18:2 CLAs.....g	0.005		2	A	1		0.005		
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.111		2	A	1		0.109		
18:3 undifferentiated.....g	0.051		0	AS	1		0.050		
18:3 n-3 c,c,c (ALA).....g	0.047		2	A	1		0.047		
18:3 n-6 c,c,c.....g	0.003		2	A	1		0.003		
18:3i.....g	0.001		2	A	1		0.001		
18:4.....g	0.000		2	A	1		0.000		
20:2 n-6 c,c.....g	0.001		2	A	1		0.001		
20:3 undifferentiated.....g	0.001		0	AS	1		0.001		
20:3 n-3.....g	0.001		2	A	1		0.001		
20:3 n-6.....g	0.000		2	A	1		0.000		
20:4 undifferentiated.....g	0.002		2	A	1		0.002		
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.000		2	A	1		0.000		
21:5.....g									
22:4.....g	0.000		2	A	1		0.000		
22:5 n-3 (DPA).....g	0.000		2	A	1		0.000		



NDB No. 28288  
 Bread, roll, Mexican, bollilo

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 Code			
22:6 n-3 (DHA).....g	0.000		2	A	1	0.000		
Fatty acids, total trans.....g	0.869		0	NC	4	0.852		
Fatty acids, total trans-monoenoic.....g	0.757		0	NC	4	0.742		
Fatty acids, total trans-polyenoic.....g	0.112		0	NC	4	0.110		
Cholesterol.....mg	1		2	A	1	1		
Phytosterols.....mg								
<b>Others:</b>								
Alcohol, ethyl.....g	0.0		0	BFNN	4	0.0		
Caffeine.....mg	0		0	BFNN	4	0		
Theobromine.....mg	0		0	BFNN	4	0		

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

**Common Measures:**

Measure 1 = 98g: 1 piece

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked 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				
	Mean	Std. Error	Number of Data Points	Deriv Code	measures of food				
					Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.626		0		4		0.177	0.200	0.044
4:0.....g	0.000		0		4		0.000	0.000	0.000
6:0.....g	0.000		0		4		0.000	0.000	0.000
8:0.....g	0.000		0		4		0.000	0.000	0.000
10:0.....g	0.000		0		4		0.000	0.000	0.000
12:0.....g	0.000		0		4		0.000	0.000	0.000
13:0.....g									
14:0.....g	0.011		0		4		0.003	0.004	0.001
15:0.....g									
16:0.....g	0.385		0		4		0.109	0.123	0.027
17:0.....g									
18:0.....g	0.230		0		4		0.065	0.074	0.016
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	1.311		0		4		0.372	0.420	0.092
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.012		0		4		0.003	0.004	0.001
17:1.....g									
18:1 undifferentiated.....g	1.296		0		4		0.367	0.415	0.091
20:1.....g	0.003		0		4		0.001	0.001	0.000
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.799		0		4		0.227	0.256	0.056
18:2 undifferentiated.....g	0.739		0		4		0.210	0.236	0.052
18:3 undifferentiated.....g	0.060		0		4		0.017	0.019	0.004
18:4.....g	0.000		0		4		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
20:5 n-3 (EPA).....g	0.000		0		4		0.000	0.000	0.000
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0		4		0.000	0.000	0.000
22:6 n-3 (DHA).....g	0.000		0		4		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0	0.000	7		1		0	0	0
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.096		0		4		0.027	0.031	0.007
Threonine.....g	0.255		0		4		0.072	0.082	0.018
Isoleucine.....g	0.319		0		4		0.090	0.102	0.022
Leucine.....g	0.579		0		4		0.164	0.185	0.041
Lysine.....g	0.233		0		4		0.066	0.075	0.016
Methionine.....g	0.139		0		4		0.039	0.044	0.010
Cystine.....g	0.173		0		4		0.049	0.055	0.012
Phenylalanine.....g	0.411		0		4		0.117	0.132	0.029
Tyrosine.....g	0.213		0		4		0.060	0.068	0.015
Valine.....g	0.379		0		4		0.107	0.121	0.027
Arginine.....g	0.325		0		4		0.092	0.104	0.023
Histidine.....g	0.182		0		4		0.052	0.058	0.013
Alanine.....g	0.299		0		4		0.085	0.096	0.021
Aspartic acid.....g	0.442		0		4		0.125	0.141	0.031
Glutamic acid.....g	2.603		0		4		0.738	0.833	0.182
Glycine.....g	0.302		0		4		0.086	0.097	0.021
Proline.....g	0.909		0		4		0.258	0.291	0.064
Serine.....g	0.417		0		4		0.118	0.133	0.029
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	FLC	4		0	0	0

NDB No. 18060

Bread, rye

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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
Theobromine.....mg	0		0	FLC	4		0	0	0

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Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 = 32g: 1 slice, regular
- Measure 3 = 7.0g: 1 slice, snack-size

**Calories Factors: Protein 3.7                      Fat 8.6                      Carbohydrate 4.1**

**Food Group:** 18 Baked Products  
USDA National Nutrient Database for Standard Reference, Release 27 (2014)



**NDB No. 18061**  
**Bread, rye, toasted**

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common			
	Mean	Std. Error	Number	Source	measures of food			
			of Data Points		Confidence Code	Measure 1	Measure 2	Measure 3
<b>Lipids:</b>								
Fatty acids, total saturated.....g	0.688		0	4		0.195	0.200	0.165
4:0.....g	0.000		0	4		0.000	0.000	0.000
6:0.....g	0.000		0	4		0.000	0.000	0.000
8:0.....g	0.000		0	4		0.000	0.000	0.000
10:0.....g	0.000		0	4		0.000	0.000	0.000
12:0.....g	0.000		0	4		0.000	0.000	0.000
13:0.....g								
14:0.....g	0.012		0	4		0.003	0.003	0.003
15:0.....g								
16:0.....g	0.423		0	4		0.120	0.123	0.102
17:0.....g								
18:0.....g	0.253		0	4		0.072	0.073	0.061
20:0.....g								
22:0.....g								
24:0.....g								
Fatty acids, total monounsaturated.....g	1.440		0	4		0.408	0.418	0.346
14:1.....g								
15:1.....g								
16:1 undifferentiated.....g	0.013		0	4		0.004	0.004	0.003
17:1.....g								
18:1 undifferentiated.....g	1.425		0	4		0.404	0.413	0.342
20:1.....g	0.003		0	4		0.001	0.001	0.001
22:1 undifferentiated.....g	0.000		0	4		0.000	0.000	0.000
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	0.879		0	4		0.249	0.255	0.211
18:2 undifferentiated.....g	0.812		0	4		0.230	0.235	0.195
18:3 undifferentiated.....g	0.066		0	4		0.019	0.019	0.016
18:4.....g	0.000		0	4		0.000	0.000	0.000
20:2 n-6 c,c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g	0.000		0	4		0.000	0.000	0.000
20:5 n-3 (EPA).....g	0.000		0	4		0.000	0.000	0.000
21:5.....g								
22:4.....g								
22:5 n-3 (DPA).....g	0.000		0	4		0.000	0.000	0.000
22:6 n-3 (DHA).....g	0.000		0	4		0.000	0.000	0.000
Fatty acids, total trans.....g								
Cholesterol.....mg	0		0	4		0	0	0
Phytosterols.....mg								
<b>Amino Acids:</b>								
Tryptophan.....g	0.105		0	4		0.030	0.030	0.025
Threonine.....g	0.281		0	4		0.080	0.081	0.067
Isoleucine.....g	0.351		0	4		0.100	0.102	0.084
Leucine.....g	0.637		0	4		0.181	0.185	0.153
Lysine.....g	0.256		0	4		0.073	0.074	0.061
Methionine.....g	0.153		0	4		0.043	0.044	0.037
Cystine.....g	0.190		0	4		0.054	0.055	0.046
Phenylalanine.....g	0.451		0	4		0.128	0.131	0.108
Tyrosine.....g	0.235		0	4		0.067	0.068	0.056
Valine.....g	0.417		0	4		0.118	0.121	0.100
Arginine.....g	0.358		0	4		0.101	0.104	0.086
Histidine.....g	0.200		0	4		0.057	0.058	0.048
Alanine.....g	0.328		0	4		0.093	0.095	0.079
Aspartic acid.....g	0.486		0	4		0.138	0.141	0.117
Glutamic acid.....g	2.861		0	4		0.811	0.830	0.687
Glycine.....g	0.331		0	4		0.094	0.096	0.079
Proline.....g	0.999		0	4		0.283	0.290	0.240
Serine.....g	0.458		0	4		0.130	0.133	0.110
Hydroxyproline.....g								
<b>Others:</b>								
Alcohol, ethyl.....g	0.0		0	7		0.0	0.0	0.0
Caffeine.....mg	0		0	RK 4		0	0	0

**NDB No. 18061**  
**Bread, rye, toasted**

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 Code
Theobromine.....mg	0		0	RK	4	0	0	0

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

**Common Measures:**

- Measure 1 = 28.35g: 1 oz
- Measure 2 = 29g: 1 slice, large
- Measure 3 = 24g: 1 slice, regular

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

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

NDB No. 18953

Bread, salvadoran sweet cheese (quesadilla salvadorena)

Latino food

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
<b>Proximates:</b>									
Water.....g	25.48		1	A	1		14.01	101.66	
Energy.....kcal	374		0	NC	4		206	1492	
Energy.....kJ	1564		0	NC	4		860	6242	
Protein (N x 6.25).....g	7.12		1	A	1		3.92	28.43	
Total lipid (fat).....g	17.12		1	A	1		9.42	68.31	
Ash.....g	2.44		1	A	1		1.34	9.74	
Carbohydrate, by difference.....g	47.84		0	NC	4		26.31	190.86	
Fiber, total dietary.....g	0.7		1	A	1		0.4	2.8	
Sugars, total.....g	24.90		0	NR	4		13.70	99.35	
Sucrose.....g	24.10		1	A	1		13.26	96.16	
Glucose (dextrose).....g	0.00		1	A	1		0.00	0.00	
Fructose.....g	0.00		1	A	1		0.00	0.00	
Lactose.....g	0.59		1	A	1		0.32	2.35	
Maltose.....g	0.23		1	A	1		0.13	0.92	
Galactose.....g									
Starch.....g	16.00		1	A	1		8.80	63.84	
<b>Minerals:</b>									
Calcium, Ca.....mg	73		1	A	1		40	291	
Iron, Fe.....mg	0.98		1	A	1		0.54	3.91	
Magnesium, Mg.....mg	11		1	A	1		6	44	
Phosphorus, P.....mg	200		1	A	1		110	798	
Potassium, K.....mg	350		1	A	1		193	1397	
Sodium, Na.....mg	510		1	A	1		281	2035	
Zinc, Zn.....mg	0.80		1	A	1		0.44	3.19	
Copper, Cu.....mg	0.030		1	A	1		0.016	0.119	
Manganese, Mn.....mg	0.240		1	A	1		0.132	0.957	
Selenium, Se.....µg	13.3		1	A	1		7.3	53.1	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0	FLA	4		0.0	0.1	
Thiamin.....mg	0.020		1	A	1		0.011	0.079	
Riboflavin.....mg	0.080		1	A	1		0.044	0.319	
Niacin.....mg	1.200		1	A	1		0.660	4.788	
Pantothenic acid.....mg	0.700		1	A	1		0.385	2.793	
Vitamin B-6.....mg	0.040		1	A	1		0.022	0.159	
Folate, total.....µg	33		0	FLA	4		18	132	
Folic acid.....µg	21		0	FLA	4		12	86	
Folate, food.....µg	12		0	FLA	4		6	46	
Folate, DFE.....µg	48		0	NC	4		26	192	
Choline, total.....mg	36.5		0	FLA	4		20.1	145.6	
Betaine.....mg									
Vitamin B-12.....µg	0.35		0	FLA	4		0.19	1.41	
Vitamin B-12, added.....µg	0.00		0	FLA	4		0.00	0.00	
Vitamin A, RAE.....µg	141		0	NC	4		78	564	
Retinol.....µg	135		0	FLA	4		74	537	
Carotene, beta.....µg	81		0	FLA	4		44	323	
Carotene, alpha.....µg	0		0	FLA	4		0	0	
Cryptoxanthin, beta.....µg	1		0	FLA	4		1	4	
Vitamin A, IU.....IU	584		0	NC	4		321	2331	
Lycopene.....µg	0		0	FLA	4		0	0	
Lutein + zeaxanthin.....µg	41		0	FLA	4		23	164	
Vitamin E (alpha-tocopherol).....mg	0.96		1	A	1		0.53	3.83	
Vitamin E, added.....mg	0.00		0	FLA	4		0.00	0.00	
Tocopherol, beta.....mg	0.09		1	A	1		0.05	0.36	
Tocopherol, gamma.....mg	6.90		1	A	1		3.80	27.53	
Tocopherol, delta.....mg	3.49		1	A	1		1.92	13.93	
Tocotrienol, alpha.....mg	0.02		1	A	1		0.01	0.08	
Tocotrienol, beta.....mg	0.00		1	A	1		0.00	0.00	



Bread, salvadoran sweet cheese (quesadilla salvadorena)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion 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	0.04		1	A	1		0.02	0.16	
Tocotrienol, delta.....mg	0.00		1	A	1		0.00	0.00	
Vitamin D (D2 + D3).....µg	0.3		0	FLA	4		0.2	1.4	
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	14		0	FLA	4		8	56	
Vitamin K (phylloquinone).....µg	11.2		0	FLA	4		6.1	44.6	
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	4.612		0	NC	4		2.537	18.403	
4:0.....g	0.160		1	A	1		0.088	0.638	
6:0.....g	0.028		1	A	1		0.015	0.112	
8:0.....g	0.017		1	A	1		0.009	0.068	
10:0.....g	0.060		1	A	1		0.033	0.239	
12:0.....g	0.046		1	A	1		0.025	0.184	
13:0.....g									
14:0.....g	0.174		1	A	1		0.096	0.694	
15:0.....g	0.020		1	A	1		0.011	0.079	
16:0.....g	2.396		1	A	1		1.318	9.560	
17:0.....g	0.028		1	A	1		0.015	0.112	
18:0.....g	1.581		1	A	1		0.869	6.308	
20:0.....g	0.046		1	A	1		0.025	0.184	
22:0.....g	0.042		1	A	1		0.023	0.167	
24:0.....g	0.015		1	A	1		0.008	0.059	
Fatty acids, total monounsaturated.....g	6.794		0	NC	4		3.736	27.106	
14:1.....g	0.014		1	A	1		0.008	0.056	
15:1.....g	0.000		1	A	1		0.000	0.000	
16:1 undifferentiated.....g	0.103		0	AS	1		0.057	0.410	
16:1 c.....g	0.094		1	A	1		0.052	0.375	
16:1 t.....g	0.009		1	A	1		0.005	0.036	
17:1.....g	0.011		1	A	1		0.006	0.043	
18:1 undifferentiated.....g	6.606		0	AS	1		3.633	26.358	
18:1 c.....g	4.742		1	A	1		2.608	18.921	
18:1 t.....g	1.864		1	A	1		1.025	7.437	
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.060		1	A	1		0.033	0.239	
22:1 undifferentiated.....g	0.000		0	AS	1		0.000	0.000	
22:1 c.....g	0.000		1	A	1		0.000	0.000	
22:1 t.....g	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	4.428		0	NC	4		2.436	17.669	
18:2 undifferentiated.....g	3.814		0	AS	1		2.098	15.217	
18:2 n-6 c,c.....g	3.639		1	A	1		2.001	14.519	
18:2 CLAs.....g	0.021		1	A	1		0.011	0.083	
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.154		1	A	1		0.085	0.614	
18:3 undifferentiated.....g	0.526		0	AS	1		0.289	2.098	
18:3 n-3 c,c,c (ALA).....g	0.489		1	A	1		0.269	1.951	
18:3 n-6 c,c,c.....g	0.037		1	A	1		0.020	0.148	
18:3i.....g									
18:4.....g	0.000		1	A	1		0.000	0.000	
20:2 n-6 c,c.....g	0.007		1	A	1		0.004	0.028	
20:3 undifferentiated.....g	0.006		0	AS	1		0.003	0.024	
20:3 n-3.....g	0.000		1	A	1		0.000	0.000	
20:3 n-6.....g	0.006		1	A	1		0.003	0.024	
20:4 undifferentiated.....g	0.053		1	A	1		0.029	0.211	
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		0.003	0.020	
22:5 n-3 (DPA).....g	0.004		1	A	1		0.002	0.016	

NDB No. 18953

Bread, salvadoran sweet cheese (quesadilla salvadorena)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
22:6 n-3 (DHA).....g	0.014		1	A	1		0.008	0.056	
Fatty acids, total trans.....g	2.027		0	NC	4		1.115	8.087	
Fatty acids, total trans-monoenoic.....g	1.873		0	NC	4		1.030	7.472	
Fatty acids, total trans-polyenoic.....g	0.154		0	NC	4		0.085	0.614	
Cholesterol.....mg	59		0	FLA	4		32	233	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.070		0	A	1		0.039	0.279	
Threonine.....g	0.210		0	A	1		0.115	0.838	
Isoleucine.....g	0.300		0	A	1		0.165	1.197	
Leucine.....g	0.650		0	A	1		0.357	2.593	
Lysine.....g	0.500		0	A	1		0.275	1.995	
Methionine.....g	0.280		0	A	1		0.154	1.117	
Cystine.....g	0.060		0	A	1		0.033	0.239	
Phenylalanine.....g	0.370		0	A	1		0.204	1.476	
Tyrosine.....g	0.230		0	A	1		0.127	0.918	
Valine.....g	0.430		0	A	1		0.237	1.716	
Arginine.....g	0.250		0	A	1		0.138	0.998	
Histidine.....g	0.150		0	A	1		0.083	0.599	
Alanine.....g	0.360		0	A	1		0.198	1.436	
Aspartic acid.....g	0.590		0	A	1		0.324	2.354	
Glutamic acid.....g	1.330		0	A	1		0.732	5.307	
Glycine.....g	0.200		0	A	1		0.110	0.798	
Proline.....g	0.830		0	A	1		0.456	3.311	
Serine.....g	0.450		0	A	1		0.247	1.795	
Hydroxyproline.....g	0.000		1	A	1		0.000	0.000	
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	FLA	4		0.0	0.0	
Caffeine.....mg	0		0	FLA	4		0	0	
Theobromine.....mg	0		0	FLA	4		0	0	

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

**Common Measures:**

Measure 1 = 55g: 1 serving (approximate serving size)

Measure 2 = 399g: 1 cake square (average weight of whole item)

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 18 Baked Products

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

NDB No. 18064

Bread, wheat

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
<b>Proximates:</b>									
Water.....g	35.20	0.300	14	A	1		9.98	10.21	
Energy.....kcal	267		0	NC	4		76	77	
Energy.....kJ	1116		0	NC	4		316	324	
Protein.....g	10.72	0.368	14	A	1		3.04	3.11	
Total lipid (fat).....g	3.24	0.061	14	A	1		0.92	0.94	
Ash.....g	2.16	0.057	14	A	1		0.61	0.63	
Carbohydrate, by difference.....g	48.68		0	NC	4		13.80	14.12	
Fiber, total dietary.....g	4.0	0.447	10	A	1		1.1	1.2	
Sugars, total.....g	5.91	0.374	14	A	1		1.68	1.71	
Sucrose.....g	0.00	0.000	14	A	1		0.00	0.00	
Glucose (dextrose).....g	1.78	0.219	14	A	1		0.50	0.52	
Fructose.....g	2.45	0.218	14	A	1		0.70	0.71	
Lactose.....g	0.00	0.000	14	A	1		0.00	0.00	
Maltose.....g	1.68	0.177	14	A	1		0.48	0.49	
Galactose.....g	0.00	0.000	14	A	1		0.00	0.00	
Starch.....g	36.02	0.676	14	A	1		10.21	10.45	
<b>Minerals:</b>									
Calcium, Ca.....mg	133	8.517	14	A	1		38	39	
Iron, Fe.....mg	3.49	0.174	14	A	1		0.99	1.01	
Magnesium, Mg.....mg	45	4.062	14	A	1		13	13	
Phosphorus, P.....mg	149	6.940	14	A	1		42	43	
Potassium, K.....mg	177	9.499	14	A	1		50	51	
Sodium, Na.....mg	508	16.417	14	A	1		144	147	
Zinc, Zn.....mg	1.19	0.076	14	A	1		0.34	0.34	
Copper, Cu.....mg	0.159	0.009	14	A	1		0.045	0.046	
Manganese, Mn.....mg	1.177	0.121	14	A	1		0.334	0.341	
Selenium, Se.....µg	28.8	1.368	3	A	1		8.2	8.3	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.2	0.000	3	A	1		0.0	0.0	
Thiamin.....mg	0.415	0.035	7	A	1		0.118	0.120	
Riboflavin.....mg	0.253	0.032	7	A	1		0.072	0.073	
Niacin.....mg	5.620	0.448	7	A	1		1.593	1.630	
Pantothenic acid.....mg									
Vitamin B-6.....mg	0.111	0.013	7	A	1		0.031	0.032	
Folate, total.....µg	85	0	FLA	4			24	25	
Folic acid.....µg	20	0	FLA	4			6	6	
Folate, food.....µg	65	0	FLA	4			18	19	
Folate, DFE.....µg	99	0	NC	4			28	29	
Choline, total.....mg	18.7	0	AS	1			5.3	5.4	
Betaine.....mg	85.2	1	A	1			24.2	24.7	
Vitamin B-12.....µg	0.00	0	FLA	4			0.00	0.00	
Vitamin B-12, added.....µg	0.00	0	FLA	4			0.00	0.00	
Vitamin A, RAE.....µg	0	0	FLA	4			0	0	
Retinol.....µg	0	0	FLA	4			0	0	
Carotene, beta.....µg	1	0	FLA	4			0	0	
Carotene, alpha.....µg	0	0	FLA	4			0	0	
Cryptoxanthin, beta.....µg	0	0	FLA	4			0	0	
Vitamin A, IU.....IU	2	0	FLA	4			0	0	
Lycopene.....µg	0	0	FLA	4			0	0	
Lutein + zeaxanthin.....µg	44	0	FLA	4			13	13	
Vitamin E (alpha-tocopherol).....mg	0.19	0.012	3	A	1		0.05	0.06	
Vitamin E, added.....mg	0.00	0	FLA	4			0.00	0.00	
Tocopherol, beta.....mg	0.06	0.003	3	A	1		0.02	0.02	
Tocopherol, gamma.....mg	1.54	0.026	3	A	1		0.44	0.45	
Tocopherol, delta.....mg	0.33	0.009	3	A	1		0.09	0.10	
Tocotrienol, alpha.....mg	0.11	0.003	3	A	1		0.03	0.03	
Tocotrienol, beta.....mg	0.00	0.000	3	A	1		0.00	0.00	

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	0.00	0.000	3	A	1		0.00	0.00	
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	4.9	0.265	3	A	1		1.4	1.4	
Dihydrophyloquinone.....µg	0.7	0.733	3	A	1		0.2	0.2	
Menaquinone-4.....µg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.777		0	NC	4		0.220	0.225	
4:0.....g	0.008	0.001	7	A	1		0.002	0.002	
6:0.....g	0.001	0.001	7	A	1		0.000	0.000	
8:0.....g	0.006	0.002	7	A	1		0.002	0.002	
10:0.....g	0.038	0.004	7	A	1		0.011	0.011	
12:0.....g	0.019	0.011	7	A	1		0.005	0.005	
13:0.....g									
14:0.....g	0.017	0.004	7	A	1		0.005	0.005	
15:0.....g	0.003	0.000	7	A	1		0.001	0.001	
16:0.....g	0.442	0.017	7	A	1		0.125	0.128	
17:0.....g	0.007	0.000	7	A	1		0.002	0.002	
18:0.....g	0.220	0.028	7	A	1		0.062	0.064	
20:0.....g	0.008	0.000	7	A	1		0.002	0.002	
22:0.....g	0.005	0.002	7	A	1		0.002	0.002	
24:0.....g	0.004	0.000	7	A	1		0.001	0.001	
Fatty acids, total monounsaturated.....g	0.607		0	NC	4		0.172	0.176	
14:1.....g	0.000	0.000	7	A	1		0.000	0.000	
15:1.....g	0.000	0.000	7	A	1		0.000	0.000	
16:1 undifferentiated.....g	0.026	0.003	7	AS	1		0.007	0.007	
16:1 c.....g	0.026	0.003	7	A	1		0.007	0.007	
16:1 t.....g	0.000	0.000	7	A	1		0.000	0.000	
17:1.....g	0.002	0.000	7	A	1		0.001	0.001	
18:1 undifferentiated.....g	0.563	0.013	7	AS	1		0.160	0.163	
18:1 c.....g	0.542	0.014	7	A	1		0.154	0.157	
18:1 t.....g	0.020	0.004	7	A	1		0.006	0.006	
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.016	0.001	7	A	1		0.004	0.005	
22:1 undifferentiated.....g	0.000	0.000	7	AS	1		0.000	0.000	
22:1 c.....g	0.000	0.000	7	A	1		0.000	0.000	
22:1 t.....g	0.000	0.000	7	A	1		0.000	0.000	
24:1 c.....g	0.000	0.000	7	A	1		0.000	0.000	
Fatty acids, total polyunsaturated.....g	1.499		0	NC	4		0.425	0.435	
18:2 undifferentiated.....g	1.358	0.034	7	AS	1		0.385	0.394	
18:2 n-6 c,c.....g	1.351	0.035	7	A	1		0.383	0.392	
18:2 CLAs.....g	0.001	0.001	7	A	1		0.000	0.000	
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.006	0.001	7	A	1		0.002	0.002	
18:3 undifferentiated.....g	0.135	0.006	7	AS	1		0.038	0.039	
18:3 n-3 c,c,c (ALA).....g	0.135	0.006	7	A	1		0.038	0.039	
18:3 n-6 c,c,c.....g	0.000	0.000	7	A	1		0.000	0.000	
18:3i.....g									
18:4.....g	0.000	0.000	7	A	1		0.000	0.000	
20:2 n-6 c,c.....g	0.001	0.000	7	A	1		0.000	0.000	
20:3 undifferentiated.....g	0.000	0.000	7	AS	1		0.000	0.000	
20:3 n-3.....g	0.000	0.000	7	A	1		0.000	0.000	
20:3 n-6.....g	0.000	0.000	7	A	1		0.000	0.000	
20:4 undifferentiated.....g	0.003	0.000	7	A	1		0.001	0.001	
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.002	0.000	7	A	1		0.001	0.001	
21:5.....g									
22:4.....g	0.000	0.000	7	A	1		0.000	0.000	
22:5 n-3 (DPA).....g	0.000	0.000	7	A	1		0.000	0.000	

NDB No. 18064

Bread, wheat

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 Code			
22:6 n-3 (DHA).....g	0.000	0.000	7	A	1	0.000	0.000	
Fatty acids, total trans.....g	0.026		0	NC	4	0.008	0.008	
Fatty acids, total trans-monoenoic.....g	0.020		0	NC	4	0.006	0.006	
Fatty acids, total trans-polyenoic.....g	0.006		0	NC	4	0.002	0.002	
Cholesterol.....mg	0		0	FLA	4	0	0	
Phytosterols.....mg								
<b>Others:</b>								
Alcohol, ethyl.....g	0.0		0	FLA	4	0.0	0.0	
Caffeine.....mg	0		0	FLA	4	0	0	
Theobromine.....mg	0		0	FLA	4	0	0	

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

**Common Measures:**

Measure 1 = 28.35g: 1 oz

Measure 2 = 29g: 1 slice

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

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



**NDB No. 18066**  
**Bread, wheat bran**

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common		
	Mean	Std. Error	Number	Source	measures of food		
			of Data Points		Confidence Code	Measure 1	Measure 2
<b>Lipids:</b>							
Fatty acids, total saturated.....g	0.779		0	1		0.221	0.280
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	0.014		0	1		0.004	0.005
15:0.....g							
16:0.....g	0.438		0	1		0.124	0.158
17:0.....g							
18:0.....g	0.326		0	1		0.092	0.117
20:0.....g							
22:0.....g							
24:0.....g							
Fatty acids, total monounsaturated.....g	1.618		0	1		0.459	0.582
14:1.....g							
15:1.....g							
16:1 undifferentiated.....g	0.009		0	1		0.003	0.003
17:1.....g							
18:1 undifferentiated.....g	1.608		0	1		0.456	0.579
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	0.649		0	1		0.184	0.234
18:2 undifferentiated.....g	0.614		0	1		0.174	0.221
18:3 undifferentiated.....g	0.035		0	1		0.010	0.013
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		1	1		0	0
Phytosterols.....mg							
<b>Amino Acids:</b>							
Tryptophan.....g	0.111		0	1		0.031	0.040
Threonine.....g	0.256		0	1		0.073	0.092
Isoleucine.....g	0.332		0	1		0.094	0.120
Leucine.....g	0.603		0	1		0.171	0.217
Lysine.....g	0.235		0	1		0.067	0.085
Methionine.....g	0.152		0	1		0.043	0.055
Cystine.....g	0.191		0	1		0.054	0.069
Phenylalanine.....g	0.419		0	1		0.119	0.151
Tyrosine.....g	0.252		0	1		0.071	0.091
Valine.....g	0.385		0	1		0.109	0.139
Arginine.....g	0.357		0	1		0.101	0.129
Histidine.....g	0.196		0	1		0.056	0.071
Alanine.....g	0.311		0	1		0.088	0.112
Aspartic acid.....g	0.433		0	1		0.123	0.156
Glutamic acid.....g	2.750		0	1		0.780	0.990
Glycine.....g	0.334		0	1		0.095	0.120
Proline.....g	0.918		0	1		0.260	0.330
Serine.....g	0.419		0	1		0.119	0.151
Hydroxyproline.....g							
<b>Others:</b>							
Alcohol, ethyl.....g	0.0		0	7		0.0	0.0
Caffeine.....mg	0		0	FLA 4		0	0

NDB No. 18066  
 Bread, wheat bran

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			
Theobromine.....mg	0		0	FLA	4	0	0

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

**Common Measures:**

Measure 1 = 28.35g: 1 oz

Measure 2 = 36g: 1 slice

**Calories Factors: Protein 3.7**

**Fat 8.7**

**Carbohydrate 3.9**

**Food Group:** 18 Baked Products

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





NDB No. 18068  
Bread, wheat germ

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.657		0		1		0.186	0.184	
4:0.....g	0.001		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	0.001		0		1		0.000	0.000	
13:0.....g									
14:0.....g	0.012		0		1		0.003	0.003	
15:0.....g									
16:0.....g	0.388		0		1		0.110	0.109	
17:0.....g									
18:0.....g	0.254		0		1		0.072	0.071	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	1.275		0		1		0.361	0.357	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.009		0		1		0.003	0.003	
17:1.....g									
18:1 undifferentiated.....g	1.265		0		1		0.359	0.354	
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	0.668		0		1		0.189	0.187	
18:2 undifferentiated.....g	0.623		0		1		0.177	0.174	
18:3 undifferentiated.....g	0.045		0		1		0.013	0.013	
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	FLA	4		0	0	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.114		0		1		0.032	0.032	
Threonine.....g	0.302		0		1		0.086	0.085	
Isoleucine.....g	0.386		0		1		0.109	0.108	
Leucine.....g	0.686		0		1		0.194	0.192	
Lysine.....g	0.326		0		1		0.092	0.091	
Methionine.....g	0.170		0		1		0.048	0.048	
Cystine.....g	0.188		0		1		0.053	0.053	
Phenylalanine.....g	0.458		0		1		0.130	0.128	
Tyrosine.....g	0.293		0		1		0.083	0.082	
Valine.....g	0.438		0		1		0.124	0.123	
Arginine.....g	0.397		0		1		0.113	0.111	
Histidine.....g	0.216		0		1		0.061	0.060	
Alanine.....g	0.343		0		1		0.097	0.096	
Aspartic acid.....g	0.526		0		1		0.149	0.147	
Glutamic acid.....g	2.843		0		1		0.806	0.796	
Glycine.....g	0.346		0		1		0.098	0.097	
Proline.....g	0.971		0		1		0.275	0.272	
Serine.....g	0.468		0		1		0.133	0.131	
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	FLC	4		0	0	

NDB No. 18068  
 Bread, wheat germ

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			
Theobromine.....mg	0		0	FLC	4	0	0

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

**Common Measures:**

Measure 1 = 28.35g: 1 oz

Measure 2 = 28g: 1 slice

**Calories Factors: Protein 3.9**

**Fat 8.7**

**Carbohydrate 4.1**

**Food Group:** 18 Baked Products

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



**NDB No. 18385**  
**Bread, wheat germ, toasted**

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common		
	Mean	Std. Error	Number	Source	measures of food		
			of Data Points		Confidence Code	Measure 1	Measure 2
<b>Lipids:</b>							
Fatty acids, total saturated.....g	0.738		0	4		0.209	0.185
4:0.....g	0.001		0	4		0.000	0.000
6:0.....g	0.000		0	4		0.000	0.000
8:0.....g	0.000		0	4		0.000	0.000
10:0.....g	0.000		0	4		0.000	0.000
12:0.....g	0.001		0	4		0.000	0.000
13:0.....g							
14:0.....g	0.014		0	4		0.004	0.004
15:0.....g							
16:0.....g	0.436		0	4		0.124	0.109
17:0.....g							
18:0.....g	0.286		0	4		0.081	0.072
20:0.....g							
22:0.....g							
24:0.....g							
Fatty acids, total monounsaturated.....g	1.432		0	4		0.406	0.358
14:1.....g							
15:1.....g							
16:1 undifferentiated.....g	0.010		0	4		0.003	0.003
17:1.....g							
18:1 undifferentiated.....g	1.422		0	4		0.403	0.356
20:1.....g	0.000		0	4		0.000	0.000
22:1 undifferentiated.....g	0.000		0	4		0.000	0.000
24:1 c.....g							
Fatty acids, total polyunsaturated.....g	0.751		0	4		0.213	0.188
18:2 undifferentiated.....g	0.700		0	4		0.198	0.175
18:3 undifferentiated.....g	0.051		0	4		0.014	0.013
18:4.....g	0.000		0	4		0.000	0.000
20:2 n-6 c,c.....g							
20:3 undifferentiated.....g							
20:4 undifferentiated.....g	0.000		0	4		0.000	0.000
20:5 n-3 (EPA).....g	0.000		0	4		0.000	0.000
21:5.....g							
22:4.....g							
22:5 n-3 (DPA).....g	0.000		0	4		0.000	0.000
22:6 n-3 (DHA).....g	0.000		0	4		0.000	0.000
Fatty acids, total trans.....g							
Cholesterol.....mg	1		0	4		0	0
Phytosterols.....mg							
<b>Amino Acids:</b>							
Tryptophan.....g	0.128		0	4		0.036	0.032
Threonine.....g	0.339		0	4		0.096	0.085
Isoleucine.....g	0.433		0	4		0.123	0.108
Leucine.....g	0.770		0	4		0.218	0.193
Lysine.....g	0.367		0	4		0.104	0.092
Methionine.....g	0.191		0	4		0.054	0.048
Cystine.....g	0.211		0	4		0.060	0.053
Phenylalanine.....g	0.515		0	4		0.146	0.129
Tyrosine.....g	0.330		0	4		0.094	0.083
Valine.....g	0.493		0	4		0.140	0.123
Arginine.....g	0.446		0	4		0.126	0.112
Histidine.....g	0.243		0	4		0.069	0.061
Alanine.....g	0.385		0	4		0.109	0.096
Aspartic acid.....g	0.591		0	4		0.168	0.148
Glutamic acid.....g	3.195		0	4		0.906	0.799
Glycine.....g	0.389		0	4		0.110	0.097
Proline.....g	1.091		0	4		0.309	0.273
Serine.....g	0.526		0	4		0.149	0.132
Hydroxyproline.....g							
<b>Others:</b>							
Alcohol, ethyl.....g	0.0		0	7		0.0	0.0
Caffeine.....mg	0		0	RA 4		0	0

NDB No. 18385  
 Bread, wheat germ, toasted

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			
Theobromine.....mg	0		0	RA	4	0	0

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

**Common Measures:**

Measure 1 = 28.35g: 1 oz  
 Measure 2 = 25g: 1 slice

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

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



NDB No. 18065  
Bread, wheat, toasted

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.989		0	NC	4		0.280	0.237	
4:0.....g	0.000		0	RA	4		0.000	0.000	
6:0.....g	0.000		0	RA	4		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									
14:0.....g	0.008	0.005	3	A	1		0.002	0.002	
15:0.....g	0.000	0.000	3	A	1		0.000	0.000	
16:0.....g	0.547	0.025	3	A	1		0.155	0.131	
17:0.....g	0.002	0.002	3	A	1		0.001	0.000	
18:0.....g	0.405	0.033	3	A	1		0.115	0.097	
20:0.....g	0.012	0.000	3	A	1		0.003	0.003	
22:0.....g	0.014	0.001	3	A	1		0.004	0.003	
24:0.....g	0.000		0	RA	4		0.000	0.000	
Fatty acids, total monounsaturated.....g	1.019		0	NC	4		0.289	0.245	
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	0.021	0.001	3	A	1		0.006	0.005	
17:1.....g	0.000	0.000	3	A	1		0.000	0.000	
18:1 undifferentiated.....g	0.982	0.088	3	A	1		0.278	0.236	
20:1.....g	0.017	0.000	3	A	1		0.005	0.004	
22:1 undifferentiated.....g	0.000		0	RA	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.720		0	NC	4		0.488	0.413	
18:2 undifferentiated.....g	1.560	0.078	3	A	1		0.442	0.374	
18:3 undifferentiated.....g	0.161		0	AS	1		0.046	0.039	
18:3 n-3 c,c,c (ALA).....g	0.161	0.015	3	A	1		0.046	0.039	
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	RA	4		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	
20:3 n-3.....g									
20:3 n-6.....g									
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	RA	4		0.000	0.000	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	RA	4		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0	RA	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	RA	4		0	0	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.092		0	RA	4		0.026	0.022	
Threonine.....g	0.299		0		1		0.085	0.072	
Isoleucine.....g	0.258		0	RA	4		0.073	0.062	
Leucine.....g	0.461		0	RA	4		0.131	0.111	
Lysine.....g	0.215		0	RA	4		0.061	0.052	
Methionine.....g	0.105		0	RA	4		0.030	0.025	
Cystine.....g	0.154		0	RA	4		0.044	0.037	
Phenylalanine.....g	0.315		0	RA	4		0.089	0.076	
Tyrosine.....g	0.165		0	RA	4		0.047	0.040	
Valine.....g	0.310		0	RA	4		0.088	0.074	
Arginine.....g	0.311		0	RA	4		0.088	0.075	
Histidine.....g	0.150		0	RA	4		0.042	0.036	
Alanine.....g	0.245		0	RA	4		0.070	0.059	
Aspartic acid.....g	0.348		0	RA	4		0.099	0.083	
Glutamic acid.....g	2.060		0	RA	4		0.584	0.494	
Glycine.....g	0.262		0	RA	4		0.074	0.063	



**NDB No. 18065**  
**Bread, wheat, toasted**

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			
Proline.....g	0.682		0	RA	4	0.193	0.164
Serine.....g	0.310		0	RA	4	0.088	0.074
Hydroxyproline.....g							
<b>Others:</b>							
Alcohol, ethyl.....g	0.0		0	RA	4	0.0	0.0
Caffeine.....mg	0		0	RA	4	0	0
Theobromine.....mg	0		0	RA	4	0	0

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

**Common Measures:**

Measure 1 = 28.35g: 1 oz

Measure 2 = 24g: 1 slice

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

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



NDB No. 18967  
Bread, wheat, white wheat

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 Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Code					
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	FLC	4		0.0		
Vitamin D.....µg	0		0	FLC	4		0		
Vitamin K (phylloquinone).....µg	7.7		0	FLC	4		2.2		
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.630		0	NC	4		0.176		
4:0.....g	0.002		2	A	1		0.001		
6:0.....g	0.000		2	A	1		0.000		
8:0.....g	0.007		2	A	1		0.002		
10:0.....g	0.004		2	A	1		0.001		
12:0.....g	0.013		2	A	1		0.004		
13:0.....g									
14:0.....g	0.007		2	A	1		0.002		
15:0.....g	0.003		2	A	1		0.001		
16:0.....g	0.324		2	A	1		0.091		
17:0.....g	0.004		2	A	1		0.001		
18:0.....g	0.251		2	A	1		0.070		
20:0.....g	0.005		2	A	1		0.001		
22:0.....g	0.006		2	A	1		0.002		
24:0.....g	0.003		2	A	1		0.001		
Fatty acids, total monounsaturated.....g	0.393		0	NC	4		0.110		
14:1.....g	0.000		2	A	1		0.000		
15:1.....g	0.000		2	A	1		0.000		
16:1 undifferentiated.....g	0.016		0	AS	1		0.004		
16:1 c.....g	0.016		2	A	1		0.004		
16:1 t.....g	0.000		2	A	1		0.000		
17:1.....g	0.002		2	A	1		0.001		
18:1 undifferentiated.....g	0.366		0	AS	1		0.102		
18:1 c.....g	0.339		2	A	1		0.095		
18:1 t.....g	0.027		2	A	1		0.008		
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.010		2	A	1		0.003		
22:1 undifferentiated.....g	0.000		0	AS	1		0.000		
22:1 c.....g	0.000		2	A	1		0.000		
22:1 t.....g	0.000		2	A	1		0.000		
24:1 c.....g	0.000		2	A	1		0.000		
Fatty acids, total polyunsaturated.....g	0.973		0	NC	4		0.273		
18:2 undifferentiated.....g	0.879		0	AS	1		0.246		
18:2 n-6 c,c.....g	0.875		2	A	1		0.245		
18:2 CLAs.....g	0.000		2	A	1		0.000		
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.004		2	A	1		0.001		
18:3 undifferentiated.....g	0.083		0	AS	1		0.023		
18:3 n-3 c,c,c (ALA).....g	0.083		2	A	1		0.023		
18:3 n-6 c,c,c.....g	0.000		2	A	1		0.000		
18:3i.....g									
18:4.....g	0.000		2	A	1		0.000		
20:2 n-6 c,c.....g	0.002		2	A	1		0.001		
20:3 undifferentiated.....g	0.000		0	AS	1		0.000		
20:3 n-3.....g	0.000		2	A	1		0.000		
20:3 n-6.....g	0.000		2	A	1		0.000		
20:4 undifferentiated.....g	0.002		2	A	1		0.000		
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.003		2	A	1		0.001		
21:5.....g									
22:4.....g	0.006		2	A	1		0.002		
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	0.031		0	NC	4		0.009		

**NDB No. 18967**  
**Bread, wheat, white wheat**

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 Code			
Fatty acids, total trans-monoenoic.....g	0.027		0	NC	4	0.008		
Fatty acids, total trans-polyenoic.....g	0.004		0	NC	4	0.001		
Cholesterol.....mg	0		0	FLC	4	0		
Phytosterols.....mg								
<b>Others:</b>								
Alcohol, ethyl.....g	0.0		0	FLC	4	0.0		
Caffeine.....mg	0		0	FLC	4	0		
Theobromine.....mg	0		0	FLC	4	0		

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

**Common Measures:**

Measure 1 = 28g: 1 slice

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked 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 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.....µg	0		0	Z	7	0	0	0	
Vitamin K (phylloquinone).....µg	0.2		0	FLC	4	0.0	0.0	0.1	
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.698		0	NC	4	0.203	0.198	0.314	
4:0.....g	0.003	0.000	14	A	1	0.001	0.001	0.001	
6:0.....g	0.000	0.000	14	A	1	0.000	0.000	0.000	
8:0.....g	0.005	0.001	14	A	1	0.002	0.002	0.002	
10:0.....g	0.005	0.000	14	A	1	0.001	0.001	0.002	
12:0.....g	0.013	0.004	14	A	1	0.004	0.004	0.006	
13:0.....g									
14:0.....g	0.009	0.002	14	A	1	0.003	0.003	0.004	
15:0.....g	0.003	0.000	14	A	1	0.001	0.001	0.001	
16:0.....g	0.419	0.017	14	A	1	0.121	0.119	0.188	
17:0.....g	0.004	0.000	14	A	1	0.001	0.001	0.002	
18:0.....g	0.218	0.008	14	A	1	0.063	0.062	0.098	
20:0.....g	0.008	0.000	14	A	1	0.002	0.002	0.004	
22:0.....g	0.008	0.000	14	A	1	0.002	0.002	0.004	
24:0.....g	0.004	0.000	14	A	1	0.001	0.001	0.002	
Fatty acids, total monounsaturated.....g	0.599		0	NC	4	0.174	0.170	0.270	
14:1.....g	0.000	0.000	14	A	1	0.000	0.000	0.000	
15:1.....g	0.000	0.000	14	A	1	0.000	0.000	0.000	
16:1 undifferentiated.....g	0.018	0.001	14	AS	1	0.005	0.005	0.008	
16:1 c.....g	0.018	0.001	14	A	1	0.005	0.005	0.008	
16:1 t.....g	0.000	0.000	14	A	1	0.000	0.000	0.000	
17:1.....g	0.002	0.000	14	A	1	0.001	0.001	0.001	
18:1 undifferentiated.....g	0.569	0.030	14	AS	1	0.165	0.161	0.256	
18:1 c.....g	0.547	0.028	14	A	1	0.159	0.155	0.246	
18:1 t.....g	0.022	0.004	14	A	1	0.006	0.006	0.010	
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.010	0.001	14	A	1	0.003	0.003	0.005	
22:1 undifferentiated.....g	0.000	0.000	14	AS	1	0.000	0.000	0.000	
22:1 c.....g	0.000	0.000	14	A	1	0.000	0.000	0.000	
22:1 t.....g	0.000	0.000	14	A	1	0.000	0.000	0.000	
24:1 c.....g	0.000	0.000	14	A	1	0.000	0.000	0.000	
Fatty acids, total polyunsaturated.....g	1.602		0	NC	4	0.465	0.454	0.721	
18:2 undifferentiated.....g	1.425	0.064	14	AS	1	0.413	0.404	0.641	
18:2 n-6 c,c.....g									
18:2 CLAs.....g	0.001	0.000	14	A	1	0.000	0.000	0.001	
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.005	0.001	14	A	1	0.002	0.002	0.002	
18:3 undifferentiated.....g	0.166	0.009	14	AS	1	0.048	0.047	0.075	
18:3 n-3 c,c,c (ALA).....g	0.166	0.009	14	A	1	0.048	0.047	0.075	
18:3 n-6 c,c,c.....g	0.000	0.000	14	A	1	0.000	0.000	0.000	
18:3i.....g									
18:4.....g	0.000	0.000	14	A	1	0.000	0.000	0.000	
20:2 n-6 c,c.....g	0.002	0.000	14	A	1	0.000	0.000	0.001	
20:3 undifferentiated.....g	0.000	0.000	14	AS	1	0.000	0.000	0.000	
20:3 n-3.....g	0.000	0.000	14	A	1	0.000	0.000	0.000	
20:3 n-6.....g	0.000	0.000	14	A	1	0.000	0.000	0.000	
20:4 undifferentiated.....g	0.002	0.000	14	A	1	0.001	0.001	0.001	
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.001	0.000	14	A	1	0.000	0.000	0.001	
21:5.....g									
22:4.....g	0.005	0.001	14	A	1	0.002	0.001	0.002	
22:5 n-3 (DPA).....g	0.000	0.000	14	A	1	0.000	0.000	0.000	
22:6 n-3 (DHA).....g	0.000	0.000	14	A	1	0.000	0.000	0.000	
Fatty acids, total trans.....g	0.027		0	NC	4	0.008	0.008	0.012	

NDB No. 18069

Bread, white, commercially prepared (includes soft bread crumbs)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total trans-monoenoic.....g	0.022		0	NC	4		0.006	0.006	0.010
Fatty acids, total trans-polyenoic.....g	0.005		0	NC	4		0.002	0.002	0.002
Cholesterol.....mg	0		2	A	1		0	0	0
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	FLC	4		0.0	0.0	0.0
Caffeine.....mg	0		0	FLC	4		0	0	0
Theobromine.....mg	0		0	FLC	4		0	0	0

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

**Common Measures:**

- Measure 1 = 29g: 1 slice
- Measure 2 = 28.35g: 1 oz
- Measure 3 = 45g: 1 cup, crumbs

**Calories Factors: Protein 3.9                      Fat 8.7                      Carbohydrate 4.1**

**Food Group: 18 Baked Products**

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





NDB No. 18416

Bread, white, commercially prepared, low sodium, no 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	measures of food				
					Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.811		0		4		0.230	0.365	0.284
4:0.....g	0.000		0		4		0.000	0.000	0.000
6:0.....g	0.000		0		4		0.000	0.000	0.000
8:0.....g	0.000		0		4		0.000	0.000	0.000
10:0.....g	0.000		0		4		0.000	0.000	0.000
12:0.....g	0.001		0		4		0.000	0.000	0.000
13:0.....g									
14:0.....g	0.014		0		4		0.004	0.006	0.005
15:0.....g									
16:0.....g	0.469		0		4		0.133	0.211	0.164
17:0.....g									
18:0.....g	0.326		0		4		0.092	0.147	0.114
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	1.612		0		4		0.457	0.725	0.564
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.013		0		4		0.004	0.006	0.005
17:1.....g									
18:1 undifferentiated.....g	1.599		0		4		0.453	0.720	0.560
20:1.....g	0.000		0		4		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.744		0		4		0.211	0.335	0.260
18:2 undifferentiated.....g	0.709		0		4		0.201	0.319	0.248
18:3 undifferentiated.....g	0.035		0		4		0.010	0.016	0.012
18:4.....g	0.000		0		4		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
20:5 n-3 (EPA).....g	0.000		0		4		0.000	0.000	0.000
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0		4		0.000	0.000	0.000
22:6 n-3 (DHA).....g	0.000		0		4		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	1	0.281	11		1		0	0	0
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.096		0		4		0.027	0.043	0.034
Threonine.....g	0.243		0		4		0.069	0.109	0.085
Isoleucine.....g	0.322		0		4		0.091	0.145	0.113
Leucine.....g	0.580		0		4		0.164	0.261	0.203
Lysine.....g	0.223		0		4		0.063	0.100	0.078
Methionine.....g	0.144		0		4		0.041	0.065	0.050
Cystine.....g	0.174		0		4		0.049	0.078	0.061
Phenylalanine.....g	0.404		0		4		0.115	0.182	0.141
Tyrosine.....g	0.237		0		4		0.067	0.107	0.083
Valine.....g	0.361		0		4		0.102	0.162	0.126
Arginine.....g	0.315		0		4		0.089	0.142	0.110
Histidine.....g	0.178		0		4		0.050	0.080	0.062
Alanine.....g	0.281		0		4		0.080	0.126	0.098
Aspartic acid.....g	0.409		0		4		0.116	0.184	0.143
Glutamic acid.....g	2.657		0		4		0.753	1.196	0.930
Glycine.....g	0.294		0		4		0.083	0.132	0.103
Proline.....g	0.882		0		4		0.250	0.397	0.309
Serine.....g	0.400		0		4		0.113	0.180	0.140
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	FLC	4		0	0	0

NDB No. 18416

Bread, white, commercially prepared, low sodium, no salt

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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
Theobromine.....mg	0		0	FLC	4		0	0	0

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Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 = 45g: 1 cup, crumbs
- Measure 3 = 35g: 1 cup, cubes

**Calories Factors: Protein 3.9                      Fat 8.7                      Carbohydrate 4.1**

**Food Group:** 18 Baked Products  
USDA National Nutrient Database for Standard Reference, Release 27 (2014)



NDB No. 18070

Bread, white, commercially prepared, toasted

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.578		0	RK	4		0.164	0.260	0.243
4:0.....g	0.001		0	RK	4		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	0.001		0		1		0.000	0.000	0.000
13:0.....g									
14:0.....g	0.005		0	RK	4		0.001	0.002	0.002
15:0.....g									
16:0.....g	0.437		0	RK	4		0.124	0.197	0.184
17:0.....g									
18:0.....g	0.119		0	RK	4		0.034	0.054	0.050
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.796		0	RK	4		0.226	0.358	0.334
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.032		0	RK	4		0.009	0.014	0.013
17:1.....g									
18:1 undifferentiated.....g	0.755		0	RK	4		0.214	0.340	0.317
20:1.....g	0.005		0	RK	4		0.001	0.002	0.002
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.090		0	RK	4		0.593	0.941	0.878
18:2 undifferentiated.....g	1.868		0	RK	4		0.530	0.841	0.785
18:3 undifferentiated.....g	0.220		0	RK	4		0.062	0.099	0.092
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	1		0		1		0	0	0
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.106		0		1		0.030	0.048	0.045
Threonine.....g	0.267		0		1		0.076	0.120	0.112
Isoleucine.....g	0.354		0		1		0.100	0.159	0.149
Leucine.....g	0.637		0		1		0.181	0.287	0.268
Lysine.....g	0.245		0		1		0.069	0.110	0.103
Methionine.....g	0.158		0		1		0.045	0.071	0.066
Cystine.....g	0.191		0		1		0.054	0.086	0.080
Phenylalanine.....g	0.444		0		1		0.126	0.200	0.186
Tyrosine.....g	0.261		0		1		0.074	0.117	0.110
Valine.....g	0.397		0		1		0.113	0.179	0.167
Arginine.....g	0.346		0		1		0.098	0.156	0.145
Histidine.....g	0.196		0		1		0.056	0.088	0.082
Alanine.....g	0.308		0		1		0.087	0.139	0.129
Aspartic acid.....g	0.449		0		1		0.127	0.202	0.189
Glutamic acid.....g	2.920		0		1		0.828	1.314	1.226
Glycine.....g	0.323		0		1		0.092	0.145	0.136
Proline.....g	0.970		0		1		0.275	0.437	0.407
Serine.....g	0.440		0		1		0.125	0.198	0.185
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	RK	4		0	0	0

NDB No. 18070

Bread, white, commercially prepared, toasted

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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 Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Code					
Theobromine.....mg	0		0	RK	4		0	0	0

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Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 = 45g: 1 cup, crumbs
- Measure 3 = 42g: 1 cup, cubes

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

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

NDB No. 18432

Bread, white, commercially prepared, toasted, low sodium no 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
<b>Proximates:</b>									
Water.....g	30.40		0		4		8.62	6.99	
Energy.....kcal	293		0		4		83	67	
Energy.....kJ	1226		0		4		348	282	
Protein (N x 5.7).....g	9.00		0		4		2.55	2.07	
Total lipid (fat).....g	4.00		0		4		1.13	0.92	
Ash.....g	2.10		0		4		0.60	0.48	
Carbohydrate, by difference.....g	54.40		0		4		15.42	12.51	
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	119		0		4		34	27	
Iron, Fe.....mg	3.33		0		4		0.94	0.77	
Magnesium, Mg.....mg	26		0		4		7	6	
Phosphorus, P.....mg	103		0		4		29	24	
Potassium, K.....mg	131		0		4		37	30	
Sodium, Na.....mg	376		0	BFSN	4		107	86	
Zinc, Zn.....mg	0.68		0		4		0.19	0.16	
Copper, Cu.....mg	0.138		0		4		0.039	0.032	
Manganese, Mn.....mg	0.421		0		4		0.119	0.097	
Selenium, Se.....µg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0		4		0.0	0.0	
Thiamin.....mg	0.415		0		4		0.118	0.095	
Riboflavin.....mg	0.337		0		4		0.096	0.078	
Niacin.....mg	3.926		0		4		1.113	0.903	
Pantothenic acid.....mg	0.278		0		4		0.079	0.064	
Vitamin B-6.....mg	0.063		0		4		0.018	0.014	
Folate, total.....µg	95		0	BFZN	4		27	22	
Folic acid.....µg	69		0	NC	4		20	16	
Folate, food.....µg	26		0		4		7	6	
Folate, DFE.....µg	143		0	NC	4		41	33	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.02		0		4		0.01	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	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									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									

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			
Fatty acids, total saturated.....g	0.892		0		4	0.253	0.205
4:0.....g	0.000		0		4	0.000	0.000
6:0.....g	0.000		0		4	0.000	0.000
8:0.....g	0.000		0		4	0.000	0.000
10:0.....g	0.000		0		4	0.000	0.000
12:0.....g	0.001		0		4	0.000	0.000
13:0.....g							
14:0.....g	0.016		0		4	0.005	0.004
15:0.....g							
16:0.....g	0.516		0		4	0.146	0.119
17:0.....g							
18:0.....g	0.359		0		4	0.102	0.083
20:0.....g							
22:0.....g							
24:0.....g							
Fatty acids, total monounsaturated.....g	1.771		0		4	0.502	0.407
14:1.....g							
15:1.....g							
16:1 undifferentiated.....g	0.014		0		4	0.004	0.003
17:1.....g							
18:1 undifferentiated.....g	1.757		0		4	0.498	0.404
20:1.....g							
22:1 undifferentiated.....g							
24:1 c.....g							
Fatty acids, total polyunsaturated.....g	0.818		0		4	0.232	0.188
18:2 undifferentiated.....g	0.779		0		4	0.221	0.179
18:3 undifferentiated.....g	0.039		0		4	0.011	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	1		0		4	0	0
Phytosterols.....mg							
<b>Amino Acids:</b>							
Tryptophan.....g	0.106		0		4	0.030	0.024
Threonine.....g	0.267		0		4	0.076	0.061
Isoleucine.....g	0.354		0		4	0.100	0.081
Leucine.....g	0.637		0		4	0.181	0.147
Lysine.....g	0.245		0		4	0.069	0.056
Methionine.....g	0.158		0		4	0.045	0.036
Cystine.....g	0.191		0		4	0.054	0.044
Phenylalanine.....g	0.444		0		4	0.126	0.102
Tyrosine.....g	0.261		0		4	0.074	0.060
Valine.....g	0.397		0		4	0.113	0.091
Arginine.....g	0.346		0		4	0.098	0.080
Histidine.....g	0.196		0		4	0.056	0.045
Alanine.....g	0.308		0		4	0.087	0.071
Aspartic acid.....g	0.449		0		4	0.127	0.103
Glutamic acid.....g	2.920		0		4	0.828	0.672
Glycine.....g	0.323		0		4	0.092	0.074
Proline.....g	0.970		0		4	0.275	0.223
Serine.....g	0.440		0		4	0.125	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. 18432**

**Bread, white, commercially prepared, toasted, low sodium no salt**

**Common Measures:**

Measure 1 = 28.35g: 1 oz

Measure 2 = 23g: 1 slice

**Calories Factors: Protein 3.9**

**Fat 8.7**

**Carbohydrate 4.1**

**Food Group: 18 Baked Products**

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



NDB No. 18073

Bread, white, prepared from recipe, made with low fat (2%) milk

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
<b>Proximates:</b>									
Water.....g	35.30		0		1		10.01	14.83	11.65
Energy.....kcal	285		0	NC	4		81	120	94
Energy.....kJ	1192				4		338	501	394
Protein (N x 0).....g	7.90		0		1		2.24	3.32	2.61
Total lipid (fat).....g	5.70		0		1		1.62	2.39	1.88
Ash.....g	1.50		0		1		0.43	0.63	0.50
Carbohydrate, by difference.....g	49.60		0	NC	4		14.06	20.83	16.37
Fiber, total dietary.....g	2.0		0		4		0.6	0.8	0.7
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	57		0		1		16	24	19
Iron, Fe.....mg	2.97		0		1		0.84	1.25	0.98
Magnesium, Mg.....mg	19		0		1		5	8	6
Phosphorus, P.....mg	115		0		1		33	48	38
Potassium, K.....mg	146		0		1		41	61	48
Sodium, Na.....mg	359		0		1		102	151	118
Zinc, Zn.....mg	0.64		0		1		0.18	0.27	0.21
Copper, Cu.....mg	0.115		0		1		0.033	0.048	0.038
Manganese, Mn.....mg	0.416		0		1		0.118	0.175	0.137
Selenium, Se.....µg	21.3		0	RK	4		6.0	8.9	7.0
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.2		0		1		0.1	0.1	0.1
Thiamin.....mg	0.405		0		1		0.115	0.170	0.134
Riboflavin.....mg	0.383		0		1		0.109	0.161	0.126
Niacin.....mg	3.588		0		1		1.017	1.507	1.184
Pantothenic acid.....mg	0.374		0		1		0.106	0.157	0.123
Vitamin B-6.....mg	0.051		0		1		0.014	0.021	0.017
Folate, total.....µg	91		0	RK	4		26	38	30
Folic acid.....µg	49		0	NC	4		14	21	16
Folate, food.....µg	42		0		1		12	18	14
Folate, DFE.....µg	125		0	NC	4		36	53	41
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.08		0		1		0.02	0.03	0.03
Vitamin A, RAE.....µg	22		0	NC	4		6	9	7
Retinol.....µg	21		0	NC	4		6	9	7
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	79		0		1		22	33	26
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									
<b>Lipids:</b>									



NDB No. 18073

Bread, white, prepared from recipe, made with low fat (2%) milk

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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	Measure 1	Measure 2	Measure 3
			of Data Points	Confidence Code			

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Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 = 42g: 1 slice

Measure 3 = 33g: 1 slice, thin (3-3/4" x 5" x 3/8")

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

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

NDB No. 18071

Bread, white, prepared from recipe, made with nonfat dry milk

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
<b>Proximates:</b>									
Water.....g	34.80		0		1		9.87	15.31	
Energy.....kcal	274		0	NC	4		78	121	
Energy.....kJ	1146				4		325	504	
Protein (N x 0).....g	7.70		0		1		2.18	3.39	
Total lipid (fat).....g	2.60		0		1		0.74	1.14	
Ash.....g	1.40		0		1		0.40	0.62	
Carbohydrate, by difference.....g	53.60		0	NC	4		15.20	23.58	
Fiber, total dietary.....g	2.0		0	RC	4		0.6	0.9	
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	32		0		1		9	14	
Iron, Fe.....mg	3.18		0		1		0.90	1.40	
Magnesium, Mg.....mg	17		0		1		5	7	
Phosphorus, P.....mg	96		0		1		27	42	
Potassium, K.....mg	111		0		1		31	49	
Sodium, Na.....mg	336		0		1		95	148	
Zinc, Zn.....mg	0.59		0		1		0.17	0.26	
Copper, Cu.....mg	0.112		0		1		0.032	0.049	
Manganese, Mn.....mg	0.460		0		1		0.130	0.202	
Selenium, Se.....µg	23.1		0	RK	4		6.5	10.2	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0		1		0.0	0.0	
Thiamin.....mg	0.431		0		1		0.122	0.190	
Riboflavin.....mg	0.352		0		1		0.100	0.155	
Niacin.....mg	3.731		0		1		1.058	1.642	
Pantothenic acid.....mg	0.284		0		1		0.081	0.125	
Vitamin B-6.....mg	0.037		0		1		0.010	0.016	
Folate, total.....µg	85		0	RK	4		24	37	
Folic acid.....µg	58		0	NC	4		16	26	
Folate, food.....µg	27		0		1		8	12	
Folate, DFE.....µg	126		0	NC	4		36	55	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.02		0		1		0.01	0.01	
Vitamin A, RAE.....µg	12		0	NC	4		3	5	
Retinol.....µg	12		0	NC	4		3	5	
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	41		0		1		12	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									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									



NDB No. 18071

Bread, white, prepared from recipe, made with nonfat dry milk

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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

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Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 = 44g: 1 slice

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

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

NDB No. 18075

Bread, whole-wheat, commercially prepared

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
<b>Proximates:</b>									
Water.....g	39.01	0.220	10	A	1		12.48	11.06	
Energy.....kcal	252		0	NC	4		81	71	
Energy.....kJ	1055		0	NC	4		338	299	
Protein (N x 6.25).....g	12.45	0.241	10	A	1		3.98	3.53	
Total lipid (fat).....g	3.50	0.072	10	A	1		1.12	0.99	
Ash.....g	2.32	0.076	10	A	1		0.74	0.66	
Carbohydrate, by difference.....g	42.71		0	NC	4		13.67	12.11	
Fiber, total dietary.....g	6.0	0.391	7	A	1		1.9	1.7	
Sugars, total.....g	4.34	0.417	7	A	1		1.39	1.23	
Sucrose.....g	0.03	0.027	7	A	1		0.01	0.01	
Glucose (dextrose).....g	1.07	0.146	7	A	1		0.34	0.30	
Fructose.....g	2.21	0.191	7	A	1		0.71	0.63	
Lactose.....g	0.01	0.014	7	A	1		0.00	0.00	
Maltose.....g	1.02	0.089	7	A	1		0.33	0.29	
Galactose.....g	0.00	0.000	7	A	1		0.00	0.00	
Starch.....g	28.73	1.470	7	A	1		9.19	8.15	
<b>Minerals:</b>									
Calcium, Ca.....mg	161	15.821	10	A	1		51	46	
Iron, Fe.....mg	2.47	0.185	10	A	1		0.79	0.70	
Magnesium, Mg.....mg	75	1.795	10	A	1		24	21	
Phosphorus, P.....mg	212	5.529	10	A	1		68	60	
Potassium, K.....mg	254	10.154	10	A	1		81	72	
Sodium, Na.....mg	455	25.287	10	A	1		145	129	
Zinc, Zn.....mg	1.77	0.039	10	A	1		0.57	0.50	
Copper, Cu.....mg	0.227	0.007	10	A	1		0.073	0.064	
Manganese, Mn.....mg	2.174	0.039	10	A	1		0.696	0.616	
Selenium, Se.....µg	25.7	3.559	7	A	1		8.2	7.3	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0	FLA	4		0.0	0.0	
Thiamin.....mg	0.394	0.028	7	A	1		0.126	0.112	
Riboflavin.....mg	0.167	0.007	7	A	1		0.053	0.047	
Niacin.....mg	4.438	0.139	7	A	1		1.420	1.258	
Pantothenic acid.....mg	0.646	0.011	3	A	1		0.207	0.183	
Vitamin B-6.....mg	0.215	0.010	7	A	1		0.069	0.061	
Folate, total.....µg	42	4.875	7	A	1		13	12	
Folic acid.....µg	0		0	FLA	4		0	0	
Folate, food.....µg	42		0	NR	4		13	12	
Folate, DFE.....µg	42		0	NC	4		13	12	
Choline, total.....mg	27.2		0	AS	1		8.7	7.7	
Betaine.....mg	126.5		1	A	1		40.5	35.8	
Vitamin B-12.....µg	0.00		0	FLA	4		0.00	0.00	
Vitamin B-12, added.....µg	0.00		0	FLA	4		0.00	0.00	
Vitamin A, RAE.....µg	0		0	NC	4		0	0	
Retinol.....µg	0		0	FLA	4		0	0	
Carotene, beta.....µg	2		0	FLA	4		1	1	
Carotene, alpha.....µg	0		0	FLA	4		0	0	
Cryptoxanthin, beta.....µg	0		0	FLA	4		0	0	
Vitamin A, IU.....IU	3		0	NC	4		1	1	
Lycopene.....µg	0		0	FLA	4		0	0	
Lutein + zeaxanthin.....µg	87		0	FLA	4		28	25	
Vitamin E (alpha-tocopherol).....mg	2.66	1.874	5	A	1		0.85	0.76	
Vitamin E, added.....mg	0.00		0	FLA	4		0.00	0.00	
Tocopherol, beta.....mg	0.25	0.034	5	A	1		0.08	0.07	
Tocopherol, gamma.....mg	0.89	0.152	5	A	1		0.28	0.25	
Tocopherol, delta.....mg	0.28	0.020	5	A	1		0.09	0.08	
Tocotrienol, alpha.....mg	0.45	0.369	5	A	1		0.15	0.13	
Tocotrienol, beta.....mg	1.30	0.126	5	A	1		0.42	0.37	

Bread, whole-wheat, commercially prepared

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	0.42	0.421	5	A	1		0.13	0.12	
Tocotrienol, delta.....mg	0.21	0.207	5	A	1		0.07	0.06	
Vitamin D (D2 + D3).....µg	0.0		0	FLA	4		0.0	0.0	
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	0		0	FLA	4		0	0	
Vitamin K (phylloquinone).....µg	7.8		2	A	1		2.5	2.2	
Dihydrophyloquinone.....µg	0.6		2	A	1		0.2	0.2	
Menaquinone-4.....µg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.722		0	NC	4		0.231	0.205	
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	0.002	0.001	6	A	1		0.001	0.001	
10:0.....g	0.008	0.001	6	A	1		0.003	0.002	
12:0.....g	0.012	0.004	6	A	1		0.004	0.003	
13:0.....g									
14:0.....g	0.008	0.002	6	A	1		0.002	0.002	
15:0.....g	0.003	0.000	6	A	1		0.001	0.001	
16:0.....g	0.435	0.012	6	A	1		0.139	0.123	
17:0.....g	0.003	0.000	6	A	1		0.001	0.001	
18:0.....g	0.231	0.017	6	A	1		0.074	0.066	
20:0.....g	0.007	0.000	6	A	1		0.002	0.002	
22:0.....g	0.007	0.000	6	A	1		0.002	0.002	
24:0.....g	0.004	0.000	6	A	1		0.001	0.001	
Fatty acids, total monounsaturated.....g	0.620		0	NC	4		0.198	0.176	
14:1.....g	0.000	0.000	6	A	1		0.000	0.000	
15:1.....g	0.000	0.000	6	A	1		0.000	0.000	
16:1 undifferentiated.....g	0.016	0.003	6	AS	1		0.005	0.005	
16:1 c.....g	0.016	0.003	6	A	1		0.005	0.005	
16:1 t.....g	0.000	0.000	6	A	1		0.000	0.000	
17:1.....g	0.002	0.000	6	A	1		0.001	0.000	
18:1 undifferentiated.....g	0.584	0.019	6	AS	1		0.187	0.166	
18:1 c.....g	0.569	0.021	6	A	1		0.182	0.161	
18:1 t.....g	0.015	0.006	6	A	1		0.005	0.004	
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.017	0.002	6	A	1		0.005	0.005	
22:1 undifferentiated.....g	0.000	0.000	6	AS	1		0.000	0.000	
22:1 c.....g	0.000	0.000	6	A	1		0.000	0.000	
22:1 t.....g	0.000	0.000	6	A	1		0.000	0.000	
24:1 c.....g	0.000	0.000	6	A	1		0.000	0.000	
Fatty acids, total polyunsaturated.....g	1.592		0	NC	4		0.509	0.451	
18:2 undifferentiated.....g	1.446	0.054	6	AS	1		0.463	0.410	
18:2 n-6 c,c.....g	1.441	0.053	6	A	1		0.461	0.409	
18:2 CLAs.....g	0.001	0.000	6	A	1		0.000	0.000	
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.005	0.001	6	A	1		0.001	0.001	
18:3 undifferentiated.....g	0.139	0.006	6	AS	1		0.044	0.039	
18:3 n-3 c,c,c (ALA).....g	0.137	0.006	6	A	1		0.044	0.039	
18:3 n-6 c,c,c.....g	0.002	0.001	6	A	1		0.001	0.001	
18:3i.....g	0.000	0.000	6	A	1		0.000	0.000	
18:4.....g	0.000	0.000	6	A	1		0.000	0.000	
20:2 n-6 c,c.....g	0.002	0.000	6	A	1		0.001	0.001	
20:3 undifferentiated.....g	0.001	0.000	6	AS	1		0.000	0.000	
20:3 n-3.....g	0.001	0.000	6	A	1		0.000	0.000	
20:3 n-6.....g	0.000	0.000	6	A	1		0.000	0.000	
20:4 undifferentiated.....g	0.004	0.001	6	A	1		0.001	0.001	
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.000	0.000	6	A	1		0.000	0.000	
21:5.....g									
22:4.....g	0.000	0.000	6	A	1		0.000	0.000	
22:5 n-3 (DPA).....g	0.000	0.000	6	A	1		0.000	0.000	



NDB No. 18075

Bread, whole-wheat, commercially prepared

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 Code			
22:6 n-3 (DHA).....g	0.000	0.000	6	A	1	0.000	0.000	
Fatty acids, total trans.....g	0.020		0	NC	4	0.006	0.006	
Fatty acids, total trans-monoenoic.....g	0.015		0	NC	4	0.005	0.004	
Fatty acids, total trans-polyenoic.....g	0.005		0	NC	4	0.001	0.001	
Cholesterol.....mg	0		0	FLA	4	0	0	
Phytosterols.....mg								
<b>Others:</b>								
Alcohol, ethyl.....g	0.0		0		7	0.0	0.0	
Caffeine.....mg	0		0	FLA	4	0	0	
Theobromine.....mg	0		0	FLA	4	0	0	

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

**Common Measures:**

Measure 1 = 32g: 1 slice

Measure 2 = 28.35g: 1 oz

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked 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 of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.922		0	RA	4		0.261	0.231	
4:0.....g	0.000		0	RA	4		0.000	0.000	
6:0.....g	0.000		0	RA	4		0.000	0.000	
8:0.....g	0.009		0	RA	4		0.002	0.002	
10:0.....g	0.000		0	RA	4		0.000	0.000	
12:0.....g	0.000		0	RA	4		0.000	0.000	
13:0.....g									
14:0.....g	0.005		0	RA	4		0.001	0.001	
15:0.....g	0.001		0	RA	4		0.000	0.000	
16:0.....g	0.496		0	RA	4		0.141	0.124	
17:0.....g	0.004		0	RA	4		0.001	0.001	
18:0.....g	0.386		0	RA	4		0.110	0.097	
20:0.....g	0.011		0	RA	4		0.003	0.003	
22:0.....g	0.011		0	RA	4		0.003	0.003	
24:0.....g									
Fatty acids, total monounsaturated.....g	1.972		0	RA	4		0.559	0.493	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.011		0	RA	4		0.003	0.003	
17:1.....g									
18:1 undifferentiated.....g	1.960		0	RA	4		0.556	0.490	
20:1.....g	0.001		0	RA	4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	RA	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.740		0	RA	4		0.210	0.185	
18:2 undifferentiated.....g	0.709		0	RA	4		0.201	0.177	
18:3 undifferentiated.....g	0.031		0	RA	4		0.009	0.008	
18:4.....g	0.000		0	RA	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.001		0	RA	4		0.000	0.000	
20:5 n-3 (EPA).....g	0.000		0	RA	4		0.000	0.000	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	RA	4		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0	RA	4		0.000	0.000	
Fatty acids, total trans.....g	1.025		0	RA	4		0.291	0.256	
Cholesterol.....mg	0		0	RA	4		0	0	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.101		0	RA	4		0.029	0.025	
Threonine.....g	0.189		0	RA	4		0.054	0.047	
Isoleucine.....g	0.243		0	RA	4		0.069	0.061	
Leucine.....g	0.442		0	RA	4		0.125	0.111	
Lysine.....g	0.183		0	RA	4		0.052	0.046	
Methionine.....g	0.101		0	RA	4		0.029	0.025	
Cystine.....g	0.151		0	RA	4		0.043	0.038	
Phenylalanine.....g	0.308		0	RA	4		0.087	0.077	
Tyrosine.....g	0.191		0	RA	4		0.054	0.048	
Valine.....g	0.296		0	RA	4		0.084	0.074	
Arginine.....g	0.308		0	RA	4		0.087	0.077	
Histidine.....g	0.152		0	RA	4		0.043	0.038	
Alanine.....g	0.234		0	RA	4		0.066	0.059	
Aspartic acid.....g	0.339		0	RA	4		0.096	0.085	
Glutamic acid.....g	2.055		0	RA	4		0.583	0.514	
Glycine.....g	0.265		0	RA	4		0.075	0.066	
Proline.....g	0.677		0	RA	4		0.192	0.169	
Serine.....g	0.309		0	RA	4		0.087	0.077	
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	RA	4		0.0	0.0	
Caffeine.....mg	0		0	RA	4		0		

NDB No. 18076

Bread, whole-wheat, commercially prepared, toasted

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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
Caffeine.....mg	0			RA	4			0	
Theobromine.....mg	0		0	RA	4	0		0	

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Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 = 25g: 1 slice

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

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



Bread, whole-wheat, prepared from recipe

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
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.796		0		1		0.226	0.366	0.263
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	0.008		0		1		0.002	0.004	0.003
10:0.....g	0.000		0		1		0.000	0.000	0.000
12:0.....g	0.001		0		1		0.000	0.000	0.000
13:0.....g									
14:0.....g	0.006		0		1		0.002	0.003	0.002
15:0.....g									
16:0.....g	0.600		0		1		0.170	0.276	0.198
17:0.....g									
18:0.....g	0.175		0		1		0.050	0.081	0.058
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	1.158		0		1		0.328	0.533	0.382
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.029		0		1		0.008	0.013	0.010
17:1.....g									
18:1 undifferentiated.....g	1.120		0		1		0.318	0.515	0.370
20:1.....g	0.009		0		1		0.003	0.004	0.003
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.939		0		1		0.833	1.352	0.970
18:2 undifferentiated.....g	2.621		0		1		0.743	1.206	0.865
18:3 undifferentiated.....g	0.317		0		1		0.090	0.146	0.105
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	0.001		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		1		0	0	0
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.122		0		1		0.035	0.056	0.040
Threonine.....g	0.248		0		1		0.070	0.114	0.082
Isoleucine.....g	0.314		0		1		0.089	0.144	0.104
Leucine.....g	0.574		0		1		0.163	0.264	0.189
Lysine.....g	0.244		0		1		0.069	0.112	0.081
Methionine.....g	0.136		0		1		0.039	0.063	0.045
Cystine.....g	0.186		0		1		0.053	0.086	0.061
Phenylalanine.....g	0.403		0		1		0.114	0.185	0.133
Tyrosine.....g	0.252		0		1		0.071	0.116	0.083
Valine.....g	0.375		0		1		0.106	0.173	0.124
Arginine.....g	0.383		0		1		0.109	0.176	0.126
Histidine.....g	0.194		0		1		0.055	0.089	0.064
Alanine.....g	0.304		0		1		0.086	0.140	0.100
Aspartic acid.....g	0.433		0		1		0.123	0.199	0.143
Glutamic acid.....g	2.618		0		1		0.742	1.204	0.864
Glycine.....g	0.333		0		1		0.094	0.153	0.110
Proline.....g	0.869		0		1		0.246	0.400	0.287
Serine.....g	0.402		0		1		0.114	0.185	0.133
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	RA	4		0	0	0

NDB No. 18077

Bread, whole-wheat, prepared from recipe

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 Code			
Theobromine.....mg	0		0	RA	4	0	0	0

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

**Common Measures:**

Measure 1 = 28.35g: 1 oz

Measure 2 = 46g: 1 slice, regular (4" x 5" x 3/4")

Measure 3 = 33g: 1 slice, thin (3-3/4" x 5" x 3/8")

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

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





NDB No. 18078

Bread, whole-wheat, prepared from recipe, toasted

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	measures of food				
					Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.874		0		1		0.248	0.367	0.262
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	0.009		0		1		0.003	0.004	0.003
10:0.....g	0.000		0		1		0.000	0.000	0.000
12:0.....g	0.001		0		1		0.000	0.000	0.000
13:0.....g									
14:0.....g	0.006		0		1		0.002	0.003	0.002
15:0.....g									
16:0.....g	0.660		0		1		0.187	0.277	0.198
17:0.....g									
18:0.....g	0.192		0		1		0.054	0.081	0.058
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	1.272		0		1		0.361	0.534	0.382
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.032		0		1		0.009	0.013	0.010
17:1.....g									
18:1 undifferentiated.....g	1.230		0		1		0.349	0.517	0.369
20:1.....g	0.010		0		1		0.003	0.004	0.003
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	3.230		0		1		0.916	1.357	0.969
18:2 undifferentiated.....g	2.880		0		1		0.816	1.210	0.864
18:3 undifferentiated.....g	0.349		0		1		0.099	0.147	0.105
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	0.001		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		1		0	0	0
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.134		0		1		0.038	0.056	0.040
Threonine.....g	0.273		0		1		0.077	0.115	0.082
Isoleucine.....g	0.345		0		1		0.098	0.145	0.104
Leucine.....g	0.631		0		1		0.179	0.265	0.189
Lysine.....g	0.268		0		1		0.076	0.113	0.080
Methionine.....g	0.149		0		1		0.042	0.063	0.045
Cystine.....g	0.204		0		1		0.058	0.086	0.061
Phenylalanine.....g	0.442		0		1		0.125	0.186	0.133
Tyrosine.....g	0.277		0		1		0.079	0.116	0.083
Valine.....g	0.412		0		1		0.117	0.173	0.124
Arginine.....g	0.421		0		1		0.119	0.177	0.126
Histidine.....g	0.213		0		1		0.060	0.089	0.064
Alanine.....g	0.334		0		1		0.095	0.140	0.100
Aspartic acid.....g	0.476		0		1		0.135	0.200	0.143
Glutamic acid.....g	2.877		0		1		0.816	1.208	0.863
Glycine.....g	0.365		0		1		0.103	0.153	0.110
Proline.....g	0.955		0		1		0.271	0.401	0.287
Serine.....g	0.442		0		1		0.125	0.186	0.133
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0		4		0	0	0

NDB No. 18078

Bread, whole-wheat, prepared from recipe, toasted

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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
Theobromine.....mg	0		0		4		0	0	0

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Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 = 42g: 1 slice

Measure 3 = 30g: 1 slice, thin (3-3/4" x 5" x 3/8")

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

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



NDB No. 18459  
Breakfast tart, 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		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code					
<b>Lipids:</b>									
Fatty acids, total saturated.....g	1.393		0	FLC	4		0.724		
4:0.....g	0.000		0	FLC	4		0.000		
6:0.....g	0.000		0	FLC	4		0.000		
8:0.....g	0.000		0	FLC	4		0.000		
10:0.....g	0.000		0	FLC	4		0.000		
12:0.....g	0.005		0	FLC	4		0.003		
13:0.....g									
14:0.....g	0.002		0	FLC	4		0.001		
15:0.....g									
16:0.....g	0.681		0	FLC	4		0.354		
17:0.....g									
18:0.....g	0.676		0	FLC	4		0.352		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	3.338		0	FLC	4		1.736		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.003		0	FLC	4		0.002		
17:1.....g									
18:1 undifferentiated.....g	3.332		0	FLC	4		1.733		
20:1.....g	0.007		0	FLC	4		0.004		
22:1 undifferentiated.....g	0.000		0	FLC	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.878		0	FLC	4		0.457		
18:2 undifferentiated.....g	0.856		0	FLC	4		0.445		
18:3 undifferentiated.....g	0.023		0	FLC	4		0.012		
18:4.....g	0.000		0	FLC	4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLC	4		0.000		
20:5 n-3 (EPA).....g	0.000		0	FLC	4		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	FLC	4		0.000		
22:6 n-3 (DHA).....g	0.000		0	FLC	4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	FLC	4		0		
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	FLM	4		0		
Theobromine.....mg	0		0	FLM	4		0		

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

**Common Measures:**

Measure 1 = 52g: 1 tart

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 18 Baked Products

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

NDB No. 18610

CONTINENTAL MILLS, KRUSTEAZ Almond Poppyseed Muffin Mix, Artificially Flavored, dry

Continental Mills, Inc.

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	5.70		1	A	1		2.28		
Energy.....kcal	418		1	NC	4		167		
Energy.....kJ	1747		0	NC	4		699		
Protein (N x 6.25).....g	5.60		1		9		2.24		
Total lipid (fat).....g	10.30		1		9		4.12		
Ash.....g	1.90		0	MC	9		0.76		
Carbohydrate, by difference.....g	75.60		1		9		30.24		
Fiber, total dietary.....g	1.7		1		9		0.7		
Sugars, total.....g	40.00		1		9		16.00		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	82		1		9		33		
Iron, Fe.....mg	2.47		1		9		0.99		
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg									
Sodium, Na.....mg	590		1		9		236		
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....µg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	2.100		1		9		0.840		
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g	2.700		1		9		1.080		
Cholesterol.....mg									
Phytosterols.....mg									

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

**Common Measures:**

Measure 1 = 40g: 1 serving

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 18 Baked Products

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



NDB No. 18087  
 Cake mix, angelfood, dry

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	measures of food				
					Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.039		0	NC	4		0.015	0.158	0.011
4:0.....g	0.000		0		4		0.000	0.000	0.000
6:0.....g	0.000		0		4		0.000	0.000	0.000
8:0.....g	0.000		0		4		0.000	0.000	0.000
10:0.....g	0.000		0		4		0.000	0.000	0.000
12:0.....g	0.000		0		4		0.000	0.000	0.000
13:0.....g									
14:0.....g	0.000		0		4		0.000	0.000	0.000
15:0.....g									
16:0.....g	0.037		0		4		0.014	0.151	0.010
17:0.....g									
18:0.....g	0.002		0		4		0.001	0.008	0.001
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.024		0	NC	4		0.009	0.100	0.007
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0		4		0.000	0.003	0.000
17:1.....g									
18:1 undifferentiated.....g	0.024		0		4		0.009	0.098	0.007
20:1.....g	0.000		0		4		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.116		0	NC	4		0.044	0.475	0.033
18:2 undifferentiated.....g	0.109		0		4		0.042	0.449	0.031
18:3 undifferentiated.....g	0.006		0		4		0.002	0.026	0.002
18:4.....g	0.000		0		4		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
20:5 n-3 (EPA).....g	0.000		0		4		0.000	0.000	0.000
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0		4		0.000	0.000	0.000
22:6 n-3 (DHA).....g	0.000		0		4		0.000	0.000	0.000
Fatty acids, total trans.....g	0.000		1	MC	9		0.000	0.000	0.000
Cholesterol.....mg	0		1	MC	9		0	0	0
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.112		0		4		0.043	0.460	0.032
Threonine.....g	0.376		0		4		0.143	1.545	0.107
Isoleucine.....g	0.470		0		4		0.179	1.932	0.133
Leucine.....g	0.721		0		4		0.274	2.963	0.204
Lysine.....g	0.552		0		4		0.210	2.269	0.156
Methionine.....g	0.279		0		4		0.106	1.147	0.079
Cystine.....g	0.223		0		4		0.085	0.917	0.063
Phenylalanine.....g	0.497		0		4		0.189	2.043	0.141
Tyrosine.....g	0.327		0		4		0.124	1.344	0.093
Valine.....g	0.533		0		4		0.203	2.191	0.151
Arginine.....g	0.457		0		4		0.174	1.878	0.130
Histidine.....g	0.194		0		4		0.074	0.797	0.055
Alanine.....g	0.470		0		4		0.179	1.932	0.133
Aspartic acid.....g	0.813		0		4		0.309	3.341	0.230
Glutamic acid.....g	1.441		0		4		0.548	5.923	0.409
Glycine.....g	0.306		0		4		0.116	1.258	0.087
Proline.....g	0.443		0		4		0.168	1.821	0.126
Serine.....g	0.583		0		4		0.222	2.396	0.165
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	FLA	4		0	0	0

NDB No. 18087  
 Cake mix, angelfood, dry

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 Code			
Theobromine.....mg	0		0	FLA	4	0	0	0

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

**Common Measures:**

- Measure 1 = 38g: 1 serving
- Measure 2 = 411g: 1 package (14.5 oz)
- Measure 3 = 28.35g: 1 oz

**Calories Factors: Protein 4.3                      Fat 8.4                      Carbohydrate 3.9**

**Food Group:** 18 Baked Products  
 USDA National Nutrient Database for Standard Reference, Release 27 (2014)





NDB No. 18112

Cake mix, pudding, dry, german chocolate

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	measures of food				
					Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Lipids:</b>									
Fatty acids, total saturated.....g	1.852		0	NC	4		0.796	9.574	0.525
4:0.....g	0.000		0	FLA	4		0.000	0.000	0.000
6:0.....g	0.000		0	FLA	4		0.000	0.000	0.000
8:0.....g	0.000		0	FLA	4		0.000	0.000	0.000
10:0.....g	0.000		0	FLA	4		0.000	0.000	0.000
12:0.....g	0.000		0	FLA	4		0.000	0.000	0.000
13:0.....g									
14:0.....g	0.017		0	FLA	4		0.007	0.087	0.005
15:0.....g									
16:0.....g	0.954		0	FLA	4		0.410	4.932	0.270
17:0.....g									
18:0.....g	0.881		0	FLA	4		0.379	4.555	0.250
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.694		0	NC	4		0.299	3.590	0.197
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	0.000
17:1.....g									
18:1 undifferentiated.....g	0.694		0	FLA	4		0.299	3.590	0.197
20:1.....g	0.000		0	FLA	4		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.231		0	NC	4		0.100	1.197	0.066
18:2 undifferentiated.....g	0.218		0	FLA	4		0.094	1.127	0.062
18:3 undifferentiated.....g	0.013		0	FLA	4		0.006	0.070	0.004
18:4.....g	0.000		0	FLA	4		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	0.000
20:5 n-3 (EPA).....g	0.000		0	FLA	4		0.000	0.000	0.000
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	FLA	4		0.000	0.000	0.000
22:6 n-3 (DHA).....g	0.000		0	FLA	4		0.000	0.000	0.000
Fatty acids, total trans.....g	0.080		1	MC	9		0.034	0.414	0.023
Cholesterol.....mg	0		1	MC	9		0	0	0
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.058		0		1		0.025	0.300	0.016
Threonine.....g	0.128		0		1		0.055	0.662	0.036
Isoleucine.....g	0.151		0		1		0.065	0.781	0.043
Leucine.....g	0.258		0		1		0.111	1.334	0.073
Lysine.....g	0.162		0		1		0.070	0.838	0.046
Methionine.....g	0.056		0		1		0.024	0.290	0.016
Cystine.....g	0.071		0		1		0.031	0.367	0.020
Phenylalanine.....g	0.188		0		1		0.081	0.972	0.053
Tyrosine.....g	0.127		0		1		0.055	0.657	0.036
Valine.....g	0.199		0		1		0.086	1.029	0.056
Arginine.....g	0.180		0		1		0.077	0.931	0.051
Histidine.....g	0.076		0		1		0.033	0.393	0.022
Alanine.....g	0.144		0		1		0.062	0.744	0.041
Aspartic acid.....g	0.255		0		1		0.110	1.318	0.072
Glutamic acid.....g	1.029		0		1		0.442	5.320	0.292
Glycine.....g	0.151		0		1		0.065	0.781	0.043
Proline.....g	0.335		0		1		0.144	1.732	0.095
Serine.....g	0.193		0		1		0.083	0.998	0.055
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	RA	4		0.0	0.0	0.0
Caffeine.....mg	7		0	FLA	4		3	36	2

NDB No. 18112

Cake mix, pudding, dry, german chocolate

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Theobromine.....mg	242		0	FLA	4		104	1251	69

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

**Common Measures:**

Measure 1 = 43g: 1 serving

Measure 2 = 517g: 1 package (18.25 oz)

Measure 3 = 28.35g: 1 oz

**Calories Factors: Protein 3.2**

**Fat 8.7**

**Carbohydrate 3.8**

**Food Group:** 18 Baked Products

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

NDB No. 18086

Cake, angelfood, commercially prepared

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
<b>Proximates:</b>									
Water.....g	33.20	0.911	3		1		9.30	112.88	
Energy.....kcal	258		0	NC	4		72	876	
Energy.....kJ	1077		0	NC	4		302	3663	
Protein (N x 6.1).....g	5.90	0.071	3		1		1.65	20.06	
Total lipid (fat).....g	0.80		2		1		0.22	2.72	
Ash.....g	2.30		1		1		0.64	7.82	
Carbohydrate, by difference.....g	57.80		0		4		16.18	196.52	
Fiber, total dietary.....g	1.5		0		4		0.4	5.1	
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	140	16.532	6		1		39	476	
Iron, Fe.....mg	0.52	0.055	3		1		0.15	1.77	
Magnesium, Mg.....mg	12		2		1		3	41	
Phosphorus, P.....mg	324		1	A	1		91	1102	
Potassium, K.....mg	93		2		1		26	316	
Sodium, Na.....mg	749	54.994	3		1		210	2547	
Zinc, Zn.....mg	0.07	0.010	5		1		0.02	0.24	
Copper, Cu.....mg	0.078		2		1		0.022	0.265	
Manganese, Mn.....mg	0.085		2		1		0.024	0.289	
Selenium, Se.....µg	7.3		0	FLA	4		2.0	24.8	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0	FLA	4		0.0	0.0	
Thiamin.....mg	0.102	0.030	3		1		0.029	0.347	
Riboflavin.....mg	0.491	0.169	3		1		0.137	1.669	
Niacin.....mg	0.883	0.120	3		1		0.247	3.002	
Pantothenic acid.....mg	0.198	0.034	4		1		0.055	0.673	
Vitamin B-6.....mg	0.031		2		1		0.009	0.105	
Folate, total.....µg	35		0	FLA	4		10	119	
Folic acid.....µg	32		0	NC	4		9	109	
Folate, food.....µg	3		0		4		1	10	
Folate, DFE.....µg	57		0	NC	4		16	195	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.06		0	FLA	4		0.02	0.20	
Vitamin A, RAE.....µg	0		0	AS	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	FLA	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									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion 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	0.121		0		4		0.034	0.411	
4:0.....g									
6:0.....g									
8:0.....g									
10:0.....g									
12:0.....g									
13:0.....g									
14:0.....g	0.001		0		4		0.000	0.003	
15:0.....g									
16:0.....g	0.110		0		4		0.031	0.374	
17:0.....g									
18:0.....g	0.005		0		4		0.001	0.017	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.071		0		4		0.020	0.241	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.002		0		4		0.001	0.007	
17:1.....g									
18:1 undifferentiated.....g	0.068		0		4		0.019	0.231	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.367		0		4		0.103	1.248	
18:2 undifferentiated.....g	0.346		0		4		0.097	1.176	
18:3 undifferentiated.....g	0.021		0		4		0.006	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		4		0	0	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.075		0		4		0.021	0.255	
Threonine.....g	0.248		0		4		0.069	0.843	
Isoleucine.....g	0.312		0		4		0.087	1.061	
Leucine.....g	0.481		0		4		0.135	1.635	
Lysine.....g	0.364		0		4		0.102	1.238	
Methionine.....g	0.183		0		4		0.051	0.622	
Cystine.....g	0.149		0		4		0.042	0.507	
Phenylalanine.....g	0.334		0		4		0.094	1.136	
Tyrosine.....g	0.218		0		4		0.061	0.741	
Valine.....g	0.354		0		4		0.099	1.204	
Arginine.....g	0.303		0		4		0.085	1.030	
Histidine.....g	0.131		0		4		0.037	0.445	
Alanine.....g	0.310		0		4		0.087	1.054	
Aspartic acid.....g	0.532		0		4		0.149	1.809	
Glutamic acid.....g	1.025		0		4		0.287	3.485	
Glycine.....g	0.206		0		4		0.058	0.700	
Proline.....g	0.317		0		4		0.089	1.078	
Serine.....g	0.389		0		4		0.109	1.323	
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. 18086**

**Cake, angelfood, commercially prepared**

**Common Measures:**

Measure 1 = 28g: 1 piece (1/12 of 12 oz cake)

Measure 2 = 340g: 1 cake (9" dia x 4")

**Calories Factors: Protein 4.3**

**Fat 8.4**

**Carbohydrate 3.9**

**Food Group: 18 Baked Products**

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



NDB No. 18088

Cake, angelfood, dry mix, prepared

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	measures of food				
					Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.043		0		4		0.022	0.256	
4:0.....g	0.000		0		4		0.000	0.000	
6:0.....g	0.000		0		4		0.000	0.000	
8:0.....g	0.000		0		4		0.000	0.000	
10:0.....g	0.000		0		4		0.000	0.000	
12:0.....g	0.000		0		4		0.000	0.000	
13:0.....g									
14:0.....g	0.000		0		4		0.000	0.000	
15:0.....g									
16:0.....g	0.039		0		4		0.020	0.232	
17:0.....g									
18:0.....g	0.002		0		4		0.001	0.012	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.026		0		4		0.013	0.155	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0		4		0.001	0.006	
17:1.....g									
18:1 undifferentiated.....g	0.025		0		4		0.013	0.149	
20:1.....g	0.000		0		4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.124		0		4		0.062	0.739	
18:2 undifferentiated.....g	0.117		0		4		0.059	0.697	
18:3 undifferentiated.....g	0.007		0		4		0.004	0.042	
18:4.....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	
20:5 n-3 (EPA).....g	0.000		0		4		0.000	0.000	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0		4		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		4		0	0	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.077		0		4		0.039	0.459	
Threonine.....g	0.259		0		4		0.130	1.544	
Isoleucine.....g	0.324		0		4		0.162	1.931	
Leucine.....g	0.497		0		4		0.249	2.962	
Lysine.....g	0.380		0		4		0.190	2.265	
Methionine.....g	0.192		0		4		0.096	1.144	
Cystine.....g	0.154		0		4		0.077	0.918	
Phenylalanine.....g	0.343		0		4		0.172	2.044	
Tyrosine.....g	0.226		0		4		0.113	1.347	
Valine.....g	0.368		0		4		0.184	2.193	
Arginine.....g	0.315		0		4		0.158	1.877	
Histidine.....g	0.134		0		4		0.067	0.799	
Alanine.....g	0.324		0		4		0.162	1.931	
Aspartic acid.....g	0.561		0		4		0.281	3.344	
Glutamic acid.....g	0.994		0		4		0.497	5.924	
Glycine.....g	0.211		0		4		0.106	1.258	
Proline.....g	0.306		0		4		0.153	1.824	
Serine.....g	0.402		0		4		0.201	2.396	
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	RA	4		0	0	



NDB No. 18088

Cake, angelfood, dry mix, prepared

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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 Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Code					
Theobromine.....mg	0		0	RA	4	0		0	

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

**Common Measures:**

Measure 1 = 50g: 1 piece (1/12 of 10" dia)

Measure 2 = 596g: 1 tube cake (10" dia, 4-3/8" high)

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

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



NDB No. 18090

Cake, boston cream pie, commercially prepared

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
<b>Lipids:</b>								
Fatty acids, total saturated.....g	2.445		0	FLA	4		0.693	2.249
4:0.....g	0.020		0	FLA	4		0.006	0.018
6:0.....g	0.012		0	FLA	4		0.003	0.011
8:0.....g	0.007		0	FLA	4		0.002	0.006
10:0.....g	0.005		0	FLA	4		0.001	0.005
12:0.....g	0.013		0	FLA	4		0.004	0.012
13:0.....g								
14:0.....g	0.093		0	FLA	4		0.026	0.086
15:0.....g								
16:0.....g	1.265		0	FLA	4		0.359	1.164
17:0.....g								
18:0.....g	1.006		0	FLA	4		0.285	0.926
20:0.....g								
22:0.....g								
24:0.....g								
Fatty acids, total monounsaturated.....g	4.544		0	FLA	4		1.288	4.180
14:1.....g								
15:1.....g								
16:1 undifferentiated.....g	0.031		0	FLA	4		0.009	0.029
17:1.....g								
18:1 undifferentiated.....g	4.504		0	FLA	4		1.277	4.144
20:1.....g	0.002		0	FLA	4		0.001	0.002
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	1.009		0	FLA	4		0.286	0.928
18:2 undifferentiated.....g	0.941		0	FLA	4		0.267	0.866
18:3 undifferentiated.....g	0.055		0	FLA	4		0.016	0.051
18:4.....g	0.000		0	FLA	4		0.000	0.000
20:2 n-6 c,c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g	0.010		0	FLA	4		0.003	0.009
20:5 n-3 (EPA).....g	0.000		0	FLA	4		0.000	0.000
21:5.....g								
22:4.....g								
22:5 n-3 (DPA).....g	0.000		0	FLA	4		0.000	0.000
22:6 n-3 (DHA).....g	0.003		0	FLA	4		0.001	0.003
Fatty acids, total trans.....g								
Cholesterol.....mg	37		1		1		10	34
Phytosterols.....mg								
<b>Amino Acids:</b>								
Tryptophan.....g	0.034		0		1		0.010	0.031
Threonine.....g	0.093		0		1		0.026	0.086
Isoleucine.....g	0.115		0		1		0.033	0.106
Leucine.....g	0.190		0		1		0.054	0.175
Lysine.....g	0.136		0		1		0.039	0.125
Methionine.....g	0.054		0		1		0.015	0.050
Cystine.....g	0.046		0		1		0.013	0.042
Phenylalanine.....g	0.119		0		1		0.034	0.109
Tyrosine.....g	0.089		0		1		0.025	0.082
Valine.....g	0.132		0		1		0.037	0.121
Arginine.....g	0.113		0		1		0.032	0.104
Histidine.....g	0.054		0		1		0.015	0.050
Alanine.....g	0.098		0		1		0.028	0.090
Aspartic acid.....g	0.175		0		1		0.050	0.161
Glutamic acid.....g	0.546		0		1		0.155	0.502
Glycine.....g	0.078		0		1		0.022	0.072
Proline.....g	0.191		0		1		0.054	0.176
Serine.....g	0.143		0		1		0.041	0.132
Hydroxyproline.....g								
<b>Others:</b>								
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0
Caffeine.....mg	0		0	FLA	4		0	0

NDB No. 18090

Cake, boston cream pie, commercially prepared

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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 Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Code					
Theobromine.....mg	6		0	FLA	4	2	6		

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Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 = 92g: 1 piece (1/6 of pie)

**Calories Factors: Protein 4**

**Fat 8.8**

**Carbohydrate 3.9**

**Food Group:** 18 Baked Products

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

NDB No. 18092

Cake, carrot, dry mix, pudding-type

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
<b>Proximates:</b>									
Water.....g	3.60		2		1		1.02	18.36	
Energy.....kcal	415		0	NC	4		118	2117	
Energy.....kJ	1736				4		492	8855	
Protein (N x 5.8).....g	5.10		2		1		1.45	26.01	
Total lipid (fat).....g	9.80		2		1		2.78	49.98	
Ash.....g	2.40		2		1		0.68	12.24	
Carbohydrate, by difference.....g	79.20		0	NC	4		22.45	403.92	
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	172		2		1		49	877	
Iron, Fe.....mg	1.80		2		1		0.51	9.18	
Magnesium, Mg.....mg	8		1		1		2	41	
Phosphorus, P.....mg	247		2		1		70	1260	
Potassium, K.....mg	169		2		1		48	862	
Sodium, Na.....mg	567		2		1		161	2892	
Zinc, Zn.....mg	0.20		1		1		0.06	1.02	
Copper, Cu.....mg	0.050		1		1		0.014	0.255	
Manganese, Mn.....mg	0.528		0	FLA	4		0.150	2.693	
Selenium, Se.....µg	14.9		0	FLA	4		4.2	76.0	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	1.2		0	FLA	4		0.3	6.1	
Thiamin.....mg	0.265		2		1		0.075	1.352	
Riboflavin.....mg	0.170		2		1		0.048	0.867	
Niacin.....mg	2.205		2		1		0.625	11.246	
Pantothenic acid.....mg	0.294		0	FLA	4		0.083	1.499	
Vitamin B-6.....mg	0.079		0	FLA	4		0.022	0.403	
Folate, total.....µg	67		0	FLA	4		19	342	
Folic acid.....µg	53		0	NC	4		15	270	
Folate, food.....µg	14		0		4		4	71	
Folate, DFE.....µg	104		0	NC	4		30	531	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.04		0	FLA	4		0.01	0.20	
Vitamin A, RAE.....µg	97		0	NC	4		27	492	
Retinol.....µg	0		0	Z	7		0	0	
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	1930		2		1		547	9843	
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									
<b>Lipids:</b>									

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion 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	1.472		0	FLA	4		0.417	7.507	
4:0.....g	0.000		0	FLA	4		0.000	0.000	
6:0.....g	0.000		0	FLA	4		0.000	0.000	
8:0.....g	0.000		0	FLA	4		0.000	0.000	
10:0.....g	0.000		0	FLA	4		0.000	0.000	
12:0.....g	0.001		0	FLA	4		0.000	0.005	
13:0.....g									
14:0.....g	0.012		0	FLA	4		0.003	0.061	
15:0.....g									
16:0.....g	0.988		0	FLA	4		0.280	5.039	
17:0.....g									
18:0.....g	0.470		0	FLA	4		0.133	2.397	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	4.036		0	FLA	4		1.144	20.584	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.039		0	FLA	4		0.011	0.199	
17:1.....g									
18:1 undifferentiated.....g	3.988		0	FLA	4		1.131	20.339	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	3.702		0	FLA	4		1.050	18.880	
18:2 undifferentiated.....g	3.437		0	FLA	4		0.974	17.529	
18:3 undifferentiated.....g	0.255		0	FLA	4		0.072	1.301	
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		4		0	0	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.061		0		1		0.017	0.311	
Threonine.....g	0.149		0		1		0.042	0.760	
Isoleucine.....g	0.186		0		1		0.053	0.949	
Leucine.....g	0.336		0		1		0.095	1.714	
Lysine.....g	0.142		0		1		0.040	0.724	
Methionine.....g	0.083		0		1		0.024	0.423	
Cystine.....g	0.093		0		1		0.026	0.474	
Phenylalanine.....g	0.238		0		1		0.067	1.214	
Tyrosine.....g	0.150		0		1		0.043	0.765	
Valine.....g	0.212		0		1		0.060	1.081	
Arginine.....g	0.201		0		1		0.057	1.025	
Histidine.....g	0.109		0		1		0.031	0.556	
Alanine.....g	0.180		0		1		0.051	0.918	
Aspartic acid.....g	0.286		0		1		0.081	1.459	
Glutamic acid.....g	1.546		0		1		0.438	7.885	
Glycine.....g	0.170		0		1		0.048	0.867	
Proline.....g	0.513		0		1		0.145	2.616	
Serine.....g	0.240		0		1		0.068	1.224	
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. 18092**

**Cake, carrot, dry mix, pudding-type**

**Common Measures:**

Measure 1 = 28.35g: 1 oz

Measure 2 = 510g: 1 package (18 oz)

**Calories Factors: Protein 3.9**

**Fat 8.8**

**Carbohydrate 3.9**

**Food Group: 18 Baked Products**

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





NDB No. 18095

Cake, cherry fudge with chocolate frosting

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
<b>Lipids:</b>								
Fatty acids, total saturated.....g	5.066		0	FLA	4		1.436	3.597
4:0.....g	0.212		0	FLA	4		0.060	0.151
6:0.....g	0.124		0	FLA	4		0.035	0.088
8:0.....g	0.073		0	FLA	4		0.021	0.052
10:0.....g	0.163		0	FLA	4		0.046	0.116
12:0.....g	0.181		0	FLA	4		0.051	0.129
13:0.....g								
14:0.....g	0.660		0	FLA	4		0.187	0.469
15:0.....g								
16:0.....g	2.384		0	FLA	4		0.676	1.693
17:0.....g								
18:0.....g	1.123		0	FLA	4		0.318	0.797
20:0.....g								
22:0.....g								
24:0.....g								
Fatty acids, total monounsaturated.....g	4.400		0	FLA	4		1.247	3.124
14:1.....g								
15:1.....g								
16:1 undifferentiated.....g	0.183		0	FLA	4		0.052	0.130
17:1.....g								
18:1 undifferentiated.....g	4.113		0	FLA	4		1.166	2.920
20:1.....g	0.001		0	FLA	4		0.000	0.001
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	2.340		0	FLA	4		0.663	1.661
18:2 undifferentiated.....g	2.084		0	FLA	4		0.591	1.480
18:3 undifferentiated.....g	0.240		0	FLA	4		0.068	0.170
18:4.....g	0.000		0	FLA	4		0.000	0.000
20:2 n-6 c,c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g	0.008		0	FLA	4		0.002	0.006
20:5 n-3 (EPA).....g	0.000		0	FLA	4		0.000	0.000
21:5.....g								
22:4.....g								
22:5 n-3 (DPA).....g	0.000		0	FLA	4		0.000	0.000
22:6 n-3 (DHA).....g	0.002		0	FLA	4		0.001	0.001
Fatty acids, total trans.....g								
Cholesterol.....mg	42		0	FLA	4		12	30
Phytosterols.....mg								
<b>Amino Acids:</b>								
Tryptophan.....g	0.030		0		4		0.009	0.021
Threonine.....g	0.104		0		4		0.029	0.074
Isoleucine.....g	0.109		0		4		0.031	0.077
Leucine.....g	0.180		0		4		0.051	0.128
Lysine.....g	0.148		0		4		0.042	0.105
Methionine.....g	0.047		0		4		0.013	0.033
Cystine.....g	0.040		0		4		0.011	0.028
Phenylalanine.....g	0.098		0		4		0.028	0.070
Tyrosine.....g	0.074		0		4		0.021	0.053
Valine.....g	0.124		0		4		0.035	0.088
Arginine.....g	0.111		0		4		0.031	0.079
Histidine.....g	0.046		0		4		0.013	0.033
Alanine.....g	0.118		0		4		0.033	0.084
Aspartic acid.....g	0.232		0		4		0.066	0.165
Glutamic acid.....g	0.420		0		4		0.119	0.298
Glycine.....g	0.116		0		4		0.033	0.082
Proline.....g	0.170		0		4		0.048	0.121
Serine.....g	0.126		0		4		0.036	0.089
Hydroxyproline.....g								
<b>Others:</b>								
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0
Caffeine.....mg	0		0	FLC	4		0	0

NDB No. 18095

Cake, cherry fudge with chocolate frosting

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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 Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Code					
Theobromine.....mg	5		0	FLC	4	1		4	

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**Common Measures:**

Measure 1 = 28.35g: 1 oz

Measure 2 = 71g: 1 piece (1/8 cake)

**Calories Factors: Protein 3.9**

**Fat 8.8**

**Carbohydrate 3.8**

**Food Group:** 18 Baked Products

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

NDB No. 18096

Cake, chocolate, commercially prepared with chocolate frosting, in-store bakery

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
<b>Proximates:</b>									
Water.....g	22.04	1.214	6	A	1		30.42	365.89	14.11
Energy.....kcal	389		0	NC	4		537	6465	249
Energy.....kJ	1629		0	NC	4		2248	27041	1043
Protein (N x 5.9).....g	3.48	0.168	6	A	1		4.80	57.75	2.23
Total lipid (fat).....g	20.05	1.450	6	A	1		27.67	332.86	12.83
Ash.....g	1.58	0.053	6	A	1		2.18	26.28	1.01
Carbohydrate, by difference.....g	52.84		0	NC	4		72.92	877.21	33.82
Fiber, total dietary.....g	2.2	0.088	3	A	1		3.0	36.0	1.4
Sugars, total.....g	39.96	1.261	3	A	1		55.14	663.28	25.57
Sucrose.....g	37.12	2.884	3	A	1		51.23	616.25	23.76
Glucose (dextrose).....g	1.42	0.804	3	A	1		1.96	23.63	0.91
Fructose.....g	0.82	0.665	3	A	1		1.14	13.67	0.53
Lactose.....g	0.46	0.048	3	A	1		0.64	7.69	0.30
Maltose.....g	0.12	0.123	3	A	1		0.17	2.05	0.08
Galactose.....g	0.00	0.000	3	A	1		0.00	0.00	0.00
Starch.....g	7.45	0.743	6	A	1		10.28	123.67	4.77
<b>Minerals:</b>									
Calcium, Ca.....mg	30	1.801	6	A	1		42	502	19
Iron, Fe.....mg	3.04	0.153	6	A	1		4.20	50.46	1.95
Magnesium, Mg.....mg	31	1.287	6	A	1		43	516	20
Phosphorus, P.....mg	137	5.269	6	A	1		189	2271	88
Potassium, K.....mg	270	8.039	6	A	1		373	4485	173
Sodium, Na.....mg	348	19.243	6	A	1		480	5771	223
Zinc, Zn.....mg	0.58	0.030	6	A	1		0.81	9.69	0.37
Copper, Cu.....mg	0.216	0.012	6	A	1		0.298	3.586	0.138
Manganese, Mn.....mg	0.329	0.012	6	A	1		0.454	5.461	0.211
Selenium, Se.....µg	7.8	2.591	3	A	1		10.8	130.0	5.0
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.1		0	FLA	4		0.1	1.7	0.1
Thiamin.....mg	0.000	0.000	3	A	1		0.000	0.000	0.000
Riboflavin.....mg	0.057	0.012	3	A	1		0.078	0.941	0.036
Niacin.....mg	0.773	0.087	3	A	1		1.067	12.837	0.495
Pantothenic acid.....mg	0.190		2	A	1		0.262	3.154	0.122
Vitamin B-6.....mg	0.000	0.000	3	A	1		0.000	0.000	0.000
Folate, total.....µg	17		0	FLA	4		23	282	11
Folic acid.....µg	9		0	NC	4		12	149	6
Folate, food.....µg	8		0		4		11	133	5
Folate, DFE.....µg	23		0	NC	4		32	387	15
Choline, total.....mg	22.0		0	AS	1		30.3	364.4	14.0
Betaine.....mg	6.2		1	A	1		8.6	103.4	4.0
Vitamin B-12.....µg	0.00	0.000	3	A	1		0.00	0.00	0.00
Vitamin B-12, added.....µg	0.00		0	BFZN	4		0.00	0.00	0.00
Vitamin A, RAE.....µg	1		0	NC	4		1	11	0
Retinol.....µg	1		0	BFZN	4		1	11	0
Carotene, beta.....µg	0		0	BFZN	4		0	2	0
Carotene, alpha.....µg	0		0	BFZN	4		0	0	0
Cryptoxanthin, beta.....µg	0		0	BFZN	4		0	0	0
Vitamin A, IU.....IU	2		0	NC	4		3	41	2
Lycopene.....µg	0		0	BFZN	4		0	0	0
Lutein + zeaxanthin.....µg	3		0	BFZN	4		5	56	2
Vitamin E (alpha-tocopherol).....mg	4.33	0.445	3	A	1		5.98	71.94	2.77
Vitamin E, added.....mg	0.00		0	BFZN	4		0.00	0.00	0.00
Tocopherol, beta.....mg	0.14	0.025	3	A	1		0.20	2.41	0.09
Tocopherol, gamma.....mg	7.48	1.201	3	A	1		10.32	124.17	4.79
Tocopherol, delta.....mg	1.96	0.401	3	A	1		2.70	32.51	1.25
Tocotrienol, alpha.....mg	0.45	0.218	3	A	1		0.61	7.39	0.28
Tocotrienol, beta.....mg	0.05	0.025	3	A	1		0.07	0.81	0.03

Cake, chocolate, commercially prepared with chocolate frosting, in-store bakery

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	0.73	0.321	3	A	1	1.00	12.06	0.47	
Tocotrienol, delta.....mg	0.22	0.086	3	A	1	0.30	3.67	0.14	
Vitamin D (D2 + D3).....µg	0.0		0	BFZN	4	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	28.9	1.894	3	A	1	39.8	479.2	18.5	
Dihydrophyloquinone.....µg	8.7		2	A	1	12.0	144.4	5.6	
Menaquinone-4.....µg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	5.917		0	NC	4	8.166	98.224	3.787	
4:0.....g	0.013	0.008	6	A	1	0.018	0.219	0.008	
6:0.....g	0.011	0.006	6	A	1	0.016	0.188	0.007	
8:0.....g	0.021	0.013	6	A	1	0.029	0.354	0.014	
10:0.....g	0.034	0.016	6	A	1	0.048	0.573	0.022	
12:0.....g	0.197	0.168	6	A	1	0.272	3.270	0.126	
13:0.....g									
14:0.....g	0.170	0.059	6	A	1	0.235	2.825	0.109	
15:0.....g	0.011	0.004	6	A	1	0.015	0.185	0.007	
16:0.....g	3.501	0.684	6	A	1	4.832	58.125	2.241	
17:0.....g	0.023	0.002	6	A	1	0.032	0.382	0.015	
18:0.....g	1.801	0.199	6	A	1	2.486	29.905	1.153	
20:0.....g	0.069	0.005	6	A	1	0.096	1.151	0.044	
22:0.....g	0.044	0.004	6	A	1	0.060	0.728	0.028	
24:0.....g	0.019	0.001	6	A	1	0.026	0.315	0.012	
Fatty acids, total monounsaturated.....g	7.343		0	NC	4	10.134	121.902	4.700	
14:1.....g	0.004	0.003	6	A	1	0.006	0.072	0.003	
15:1.....g	0.000	0.000	6	A	1	0.000	0.000	0.000	
16:1 undifferentiated.....g	0.039	0.008	6	AS	1	0.054	0.645	0.025	
16:1 c.....g	0.036	0.007	6	A	1	0.050	0.606	0.023	
16:1 t.....g	0.002	0.001	6	A	1	0.003	0.039	0.001	
17:1.....g	0.009	0.001	6	A	1	0.012	0.149	0.006	
18:1 undifferentiated.....g	7.229	0.915	6	AS	1	9.976	119.996	4.626	
18:1 c.....g	6.100	0.679	6	A	1	8.418	101.265	3.904	
18:1 t.....g	1.128	0.368	6	A	1	1.557	18.730	0.722	
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.059	0.005	6	A	1	0.082	0.982	0.038	
22:1 undifferentiated.....g	0.004	0.001	6	AS	1	0.005	0.058	0.002	
22:1 c.....g	0.003	0.000	6	A	1	0.004	0.050	0.002	
22:1 t.....g	0.001	0.001	6	A	1	0.001	0.008	0.000	
24:1 c.....g	0.000	0.000	6	A	1	0.000	0.000	0.000	
Fatty acids, total polyunsaturated.....g	4.622		0	NC	4	6.378	76.722	2.958	
18:2 undifferentiated.....g	4.122	0.214	6	AS	1	5.689	68.428	2.638	
18:2 n-6 c,c.....g	3.918	0.228	6	A	1	5.407	65.044	2.508	
18:2 CLAs.....g	0.017	0.003	6	A	1	0.023	0.282	0.011	
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.187	0.052	6	A	1	0.258	3.101	0.120	
18:3 undifferentiated.....g	0.482	0.039	6	AS	1	0.665	8.001	0.308	
18:3 n-3 c,c,c (ALA).....g	0.454	0.037	6	A	1	0.627	7.545	0.291	
18:3 n-6 c,c,c.....g	0.027	0.003	6	A	1	0.038	0.456	0.018	
18:3i.....g									
18:4.....g	0.000	0.000	6	A	1	0.000	0.000	0.000	
20:2 n-6 c,c.....g	0.004	0.000	6	A	1	0.006	0.075	0.003	
20:3 undifferentiated.....g	0.003	0.001	6	AS	1	0.003	0.042	0.002	
20:3 n-3.....g	0.000	0.000	6	A	1	0.000	0.000	0.000	
20:3 n-6.....g	0.003	0.001	6	A	1	0.003	0.042	0.002	
20:4 undifferentiated.....g	0.010	0.001	6	A	1	0.014	0.171	0.007	
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.000	0.000	6	A	1	0.000	0.006	0.000	
21:5.....g									
22:4.....g	0.000	0.000	6	A	1	0.000	0.000	0.000	
22:5 n-3 (DPA).....g	0.000	0.000	6	A	1	0.000	0.000	0.000	

NDB No. 18096

Cake, chocolate, commercially prepared with chocolate frosting, in-store bakery

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
22:6 n-3 (DHA).....g	0.000	0.000	6	A	1	0.000	0.000	0.000	
Fatty acids, total trans.....g	1.318		0	NC	4	1.819	21.879	0.844	
Fatty acids, total trans-monoenoic.....g	1.131		0	NC	4	1.561	18.777	0.724	
Fatty acids, total trans-polyenoic.....g	0.187		0	NC	4	0.258	3.101	0.120	
Cholesterol.....mg	22	2.963	3	A	1	31	367	14	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.056		0		4	0.077	0.930	0.036	
Threonine.....g	0.166		0		4	0.229	2.756	0.106	
Isoleucine.....g	0.192		0		4	0.265	3.187	0.123	
Leucine.....g	0.310		0		4	0.428	5.146	0.198	
Lysine.....g	0.236		0		4	0.326	3.918	0.151	
Methionine.....g	0.085		0		4	0.117	1.411	0.054	
Cystine.....g	0.073		0		4	0.101	1.212	0.047	
Phenylalanine.....g	0.203		0		4	0.280	3.370	0.130	
Tyrosine.....g	0.155		0		4	0.214	2.573	0.099	
Valine.....g	0.236		0		4	0.326	3.918	0.151	
Arginine.....g	0.208		0		4	0.287	3.453	0.133	
Histidine.....g	0.088		0		4	0.121	1.461	0.056	
Alanine.....g	0.180		0		4	0.248	2.988	0.115	
Aspartic acid.....g	0.341		0		4	0.471	5.661	0.218	
Glutamic acid.....g	0.799		0		4	1.103	13.263	0.511	
Glycine.....g	0.145		0		4	0.200	2.407	0.093	
Proline.....g	0.268		0		4	0.370	4.449	0.172	
Serine.....g	0.235		0		4	0.324	3.901	0.150	
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	BFZN	4	0.0	0.0	0.0	
Caffeine.....mg	6		0	BFZN	4	9	106	4	
Theobromine.....mg	215		0	BFZN	4	297	3570	138	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 piece (1/12 of a cake)
- Measure 2 = 1660g: 1 cake
- Measure 3 = 64g: 1 piece (1/8 of 18 oz cake)

Calories Factors: Protein 3.5

Fat 8.8

Carbohydrate 3.8

Food Group: 18 Baked 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 of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Lipids:</b>									
Fatty acids, total saturated.....g	2.022		0	NC	4		0.573	10.456	
4:0.....g	0.000		0	FLA	4		0.000	0.000	
6:0.....g	0.000		0	FLA	4		0.000	0.000	
8:0.....g	0.000		0	FLA	4		0.000	0.000	
10:0.....g	0.000		0	FLA	4		0.000	0.000	
12:0.....g	0.000		0	FLA	4		0.000	0.000	
13:0.....g									
14:0.....g	0.012		0	FLA	4		0.003	0.060	
15:0.....g									
16:0.....g	1.187		0	FLA	4		0.336	6.136	
17:0.....g									
18:0.....g	0.824		0	FLA	4		0.234	4.260	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	2.803		0	NC	4		0.795	14.494	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.024		0	FLA	4		0.007	0.122	
17:1.....g									
18:1 undifferentiated.....g	2.780		0	FLA	4		0.788	14.372	
20:1.....g	0.000		0	FLA	4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.269		0	NC	4		0.643	11.731	
18:2 undifferentiated.....g	2.115		0	FLA	4		0.600	10.935	
18:3 undifferentiated.....g	0.154		0	FLA	4		0.044	0.796	
18:4.....g	0.000		0	FLA	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
20:5 n-3 (EPA).....g	0.000		0	FLA	4		0.000	0.000	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0		4		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0	FLA	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	FLA	4		0	0	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.066		0		4		0.019	0.341	
Threonine.....g	0.156		0		4		0.044	0.807	
Isoleucine.....g	0.188		0		4		0.053	0.972	
Leucine.....g	0.315		0		4		0.089	1.629	
Lysine.....g	0.208		0		4		0.059	1.075	
Methionine.....g	0.071		0		4		0.020	0.367	
Cystine.....g	0.077		0		4		0.022	0.398	
Phenylalanine.....g	0.218		0		4		0.062	1.127	
Tyrosine.....g	0.156		0		4		0.044	0.807	
Valine.....g	0.240		0		4		0.068	1.241	
Arginine.....g	0.204		0		4		0.058	1.055	
Histidine.....g	0.092		0		4		0.026	0.476	
Alanine.....g	0.167		0		4		0.047	0.863	
Aspartic acid.....g	0.303		0		4		0.086	1.567	
Glutamic acid.....g	1.151		0		4		0.326	5.951	
Glycine.....g	0.165		0		4		0.047	0.853	
Proline.....g	0.390		0		4		0.111	2.016	
Serine.....g	0.227		0		4		0.064	1.174	
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	6		0	FLA	4		2	31	

NDB No. 18097

Cake, chocolate, dry mix, pudding-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 of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Theobromine.....mg	207		0	FLA	4		59	1070	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 = 517g: 1 package (18.25 oz)

**Calories Factors: Protein 3.3**

**Fat 8.7**

**Carbohydrate 3.8**

**Food Group:** 18 Baked Products

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



NDB No. 18101

Cake, chocolate, prepared from recipe without frosting

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
<b>Proximates:</b>									
Water.....g	24.40		0		4		23.18	277.43	
Energy.....kcal	371		0	NC	4		352	4215	
Energy.....kJ	1551		0	NC	4		1473	17635	
Protein (N x 0).....g	5.30		0		4		5.04	60.26	
Total lipid (fat).....g	15.10		0		4		14.35	171.69	
Ash.....g	1.30		0		4		1.24	14.78	
Carbohydrate, by difference.....g	53.40		0		4		50.73	607.16	
Fiber, total dietary.....g	1.6		0		4		1.5	18.2	
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	60		0		4		57	682	
Iron, Fe.....mg	1.61		0		4		1.53	18.31	
Magnesium, Mg.....mg	32		0		4		30	364	
Phosphorus, P.....mg	106		0		4		101	1205	
Potassium, K.....mg	140		0		4		133	1592	
Sodium, Na.....mg	315		0		4		299	3582	
Zinc, Zn.....mg	0.69		0		4		0.66	7.85	
Copper, Cu.....mg	0.207		0		4		0.197	2.354	
Manganese, Mn.....mg	0.280		0		4		0.266	3.184	
Selenium, Se.....µg	11.9		0	RK	4		11.3	135.3	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.2		0		4		0.2	2.3	
Thiamin.....mg	0.141		0		4		0.134	1.603	
Riboflavin.....mg	0.213		0		4		0.202	2.422	
Niacin.....mg	1.137		0		4		1.080	12.928	
Pantothenic acid.....mg	0.304		0		4		0.289	3.456	
Vitamin B-6.....mg	0.041		0		4		0.039	0.466	
Folate, total.....µg	27		0	RK	4		26	307	
Folic acid.....µg	17		0	NC	4		16	193	
Folate, food.....µg	10		0		4		10	114	
Folate, DFE.....µg	39		0	NC	4		37	442	
Choline, total.....mg	128.4		0	AS	1		122.0	1459.6	
Betaine.....mg	47.7		1	A	1		45.3	542.1	
Vitamin B-12.....µg	0.16		0		4		0.15	1.82	
Vitamin A, RAE.....µg									
Retinol.....µg									
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	140		0		4		133	1592	
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									
<b>Lipids:</b>									



NDB No. 18101

Cake, chocolate, prepared from recipe without frosting

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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

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

**Common Measures:**

Measure 1 = 95g: 1 piece (1/12 of 9" dia)

Measure 2 = 1137g: 1 cake, 2-layer (8" or 9" dia)

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

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



NDB No. 18110

Cake, fruitcake, commercially prepared

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	measures of food				
					Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Lipids:</b>									
Fatty acids, total saturated.....g	1.048		0	FLA	4		0.297	0.451	
4:0.....g	0.000		0	FLA	4		0.000	0.000	
6:0.....g	0.000		0	FLA	4		0.000	0.000	
8:0.....g	0.000		0	FLA	4		0.000	0.000	
10:0.....g	0.000		0	FLA	4		0.000	0.000	
12:0.....g	0.000		0	FLA	4		0.000	0.000	
13:0.....g									
14:0.....g	0.020		0	FLA	4		0.006	0.009	
15:0.....g									
16:0.....g	0.743		0	FLA	4		0.211	0.319	
17:0.....g									
18:0.....g	0.267		0	FLA	4		0.076	0.115	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	4.200		0	FLA	4		1.191	1.806	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.044		0	FLA	4		0.012	0.019	
17:1.....g									
18:1 undifferentiated.....g	4.100		0	FLA	4		1.162	1.763	
20:1.....g	0.032		0	FLA	4		0.009	0.014	
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	3.323		0	FLA	4		0.942	1.429	
18:2 undifferentiated.....g	2.959		0	FLA	4		0.839	1.272	
18:3 undifferentiated.....g	0.336		0	FLA	4		0.095	0.144	
18:4.....g	0.000		0	FLA	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.003		0	FLA	4		0.001	0.001	
20:5 n-3 (EPA).....g	0.000		0	FLA	4		0.000	0.000	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	FLA	4		0.000	0.000	
22:6 n-3 (DHA).....g	0.001		0	FLA	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	5		1		1		1	2	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.042		0		1		0.012	0.018	
Threonine.....g	0.102		0		1		0.029	0.044	
Isoleucine.....g	0.121		0		1		0.034	0.052	
Leucine.....g	0.206		0		1		0.058	0.089	
Lysine.....g	0.121		0		1		0.034	0.052	
Methionine.....g	0.059		0		1		0.017	0.025	
Cystine.....g	0.062		0		1		0.018	0.027	
Phenylalanine.....g	0.140		0		1		0.040	0.060	
Tyrosine.....g	0.095		0		1		0.027	0.041	
Valine.....g	0.144		0		1		0.041	0.062	
Arginine.....g	0.262		0		1		0.074	0.113	
Histidine.....g	0.071		0		1		0.020	0.031	
Alanine.....g	0.125		0		1		0.035	0.054	
Aspartic acid.....g	0.270		0		1		0.077	0.116	
Glutamic acid.....g	0.639		0		1		0.181	0.275	
Glycine.....g	0.124		0		1		0.035	0.053	
Proline.....g	0.167		0		1		0.047	0.072	
Serine.....g	0.159		0		1		0.045	0.068	
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	FLA	4		0	0	

NDB No. 18110

Cake, fruitcake, commercially prepared

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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 Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Code					
Theobromine.....mg	0		0	FLA	4	0		0	

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Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 = 43g: 1 piece

**Calories Factors: Protein 3.8**

**Fat 8.6**

**Carbohydrate 3.8**

**Food Group:** 18 Baked Products

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



NDB No. 18114  
 Cake, gingerbread, dry mix

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Lipids:</b>									
Fatty acids, total saturated.....g	3.460		0		1		0.981	14.221	
4:0.....g	0.000		0	FLA	4		0.000	0.000	
6:0.....g	0.000		0	FLA	4		0.000	0.000	
8:0.....g	0.000		0	FLA	4		0.000	0.000	
10:0.....g	0.001		0	FLA	4		0.000	0.004	
12:0.....g	0.001		0	FLA	4		0.000	0.004	
13:0.....g									
14:0.....g	0.069		0	FLA	4		0.020	0.284	
15:0.....g									
16:0.....g	1.792		0	FLA	4		0.508	7.365	
17:0.....g									
18:0.....g	1.632		0	FLA	4		0.463	6.708	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	7.791		0		1		2.209	32.021	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0	FLA	4		0.000	0.004	
17:1.....g									
18:1 undifferentiated.....g	7.820		0	FLA	4		2.217	32.140	
20:1.....g	0.000		0	FLA	4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.804		0		1		0.511	7.414	
18:2 undifferentiated.....g	1.675		0	FLA	4		0.475	6.884	
18:3 undifferentiated.....g	0.091		0	FLA	4		0.026	0.374	
18:4.....g	0.000		0	FLA	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
20:5 n-3 (EPA).....g	0.000		0	FLA	4		0.000	0.000	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	FLA	4		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0	FLA	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		1		0	0	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.062		0		1		0.018	0.255	
Threonine.....g	0.138		0		1		0.039	0.567	
Isoleucine.....g	0.175		0		1		0.050	0.719	
Leucine.....g	0.309		0		1		0.088	1.270	
Lysine.....g	0.187		0		1		0.053	0.769	
Methionine.....g	0.068		0		1		0.019	0.279	
Cystine.....g	0.087		0		1		0.025	0.358	
Phenylalanine.....g	0.209		0		1		0.059	0.859	
Tyrosine.....g	0.134		0		1		0.038	0.551	
Valine.....g	0.196		0		1		0.056	0.806	
Arginine.....g	0.211		0		1		0.060	0.867	
Histidine.....g	0.096		0		1		0.027	0.395	
Alanine.....g	0.150		0		1		0.043	0.617	
Aspartic acid.....g	0.282		0		1		0.080	1.159	
Glutamic acid.....g	1.256		0		1		0.356	5.162	
Glycine.....g	0.161		0		1		0.046	0.662	
Proline.....g	0.415		0		1		0.118	1.706	
Serine.....g	0.233		0		1		0.066	0.958	
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	RA	4		0.0	0.0	
Caffeine.....mg	0		0	FLC	4		0	0	



NDB No. 18114  
 Cake, gingerbread, dry mix

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			
Theobromine.....mg	0		0	FLC	4	0	0

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

**Common Measures:**

Measure 1 = 28.35g: 1 oz

Measure 2 = 411g: 1 package (14.5 oz)

**Calories Factors: Protein 3.9**

**Fat 8.8**

**Carbohydrate 4**

**Food Group:** 18 Baked Products

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

NDB No. 18116

Cake, gingerbread, prepared from recipe

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
<b>Proximates:</b>									
Water.....g	28.00		0		1		7.94	20.72	
Energy.....kcal	356		0	NC	4		101	263	
Energy.....kJ	1490				4		422	1102	
Protein (N x 0).....g	3.90		0		1		1.11	2.89	
Total lipid (fat).....g	16.40		0		1		4.65	12.14	
Ash.....g	1.80		0		1		0.51	1.33	
Carbohydrate, by difference.....g	49.20		0	NC	4		13.95	36.41	
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	71		0		1		20	53	
Iron, Fe.....mg	2.88		0		1		0.82	2.13	
Magnesium, Mg.....mg	70		0		1		20	52	
Phosphorus, P.....mg	54		0		1		15	40	
Potassium, K.....mg	439		0		1		124	325	
Sodium, Na.....mg	327		0		1		93	242	
Zinc, Zn.....mg	0.39		0		1		0.11	0.29	
Copper, Cu.....mg	0.195		0		1		0.055	0.144	
Manganese, Mn.....mg	0.683		0		1		0.194	0.505	
Selenium, Se.....µg	16.3		0	RK	4		4.6	12.1	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.1		0		1		0.0	0.1	
Thiamin.....mg	0.190		0		1		0.054	0.141	
Riboflavin.....mg	0.162		0		1		0.046	0.120	
Niacin.....mg	1.738		0		1		0.493	1.286	
Pantothenic acid.....mg	0.375		0		1		0.106	0.278	
Vitamin B-6.....mg	0.190		0		1		0.054	0.141	
Folate, total.....µg	33		0	RK	4		9	24	
Folic acid.....µg	25		0	NC	4		7	19	
Folate, food.....µg	8		0		1		2	6	
Folate, DFE.....µg	51		0	NC	4		14	37	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.06		0		1		0.02	0.04	
Vitamin A, RAE.....µg	14		0	NC	4		4	11	
Retinol.....µg	14		0	NC	4		4	11	
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	48		0		1		14	36	
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									
<b>Lipids:</b>									

Cake, gingerbread, prepared from recipe

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			
Fatty acids, total saturated.....g	4.122		0		1	1.169	3.050
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	0.001		0		1	0.000	0.001
13:0.....g							
14:0.....g	0.064		0		1	0.018	0.047
15:0.....g							
16:0.....g	2.369		0		1	0.672	1.753
17:0.....g							
18:0.....g	1.684		0		1	0.477	1.246
20:0.....g							
22:0.....g							
24:0.....g							
Fatty acids, total monounsaturated.....g	7.124		0		1	2.020	5.272
14:1.....g							
15:1.....g							
16:1 undifferentiated.....g	0.022		0		1	0.006	0.016
17:1.....g							
18:1 undifferentiated.....g	7.099		0		1	2.013	5.253
20:1.....g	0.002		0		1	0.001	0.001
22:1 undifferentiated.....g	0.000		0		1	0.000	0.000
24:1 c.....g							
Fatty acids, total polyunsaturated.....g	4.216		0		1	1.195	3.120
18:2 undifferentiated.....g	3.948		0		1	1.119	2.922
18:3 undifferentiated.....g	0.254		0		1	0.072	0.188
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	0.011		0		1	0.003	0.008
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	0.003		0		1	0.001	0.002
Fatty acids, total trans.....g							
Cholesterol.....mg	32		0		1	9	24
Phytosterols.....mg							
<b>Amino Acids:</b>							
Tryptophan.....g	0.047		0		1	0.013	0.035
Threonine.....g	0.124		0		1	0.035	0.092
Isoleucine.....g	0.151		0		1	0.043	0.112
Leucine.....g	0.279		0		1	0.079	0.206
Lysine.....g	0.131		0		1	0.037	0.097
Methionine.....g	0.080		0		1	0.023	0.059
Cystine.....g	0.083		0		1	0.024	0.061
Phenylalanine.....g	0.195		0		1	0.055	0.144
Tyrosine.....g	0.125		0		1	0.035	0.093
Valine.....g	0.173		0		1	0.049	0.128
Arginine.....g	0.173		0		1	0.049	0.128
Histidine.....g	0.087		0		1	0.025	0.064
Alanine.....g	0.145		0		1	0.041	0.107
Aspartic acid.....g	0.217		0		1	0.062	0.161
Glutamic acid.....g	1.096		0		1	0.311	0.811
Glycine.....g	0.136		0		1	0.039	0.101
Proline.....g	0.372		0		1	0.105	0.275
Serine.....g	0.214		0		1	0.061	0.158
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. 18116**

**Cake, gingerbread, prepared from recipe**

**Common Measures:**

Measure 1 = 28.35g: 1 oz

Measure 2 = 74g: 1 piece (1/9 of 8" square)

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

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



NDB No. 18117

Cake, marble, dry mix, pudding-type

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Lipids:</b>									
Fatty acids, total saturated.....g	2.450		0	FLA	4		0.695	12.667	
4:0.....g	0.000		0	FLA	4		0.000	0.000	
6:0.....g	0.000		0	FLA	4		0.000	0.000	
8:0.....g	0.000		0	FLA	4		0.000	0.000	
10:0.....g	0.000		0	FLA	4		0.000	0.000	
12:0.....g	0.000		0	FLA	4		0.000	0.000	
13:0.....g									
14:0.....g	0.012		0	FLA	4		0.003	0.062	
15:0.....g									
16:0.....g	1.422		0	FLA	4		0.403	7.352	
17:0.....g									
18:0.....g	1.005		0	FLA	4		0.285	5.196	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	4.750		0	FLA	4		1.347	24.558	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.039		0	FLA	4		0.011	0.202	
17:1.....g									
18:1 undifferentiated.....g	4.701		0	FLA	4		1.333	24.304	
20:1.....g	0.000		0	FLA	4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	3.779		0	FLA	4		1.071	19.537	
18:2 undifferentiated.....g	3.513		0	FLA	4		0.996	18.162	
18:3 undifferentiated.....g	0.256		0	FLA	4		0.073	1.324	
18:4.....g	0.000		0	FLA	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
20:5 n-3 (EPA).....g	0.000		0	FLA	4		0.000	0.000	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	FLA	4		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0	FLA	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		1		0	0	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.049		0		1		0.014	0.253	
Threonine.....g	0.105		0		1		0.030	0.543	
Isoleucine.....g	0.127		0		1		0.036	0.657	
Leucine.....g	0.220		0		1		0.062	1.137	
Lysine.....g	0.133		0		1		0.038	0.688	
Methionine.....g	0.049		0		1		0.014	0.253	
Cystine.....g	0.062		0		1		0.018	0.321	
Phenylalanine.....g	0.158		0		1		0.045	0.817	
Tyrosine.....g	0.105		0		1		0.030	0.543	
Valine.....g	0.164		0		1		0.046	0.848	
Arginine.....g	0.147		0		1		0.042	0.760	
Histidine.....g	0.065		0		1		0.018	0.336	
Alanine.....g	0.118		0		1		0.033	0.610	
Aspartic acid.....g	0.201		0		1		0.057	1.039	
Glutamic acid.....g	0.909		0		1		0.258	4.700	
Glycine.....g	0.125		0		1		0.035	0.646	
Proline.....g	0.298		0		1		0.084	1.541	
Serine.....g	0.166		0		1		0.047	0.858	
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	7		0	FLA	4		2	37	

NDB No. 18117

Cake, marble, dry mix, pudding-type

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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 Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Code					
Theobromine.....mg	240		0	FLA	4	68	1242		

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Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 = 517g: 1 package (18.25 oz)

**Calories Factors: Protein 3.3**

**Fat 8.8**

**Carbohydrate 3.8**

**Food Group:** 18 Baked Products

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

NDB No. 18119

Cake, pineapple upside-down, prepared from recipe

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
<b>Proximates:</b>									
Water.....g	32.30		0		1		9.16	37.15	
Energy.....kcal	319		0	NC	4		90	367	
Energy.....kJ	1335				4		378	1535	
Protein (N x 0).....g	3.50		0		1		0.99	4.03	
Total lipid (fat).....g	12.10		0		1		3.43	13.92	
Ash.....g	1.70		0		1		0.48	1.96	
Carbohydrate, by difference.....g	50.50		0	NC	4		14.32	58.08	
Fiber, total dietary.....g	0.8		0		4		0.2	0.9	
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	120		0		1		34	138	
Iron, Fe.....mg	1.48		0		1		0.42	1.70	
Magnesium, Mg.....mg	13		0		1		4	15	
Phosphorus, P.....mg	82		0		1		23	94	
Potassium, K.....mg	112		0		1		32	129	
Sodium, Na.....mg	319		0		1		90	367	
Zinc, Zn.....mg	0.31		0		1		0.09	0.36	
Copper, Cu.....mg	0.087		0		1		0.025	0.100	
Manganese, Mn.....mg	0.350		0		1		0.099	0.403	
Selenium, Se.....µg	9.4		0	RK	4		2.7	10.8	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	1.2		0		1		0.3	1.4	
Thiamin.....mg	0.153		0		1		0.043	0.176	
Riboflavin.....mg	0.156		0		1		0.044	0.179	
Niacin.....mg	1.190		0		1		0.337	1.369	
Pantothenic acid.....mg	0.202		0		1		0.057	0.232	
Vitamin B-6.....mg	0.034		0		1		0.010	0.039	
Folate, total.....µg	26		0	RK	4		7	30	
Folic acid.....µg	19		0	NC	4		5	22	
Folate, food.....µg	7		0		1		2	8	
Folate, DFE.....µg	39		0	NC	4		11	45	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.08		0		1		0.02	0.09	
Vitamin A, RAE.....µg	62		0	NC	4		18	71	
Retinol.....µg	59		0	NC	4		17	68	
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	253		0		1		72	291	
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									
<b>Lipids:</b>									





NDB No. 18119

Cake, pineapple upside-down, prepared from recipe

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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	Measure 1	Measure 2	Measure 3
			of Data Points	Confidence Code			

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Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 = 115g: 1 piece (1/9 of 8" square)

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

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

NDB No. 18957

Cake, pound, BIMBO Bakeries USA, Panque Casero, home baked style

Latino food

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
<b>Proximates:</b>									
Water.....g	21.29		1	A	1		8.30	66.21	
Energy.....kcal	418		0	NC	4		163	1299	
Energy.....kJ	1747		0	NC	4		681	5433	
Protein (N x 6.25).....g	6.62		1	A	1		2.58	20.60	
Total lipid (fat).....g	21.70		1	A	1		8.46	67.49	
Ash.....g	1.45		1	A	1		0.57	4.51	
Carbohydrate, by difference.....g	48.94		0	NC	4		19.08	152.19	
Fiber, total dietary.....g	1.0		1	A	1		0.4	3.1	
Sugars, total.....g	28.77		1	A	1		11.22	89.49	
Sucrose.....g	26.50		1	A	1		10.34	82.42	
Glucose (dextrose).....g	1.18		1	A	1		0.46	3.67	
Fructose.....g	1.02		1	A	1		0.40	3.17	
Lactose.....g	0.00		1	A	1		0.00	0.00	
Maltose.....g	0.07		1	A	1		0.03	0.23	
Galactose.....g	0.00		1	A	1		0.00	0.00	
Starch.....g	19.60		1	A	1		7.64	60.96	
<b>Minerals:</b>									
Calcium, Ca.....mg	52		1	A	1		20	162	
Iron, Fe.....mg	1.51		1	A	1		0.59	4.69	
Magnesium, Mg.....mg	13		1	A	1		5	41	
Phosphorus, P.....mg	119		1	A	1		46	370	
Potassium, K.....mg	101		1	A	1		39	314	
Sodium, Na.....mg	357		1	A	1		139	1110	
Zinc, Zn.....mg	0.59		1	A	1		0.23	1.83	
Copper, Cu.....mg	0.056		1	A	1		0.022	0.174	
Manganese, Mn.....mg	0.193		1	A	1		0.075	0.600	
Selenium, Se.....µg	17.0		1	A	1		6.6	52.9	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg									
Thiamin.....mg	0.080		1	A	1		0.031	0.248	
Riboflavin.....mg	0.150		1	A	1		0.059	0.467	
Niacin.....mg	0.620		1	A	1		0.242	1.928	
Pantothenic acid.....mg									
Vitamin B-6.....mg	0.030		1	A	1		0.012	0.093	
Folate, total.....µg									
Folate, DFE.....µg									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg									
Vitamin A, RAE.....µg									
Vitamin A, IU.....IU									
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									

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

NDB No. 18957

Cake, pound, BIMBO Bakeries USA, Panque Casero, home baked style

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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	Measure 1	Measure 2	Measure 3
			of Data Points	Confidence Code			

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

**Common Measures:**

Measure 1 = 39g: 1 slice

Measure 2 = 311g: 1 loaf

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

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

NDB No. 18120

Cake, pound, commercially prepared, butter (includes fresh and frozen)

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
<b>Proximates:</b>									
Water.....g	25.87	0.313	9	A	1		15.78	12.68	
Energy.....kcal	353		0	NC	4		215	173	
Energy.....kJ	1477		0	NC	4		901	724	
Protein (N x 6).....g	5.00	0.099	9	A	1		3.05	2.45	
Total lipid (fat).....g	13.96	1.368	9	A	1		8.52	6.84	
Ash.....g	1.53	0.145	9	A	1		0.93	0.75	
Carbohydrate, by difference.....g	53.64		0	NC	4		32.72	26.28	
Fiber, total dietary.....g	0.6	0.167	6	A	1		0.4	0.3	
Sugars, total.....g	33.36	0.579	6	A	1		20.35	16.35	
Sucrose.....g	30.68	0.649	6	A	1		18.71	15.03	
Glucose (dextrose).....g	0.75	0.141	6	A	1		0.46	0.37	
Fructose.....g	0.33	0.027	6	A	1		0.20	0.16	
Lactose.....g	1.27	0.032	6	A	1		0.78	0.62	
Maltose.....g	0.33	0.103	6	A	1		0.20	0.16	
Galactose.....g	0.00	0.000	6	A	1		0.00	0.00	
Starch.....g	17.36	0.449	6	A	1		10.59	8.51	
<b>Minerals:</b>									
Calcium, Ca.....mg	47	5.610	9	A	1		28	23	
Iron, Fe.....mg	1.48	0.045	9	A	1		0.91	0.73	
Magnesium, Mg.....mg	8	0.267	9	A	1		5	4	
Phosphorus, P.....mg	140	9.588	9	A	1		85	68	
Potassium, K.....mg	149	19.956	9	A	1		91	73	
Sodium, Na.....mg	377	29.358	9	A	1		230	185	
Zinc, Zn.....mg	0.43	0.011	9	A	1		0.26	0.21	
Copper, Cu.....mg	0.042	0.002	9	A	1		0.026	0.021	
Manganese, Mn.....mg	0.110	0.002	9	A	1		0.067	0.054	
Selenium, Se.....µg	5.0	0.349	6	A	1		3.0	2.4	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0	FLC	4		0.0	0.0	
Thiamin.....mg	0.173	0.008	6	A	1		0.105	0.085	
Riboflavin.....mg	0.249	0.005	6	A	1		0.152	0.122	
Niacin.....mg	1.615	0.052	6	A	1		0.985	0.792	
Pantothenic acid.....mg	0.485	0.007	3	A	1		0.296	0.238	
Vitamin B-6.....mg	0.036	0.003	6	A	1		0.022	0.018	
Folate, total.....µg	42	3.117	6	A	1		26	21	
Folic acid.....µg	14		0	FLC	4		9	7	
Folate, food.....µg	28		0	NC	4		17	14	
Folate, DFE.....µg	52		0	NC	4		32	26	
Choline, total.....mg	65.6		0	AS	1		40.0	32.2	
Betaine.....mg	10.1		2	A	1		6.1	4.9	
Vitamin B-12.....µg	0.36		0	FLC	4		0.22	0.18	
Vitamin B-12, added.....µg	0.00		0	FLC	4		0.00	0.00	
Vitamin A, RAE.....µg	70		0	NC	4		42	34	
Retinol.....µg	69		2	A	1		42	34	
Carotene, beta.....µg	5		0	FLC	4		3	2	
Carotene, alpha.....µg	0		0	FLC	4		0	0	
Cryptoxanthin, beta.....µg	4		0	FLC	4		2	2	
Vitamin A, IU.....IU	241		0	NC	4		147	118	
Lycopene.....µg	0		0	FLC	4		0	0	
Lutein + zeaxanthin.....µg	203		0	FLC	4		124	99	
Vitamin E (alpha-tocopherol).....mg	0.65	0.032	6	A	1		0.39	0.32	
Vitamin E, added.....mg	0.00		0	FLC	4		0.00	0.00	
Tocopherol, beta.....mg	0.04	0.003	6	A	1		0.02	0.02	
Tocopherol, gamma.....mg	2.82	0.195	6	A	1		1.72	1.38	
Tocopherol, delta.....mg	0.97	0.060	6	A	1		0.59	0.48	
Tocotrienol, alpha.....mg	0.00	0.000	6	A	1		0.00	0.00	
Tocotrienol, beta.....mg	0.00	0.000	6	A	1		0.00	0.00	

Cake, pound, commercially prepared, butter (includes fresh and frozen)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	0.00	0.000	6	A	1		0.00	0.00	
Tocotrienol, delta.....mg	0.32	0.318	6	A	1		0.19	0.16	
Vitamin D (D2 + D3).....µg	0.8		0	FLC	4		0.5	0.4	
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	34		0	FLC	4		21	17	
Vitamin K (phylloquinone).....µg	1.7		0	FLC	4		1.0	0.8	
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	4.811		0	NC	4		2.935	2.357	
4:0.....g	0.115	0.015	6	A	1		0.070	0.056	
6:0.....g	0.090	0.003	6	A	1		0.055	0.044	
8:0.....g	0.054	0.001	6	A	1		0.033	0.027	
10:0.....g	0.156	0.002	6	A	1		0.095	0.076	
12:0.....g	0.163	0.003	6	A	1		0.099	0.080	
13:0.....g									
14:0.....g	0.538	0.013	6	A	1		0.328	0.263	
15:0.....g	0.059	0.002	6	A	1		0.036	0.029	
16:0.....g	2.418	0.023	6	A	1		1.475	1.185	
17:0.....g	0.039	0.002	6	A	1		0.024	0.019	
18:0.....g	1.130	0.015	6	A	1		0.690	0.554	
20:0.....g	0.024	0.001	6	A	1		0.015	0.012	
22:0.....g	0.018	0.001	6	A	1		0.011	0.009	
24:0.....g	0.008	0.000	6	A	1		0.005	0.004	
Fatty acids, total monounsaturated.....g	3.020		0	NC	4		1.842	1.480	
14:1.....g	0.055	0.001	6	A	1		0.033	0.027	
15:1.....g	0.000	0.000	6	A	1		0.000	0.000	
16:1 undifferentiated.....g	0.117	0.004	6	AS	1		0.071	0.057	
16:1 c.....g	0.101	0.002	6	A	1		0.061	0.049	
16:1 t.....g	0.016	0.001	6	A	1		0.010	0.008	
17:1.....g	0.015	0.000	6	A	1		0.009	0.007	
18:1 undifferentiated.....g	2.810	0.034	6	AS	1		1.714	1.377	
18:1 c.....g	2.680	0.034	6	A	1		1.635	1.313	
18:1 t.....g	0.131	0.006	6	A	1		0.080	0.064	
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.023	0.001	6	A	1		0.014	0.011	
22:1 undifferentiated.....g	0.000	0.000	6	AS	1		0.000	0.000	
22:1 c.....g	0.000	0.000	6	A	1		0.000	0.000	
22:1 t.....g	0.000	0.000	6	A	1		0.000	0.000	
24:1 c.....g	0.000	0.000	6	A	1		0.000	0.000	
Fatty acids, total polyunsaturated.....g	3.419		0	NC	4		2.086	1.675	
18:2 undifferentiated.....g	2.972	0.118	6	AS	1		1.813	1.456	
18:2 n-6 c,c.....g	2.895	0.120	6	A	1		1.766	1.419	
18:2 CLAs.....g	0.032	0.002	6	A	1		0.020	0.016	
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.045	0.001	6	A	1		0.027	0.022	
18:3 undifferentiated.....g	0.388	0.020	6	AS	1		0.237	0.190	
18:3 n-3 c,c,c (ALA).....g	0.372	0.022	6	A	1		0.227	0.182	
18:3 n-6 c,c,c.....g	0.015	0.003	6	A	1		0.009	0.008	
18:3i.....g	0.000	0.000	6	A	1		0.000	0.000	
18:4.....g	0.000	0.000	6	A	1		0.000	0.000	
20:2 n-6 c,c.....g	0.004	0.000	6	A	1		0.003	0.002	
20:3 undifferentiated.....g	0.008	0.001	6	AS	1		0.005	0.004	
20:3 n-3.....g	0.000	0.000	6	A	1		0.000	0.000	
20:3 n-6.....g	0.008	0.001	6	A	1		0.005	0.004	
20:4 undifferentiated.....g	0.031	0.001	6	A	1		0.019	0.015	
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.001	0.000	6	A	1		0.001	0.000	
21:5.....g									
22:4.....g	0.003	0.001	6	A	1		0.002	0.001	
22:5 n-3 (DPA).....g	0.005	0.000	6	A	1		0.003	0.002	

NDB No. 18120

Cake, pound, commercially prepared, butter (includes fresh and frozen)

Nutrients and 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	Measure 2	Measure 3
			Points	Deriv Code	Code					
22:6 n-3 (DHA).....g	0.007	0.000	6	A	1		0.004	0.003		
Fatty acids, total trans.....g	0.192		0	NC	4		0.117	0.094		
Fatty acids, total trans-monoenoic.....g	0.147		0	NC	4		0.090	0.072		
Fatty acids, total trans-polyenoic.....g	0.045		0	NC	4		0.027	0.022		
Cholesterol.....mg	66	2.820	6	A	1		40	32		
Phytosterols.....mg										
<b>Amino Acids:</b>										
Tryptophan.....g	0.041		0	A	1		0.025	0.020		
Threonine.....g	0.153		0	A	1		0.093	0.075		
Isoleucine.....g	0.204		0	A	1		0.124	0.100		
Leucine.....g	0.397		0	A	1		0.242	0.195		
Lysine.....g	0.198		0	A	1		0.121	0.097		
Methionine.....g	0.117		0	A	1		0.071	0.057		
Cystine.....g	0.137		0	A	1		0.084	0.067		
Phenylalanine.....g	0.239		0	A	1		0.146	0.117		
Tyrosine.....g	0.112		0	A	1		0.068	0.055		
Valine.....g	0.249		0	A	1		0.152	0.122		
Arginine.....g	0.229		0	A	1		0.140	0.112		
Histidine.....g	0.117		0	A	1		0.071	0.057		
Alanine.....g	0.188		0	A	1		0.115	0.092		
Aspartic acid.....g	0.346		0	A	1		0.211	0.170		
Glutamic acid.....g	1.119		0	A	1		0.683	0.549		
Glycine.....g	0.163		0	A	1		0.099	0.080		
Proline.....g	0.504		0	A	1		0.307	0.247		
Serine.....g	0.295		0	A	1		0.180	0.145		
Hydroxyproline.....g	0.000		2	A	1		0.000	0.000		
<b>Others:</b>										
Alcohol, ethyl.....g	0.0		0	FLC	4		0.0	0.0		
Caffeine.....mg	0		0	FLC	4		0	0		
Theobromine.....mg	0		0	FLC	4		0	0		

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

**Common Measures:**

Measure 1 = 61g: .167 loaf 1/6 of the loaf

Measure 2 = 49g: 1 piece individually wrapped cake

Calories Factors: Protein 4.2

Fat 8.8

Carbohydrate 3.9

Food Group: 18 Baked Products

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





NDB No. 18451

Cake, pound, commercially prepared, fat-free

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
<b>Lipids:</b>								
Fatty acids, total saturated.....g	0.259		0		1		0.073	0.881
4:0.....g	0.006		0		1		0.002	0.020
6:0.....g	0.004		0		1		0.001	0.014
8:0.....g	0.002		0		1		0.001	0.007
10:0.....g	0.005		0		1		0.001	0.017
12:0.....g	0.006		0		1		0.002	0.020
13:0.....g								
14:0.....g	0.020		0		1		0.006	0.068
15:0.....g								
16:0.....g	0.180		0		1		0.051	0.612
17:0.....g								
18:0.....g	0.029		0		1		0.008	0.099
20:0.....g								
22:0.....g								
24:0.....g								
Fatty acids, total monounsaturated.....g	0.166		0		1		0.047	0.564
14:1.....g								
15:1.....g								
16:1 undifferentiated.....g	0.007		0		1		0.002	0.024
17:1.....g								
18:1 undifferentiated.....g	0.159		0		1		0.045	0.541
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	0.424		0		1		0.120	1.442
18:2 undifferentiated.....g	0.398		0		1		0.113	1.353
18:3 undifferentiated.....g	0.026		0		1		0.007	0.088
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		1		0	0
Phytosterols.....mg								
<b>Amino Acids:</b>								
Tryptophan.....g	0.070		0		1		0.020	0.238
Threonine.....g	0.214		0		1		0.061	0.728
Isoleucine.....g	0.275		0		1		0.078	0.935
Leucine.....g	0.434		0		1		0.123	1.476
Lysine.....g	0.318		0		1		0.090	1.081
Methionine.....g	0.149		0		1		0.042	0.507
Cystine.....g	0.122		0		1		0.035	0.415
Phenylalanine.....g	0.288		0		1		0.082	0.979
Tyrosine.....g	0.197		0		1		0.056	0.670
Valine.....g	0.312		0		1		0.088	1.061
Arginine.....g	0.256		0		1		0.073	0.870
Histidine.....g	0.120		0		1		0.034	0.408
Alanine.....g	0.251		0		1		0.071	0.853
Aspartic acid.....g	0.434		0		1		0.123	1.476
Glutamic acid.....g	1.069		0		1		0.303	3.635
Glycine.....g	0.178		0		1		0.050	0.605
Proline.....g	0.358		0		1		0.101	1.217
Serine.....g	0.333		0		1		0.094	1.132
Hydroxyproline.....g								
<b>Others:</b>								
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0
Caffeine.....mg	0		0	FLA	4		0	0

NDB No. 18451

Cake, pound, commercially prepared, fat-free

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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
Theobromine.....mg	0		0	FLA	4		0	0	

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Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 = 340g: 1 cake

**Calories Factors: Protein 4.2**

**Fat 8.4**

**Carbohydrate 4.1**

**Food Group: 18 Baked Products**

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

NDB No. 18121

Cake, pound, commercially prepared, other than all butter, enriched

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
<b>Proximates:</b>									
Water.....g	23.10	0.847	13		1		6.93	6.47	16.40
Energy.....kcal	389		0	NC	4		117	109	276
Energy.....kJ	1628				4		488	456	1156
Protein (N x 6).....g	5.20	0.092	13		1		1.56	1.46	3.69
Total lipid (fat).....g	17.90	1.056	14		1		5.37	5.01	12.71
Ash.....g	1.40	0.110	12		1		0.42	0.39	0.99
Carbohydrate, by difference.....g	52.50		0	NC	4		15.75	14.70	37.28
Fiber, total dietary.....g	1.0		0		1		0.3	0.3	0.7
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	64	13.497	7		1		19	18	45
Iron, Fe.....mg	1.62	0.131	6		1		0.49	0.45	1.15
Magnesium, Mg.....mg	13	2.468	5		1		4	4	9
Phosphorus, P.....mg	134	10.038	6		1		40	38	95
Potassium, K.....mg	106	25.375	4		1		32	30	75
Sodium, Na.....mg	400	41.062	11		1		120	112	284
Zinc, Zn.....mg	0.39	0.024	4		1		0.12	0.11	0.28
Copper, Cu.....mg	0.054	0.012	4		1		0.016	0.015	0.038
Manganese, Mn.....mg	0.088	0.011	4		1		0.026	0.025	0.062
Selenium, Se.....µg	6.8		0	FLA	4		2.0	1.9	4.8
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.1		0	FLA	4		0.0	0.0	0.1
Thiamin.....mg	0.143	0.027	4		1		0.043	0.040	0.102
Riboflavin.....mg	0.260	0.010	4		1		0.078	0.073	0.185
Niacin.....mg	1.349	0.151	4		1		0.405	0.378	0.958
Pantothenic acid.....mg	0.285	0.053	3		1		0.086	0.080	0.202
Vitamin B-6.....mg	0.023		1		1		0.007	0.006	0.016
Folate, total.....µg	36		0	FLA	4		11	10	26
Folic acid.....µg	27		0	NC	4		8	8	19
Folate, food.....µg	9		0		4		3	3	6
Folate, DFE.....µg	55		0	NC	4		16	15	39
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.14		1		1		0.04	0.04	0.10
Vitamin A, RAE.....µg	35		0	NC	4		11	10	25
Retinol.....µg	35		0	NC	4		11	10	25
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	118		0	FLA	4		35	33	84
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									
<b>Lipids:</b>									



NDB No. 18121

Cake, pound, commercially prepared, other than all butter, enriched

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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			

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

**Common Measures:**

Measure 1 = 30g: 1 piece (1/10 of 10.6 oz cake)

Measure 2 = 28g: 1 piece (1/12 of 12 oz cake)

Measure 3 = 71g: 1 snack cake (2.5 oz)

**Calories Factors: Protein 4.2**

**Fat 8.8**

**Carbohydrate4**

**Food Group: 18 Baked Products**

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

NDB No. 18418

Cake, pound, commercially prepared, other than all butter, unenriched

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
<b>Proximates:</b>									
Water.....g	23.10	0.847	13		1		6.93	6.47	16.40
Energy.....kcal	389		0	NC	4		117	109	276
Energy.....kJ	1628				4		488	456	1156
Protein (N x 6).....g	5.20	0.092	13		1		1.56	1.46	3.69
Total lipid (fat).....g	17.90	1.056	14		1		5.37	5.01	12.71
Ash.....g	1.40	0.110	12		1		0.42	0.39	0.99
Carbohydrate, by difference.....g	52.50		0		4		15.75	14.70	37.28
Fiber, total dietary.....g	1.0		0		4		0.3	0.3	0.7
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	64	13.497	7		1		19	18	45
Iron, Fe.....mg	0.60		0	BFZN	4		0.18	0.17	0.43
Magnesium, Mg.....mg	13	2.468	5		1		4	4	9
Phosphorus, P.....mg	134	10.038	6		1		40	38	95
Potassium, K.....mg	106	25.375	4		1		32	30	75
Sodium, Na.....mg	400	41.062	11		1		120	112	284
Zinc, Zn.....mg	0.39	0.024	4		1		0.12	0.11	0.28
Copper, Cu.....mg	0.054	0.012	4		1		0.016	0.015	0.038
Manganese, Mn.....mg	0.088	0.011	4		1		0.026	0.025	0.062
Selenium, Se.....µg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.1		0		4		0.0	0.0	0.1
Thiamin.....mg	0.024		0		4		0.007	0.007	0.017
Riboflavin.....mg	0.124		0		4		0.037	0.035	0.088
Niacin.....mg	0.342		0		4		0.103	0.096	0.243
Pantothenic acid.....mg	0.285	0.053	3		1		0.086	0.080	0.202
Vitamin B-6.....mg	0.023		1		1		0.007	0.006	0.016
Folate, total.....µg	9		0		4		3	3	6
Folic acid.....µg	0		0	Z	7		0	0	0
Folate, food.....µg	9		0		4		3	3	6
Folate, DFE.....µg	9		0	NC	4		3	3	6
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.14		1		1		0.04	0.04	0.10
Vitamin A, RAE.....µg	35		0	NC	4		11	10	25
Retinol.....µg	35		0	NC	4		11	10	25
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	118		0	BFZN	4		35	33	84
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									
<b>Lipids:</b>									

Cake, pound, commercially prepared, other than all butter, unenriched

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion 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	4.647		0	BFZN	4		1.394	1.301	3.299
4:0.....g	0.001		0		4		0.000	0.000	0.001
6:0.....g	0.000		0		4		0.000	0.000	0.000
8:0.....g	0.001		0		4		0.000	0.000	0.001
10:0.....g	0.001		0		4		0.000	0.000	0.001
12:0.....g	0.001		0		4		0.000	0.000	0.001
13:0.....g									
14:0.....g	0.087		0	BFZN	4		0.026	0.024	0.062
15:0.....g									
16:0.....g	2.478		0	BFZN	4		0.743	0.694	1.759
17:0.....g									
18:0.....g	2.069		0	BFZN	4		0.621	0.579	1.469
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	9.935		0	BFZN	4		2.981	2.782	7.054
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.049		0	BFZN	4		0.015	0.014	0.035
17:1.....g									
18:1 undifferentiated.....g	9.880		0	BFZN	4		2.964	2.766	7.015
20:1.....g	0.004		0		4		0.001	0.001	0.003
22:1 undifferentiated.....g	0.000		0	BFZN	4		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.251		0	BFZN	4		0.675	0.630	1.598
18:2 undifferentiated.....g	2.114		0	BFZN	4		0.634	0.592	1.501
18:3 undifferentiated.....g	0.108		0	BFZN	4		0.032	0.030	0.077
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.023		0	BFZN	4		0.007	0.006	0.016
20:5 n-3 (EPA).....g	0.001		0		4		0.000	0.000	0.001
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g									
22:6 n-3 (DHA).....g	0.006		0		4		0.002	0.002	0.004
Fatty acids, total trans.....g									
Cholesterol.....mg	58	25.910	6		1		17	16	41
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.069		0		4		0.021	0.019	0.049
Threonine.....g	0.196		0		4		0.059	0.055	0.139
Isoleucine.....g	0.244		0		4		0.073	0.068	0.173
Leucine.....g	0.403		0		4		0.121	0.113	0.286
Lysine.....g	0.283		0		4		0.085	0.079	0.201
Methionine.....g	0.125		0		4		0.038	0.035	0.089
Cystine.....g	0.111		0		4		0.033	0.031	0.079
Phenylalanine.....g	0.259		0		4		0.078	0.073	0.184
Tyrosine.....g	0.184		0		4		0.055	0.052	0.131
Valine.....g	0.276		0		4		0.083	0.077	0.196
Arginine.....g	0.247		0		4		0.074	0.069	0.175
Histidine.....g	0.115		0		4		0.035	0.032	0.082
Alanine.....g	0.216		0		4		0.065	0.060	0.153
Aspartic acid.....g	0.367		0		4		0.110	0.103	0.261
Glutamic acid.....g	1.194		0		4		0.358	0.334	0.848
Glycine.....g	0.170		0		4		0.051	0.048	0.121
Proline.....g	0.402		0		4		0.121	0.113	0.285
Serine.....g	0.323		0		4		0.097	0.090	0.229
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. 18418**

**Cake, pound, commercially prepared, other than all butter, unenriched**

**Common Measures:**

Measure 1 = 30g: 1 piece (1/10 of 10.6 oz cake)

Measure 2 = 28g: 1 piece (1/12 of 12 oz cake)

Measure 3 = 71g: 1 snack cake (2.5 oz)

**Calories Factors: Protein 4.2**

**Fat 8.8**

**Carbohydrate4**

**Food Group: 18 Baked Products**

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



NDB No. 18126

Cake, shortcake, biscuit-type, prepared from recipe

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
<b>Proximates:</b>									
Water.....g	28.40		0		1		8.05		
Energy.....kcal	346		0	NC	4		98		
Energy.....kJ	1448				4		410		
Protein.....g	6.10		0		1		1.73		
Total lipid (fat).....g	14.20		0		1		4.03		
Ash.....g	2.80		0		1		0.79		
Carbohydrate, by difference.....g	48.50		0	NC	4		13.75		
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	205		0		1		58		
Iron, Fe.....mg	2.54		0		1		0.72		
Magnesium, Mg.....mg	16		0		1		5		
Phosphorus, P.....mg	143		0		1		41		
Potassium, K.....mg	106		0		1		30		
Sodium, Na.....mg	506		0		1		143		
Zinc, Zn.....mg	0.48		0		1		0.14		
Copper, Cu.....mg	0.076		0		1		0.022		
Manganese, Mn.....mg	0.330		0		1		0.094		
Selenium, Se.....µg	17.0		0	RA	4		4.8		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.2		0		1		0.1		
Thiamin.....mg	0.311		0		1		0.088		
Riboflavin.....mg	0.272		0		1		0.077		
Niacin.....mg	2.573		0		1		0.729		
Pantothenic acid.....mg	0.248		0		1		0.070		
Vitamin B-6.....mg	0.030		0		1		0.009		
Folate, total.....µg	53		0	RA	4		15		
Folic acid.....µg	43		0	NC	4		12		
Folate, food.....µg	10		0		1		3		
Folate, DFE.....µg	83		0	NC	4		24		
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.07		0		1		0.02		
Vitamin A, RAE.....µg	18		0	NC	4		5		
Retinol.....µg	17		0	NC	4		5		
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	72		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									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									

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			
Fatty acids, total saturated.....g	3.772		0		1	1.069	
4:0.....g	0.022		0		1	0.006	
6:0.....g	0.013		0		1	0.004	
8:0.....g	0.008		0		1	0.002	
10:0.....g	0.017		0		1	0.005	
12:0.....g	0.020		0		1	0.006	
13:0.....g							
14:0.....g	0.122		0		1	0.035	
15:0.....g							
16:0.....g	2.095		0		1	0.594	
17:0.....g							
18:0.....g	1.472		0		1	0.417	
20:0.....g							
22:0.....g							
24:0.....g							
Fatty acids, total monounsaturated.....g	6.045		0		1	1.714	
14:1.....g							
15:1.....g							
16:1 undifferentiated.....g	0.016		0		1	0.005	
17:1.....g							
18:1 undifferentiated.....g	6.028		0		1	1.709	
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	3.632		0		1	1.030	
18:2 undifferentiated.....g	3.402		0		1	0.964	
18:3 undifferentiated.....g	0.230		0		1	0.065	
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	3		0		1	1	
Phytosterols.....mg							
<b>Amino Acids:</b>							
Tryptophan.....g	0.076		0		1	0.022	
Threonine.....g	0.184		0		1	0.052	
Isoleucine.....g	0.238		0		1	0.067	
Leucine.....g	0.449		0		1	0.127	
Lysine.....g	0.197		0		1	0.056	
Methionine.....g	0.115		0		1	0.033	
Cystine.....g	0.115		0		1	0.033	
Phenylalanine.....g	0.302		0		1	0.086	
Tyrosine.....g	0.203		0		1	0.058	
Valine.....g	0.273		0		1	0.077	
Arginine.....g	0.240		0		1	0.068	
Histidine.....g	0.140		0		1	0.040	
Alanine.....g	0.197		0		1	0.056	
Aspartic acid.....g	0.292		0		1	0.083	
Glutamic acid.....g	1.897		0		1	0.538	
Glycine.....g	0.201		0		1	0.057	
Proline.....g	0.681		0		1	0.193	
Serine.....g	0.307		0		1	0.087	
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. 18126**

**Cake, shortcake, biscuit-type, prepared from recipe**

**Common Measures:**

Measure 1 = 28.35g: 1 oz

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

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

NDB No. 18127

Cake, snack cakes, creme-filled, chocolate with frosting

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
<b>Proximates:</b>									
Water.....g	18.57		2	A	1		5.26	9.28	
Energy.....kcal	399		0	NC	4		113	200	
Energy.....kJ	1670		0	NC	4		473	835	
Protein.....g	3.63		2	A	1		1.03	1.81	
Total lipid (fat).....g	15.93		2	A	1		4.52	7.96	
Ash.....g	1.56		2	A	1		0.44	0.78	
Carbohydrate, by difference.....g	60.31		0	NC	4		17.10	30.15	
Fiber, total dietary.....g	3.2		2	A	1		0.9	1.6	
Sugars, total.....g	37.76		2	A	1		10.71	18.88	
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	116		2	A	1		33	58	
Iron, Fe.....mg	3.60		2	A	1		1.02	1.80	
Magnesium, Mg.....mg	36		2	A	1		10	18	
Phosphorus, P.....mg	87		2	A	1		25	43	
Potassium, K.....mg	176		2	A	1		50	88	
Sodium, Na.....mg	332		0	LC	8		94	166	
Zinc, Zn.....mg	1.04		2	A	1		0.30	0.52	
Copper, Cu.....mg	0.305		2	A	1		0.086	0.152	
Manganese, Mn.....mg	0.485		2	A	1		0.137	0.243	
Selenium, Se.....µg	3.4		2	A	1		1.0	1.7	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	1.9		2	A	1		0.6	1.0	
Thiamin.....mg	0.037		2	A	1		0.011	0.019	
Riboflavin.....mg	0.075		2	A	1		0.021	0.037	
Niacin.....mg	0.925		2	A	1		0.262	0.462	
Pantothenic acid.....mg	0.083		2	A	1		0.024	0.042	
Vitamin B-6.....mg	0.143		2	A	1		0.040	0.071	
Folate, total.....µg	26		2	A	1		7	13	
Folic acid.....µg	13		2	A	1		4	7	
Folate, food.....µg	13		0	AS	1		4	7	
Folate, DFE.....µg	35		0	NC	4		10	18	
Choline, total.....mg	20.6		0	A	1		5.8	10.3	
Betaine.....mg	36.4		0	A	1		10.3	18.2	
Vitamin B-12.....µg	0.06		0	FLA	4		0.02	0.03	
Vitamin B-12, added.....µg	0.00		0	FLC	4		0.00	0.00	
Vitamin A, RAE.....µg	1		0	FLC	4		0	0	
Retinol.....µg	1		0	FLC	4		0	0	
Carotene, beta.....µg	0		0	FLC	4		0	0	
Carotene, alpha.....µg	0		0	FLC	4		0	0	
Cryptoxanthin, beta.....µg	0		0	FLC	4		0	0	
Vitamin A, IU.....IU	2		0	FLC	4		1	1	
Lycopene.....µg	0		0	FLC	4		0	0	
Lutein + zeaxanthin.....µg	3		0	FLC	4		1	2	
Vitamin E (alpha-tocopherol).....mg	1.09		0	FLC	4		0.31	0.55	
Vitamin E, added.....mg	0.00		0	FLC	4		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	

NDB No. 18127

Cake, snack cakes, creme-filled, chocolate with frosting

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion 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 K (phylloquinone).....µg	10.6		2	A	1		3.0	5.3	
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	4.884		0	NC	4		1.385	2.442	
4:0.....g	0.000		2	A	1		0.000	0.000	
6:0.....g	0.000		2	A	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	0.005		2	A	1		0.001	0.003	
13:0.....g	0.000		2	A	1		0.000	0.000	
14:0.....g	0.159		2	A	1		0.045	0.079	
15:0.....g	0.021		2	A	1		0.006	0.010	
16:0.....g	2.632		2	A	1		0.746	1.316	
17:0.....g	0.062		2	A	1		0.018	0.031	
18:0.....g	1.930		2	A	1		0.547	0.965	
20:0.....g	0.046		2	A	1		0.013	0.023	
22:0.....g	0.030		2	A	1		0.009	0.015	
24:0.....g	0.000		2	A	1		0.000	0.000	
Fatty acids, total monounsaturated.....g	8.525		0	NC	4		2.417	4.262	
14:1.....g	0.036		2	A	1		0.010	0.018	
15:1.....g	0.005		2	A	1		0.001	0.003	
16:1 undifferentiated.....g	0.119		2	A	1		0.034	0.060	
17:1.....g	0.000		2	A	1		0.000	0.000	
18:1 undifferentiated.....g	8.349		0	AS	1		2.367	4.174	
20:1.....g	0.016		2	A	1		0.004	0.008	
22:1 undifferentiated.....g	0.000		2	A	1		0.000	0.000	
24:1 c.....g	0.000		2	A	1		0.000	0.000	
Fatty acids, total polyunsaturated.....g	1.822		0	NC	4		0.517	0.911	
18:2 undifferentiated.....g	1.649		2	A	1		0.468	0.825	
18:3 undifferentiated.....g	0.173		0	AS	1		0.049	0.086	
18:3 n-3 c,c,c (ALA).....g	0.173		2	A	1		0.049	0.086	
18:3 n-6 c,c,c.....g	0.000		2	A	1		0.000	0.000	
18:3i.....g									
18:4.....g	0.000		0	FLC	4		0.000	0.000	
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	
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.000		2	A	1		0.000	0.000	
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.000		2	A	1		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		2	A	1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	FLC	4		0	0	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.055		0	FLC	4		0.015	0.027	
Threonine.....g	0.156		0	FLC	4		0.044	0.078	
Isoleucine.....g	0.158		0	FLC	4		0.045	0.079	
Leucine.....g	0.261		0	FLC	4		0.074	0.130	
Lysine.....g	0.196		0	FLC	4		0.056	0.098	
Methionine.....g	0.053		0	FLC	4		0.015	0.027	
Cystine.....g	0.062		0	FLC	4		0.018	0.031	
Phenylalanine.....g	0.156		0	FLC	4		0.044	0.078	
Tyrosine.....g	0.116		0	FLC	4		0.033	0.058	
Valine.....g	0.194		0	FLC	4		0.055	0.097	

NDB No. 18127

Cake, snack cakes, creme-filled, chocolate with frosting

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Arginine.....g	0.156		0	FLC	4		0.044	0.078	
Histidine.....g	0.067		0	FLC	4		0.019	0.034	
Alanine.....g	0.150		0	FLC	4		0.043	0.075	
Aspartic acid.....g	0.296		0	FLC	4		0.084	0.148	
Glutamic acid.....g	0.768		0	FLC	4		0.218	0.384	
Glycine.....g	0.126		0	FLC	4		0.036	0.063	
Proline.....g	0.249		0	FLC	4		0.071	0.125	
Serine.....g	0.172		0	FLC	4		0.049	0.086	
Hydroxyproline.....g	0.000		2	A	1		0.000	0.000	
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	FLC	4		0.0	0.0	
Caffeine.....mg	6		0	FLC	4		2	3	
Theobromine.....mg	215		0	FLC	4		61	108	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 = 50g: 1 cupcake

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

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



NDB No. 28296

Cake, snack cakes, creme-filled, chocolate with frosting, 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 of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Lipids:</b>									
Fatty acids, total saturated.....g	5.570		0	LC	8		1.504		
4:0.....g	0.129		0	FLC	4		0.035		
6:0.....g	0.067		0	FLC	4		0.018		
8:0.....g	0.047		0	FLC	4		0.013		
10:0.....g	0.103		0	FLC	4		0.028		
12:0.....g	0.108		0	FLC	4		0.029		
13:0.....g									
14:0.....g	0.351		0	FLC	4		0.095		
15:0.....g	0.014		0	FLC	4		0.004		
16:0.....g	3.203		0	FLC	4		0.865		
17:0.....g	0.030		0	FLC	4		0.008		
18:0.....g	1.435		0	FLC	4		0.387		
20:0.....g	0.047		0	FLC	4		0.013		
22:0.....g	0.028		0	FLC	4		0.007		
24:0.....g	0.000		0	FLC	4		0.000		
Fatty acids, total monounsaturated.....g	3.517		0	FLC	4		0.950		
14:1.....g	0.006		0	FLC	4		0.002		
15:1.....g	0.000		0	FLC	4		0.000		
16:1 undifferentiated.....g	0.058		0	FLC	4		0.016		
17:1.....g	0.000		0	FLC	4		0.000		
18:1 undifferentiated.....g	3.417		0	FLC	4		0.923		
20:1.....g	0.036		0	FLC	4		0.010		
22:1 undifferentiated.....g	0.000		0	FLC	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	3.034		0	FLC	4		0.819		
18:2 undifferentiated.....g	2.611		0	FLC	4		0.705		
18:3 undifferentiated.....g	0.380		0	FLC	4		0.103		
18:4.....g	0.002		0	FLC	4		0.001		
20:2 n-6 c,c.....g	0.003		0	FLC	4		0.001		
20:3 undifferentiated.....g	0.000		0	FLC	4		0.000		
20:4 undifferentiated.....g	0.028		0	FLC	4		0.007		
20:5 n-3 (EPA).....g	0.000		0	FLC	4		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.001		0	FLC	4		0.000		
22:6 n-3 (DHA).....g	0.007		0	FLC	4		0.002		
Fatty acids, total trans.....g	0.000		0	LC	8		0.000		
Cholesterol.....mg	93		0	LC	8		25		
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	FLC	4		0.0		
Caffeine.....mg	4		0	FLC	4		1		
Theobromine.....mg	132		0	FLC	4		36		

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

**Common Measures:**

Measure 1 = 27g: 1 cake 1 serving

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 18 Baked Products

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



NDB No. 18128

Cake, snack cakes, creme-filled, sponge

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						
<b>Proximates:</b>									
Water.....g	19.60		2	A	1		5.56	8.23	
Energy.....kcal	374		0	NC	4		106	157	
Energy.....kJ	1564		0	NC	4		443	657	
Protein.....g	3.47		2	A	1		0.98	1.46	
Total lipid (fat).....g	11.54		2	A	1		3.27	4.85	
Ash.....g	1.36		2	A	1		0.39	0.57	
Carbohydrate, by difference.....g	64.03		0	NC	4		18.15	26.89	
Fiber, total dietary.....g	1.0		2	A	1		0.3	0.4	
Sugars, total.....g	37.30		0	NR	4		10.57	15.67	
Sucrose.....g	28.90		1	A	1		8.19	12.14	
Glucose (dextrose).....g	5.82		1	A	1		1.65	2.44	
Fructose.....g	2.54		1	A	1		0.72	1.07	
Lactose.....g	0.00		1	A	1		0.00	0.00	
Maltose.....g	0.00		1	A	1		0.00	0.00	
Galactose.....g									
Starch.....g	17.70		2	A	1		5.02	7.43	
<b>Minerals:</b>									
Calcium, Ca.....mg	24		2	A	1		7	10	
Iron, Fe.....mg	1.36		2	A	1		0.39	0.57	
Magnesium, Mg.....mg	8		2	A	1		2	4	
Phosphorus, P.....mg	185		2	A	1		52	78	
Potassium, K.....mg	71		2	A	1		20	30	
Sodium, Na.....mg	470		0	LC	8		133	197	
Zinc, Zn.....mg	0.60		2	A	1		0.17	0.25	
Copper, Cu.....mg	0.148		2	A	1		0.042	0.062	
Manganese, Mn.....mg	0.305		2	A	1		0.086	0.128	
Selenium, Se.....µg	3.5		2	A	1		1.0	1.5	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.1		0	FLA	4		0.0	0.0	
Thiamin.....mg	0.181		2	A	1		0.051	0.076	
Riboflavin.....mg	0.168		2	A	1		0.048	0.071	
Niacin.....mg	1.549		2	A	1		0.439	0.651	
Pantothenic acid.....mg	0.226		2	A	1		0.064	0.095	
Vitamin B-6.....mg	0.000		2	A	1		0.000	0.000	
Folate, total.....µg	38		2	A	1		11	16	
Folic acid.....µg	24		2	A	1		7	10	
Folate, food.....µg	14		0	AS	1		4	6	
Folate, DFE.....µg	54		0	NC	4		15	23	
Choline, total.....mg	37.8		0	AS	1		10.7	15.9	
Betaine.....mg	12.4		1	A	1		3.5	5.2	
Vitamin B-12.....µg	0.19		0	FLA	4		0.05	0.08	
Vitamin B-12, added.....µg	0.00		0	FLA	4		0.00	0.00	
Vitamin A, RAE.....µg	5		0	NC	4		1	2	
Retinol.....µg	5		0	FLA	4		1	2	
Carotene, beta.....µg	0		0	FLA	4		0	0	
Carotene, alpha.....µg	0		0	FLA	4		0	0	
Cryptoxanthin, beta.....µg	0		0	FLA	4		0	0	
Vitamin A, IU.....IU	17		0	FLA	4		5	7	
Lycopene.....µg	0		0	FLA	4		0	0	
Lutein + zeaxanthin.....µg	9		0	FLA	4		3	4	
Vitamin E (alpha-tocopherol).....mg	0.62		2	A	1		0.18	0.26	
Vitamin E, added.....mg	0.00		0	FLA	4		0.00	0.00	
Tocopherol, beta.....mg	0.02		2	A	1		0.00	0.01	
Tocopherol, gamma.....mg	2.67		2	A	1		0.76	1.12	
Tocopherol, delta.....mg	0.75		2	A	1		0.21	0.32	
Tocotrienol, alpha.....mg	0.00		2	A	1		0.00	0.00	

NDB No. 18128

Cake, snack cakes, creme-filled, sponge

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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, 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	0.1		0	NR	4		0.0	0.0	
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	4		0	NR	4		1	2	
Vitamin K (phyloquinone).....µg	9.7		2	A	1		2.8	4.1	
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg	0.6		2	A	1		0.2	0.3	
<b>Lipids:</b>									
Fatty acids, total saturated.....g	4.139		0	NC	4		1.173	1.738	
4:0.....g	0.000		2	A	1		0.000	0.000	
6:0.....g	0.000		2	A	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	0.122		2	A	1		0.035	0.051	
15:0.....g	0.020		2	A	1		0.006	0.008	
16:0.....g	1.981		2	A	1		0.562	0.832	
17:0.....g	0.058		2	A	1		0.016	0.024	
18:0.....g	1.888		2	A	1		0.535	0.793	
20:0.....g	0.040		2	A	1		0.011	0.017	
22:0.....g	0.030		2	A	1		0.008	0.013	
24:0.....g	0.000		0	FLA	4		0.000	0.000	
Fatty acids, total monounsaturated.....g	4.906		0	NC	4		1.391	2.060	
14:1.....g	0.027		2	A	1		0.008	0.011	
15:1.....g									
16:1 undifferentiated.....g	0.121		0	AS	1		0.034	0.051	
17:1.....g									
18:1 undifferentiated.....g	4.739		0	AS	1		1.343	1.990	
20:1.....g	0.019		2	A	1		0.005	0.008	
22:1 undifferentiated.....g	0.000		2	A	1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.860		0	NC	4		0.527	0.781	
18:2 undifferentiated.....g	1.729		0	AS	1		0.490	0.726	
18:3 undifferentiated.....g	0.131		0	AS	1		0.037	0.055	
18:4.....g	0.000		2	A	1		0.000	0.000	
20:2 n-6 c,c.....g	0.000		2	A	1		0.000	0.000	
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	AS	1		0.000	0.000	
20:5 n-3 (EPA).....g	0.000		2	A	1		0.000	0.000	
21:5.....g									
22:4.....g									
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	1.621		0	NC	4		0.459	0.681	
Cholesterol.....mg	41		0	FLA	4		11	17	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.038		0	FLA	4		0.011	0.016	
Threonine.....g	0.120		0	FLA	4		0.034	0.051	
Isoleucine.....g	0.139		0	FLA	4		0.039	0.058	
Leucine.....g	0.240		0	FLA	4		0.068	0.101	
Lysine.....g	0.164		0	FLA	4		0.047	0.069	
Methionine.....g	0.065		0	FLA	4		0.018	0.027	
Cystine.....g	0.070		0	FLA	4		0.020	0.030	
Phenylalanine.....g	0.138		0	FLA	4		0.039	0.058	
Tyrosine.....g	0.079		0	FLA	4		0.022	0.033	
Valine.....g	0.165		0	FLA	4		0.047	0.069	
Arginine.....g	0.141		0	FLA	4		0.040		

NDB No. 18128

Cake, snack cakes, creme-filled, sponge

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Arginine.....g	0.141			FLA	4			0.059	
Histidine.....g	0.066		0	FLA	4		0.019	0.028	
Alanine.....g	0.134		0	FLA	4		0.038	0.056	
Aspartic acid.....g	0.232		0	FLA	4		0.066	0.098	
Glutamic acid.....g	0.662		0	FLA	4		0.188	0.278	
Glycine.....g	0.097		0	FLA	4		0.028	0.041	
Proline.....g	0.221		0	FLA	4		0.063	0.093	
Serine.....g	0.174		0	FLA	4		0.049	0.073	
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	FLA	4		0.0	0.0	
Caffeine.....mg	0		0	FLA	4		0	0	
Theobromine.....mg	0		0	FLA	4		0	0	

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

**Common Measures:**

Measure 1 = 28.35g: 1 oz

Measure 2 = 42g: 1 cake

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

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



NDB No. 28297

Cake, snack cakes, not chocolate, with icing or filling, 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		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code					
<b>Lipids:</b>									
Fatty acids, total saturated.....g	3.713		0	LC	8		1.003		
4:0.....g	0.076		0	FLC	4		0.021		
6:0.....g	0.022		0	FLC	4		0.006		
8:0.....g	0.027		0	FLC	4		0.007		
10:0.....g	0.063		0	FLC	4		0.017		
12:0.....g	0.071		0	FLC	4		0.019		
13:0.....g									
14:0.....g	0.251		0	FLC	4		0.068		
15:0.....g	0.026		0	FLC	4		0.007		
16:0.....g	2.277		0	FLC	4		0.615		
17:0.....g	0.021		0	FLC	4		0.006		
18:0.....g	0.829		0	FLC	4		0.224		
20:0.....g	0.025		0	FLC	4		0.007		
22:0.....g	0.014		0	FLC	4		0.004		
24:0.....g	0.000		0	FLC	4		0.000		
Fatty acids, total monounsaturated.....g	3.375		0	FLC	4		0.911		
14:1.....g	0.015		0	FLC	4		0.004		
15:1.....g	0.000		0	FLC	4		0.000		
16:1 undifferentiated.....g	0.077		0	FLC	4		0.021		
17:1.....g	0.000		0	FLC	4		0.000		
18:1 undifferentiated.....g	3.252		0	FLC	4		0.878		
20:1.....g	0.030		0	FLC	4		0.008		
22:1 undifferentiated.....g	0.000		0	FLC	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.994		0	FLC	4		0.808		
18:2 undifferentiated.....g	2.591		0	FLC	4		0.700		
18:3 undifferentiated.....g	0.332		0	FLC	4		0.090		
18:4.....g	0.003		0	FLC	4		0.001		
20:2 n-6 c,c.....g	0.005		0	FLC	4		0.001		
20:3 undifferentiated.....g	0.000		0	FLC	4		0.000		
20:4 undifferentiated.....g	0.044		0	FLC	4		0.012		
20:5 n-3 (EPA).....g	0.000		0	FLC	4		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.001		0	FLC	4		0.000		
22:6 n-3 (DHA).....g	0.010		0	FLC	4		0.003		
Fatty acids, total trans.....g	0.000		0	LC	8		0.000		
Cholesterol.....mg	93		0	LC	8		25		
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	FLC	4		0.0		
Caffeine.....mg	0		0	FLC	4		0		
Theobromine.....mg	0		0	FLC	4		0		

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

**Common Measures:**

Measure 1 = 27g: 1 cake 1 serving

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked 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				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	measures of food			
						Confidence Code	Measure 1	Measure 2	Measure 3
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.802		0		4		0.227	0.305	
4:0.....g	0.001		0		4		0.000	0.000	
6:0.....g	0.000		0		4		0.000	0.000	
8:0.....g	0.001		0		4		0.000	0.000	
10:0.....g	0.001		0		4		0.000	0.000	
12:0.....g	0.001		0		4		0.000	0.000	
13:0.....g									
14:0.....g	0.011		0		4		0.003	0.004	
15:0.....g									
16:0.....g	0.580		0		4		0.164	0.220	
17:0.....g									
18:0.....g	0.193		0		4		0.055	0.073	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.949		0		4		0.269	0.361	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.073		0		4		0.021	0.028	
17:1.....g									
18:1 undifferentiated.....g	0.867		0		4		0.246	0.329	
20:1.....g	0.007		0		4		0.002	0.003	
22:1 undifferentiated.....g	0.001		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.448		0		4		0.127	0.170	
18:2 undifferentiated.....g	0.389		0		4		0.110	0.148	
18:3 undifferentiated.....g	0.015		0		4		0.004	0.006	
18:4.....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.034		0		4		0.010	0.013	
20:5 n-3 (EPA).....g	0.001		0		4		0.000	0.000	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0		4		0.000	0.000	
22:6 n-3 (DHA).....g	0.009		0		4		0.003	0.003	
Fatty acids, total trans.....g									
Cholesterol.....mg	102		0		1		29	39	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.072		0		1		0.020	0.027	
Threonine.....g	0.213		0		1		0.060	0.081	
Isoleucine.....g	0.251		0		1		0.071	0.095	
Leucine.....g	0.419		0		1		0.119	0.159	
Lysine.....g	0.297		0		1		0.084	0.113	
Methionine.....g	0.126		0		1		0.036	0.048	
Cystine.....g	0.119		0		1		0.034	0.045	
Phenylalanine.....g	0.263		0		1		0.075	0.100	
Tyrosine.....g	0.187		0		1		0.053	0.071	
Valine.....g	0.281		0		1		0.080	0.107	
Arginine.....g	0.264		0		1		0.075	0.100	
Histidine.....g	0.119		0		1		0.034	0.045	
Alanine.....g	0.231		0		1		0.065	0.088	
Aspartic acid.....g	0.391		0		1		0.111	0.149	
Glutamic acid.....g	1.223		0		1		0.347	0.465	
Glycine.....g	0.178		0		1		0.050	0.068	
Proline.....g	0.403		0		1		0.114	0.153	
Serine.....g	0.342		0		1		0.097	0.130	
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	FLA	4		0	0	

NDB No. 18133

Cake, sponge, commercially prepared

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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 Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Code					
Theobromine.....mg	0		0	FLA	4	0		0	

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Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 = 38g: 1 piece (1/12 of 16 oz cake)

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

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



NDB No. 18134

Cake, sponge, prepared from recipe

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
<b>Proximates:</b>									
Water.....g	29.40		0		1		8.33	18.52	
Energy.....kcal	297		0	NC	4		84	187	
Energy.....kJ	1243				4		352	783	
Protein (N x 0).....g	7.30		0		1		2.07	4.60	
Total lipid (fat).....g	4.30		0		1		1.22	2.71	
Ash.....g	1.30		0		1		0.37	0.82	
Carbohydrate, by difference.....g	57.70		0	NC	4		16.36	36.35	
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	42		0		1		12	26	
Iron, Fe.....mg	1.58		0		1		0.45	1.00	
Magnesium, Mg.....mg	9		0		1		3	6	
Phosphorus, P.....mg	100		0		1		28	63	
Potassium, K.....mg	141		0		1		40	89	
Sodium, Na.....mg	228		0		1		65	144	
Zinc, Zn.....mg	0.59		0		1		0.17	0.37	
Copper, Cu.....mg	0.056		0		1		0.016	0.035	
Manganese, Mn.....mg	0.167		0		1		0.047	0.105	
Selenium, Se.....µg	18.5		0	RK	4		5.2	11.7	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0		1		0.0	0.0	
Thiamin.....mg	0.159		0		1		0.045	0.100	
Riboflavin.....mg	0.301		0		1		0.085	0.190	
Niacin.....mg	1.204		0		1		0.341	0.759	
Pantothenic acid.....mg	0.546		0		1		0.155	0.344	
Vitamin B-6.....mg	0.059		0		1		0.017	0.037	
Folate, total.....µg	39		0	RK	4		11	25	
Folic acid.....µg	20		0	NC	4		6	13	
Folate, food.....µg	19		0		1		5	12	
Folate, DFE.....µg	53		0	NC	4		15	33	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.37		0		1		0.10	0.23	
Vitamin A, RAE.....µg	77		0	NC	4		22	49	
Retinol.....µg	77		0	NC	4		22	49	
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	258		0		1		73	163	
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									
<b>Lipids:</b>									

NDB No. 18134

Cake, sponge, prepared from recipe

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			
Fatty acids, total saturated.....g	1.301		0		1	0.369	0.820
4:0.....g							
6:0.....g							
8:0.....g	0.001		0		1	0.000	0.001
10:0.....g	0.001		0		1	0.000	0.001
12:0.....g	0.001		0		1	0.000	0.001
13:0.....g							
14:0.....g	0.014		0		1	0.004	0.009
15:0.....g							
16:0.....g	0.943		0		1	0.267	0.594
17:0.....g							
18:0.....g	0.322		0		1	0.091	0.203
20:0.....g							
22:0.....g							
24:0.....g							
Fatty acids, total monounsaturated.....g	1.576		0		1	0.447	0.993
14:1.....g							
15:1.....g							
16:1 undifferentiated.....g	0.122		0		1	0.035	0.077
17:1.....g							
18:1 undifferentiated.....g	1.439		0		1	0.408	0.907
20:1.....g	0.011		0		1	0.003	0.007
22:1 undifferentiated.....g	0.001		0		1	0.000	0.001
24:1 c.....g							
Fatty acids, total polyunsaturated.....g	0.649		0		1	0.184	0.409
18:2 undifferentiated.....g	0.556		0		1	0.158	0.350
18:3 undifferentiated.....g	0.019		0		1	0.005	0.012
18:4.....g							
20:2 n-6 c,c.....g							
20:3 undifferentiated.....g							
20:4 undifferentiated.....g	0.058		0		1	0.016	0.037
20:5 n-3 (EPA).....g	0.001		0		1	0.000	0.001
21:5.....g							
22:4.....g							
22:5 n-3 (DPA).....g							
22:6 n-3 (DHA).....g	0.015		0		1	0.004	0.009
Fatty acids, total trans.....g							
Cholesterol.....mg	170		0		1	48	107
Phytosterols.....mg							
<b>Amino Acids:</b>							
Tryptophan.....g	0.089		0		1	0.025	0.056
Threonine.....g	0.308		0		1	0.087	0.194
Isoleucine.....g	0.350		0		1	0.099	0.221
Leucine.....g	0.590		0		1	0.167	0.372
Lysine.....g	0.418		0		1	0.119	0.263
Methionine.....g	0.192		0		1	0.054	0.121
Cystine.....g	0.161		0		1	0.046	0.101
Phenylalanine.....g	0.374		0		1	0.106	0.236
Tyrosine.....g	0.277		0		1	0.079	0.175
Valine.....g	0.395		0		1	0.112	0.249
Arginine.....g	0.404		0		1	0.115	0.255
Histidine.....g	0.172		0		1	0.049	0.108
Alanine.....g	0.350		0		1	0.099	0.221
Aspartic acid.....g	0.600		0		1	0.170	0.378
Glutamic acid.....g	1.427		0		1	0.405	0.899
Glycine.....g	0.250		0		1	0.071	0.158
Proline.....g	0.468		0		1	0.133	0.295
Serine.....g	0.498		0		1	0.141	0.314
Hydroxyproline.....g							

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**NDB No. 18134**

**Cake, sponge, prepared from recipe**

**Common Measures:**

Measure 1 = 28.35g: 1 oz

Measure 2 = 63g: 1 piece (1/12 of 10 inch cake)

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

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



NDB No. 18135

Cake, white, dry mix, pudding-type, enriched

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			
<b>Lipids:</b>							
Fatty acids, total saturated.....g	2.390		0	NC	4	0.678	12.524
4:0.....g	0.001		0		4	0.000	0.005
6:0.....g	0.000		0		4	0.000	0.000
8:0.....g	0.000		0		4	0.000	0.000
10:0.....g	0.000		0		4	0.000	0.000
12:0.....g	0.001		0		4	0.000	0.005
13:0.....g							
14:0.....g	0.048		0		4	0.014	0.252
15:0.....g							
16:0.....g	1.234		0		4	0.350	6.466
17:0.....g							
18:0.....g	1.106		0		4	0.314	5.795
20:0.....g							
22:0.....g							
24:0.....g							
Fatty acids, total monounsaturated.....g	4.093		0	NC	4	1.160	21.447
14:1.....g							
15:1.....g							
16:1 undifferentiated.....g	0.002		0	FLA	4	0.001	0.010
17:1.....g							
18:1 undifferentiated.....g	4.091		0	FLA	4	1.160	21.437
20:1.....g	0.000		0	RA	4	0.000	0.000
22:1 undifferentiated.....g	0.000		0	RA	4	0.000	0.000
24:1 c.....g							
Fatty acids, total polyunsaturated.....g	1.244		0	NC	4	0.353	6.519
18:2 undifferentiated.....g	1.180		0		4	0.335	6.183
18:3 undifferentiated.....g	0.064		0		4	0.018	0.335
18:4.....g	0.000		0	RA	4	0.000	0.000
20:2 n-6 c,c.....g							
20:3 undifferentiated.....g							
20:4 undifferentiated.....g	0.000		0	RA	4	0.000	0.000
20:5 n-3 (EPA).....g	0.000		0	RA	4	0.000	0.000
21:5.....g							
22:4.....g							
22:5 n-3 (DPA).....g	0.000		0	RA	4	0.000	0.000
22:6 n-3 (DHA).....g	0.000		0	RA	4	0.000	0.000
Fatty acids, total trans.....g							
Cholesterol.....mg	0		0		4	0	0
Phytosterols.....mg							
<b>Amino Acids:</b>							
Tryptophan.....g	0.055		0		4	0.016	0.288
Threonine.....g	0.119		0		4	0.034	0.624
Isoleucine.....g	0.162		0		4	0.046	0.849
Leucine.....g	0.284		0		4	0.081	1.488
Lysine.....g	0.165		0		4	0.047	0.865
Methionine.....g	0.071		0		4	0.020	0.372
Cystine.....g	0.075		0		4	0.021	0.393
Phenylalanine.....g	0.183		0		4	0.052	0.959
Tyrosine.....g	0.123		0		4	0.035	0.645
Valine.....g	0.185		0		4	0.052	0.969
Arginine.....g	0.146		0		4	0.041	0.765
Histidine.....g	0.083		0		4	0.024	0.435
Alanine.....g	0.119		0		4	0.034	0.624
Aspartic acid.....g	0.184		0		4	0.052	0.964
Glutamic acid.....g	1.194		0		4	0.338	6.257
Glycine.....g	0.122		0		4	0.035	0.639
Proline.....g	0.421		0		4	0.119	2.206
Serine.....g	0.204		0		4	0.058	1.069
Hydroxyproline.....g							
<b>Others:</b>							
Alcohol, ethyl.....g	0.0		0	RA	4	0.0	0.0
Caffeine.....mg	0		0	FLA	4	0	0

NDB No. 18135

Cake, white, dry mix, pudding-type, enriched

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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
Theobromine.....mg	0		0	FLA	4		0	0	

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Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 = 524g: 1 package (18.50 oz)

**Calories Factors: Protein 4.1**

**Fat 8.8**

**Carbohydrate 4**

**Food Group: 18 Baked Products**

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

NDB No. 18419

Cake, white, dry mix, pudding-type, unenriched

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
<b>Proximates:</b>									
Water.....g	3.50	0.045	16		1		0.99	18.34	
Energy.....kcal	423		0	NC	4		120	2217	
Energy.....kJ	1770				4		502	9274	
Protein (N x 5.8).....g	3.90	0.115	16		1		1.11	20.44	
Total lipid (fat).....g	9.50	0.171	16		1		2.69	49.78	
Ash.....g	2.20	0.011	13		1		0.62	11.53	
Carbohydrate, by difference.....g	81.00		0		4		22.96	424.44	
Fiber, total dietary.....g	0.7		0	BFZN	4		0.2	3.7	
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	77	1.400	16		1		22	403	
Iron, Fe.....mg	0.52		0		4		0.15	2.72	
Magnesium, Mg.....mg	9	0.141	16		1		3	47	
Phosphorus, P.....mg	277	6.455	16		1		79	1451	
Potassium, K.....mg	72	9.520	8		1		20	377	
Sodium, Na.....mg	665	4.266	8		1		189	3485	
Zinc, Zn.....mg	0.25	0.004	13		1		0.07	1.31	
Copper, Cu.....mg	0.056	0.003	7		1		0.016	0.293	
Manganese, Mn.....mg	0.278		0	BFZN	4		0.079	1.457	
Selenium, Se.....µg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0	BFZN	4		0.0	0.0	
Thiamin.....mg	0.080		0		4		0.023	0.419	
Riboflavin.....mg	0.060		0		4		0.017	0.314	
Niacin.....mg	0.970		0		4		0.275	5.083	
Pantothenic acid.....mg	0.233		0	BFZN	4		0.066	1.221	
Vitamin B-6.....mg	0.018		0	BFZN	4		0.005	0.094	
Folate, total.....µg	9		0		4		3	47	
Folic acid.....µg	0		0	Z	7		0	0	
Folate, food.....µg	9		0		4		3	47	
Folate, DFE.....µg	9		0	NC	4		3	47	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.04		0	BFZN	4		0.01	0.21	
Vitamin A, RAE.....µg	0		0	NC	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	BFZN	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									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated.....g	2.340		0	BFZN	4		0.663	12.262	
4:0.....g	0.000		0		4		0.000	0.000	
6:0.....g	0.000		0		4		0.000	0.000	
8:0.....g	0.000		0		4		0.000	0.000	
10:0.....g	0.000		0		4		0.000	0.000	
12:0.....g	0.000		0	BFZN	4		0.000	0.000	
13:0.....g									
14:0.....g	0.038		0	BFZN	4		0.011	0.199	
15:0.....g									
16:0.....g	1.338		0	BFZN	4		0.379	7.011	
17:0.....g									
18:0.....g	0.970		0	BFZN	4		0.275	5.083	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	4.092		0	BFZN	4		1.160	21.442	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.002		0	BFZN	4		0.001	0.010	
17:1.....g									
18:1 undifferentiated.....g	4.091		0	BFZN	4		1.160	21.437	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.544		0	BFZN	4		0.721	13.331	
18:2 undifferentiated.....g	2.389		0	BFZN	4		0.677	12.518	
18:3 undifferentiated.....g	0.156		0	BFZN	4		0.044	0.817	
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		4		0	0	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.055		0		4		0.016	0.288	
Threonine.....g	0.119		0		4		0.034	0.624	
Isoleucine.....g	0.162		0		4		0.046	0.849	
Leucine.....g	0.284		0		4		0.081	1.488	
Lysine.....g	0.165		0		4		0.047	0.865	
Methionine.....g	0.071		0		4		0.020	0.372	
Cystine.....g	0.075		0		4		0.021	0.393	
Phenylalanine.....g	0.183		0		4		0.052	0.959	
Tyrosine.....g	0.123		0		4		0.035	0.645	
Valine.....g	0.185		0		4		0.052	0.969	
Arginine.....g	0.146		0		4		0.041	0.765	
Histidine.....g	0.083		0		4		0.024	0.435	
Alanine.....g	0.119		0		4		0.034	0.624	
Aspartic acid.....g	0.184		0		4		0.052	0.964	
Glutamic acid.....g	1.194		0		4		0.338	6.257	
Glycine.....g	0.122		0		4		0.035	0.639	
Proline.....g	0.421		0		4		0.119	2.206	
Serine.....g	0.204		0		4		0.058	1.069	
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. 18419**

**Cake, white, dry mix, pudding-type, unenriched**

**Common Measures:**

Measure 1 = 28.35g: 1 oz

Measure 2 = 524g: 1 package (18.50 oz)

**Calories Factors: Protein 4.1**

**Fat 8.8**

**Carbohydrate4**

**Food Group: 18 Baked Products**

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

NDB No. 18131

Cake, white, dry mix, special dietary (includes lemon-flavored)

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
<b>Proximates:</b>									
Water.....g	6.00		2		1		1.70	13.62	
Energy.....kcal	397		0	NC	4		113	901	
Energy.....kJ	1661				4		471	3771	
Protein (N x 5.7).....g	3.00		2		1		0.85	6.81	
Total lipid (fat).....g	8.40		2		1		2.38	19.07	
Ash.....g	2.90		2		1		0.82	6.58	
Carbohydrate, by difference.....g	79.60		0		4		22.57	180.69	
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	26		2		1		7	59	
Iron, Fe.....mg	1.99		2		1		0.56	4.52	
Magnesium, Mg.....mg	10		2		1		3	23	
Phosphorus, P.....mg	296		2		1		84	672	
Potassium, K.....mg	149		2		1		42	338	
Sodium, Na.....mg	260		2		1		74	590	
Zinc, Zn.....mg	0.30		2		1		0.09	0.68	
Copper, Cu.....mg	0.057		2		1		0.016	0.129	
Manganese, Mn.....mg	0.300		0	FLA	4		0.085	0.681	
Selenium, Se.....µg	2.5		0	FLA	4		0.7	5.7	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		2		1		0.0	0.0	
Thiamin.....mg	0.289		2		1		0.082	0.656	
Riboflavin.....mg	0.179		2		1		0.051	0.406	
Niacin.....mg	2.395		2		1		0.679	5.437	
Pantothenic acid.....mg	0.196		2		1		0.056	0.445	
Vitamin B-6.....mg	0.018		2		1		0.005	0.041	
Folate, total.....µg	69		0	FLA	4		20	157	
Folic acid.....µg	60		0	NC	4		17	136	
Folate, food.....µg	9		2		1		3	20	
Folate, DFE.....µg	111		0	NC	4		31	252	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		2		1		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									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	0		2		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									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									

NDB No. 18131

Cake, white, dry mix, special dietary (includes lemon-flavored)

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion 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	1.251		0	FLA	4		0.355	2.840	
4:0.....g	0.000		0	FLA	4		0.000	0.000	
6:0.....g	0.000		0	FLA	4		0.000	0.000	
8:0.....g	0.000		0	FLA	4		0.000	0.000	
10:0.....g	0.000		0	FLA	4		0.000	0.000	
12:0.....g	0.000		0	FLA	4		0.000	0.000	
13:0.....g									
14:0.....g	0.008		0	FLA	4		0.002	0.018	
15:0.....g									
16:0.....g	0.836		0	FLA	4		0.237	1.898	
17:0.....g									
18:0.....g	0.403		0	FLA	4		0.114	0.915	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	3.480		0	FLA	4		0.987	7.900	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.033		0	FLA	4		0.009	0.075	
17:1.....g									
18:1 undifferentiated.....g	3.439		0	FLA	4		0.975	7.807	
20:1.....g	0.000		0	FLA	4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	3.183		0	FLA	4		0.902	7.225	
18:2 undifferentiated.....g	2.957		0	FLA	4		0.838	6.712	
18:3 undifferentiated.....g	0.218		0	FLA	4		0.062	0.495	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
20:5 n-3 (EPA).....g	0.000		0	FLA	4		0.000	0.000	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	FLA	4		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0	FLA	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		2		1		0	0	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.044		0		4		0.012	0.100	
Threonine.....g	0.084		0		4		0.024	0.191	
Isoleucine.....g	0.115		0		4		0.033	0.261	
Leucine.....g	0.206		0		4		0.058	0.468	
Lysine.....g	0.105		0		4		0.030	0.238	
Methionine.....g	0.051		0		4		0.014	0.116	
Cystine.....g	0.066		0		4		0.019	0.150	
Phenylalanine.....g	0.144		0		4		0.041	0.327	
Tyrosine.....g	0.087		0		4		0.025	0.197	
Valine.....g	0.133		0		4		0.038	0.302	
Arginine.....g	0.116		0		4		0.033	0.263	
Histidine.....g	0.062		0		4		0.018	0.141	
Alanine.....g	0.092		0		4		0.026	0.209	
Aspartic acid.....g	0.127		0		4		0.036	0.288	
Glutamic acid.....g	1.002		0		4		0.284	2.275	
Glycine.....g	0.103		0		4		0.029	0.234	
Proline.....g	0.338		0		4		0.096	0.767	
Serine.....g	0.160		0		4		0.045	0.363	
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. 18131**

**Cake, white, dry mix, special dietary (includes lemon-flavored)**

**Common Measures:**

Measure 1 = 28.35g: 1 oz

Measure 2 = 227g: 1 package (8 oz)

**Calories Factors: Protein 4**

**Fat 8.8**

**Carbohydrate 3.9**

**Food Group: 18 Baked Products**

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



NDB No. 18102

Cake, white, prepared from recipe with coconut frosting

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
<b>Lipids:</b>									
Fatty acids, total saturated.....g	3.897		0		1		1.105	4.365	
4:0.....g	0.012		0		1		0.003	0.013	
6:0.....g	0.017		0		1		0.005	0.019	
8:0.....g	0.133		0		1		0.038	0.149	
10:0.....g	0.113		0		1		0.032	0.127	
12:0.....g	0.847		0		1		0.240	0.949	
13:0.....g									
14:0.....g	0.402		0		1		0.114	0.450	
15:0.....g									
16:0.....g	1.394		0		1		0.395	1.561	
17:0.....g									
18:0.....g	0.978		0		1		0.277	1.095	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	3.692		0		1		1.047	4.135	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.008		0		1		0.002	0.009	
17:1.....g									
18:1 undifferentiated.....g	3.683		0		1		1.044	4.125	
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	2.162		0		1		0.613	2.421	
18:2 undifferentiated.....g	2.026		0		1		0.574	2.269	
18:3 undifferentiated.....g	0.135		0		1		0.038	0.151	
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	1		0		1		0	1	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.054		0		1		0.015	0.060	
Threonine.....g	0.157		0		1		0.045	0.176	
Isoleucine.....g	0.199		0		1		0.056	0.223	
Leucine.....g	0.338		0		1		0.096	0.379	
Lysine.....g	0.204		0		1		0.058	0.228	
Methionine.....g	0.107		0		1		0.030	0.120	
Cystine.....g	0.091		0		1		0.026	0.102	
Phenylalanine.....g	0.228		0		1		0.065	0.255	
Tyrosine.....g	0.154		0		1		0.044	0.172	
Valine.....g	0.229		0		1		0.065	0.256	
Arginine.....g	0.213		0		1		0.060	0.239	
Histidine.....g	0.099		0		1		0.028	0.111	
Alanine.....g	0.183		0		1		0.052	0.205	
Aspartic acid.....g	0.303		0		1		0.086	0.339	
Glutamic acid.....g	1.035		0		1		0.293	1.159	
Glycine.....g	0.146		0		1		0.041	0.164	
Proline.....g	0.354		0		1		0.100	0.396	
Serine.....g	0.247		0		1		0.070	0.277	
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	RA	4		0	0	

NDB No. 18102

Cake, white, prepared from recipe with coconut frosting

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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
Theobromine.....mg	0		0	RA	4		0	0	

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Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 = 112g: 1 piece (1/12 of 9" dia)

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

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

NDB No. 18139

Cake, white, prepared from recipe without frosting

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
<b>Proximates:</b>									
Water.....g	23.30		0		1		17.24	206.67	
Energy.....kcal	357		0	NC	4		264	3167	
Energy.....kJ	1494		0		4		1105	13249	
Protein (N x 0).....g	5.40		0		1		4.00	47.90	
Total lipid (fat).....g	12.40		0		1		9.18	109.99	
Ash.....g	1.80		0		1		1.33	15.97	
Carbohydrate, by difference.....g	57.20		0	NC	4		42.33	507.36	
Fiber, total dietary.....g	0.8		0		4		0.6	7.1	
Sugars, total.....g	35.49		0	RA	4		26.26	314.81	
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	130		0		1		96	1153	
Iron, Fe.....mg	1.52		0		1		1.12	13.48	
Magnesium, Mg.....mg	12		0		1		9	106	
Phosphorus, P.....mg	93		0		1		69	825	
Potassium, K.....mg	95		0		1		70	843	
Sodium, Na.....mg	327		0		1		242	2900	
Zinc, Zn.....mg	0.32		0		1		0.24	2.84	
Copper, Cu.....mg	0.059		0		1		0.044	0.523	
Manganese, Mn.....mg	0.197		0		1		0.146	1.747	
Selenium, Se.....µg	13.0		0	RK	4		9.6	115.3	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.2		0		1		0.1	1.8	
Thiamin.....mg	0.186		0		1		0.138	1.650	
Riboflavin.....mg	0.242		0		1		0.179	2.147	
Niacin.....mg	1.533		0		1		1.134	13.598	
Pantothenic acid.....mg	0.184		0		1		0.136	1.632	
Vitamin B-6.....mg	0.021		0		1		0.016	0.186	
Folate, total.....µg	38		0	RA	4		28	333	
Folic acid.....µg	31		0		4		23	275	
Folate, food.....µg	7		0		1		5	62	
Folate, DFE.....µg	60		0	NC	4		44	530	
Choline, total.....mg	5.7		0	RK	4		4.2	50.2	
Betaine.....mg									
Vitamin B-12.....µg	0.08		0		1		0.06	0.71	
Vitamin A, RAE.....µg	15		0	NC	4		11	135	
Retinol.....µg	15		0	RA	4		11	134	
Carotene, beta.....µg	1		0	RA	4		1	8	
Carotene, alpha.....µg	0		0	RA	4		0	0	
Cryptoxanthin, beta.....µg	0		0	RA	4		0	0	
Vitamin A, IU.....IU	52		0	NC	4		38	461	
Lycopene.....µg	0		0	RA	4		0	0	
Lutein + zeaxanthin.....µg	5		0	RA	4		3	41	
Vitamin E (alpha-tocopherol).....mg	0.12		0	RA	4		0.09	1.04	
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	5.1		0	RA	4		3.8	45.2	
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									



NDB No. 18139

Cake, white, prepared from recipe without frosting

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated.....g	3.269		0		1		2.419	28.996	
4:0.....g	0.018		0		1		0.013	0.160	
6:0.....g	0.011		0		1		0.008	0.098	
8:0.....g	0.006		0		1		0.004	0.053	
10:0.....g	0.014		0		1		0.010	0.124	
12:0.....g	0.015		0		1		0.011	0.133	
13:0.....g									
14:0.....g	0.101		0		1		0.075	0.896	
15:0.....g									
16:0.....g	1.812		0		1		1.341	16.072	
17:0.....g									
18:0.....g	1.291		0		1		0.955	11.451	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	5.309		0		1		3.929	47.091	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.012		0		1		0.009	0.106	
17:1.....g									
18:1 undifferentiated.....g	5.296		0		1		3.919	46.976	
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	3.148		0		1		2.330	27.923	
18:2 undifferentiated.....g	2.949		0		1		2.182	26.158	
18:3 undifferentiated.....g	0.199		0		1		0.147	1.765	
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	2		0		1		1	18	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.067		0		1		0.050	0.594	
Threonine.....g	0.190		0		1		0.141	1.685	
Isoleucine.....g	0.243		0		1		0.180	2.155	
Leucine.....g	0.419		0		1		0.310	3.717	
Lysine.....g	0.241		0		1		0.178	2.138	
Methionine.....g	0.128		0		1		0.095	1.135	
Cystine.....g	0.111		0		1		0.082	0.985	
Phenylalanine.....g	0.281		0		1		0.208	2.492	
Tyrosine.....g	0.191		0		1		0.141	1.694	
Valine.....g	0.276		0		1		0.204	2.448	
Arginine.....g	0.235		0		1		0.174	2.084	
Histidine.....g	0.124		0		1		0.092	1.100	
Alanine.....g	0.215		0		1		0.159	1.907	
Aspartic acid.....g	0.350		0		1		0.259	3.105	
Glutamic acid.....g	1.373		0		1		1.016	12.179	
Glycine.....g	0.179		0		1		0.132	1.588	
Proline.....g	0.483		0		1		0.357	4.284	
Serine.....g	0.302		0		1		0.223	2.679	
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	RA	4		0	0	
Theobromine.....mg	0		0	RA	4		0	0	

NDB No. 18139

Cake, white, prepared from recipe without frosting

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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

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

**Common Measures:**

Measure 1 = 74g: 1 piece (1/12 of 9" dia)

Measure 2 = 887g: 1 cake, 2-layer (8" or 9" dia)

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

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

NDB No. 18140

Cake, yellow, commercially prepared, with chocolate frosting, in-store bakery

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
<b>Proximates:</b>									
Water.....g	22.38	1.396	6	A	1		32.22	386.89	14.32
Energy.....kcal	379		0	NC	4		545	6545	242
Energy.....kJ	1584		0	NC	4		2281	27387	1014
Protein (N x 6).....g	3.16	0.115	6	A	1		4.54	54.57	2.02
Total lipid (fat).....g	17.75	1.142	6	A	1		25.56	306.87	11.36
Ash.....g	1.35	0.031	6	A	1		1.95	23.43	0.87
Carbohydrate, by difference.....g	55.36		0	NC	4		79.72	957.24	35.43
Fiber, total dietary.....g	1.5	0.252	3	A	1		2.2	25.9	1.0
Sugars, total.....g	39.22	2.899	3	A	1		56.47	678.06	25.10
Sucrose.....g	36.51	4.077	3	A	1		52.57	631.26	23.37
Glucose (dextrose).....g	1.29	0.526	3	A	1		1.86	22.30	0.83
Fructose.....g	0.62	0.448	3	A	1		0.89	10.72	0.40
Lactose.....g	0.59	0.036	3	A	1		0.85	10.20	0.38
Maltose.....g	0.21	0.207	3	A	1		0.30	3.57	0.13
Galactose.....g	0.00	0.000	3	A	1		0.00	0.00	0.00
Starch.....g	8.55	0.865	6	A	1		12.31	147.83	5.47
<b>Minerals:</b>									
Calcium, Ca.....mg	32	2.165	6	A	1		46	557	21
Iron, Fe.....mg	2.03	0.210	6	A	1		2.92	35.07	1.30
Magnesium, Mg.....mg	20	2.189	6	A	1		29	349	13
Phosphorus, P.....mg	138	6.226	6	A	1		198	2383	88
Potassium, K.....mg	187	16.011	6	A	1		270	3236	120
Sodium, Na.....mg	310	14.548	6	A	1		446	5354	198
Zinc, Zn.....mg	0.42	0.029	6	A	1		0.60	7.20	0.27
Copper, Cu.....mg	0.159	0.020	6	A	1		0.230	2.758	0.102
Manganese, Mn.....mg	0.222	0.017	6	A	1		0.320	3.844	0.142
Selenium, Se.....µg	5.9	1.472	3	A	1		8.5	102.6	3.8
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0	FLA	4		0.0	0.0	0.0
Thiamin.....mg	0.043	0.013	3	A	1		0.062	0.749	0.028
Riboflavin.....mg	0.093	0.019	3	A	1		0.134	1.614	0.060
Niacin.....mg	0.800	0.140	3	A	1		1.152	13.832	0.512
Pantothenic acid.....mg	0.165		2	A	1		0.238	2.853	0.106
Vitamin B-6.....mg	0.000	0.000	3	A	1		0.000	0.000	0.000
Folate, total.....µg	22		0	FLA	4		32	380	14
Folic acid.....µg	14		0	NC	4		20	242	9
Folate, food.....µg	8		0	NC	4		12	138	5
Folate, DFE.....µg	32		0	NC	4		46	550	20
Choline, total.....mg	17.4		0	AS	1		25.0	300.6	11.1
Betaine.....mg	6.7		1	A	1		9.7	116.2	4.3
Vitamin B-12.....µg	0.00	0.000	3	A	1		0.00	0.00	0.00
Vitamin B-12, added.....µg	0.00		0	BFSN	4		0.00	0.00	0.00
Vitamin A, RAE.....µg	7		0	BFFN	4		11	128	5
Retinol.....µg	7		0	BFFN	4		11	127	5
Carotene, beta.....µg	0		0	BFFN	4		1	8	0
Carotene, alpha.....µg	0		0	BFFN	4		0	0	0
Cryptoxanthin, beta.....µg	0		0	BFFN	4		1	7	0
Vitamin A, IU.....IU	26		0	BFFN	4		38	452	17
Lycopene.....µg	0		0	BFFN	4		0	0	0
Lutein + zeaxanthin.....µg	14		0	BFFN	4		20	238	9
Vitamin E (alpha-tocopherol).....mg	4.50	0.388	3	A	1		6.48	77.78	2.88
Vitamin E, added.....mg	0.00		0	BFFN	4		0.00	0.00	0.00
Tocopherol, beta.....mg	0.14	0.034	3	A	1		0.21	2.51	0.09
Tocopherol, gamma.....mg	7.65	1.598	3	A	1		11.02	132.34	4.90
Tocopherol, delta.....mg	2.09	0.563	3	A	1		3.01	36.12	1.34
Tocotrienol, alpha.....mg	0.50	0.188	3	A	1		0.72	8.65	0.32
Tocotrienol, beta.....mg	0.05	0.019	3	A	1		0.08	0.92	0.03

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion 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	0.79	0.304	3	A	1		1.14	13.68	0.51
Tocotrienol, delta.....mg	0.28	0.095	3	A	1		0.40	4.78	0.18
Vitamin D (D2 + D3).....µg	0.2		0	BFFN	4		0.2	2.7	0.1
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	6		0	BFFN	4		9	106	4
Vitamin K (phylloquinone).....µg	25.1	2.104	3	A	1		36.1	433.7	16.1
Dihydrophyloquinone.....µg	12.8		2	A	1		18.4	221.3	8.2
Menaquinone-4.....µg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	5.793		0	NC	4		8.342	100.166	3.708
4:0.....g	0.012	0.008	6	A	1		0.018	0.213	0.008
6:0.....g	0.010	0.006	6	A	1		0.015	0.179	0.007
8:0.....g	0.017	0.009	6	A	1		0.025	0.300	0.011
10:0.....g	0.031	0.012	6	A	1		0.045	0.542	0.020
12:0.....g	0.144	0.113	6	A	1		0.207	2.484	0.092
13:0.....g									
14:0.....g	0.149	0.049	6	A	1		0.215	2.582	0.096
15:0.....g	0.011	0.004	6	A	1		0.015	0.184	0.007
16:0.....g	3.489	0.605	6	A	1		5.024	60.319	2.233
17:0.....g	0.023	0.002	6	A	1		0.034	0.406	0.015
18:0.....g	1.777	0.181	6	A	1		2.559	30.724	1.137
20:0.....g	0.066	0.003	6	A	1		0.095	1.144	0.042
22:0.....g	0.044	0.004	6	A	1		0.064	0.769	0.028
24:0.....g	0.018	0.001	6	A	1		0.026	0.314	0.012
Fatty acids, total monounsaturated.....g	7.214		0	NC	4		10.389	124.738	4.617
14:1.....g	0.004	0.003	6	A	1		0.006	0.072	0.003
15:1.....g	0.000	0.000	6	A	1		0.000	0.000	0.000
16:1 undifferentiated.....g	0.035	0.007	6	AS	1		0.051	0.614	0.023
16:1 c.....g	0.034	0.006	6	A	1		0.048	0.582	0.022
16:1 t.....g	0.002	0.001	6	A	1		0.003	0.032	0.001
17:1.....g	0.009	0.001	6	A	1		0.013	0.155	0.006
18:1 undifferentiated.....g	7.108	0.778	6	AS	1		10.235	122.894	4.549
18:1 c.....g	5.994	0.547	6	A	1		8.632	103.645	3.836
18:1 t.....g	1.113	0.355	6	A	1		1.603	19.249	0.713
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.053	0.007	6	A	1		0.077	0.922	0.034
22:1 undifferentiated.....g	0.005	0.000	6	AS	1		0.007	0.081	0.003
22:1 c.....g	0.003	0.000	6	A	1		0.005	0.060	0.002
22:1 t.....g	0.001	0.000	6	A	1		0.002	0.020	0.001
24:1 c.....g	0.000	0.000	6	A	1		0.000	0.000	0.000
Fatty acids, total polyunsaturated.....g	4.728		0	NC	4		6.809	81.755	3.026
18:2 undifferentiated.....g	4.212	0.317	6	AS	1		6.066	72.831	2.696
18:2 n-6 c,c.....g	3.999	0.340	6	A	1		5.758	69.137	2.559
18:2 CLAs.....g	0.017	0.004	6	A	1		0.024	0.294	0.011
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.197	0.049	6	A	1		0.283	3.400	0.126
18:3 undifferentiated.....g	0.500	0.052	6	AS	1		0.720	8.651	0.320
18:3 n-3 c,c,c (ALA).....g	0.474	0.052	6	A	1		0.683	8.195	0.303
18:3 n-6 c,c,c.....g	0.026	0.002	6	A	1		0.038	0.455	0.017
18:3i.....g									
18:4.....g	0.000	0.000	6	A	1		0.000	0.000	0.000
20:2 n-6 c,c.....g	0.004	0.000	6	A	1		0.006	0.072	0.003
20:3 undifferentiated.....g	0.001	0.000	6	AS	1		0.002	0.020	0.001
20:3 n-3.....g	0.000	0.000	6	A	1		0.000	0.000	0.000
20:3 n-6.....g	0.001	0.000	6	A	1		0.002	0.020	0.001
20:4 undifferentiated.....g	0.010	0.001	6	A	1		0.015	0.176	0.007
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.000	0.000	6	A	1		0.000	0.006	0.000
21:5.....g									
22:4.....g	0.000	0.000	6	A	1		0.000	0.000	0.000
22:5 n-3 (DPA).....g	0.000	0.000	6	A	1		0.000	0.000	0.000

NDB No. 18140

Cake, yellow, commercially prepared, with chocolate frosting, in-store bakery

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
22:6 n-3 (DHA).....g	0.000	0.000	6	A	1	0.000	0.000	0.000	
Fatty acids, total trans.....g	1.313		0	NC	4	1.891	22.702	0.840	
Fatty acids, total trans-monoenoic.....g	1.116		0	NC	4	1.608	19.301	0.714	
Fatty acids, total trans-polyenoic.....g	0.197		0	NC	4	0.283	3.400	0.126	
Cholesterol.....mg	16	1.557	3	A	1	23	273	10	
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7	0.0	0.0	0.0	
Caffeine.....mg	0		0	BFZN	4	0	0	0	
Theobromine.....mg	0		0	BFZN	4	0	0	0	

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

**Common Measures:**

- Measure 1 = 144g: 1 piece (1/12 of a cake)
- Measure 2 = 1729g: 1 cake
- Measure 3 = 64g: 1 piece (1/8 of 18 oz cake)

**Calories Factors: Protein 3.8**

**Fat 8.8**

**Carbohydrate 3.8**

**Food Group: 18 Baked Products**

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



NDB No. 18141

Cake, yellow, commercially prepared, with vanilla frosting

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	measures of food				
					Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Lipids:</b>									
Fatty acids, total saturated.....g	2.936		0	FLA	4		1.967	0.832	
4:0.....g	0.000		0	FLA	4		0.000	0.000	
6:0.....g	0.000		0	FLA	4		0.000	0.000	
8:0.....g	0.000		0	FLA	4		0.000	0.000	
10:0.....g	0.000		0	FLA	4		0.000	0.000	
12:0.....g	0.000		0	FLA	4		0.000	0.000	
13:0.....g	0.000		0	FLC	4		0.000	0.000	
14:0.....g	0.022		0	FLA	4		0.015	0.006	
15:0.....g									
16:0.....g	1.969		0	FLA	4		1.319	0.558	
17:0.....g									
18:0.....g	0.934		0	FLA	4		0.626	0.265	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	7.563		0	FLA	4		5.067	2.144	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.114		0	FLA	4		0.076	0.032	
17:1.....g									
18:1 undifferentiated.....g	7.428		0	FLA	4		4.977	2.106	
20:1.....g	0.005		0	FLA	4		0.003	0.001	
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	6.378		0	FLA	4		4.273	1.808	
18:2 undifferentiated.....g	5.902		0	FLA	4		3.955	1.673	
18:3 undifferentiated.....g	0.430		0	FLA	4		0.288	0.122	
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	0.022		0	FLA	4		0.015	0.006	
20:5 n-3 (EPA).....g	0.001		0	FLA	4		0.001	0.000	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.002		0	FLC	4		0.001	0.000	
22:6 n-3 (DHA).....g	0.006		0	FLA	4		0.004	0.002	
Fatty acids, total trans.....g									
Cholesterol.....mg	75		0	LC	8		50	21	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.046		0		1		0.031	0.013	
Threonine.....g	0.142		0		1		0.095	0.040	
Isoleucine.....g	0.177		0		1		0.119	0.050	
Leucine.....g	0.290		0		1		0.194	0.082	
Lysine.....g	0.216		0		1		0.145	0.061	
Methionine.....g	0.087		0		1		0.058	0.025	
Cystine.....g	0.067		0		1		0.045	0.019	
Phenylalanine.....g	0.174		0		1		0.117	0.049	
Tyrosine.....g	0.136		0		1		0.091	0.039	
Valine.....g	0.199		0		1		0.133	0.056	
Arginine.....g	0.163		0		1		0.109	0.046	
Histidine.....g	0.082		0		1		0.055	0.023	
Alanine.....g	0.147		0		1		0.098	0.042	
Aspartic acid.....g	0.263		0		1		0.176	0.075	
Glutamic acid.....g	0.751		0		1		0.503	0.213	
Glycine.....g	0.106		0		1		0.071	0.030	
Proline.....g	0.271		0		1		0.182	0.077	
Serine.....g	0.216		0		1		0.145	0.061	
Hydroxyproline.....g	0.000		0	FLC	4		0.000	0.000	
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	FLC	4		0.0	0.0	
Caffeine.....mg	0		0	FLC	4		0	0	

NDB No. 18141

Cake, yellow, commercially prepared, with vanilla frosting

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	FLC	4		0		0

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

**Common Measures:**

Measure 1 = 67g: 1 serving

Measure 2 = 28.35g: 1 oz

**Calories Factors: Protein 4.2**

**Fat 8.9**

**Carbohydrate 3.9**

**Food Group:** 18 Baked Products

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



NDB No. 18453  
 Cake, yellow, dry mix, light

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
<b>Proximates:</b>									
Water.....g	3.10		2		1		0.88	16.24	
Energy.....kcal	404		0	NC	4		115	2117	
Energy.....kJ	1690				4		479	8857	
Protein (N x 5.9).....g	4.70		2		1		1.33	24.63	
Total lipid (fat).....g	5.50		2		1		1.56	28.82	
Ash.....g	2.60		2		1		0.74	13.62	
Carbohydrate, by difference.....g	84.10		0	NC	4		23.84	440.68	
Fiber, total dietary.....g	1.3		2		1		0.4	6.8	
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	155		2		1		44	812	
Iron, Fe.....mg	1.31		2		1		0.37	6.86	
Magnesium, Mg.....mg	10		2		1		3	52	
Phosphorus, P.....mg	324		2		1		92	1698	
Potassium, K.....mg	65		2		1		18	341	
Sodium, Na.....mg	604		2		1		171	3165	
Zinc, Zn.....mg	0.33		2		1		0.09	1.73	
Copper, Cu.....mg	0.063		2		1		0.018	0.330	
Manganese, Mn.....mg	0.228		2		1		0.065	1.195	
Selenium, Se.....µg	3.1		0	FLA	4		0.9	16.2	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		2		1		0.0	0.0	
Thiamin.....mg	0.172		2		1		0.049	0.901	
Riboflavin.....mg	0.211		2		1		0.060	1.106	
Niacin.....mg	1.569		2		1		0.445	8.222	
Pantothenic acid.....mg	0.326		2		1		0.092	1.708	
Vitamin B-6.....mg	0.026		2		1		0.007	0.136	
Folate, total.....µg	76		0	FLA	4		22	398	
Folic acid.....µg	71		0	NC	4		20	372	
Folate, food.....µg	5		2		1		1	26	
Folate, DFE.....µg	126		0	NC	4		36	659	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.11		2		1		0.03	0.58	
Vitamin A, RAE.....µg	4		0	NC	4		1	20	
Retinol.....µg	4		0	NC	4		1	20	
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	13		2		1		4	68	
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									
<b>Lipids:</b>									

**NDB No. 18453**  
**Cake, yellow, dry mix, light**

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion 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	1.367		0	FLA	4		0.388	7.163	
4:0.....g	0.000		0	FLA	4		0.000	0.000	
6:0.....g	0.000		0	FLA	4		0.000	0.000	
8:0.....g	0.000		0	FLA	4		0.000	0.000	
10:0.....g	0.000		0	FLA	4		0.000	0.000	
12:0.....g	0.000		0	FLA	4		0.000	0.000	
13:0.....g									
14:0.....g	0.027		0	FLA	4		0.008	0.141	
15:0.....g									
16:0.....g	0.718		0	FLA	4		0.204	3.762	
17:0.....g									
18:0.....g	0.616		0	FLA	4		0.175	3.228	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	2.973		0	FLA	4		0.843	15.579	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.002		0	FLA	4		0.001	0.010	
17:1.....g									
18:1 undifferentiated.....g	2.971		0	FLA	4		0.842	15.568	
20:1.....g	0.000		0	FLA	4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.796		0	FLA	4		0.226	4.171	
18:2 undifferentiated.....g	0.754		0	FLA	4		0.214	3.951	
18:3 undifferentiated.....g	0.042		0	FLA	4		0.012	0.220	
18:4.....g	0.000		0	FLA	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
20:5 n-3 (EPA).....g	0.000		0	FLA	4		0.000	0.000	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	FLA	4		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0	FLA	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		1		0	0	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.065		0		1		0.018	0.341	
Threonine.....g	0.140		0		1		0.040	0.734	
Isoleucine.....g	0.185		0		1		0.052	0.969	
Leucine.....g	0.324		0		1		0.092	1.698	
Lysine.....g	0.191		0		1		0.054	1.001	
Methionine.....g	0.074		0		1		0.021	0.388	
Cystine.....g	0.090		0		1		0.026	0.472	
Phenylalanine.....g	0.221		0		1		0.063	1.158	
Tyrosine.....g	0.141		0		1		0.040	0.739	
Valine.....g	0.208		0		1		0.059	1.090	
Arginine.....g	0.207		0		1		0.059	1.085	
Histidine.....g	0.098		0		1		0.028	0.514	
Alanine.....g	0.150		0		1		0.043	0.786	
Aspartic acid.....g	0.264		0		1		0.075	1.383	
Glutamic acid.....g	1.352		0		1		0.383	7.084	
Glycine.....g	0.160		0		1		0.045	0.838	
Proline.....g	0.448		0		1		0.127	2.348	
Serine.....g	0.241		0		1		0.068	1.263	
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. 18453**

**Cake, yellow, dry mix, light**

**Common Measures:**

Measure 1 = 28.35g: 1 oz

Measure 2 = 524g: 1 package (18.50 oz)

**Calories Factors: Protein 4.1**

**Fat 8.8**

**Carbohydrate4**

**Food Group: 18 Baked Products**

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



**NDB No. 18142**  
**Cake, yellow, dry mix, pudding-type**

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Lipids:</b>									
Fatty acids, total saturated.....g	2.469		0	NC	4		0.700	12.938	
4:0.....g	0.000		0	FLA	4		0.000	0.000	
6:0.....g	0.000		0	FLA	4		0.000	0.000	
8:0.....g	0.000		0	FLA	4		0.000	0.000	
10:0.....g	0.000		0	FLA	4		0.000	0.000	
12:0.....g	0.000		0	FLA	4		0.000	0.000	
13:0.....g									
14:0.....g	0.049		0	FLA	4		0.014	0.257	
15:0.....g									
16:0.....g	1.277		0	FLA	4		0.362	6.691	
17:0.....g									
18:0.....g	1.143		0	FLA	4		0.324	5.989	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	5.496		0	NC	4		1.558	28.799	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.002		0	FLA	4		0.001	0.011	
17:1.....g									
18:1 undifferentiated.....g	5.494		0	FLA	4		1.558	28.789	
20:1.....g	0.000		0	FLA	4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.295		0	NC	4		0.367	6.786	
18:2 undifferentiated.....g	1.229		0	FLA	4		0.348	6.440	
18:3 undifferentiated.....g	0.066		0	FLA	4		0.019	0.346	
18:4.....g	0.000		0	FLA	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
20:5 n-3 (EPA).....g	0.000		0	FLA	4		0.000	0.000	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	FLA	4		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0	FLA	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		4		0	0	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.056		0		1		0.016	0.293	
Threonine.....g	0.120		0		1		0.034	0.629	
Isoleucine.....g	0.163		0		1		0.046	0.854	
Leucine.....g	0.286		0		1		0.081	1.499	
Lysine.....g	0.162		0		1		0.046	0.849	
Methionine.....g	0.072		0		1		0.020	0.377	
Cystine.....g	0.079		0		1		0.022	0.414	
Phenylalanine.....g	0.188		0		1		0.053	0.985	
Tyrosine.....g	0.124		0		1		0.035	0.650	
Valine.....g	0.186		0		1		0.053	0.975	
Arginine.....g	0.150		0		1		0.043	0.786	
Histidine.....g	0.084		0		1		0.024	0.440	
Alanine.....g	0.122		0		1		0.035	0.639	
Aspartic acid.....g	0.184		0		1		0.052	0.964	
Glutamic acid.....g	1.239		0		1		0.351	6.492	
Glycine.....g	0.127		0		1		0.036	0.665	
Proline.....g	0.433		0		1		0.123	2.269	
Serine.....g	0.209		0		1		0.059	1.095	
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	FLA	4		0	0	

NDB No. 18142

Cake, yellow, dry mix, pudding-type

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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
Theobromine.....mg	0		0	FLA	4		0	0	

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Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 = 524g: 1 package (18.50 oz)

**Calories Factors: Protein 4.1**

**Fat 8.8**

**Carbohydrate 4**

**Food Group:** 18 Baked Products

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



NDB No. 18144

Cake, yellow, dry mix, regular, enriched

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
<b>Lipids:</b>									
Fatty acids, total saturated.....g	1.620		1	MC	9		0.697	8.491	0.459
4:0.....g	0.000		0	FLM	4		0.000	0.002	0.000
6:0.....g	0.000		0	FLM	4		0.000	0.000	0.000
8:0.....g	0.000		0	FLM	4		0.000	0.000	0.000
10:0.....g	0.000		0	FLM	4		0.000	0.001	0.000
12:0.....g	0.000		0	FLM	4		0.000	0.001	0.000
13:0.....g									
14:0.....g	0.024		0	FLM	4		0.010	0.126	0.007
15:0.....g									
16:0.....g	1.298		0	FLM	4		0.558	6.799	0.368
17:0.....g									
18:0.....g	0.298		0	FLM	4		0.128	1.561	0.084
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.694		1	MC	9		0.299	3.639	0.197
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.005		0	FLM	4		0.002	0.024	0.001
17:1.....g									
18:1 undifferentiated.....g	0.690		0	FLM	4		0.297	3.615	0.196
20:1.....g	0.000		0	FLM	4		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0	FLM	4		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.231		1	MC	9		0.100	1.213	0.066
18:2 undifferentiated.....g	0.218		0	FLM	4		0.094	1.143	0.062
18:3 undifferentiated.....g	0.013		0	FLM	4		0.006	0.070	0.004
18:4.....g	0.000		0	FLM	4		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLM	4		0.000	0.000	0.000
20:5 n-3 (EPA).....g	0.000		0	FLM	4		0.000	0.000	0.000
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	FLM	4		0.000	0.000	0.000
22:6 n-3 (DHA).....g	0.000		0	FLM	4		0.000	0.000	0.000
Fatty acids, total trans.....g	0.231		1	MC	9		0.100	1.213	0.066
Cholesterol.....mg	0		1	MC	9		0	0	0
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.061		0		1		0.026	0.320	0.017
Threonine.....g	0.137		0		1		0.059	0.718	0.039
Isoleucine.....g	0.187		0		1		0.080	0.980	0.053
Leucine.....g	0.325		0		1		0.140	1.703	0.092
Lysine.....g	0.197		0		1		0.085	1.032	0.056
Methionine.....g	0.081		0		1		0.035	0.424	0.023
Cystine.....g	0.079		0		1		0.034	0.414	0.022
Phenylalanine.....g	0.204		0		1		0.088	1.069	0.058
Tyrosine.....g	0.144		0		1		0.062	0.755	0.041
Valine.....g	0.213		0		1		0.092	1.116	0.060
Arginine.....g	0.162		0		1		0.070	0.849	0.046
Histidine.....g	0.094		0		1		0.040	0.493	0.027
Alanine.....g	0.134		0		1		0.058	0.702	0.038
Aspartic acid.....g	0.216		0		1		0.093	1.132	0.061
Glutamic acid.....g	1.288		0		1		0.554	6.749	0.365
Glycine.....g	0.132		0		1		0.057	0.692	0.037
Proline.....g	0.463		0		1		0.199	2.426	0.131
Serine.....g	0.228		0		1		0.098	1.195	0.065
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	FLA	4		0	0	0



NDB No. 18144

Cake, yellow, dry mix, regular, enriched

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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	Source	Measure 1	Measure 2	Measure 3
				Code	Code			
Theobromine.....mg	0		0	FLA	4	0	0	0

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

**Common Measures:**

Measure 1 = 43g: 1 serving

Measure 2 = 524g: 1 package (18.50 oz)

Measure 3 = 28.35g: 1 oz

**Calories Factors: Protein 4.1**

**Fat 8.8**

**Carbohydrate4**

**Food Group:** 18 Baked Products

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

NDB No. 18420

Cake, yellow, dry mix, regular, unenriched

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
<b>Proximates:</b>									
Water.....g	3.70	0.066	86		1		1.05	19.39	
Energy.....kcal	432		0	NC	4		122	2264	
Energy.....kJ	1807				4		512	9471	
Protein (N x 5.9).....g	4.40	0.057	80		1		1.25	23.06	
Total lipid (fat).....g	11.60	0.225	79		1		3.29	60.78	
Ash.....g	2.30	0.041	61		1		0.65	12.05	
Carbohydrate, by difference.....g	78.10		0		4		22.14	409.24	
Fiber, total dietary.....g	1.1		0	BFZN	4		0.3	5.8	
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	135	6.465	50		1		38	707	
Iron, Fe.....mg	0.48		0		4		0.14	2.52	
Magnesium, Mg.....mg	10	0.456	46		1		3	52	
Phosphorus, P.....mg	310	7.955	55		1		88	1624	
Potassium, K.....mg	82	5.163	27		1		23	430	
Sodium, Na.....mg	657	18.708	61		1		186	3443	
Zinc, Zn.....mg	0.27	0.009	43		1		0.08	1.41	
Copper, Cu.....mg	0.072	0.003	37		1		0.020	0.377	
Manganese, Mn.....mg	0.191	0.048	3		1		0.054	1.001	
Selenium, Se.....µg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.2		0		4		0.1	1.0	
Thiamin.....mg	0.082		0		4		0.023	0.430	
Riboflavin.....mg	0.049		0		4		0.014	0.257	
Niacin.....mg	0.309		0		4		0.088	1.619	
Pantothenic acid.....mg	0.364	0.071	4		1		0.103	1.907	
Vitamin B-6.....mg	0.077		2		1		0.022	0.403	
Folate, total.....µg	9		0		4		3	47	
Folic acid.....µg	0		0	Z	7		0	0	
Folate, food.....µg	9		0		4		3	47	
Folate, DFE.....µg	9		0	NC	4		3	47	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.10		0	BFZN	4		0.03	0.52	
Vitamin A, RAE.....µg	0		0	NC	4		0	0	
Retinol.....µg	0		0	Z	7		0	0	
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	1		0		4		0	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									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									

NDB No. 18420

Cake, yellow, dry mix, regular, unenriched

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion 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	1.738		0	BFZN	4		0.493	9.107	
4:0.....g	0.001		0		4		0.000	0.005	
6:0.....g	0.000		0		4		0.000	0.000	
8:0.....g	0.000		0		4		0.000	0.000	
10:0.....g	0.000		0	BFZN	4		0.000	0.000	
12:0.....g	0.000		0	BFZN	4		0.000	0.000	
13:0.....g									
14:0.....g	0.014		0		4		0.004	0.073	
15:0.....g									
16:0.....g	1.154		0	BFZN	4		0.327	6.047	
17:0.....g									
18:0.....g	0.565		0		4		0.160	2.961	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	4.860		0	BFZN	4		1.378	25.466	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.047		0	BFZN	4		0.013	0.246	
17:1.....g									
18:1 undifferentiated.....g	4.802		0	BFZN	4		1.361	25.162	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	4.378		0	BFZN	4		1.241	22.941	
18:2 undifferentiated.....g	4.066		0	BFZN	4		1.153	21.306	
18:3 undifferentiated.....g	0.301		0	BFZN	4		0.085	1.577	
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	2		2		1		1	10	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.061		0		4		0.017	0.320	
Threonine.....g	0.137		0		4		0.039	0.718	
Isoleucine.....g	0.187		0		4		0.053	0.980	
Leucine.....g	0.325		0		4		0.092	1.703	
Lysine.....g	0.197		0		4		0.056	1.032	
Methionine.....g	0.081		0		4		0.023	0.424	
Cystine.....g	0.079		0		4		0.022	0.414	
Phenylalanine.....g	0.204		0		4		0.058	1.069	
Tyrosine.....g	0.144		0		4		0.041	0.755	
Valine.....g	0.213		0		4		0.060	1.116	
Arginine.....g	0.162		0		4		0.046	0.849	
Histidine.....g	0.094		0		4		0.027	0.493	
Alanine.....g	0.134		0		4		0.038	0.702	
Aspartic acid.....g	0.216		0		4		0.061	1.132	
Glutamic acid.....g	1.288		0		4		0.365	6.749	
Glycine.....g	0.132		0		4		0.037	0.692	
Proline.....g	0.463		0		4		0.131	2.426	
Serine.....g	0.228		0		4		0.065	1.195	
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. 18420**

**Cake, yellow, dry mix, regular, unenriched**

**Common Measures:**

Measure 1 = 28.35g: 1 oz

Measure 2 = 524g: 1 package (18.50 oz)

**Calories Factors: Protein 4.1**

**Fat 8.8**

**Carbohydrate4**

**Food Group: 18 Baked Products**

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

NDB No. 18146

Cake, yellow, prepared from recipe without frosting

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
<b>Proximates:</b>									
Water.....g	25.10		0		1		17.07	205.07	
Energy.....kcal	361		0	NC	4		245	2949	
Energy.....kJ	1510				4		1027	12340	
Protein (N x 0).....g	5.30		0		1		3.60	43.30	
Total lipid (fat).....g	14.60		0		1		9.93	119.28	
Ash.....g	1.90		0		1		1.29	15.52	
Carbohydrate, by difference.....g	53.00		0	NC	4		36.04	433.01	
Fiber, total dietary.....g	0.7		0		4		0.5	5.7	
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	146		0		1		99	1193	
Iron, Fe.....mg	1.64		0		1		1.12	13.40	
Magnesium, Mg.....mg	12		0		1		8	98	
Phosphorus, P.....mg	117		0		1		80	956	
Potassium, K.....mg	91		0		1		62	743	
Sodium, Na.....mg	343		0		1		233	2802	
Zinc, Zn.....mg	0.45		0		1		0.31	3.68	
Copper, Cu.....mg	0.056		0		1		0.038	0.458	
Manganese, Mn.....mg	0.190		0		1		0.129	1.552	
Selenium, Se.....µg	13.7		0	RK	4		9.3	111.9	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.2		0		1		0.1	1.6	
Thiamin.....mg	0.183		0		1		0.124	1.495	
Riboflavin.....mg	0.233		0		1		0.158	1.904	
Niacin.....mg	1.456		0		1		0.990	11.896	
Pantothenic acid.....mg	0.310		0		1		0.211	2.533	
Vitamin B-6.....mg	0.036		0		1		0.024	0.294	
Folate, total.....µg	34		0	RK	4		23	278	
Folic acid.....µg	24		0	NC	4		16	196	
Folate, food.....µg	10		0		1		7	82	
Folate, DFE.....µg	51		0	NC	4		35	415	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.16		0		1		0.11	1.31	
Vitamin A, RAE.....µg	40		0	NC	4		27	323	
Retinol.....µg	39		0	NC	4		27	319	
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	139		0		1		95	1136	
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									
<b>Lipids:</b>									



NDB No. 18146

Cake, yellow, prepared from recipe without frosting

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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

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

**Common Measures:**

Measure 1 = 68g: 1 piece (1/12 of 8" dia)

Measure 2 = 817g: 1 cake, 2-layer (8" dia)

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

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





Cheesecake commercially prepared

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 Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Code					
<b>Lipids:</b>									
Fatty acids, total saturated.....g	9.921		0	FLA	4		2.813	7.937	12.401
4:0.....g	0.354		0	FLA	4		0.100	0.283	0.443
6:0.....g	0.134		0	FLA	4		0.038	0.107	0.168
8:0.....g	0.119		0	FLA	4		0.034	0.095	0.149
10:0.....g	0.246		0	FLA	4		0.070	0.197	0.308
12:0.....g	0.207		0	FLA	4		0.059	0.166	0.259
13:0.....g									
14:0.....g	1.266		0	FLA	4		0.359	1.013	1.583
15:0.....g									
16:0.....g	4.775		0	FLA	4		1.354	3.820	5.969
17:0.....g									
18:0.....g	2.490		0	FLA	4		0.706	1.992	3.113
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	8.634		0	FLA	4		2.448	6.907	10.793
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.346		0	FLA	4		0.098	0.277	0.433
17:1.....g									
18:1 undifferentiated.....g	8.119		0	FLA	4		2.302	6.495	10.149
20:1.....g	0.002		0	FLA	4		0.001	0.002	0.003
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.602		0	FLA	4		0.454	1.282	2.003
18:2 undifferentiated.....g	1.364		0	FLA	4		0.387	1.091	1.705
18:3 undifferentiated.....g	0.223		0	FLA	4		0.063	0.178	0.279
18:4.....g	0.000		0	FLA	4		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.012		0	FLA	4		0.003	0.010	0.015
20:5 n-3 (EPA).....g	0.000		0	FLA	4		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	0.005		0		1		0.001	0.004	0.006
Fatty acids, total trans.....g									
Cholesterol.....mg	55		2		1		16	44	69
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.064		0		1		0.018	0.051	0.080
Threonine.....g	0.222		0		1		0.063	0.178	0.278
Isoleucine.....g	0.281		0		1		0.080	0.225	0.351
Leucine.....g	0.464		0		1		0.132	0.371	0.580
Lysine.....g	0.372		0		1		0.105	0.298	0.465
Methionine.....g	0.136		0		1		0.039	0.109	0.170
Cystine.....g	0.071		0		1		0.020	0.057	0.089
Phenylalanine.....g	0.258		0		1		0.073	0.206	0.323
Tyrosine.....g	0.222		0		1		0.063	0.178	0.278
Valine.....g	0.314		0		1		0.089	0.251	0.393
Arginine.....g	0.251		0		1		0.071	0.201	0.314
Histidine.....g	0.133		0		1		0.038	0.106	0.166
Alanine.....g	0.252		0		1		0.071	0.202	0.315
Aspartic acid.....g	0.406		0		1		0.115	0.325	0.508
Glutamic acid.....g	1.022		0		1		0.290	0.818	1.278
Glycine.....g	0.221		0		1		0.063	0.177	0.276
Proline.....g	0.481		0		1		0.136	0.385	0.601
Serine.....g	0.307		0		1		0.087	0.246	0.384
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	FLA	4		0	0	0

NDB No. 18147

**Cheesecake commercially prepared**

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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
Theobromine.....mg	0		0	FLA	4		0	0	0

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**Common Measures:**

Measure 1 = 28.35g: 1 oz

Measure 2 = 80g: 1 piece (1/6 of 17 oz cake)

Measure 3 = 125g: 1 piece (1 NLEA serving)

**Calories Factors: Protein 4.2**

**Fat 8.8**

**Carbohydrate 3.9**

**Food Group: 18 Baked Products**

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

NDB No. 18148

Cheesecake prepared from mix, no-bake type

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
<b>Proximates:</b>									
Water.....g	44.20	0.961	6		1		12.53	43.76	
Energy.....kcal	274		0	NC	4		78	271	
Energy.....kJ	1146				4		325	1135	
Protein (N x 6.2).....g	5.50	0.163	6		1		1.56	5.45	
Total lipid (fat).....g	12.70	0.571	7		1		3.60	12.57	
Ash.....g	2.00	0.066	8		1		0.57	1.98	
Carbohydrate, by difference.....g	35.50		0	NC	4		10.06	35.15	
Fiber, total dietary.....g	1.9		0		1		0.5	1.9	
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	172	14.902	6		1		49	170	
Iron, Fe.....mg	0.47	0.053	6		1		0.13	0.47	
Magnesium, Mg.....mg	19	0.787	4		1		5	19	
Phosphorus, P.....mg	234	18.645	6		1		66	232	
Potassium, K.....mg	211	14.076	6		1		60	209	
Sodium, Na.....mg	380	52.785	6		1		108	376	
Zinc, Zn.....mg	0.46	0.065	4		1		0.13	0.46	
Copper, Cu.....mg	0.029	0.012	4		1		0.008	0.029	
Manganese, Mn.....mg	0.120		2		1		0.034	0.119	
Selenium, Se.....µg	4.7		0	FLA	4		1.3	4.7	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.5		2		1		0.1	0.5	
Thiamin.....mg	0.121	0.013	12		1		0.034	0.120	
Riboflavin.....mg	0.263	0.011	12		1		0.075	0.260	
Niacin.....mg	0.493	0.031	12		1		0.140	0.488	
Pantothenic acid.....mg	0.612	0.056	10		1		0.174	0.606	
Vitamin B-6.....mg	0.052	0.002	10		1		0.015	0.051	
Folate, total.....µg	30		0	FLA	4		9	30	
Folic acid.....µg	12		0	NC	4		3	12	
Folate, food.....µg	18	1.918	10		1		5	18	
Folate, DFE.....µg	38		0	NC	4		11	38	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.31	0.025	10		1		0.09	0.31	
Vitamin A, RAE.....µg	96		0	NC	4		27	95	
Retinol.....µg	92		0	NC	4		26	91	
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	366	35.454	4		1		104	362	
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									
<b>Lipids:</b>									

Cheesecake prepared from mix, no-bake type

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated.....g	6.691		0	FLA	4		1.897	6.624	
4:0.....g	0.282		0	FLA	4		0.080	0.279	
6:0.....g	0.120		0	FLA	4		0.034	0.119	
8:0.....g	0.096		0	FLA	4		0.027	0.095	
10:0.....g	0.201		0	FLA	4		0.057	0.199	
12:0.....g	0.181		0	FLA	4		0.051	0.179	
13:0.....g									
14:0.....g	0.969		0	FLA	4		0.275	0.959	
15:0.....g									
16:0.....g	3.109		0	FLA	4		0.881	3.078	
17:0.....g									
18:0.....g	1.487		0	FLA	4		0.422	1.472	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	4.519		0	FLA	4		1.281	4.474	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.242		0	FLA	4		0.069	0.240	
17:1.....g									
18:1 undifferentiated.....g	4.145		0	FLA	4		1.175	4.104	
20:1.....g	0.000		0	FLA	4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.808		0	FLA	4		0.229	0.800	
18:2 undifferentiated.....g	0.650		0	FLA	4		0.184	0.644	
18:3 undifferentiated.....g	0.157		0	FLA	4		0.045	0.155	
18:4.....g	0.000		0	FLA	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
20:5 n-3 (EPA).....g	0.000		0	FLA	4		0.000	0.000	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	FLA	4		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0	FLA	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	29		0	FLA	4		8	29	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.066		0		1		0.019	0.065	
Threonine.....g	0.209		0		1		0.059	0.207	
Isoleucine.....g	0.269		0		1		0.076	0.266	
Leucine.....g	0.468		0		1		0.133	0.463	
Lysine.....g	0.363		0		1		0.103	0.359	
Methionine.....g	0.116		0		1		0.033	0.115	
Cystine.....g	0.069		0		1		0.020	0.068	
Phenylalanine.....g	0.264		0		1		0.075	0.261	
Tyrosine.....g	0.220		0		1		0.062	0.218	
Valine.....g	0.302		0		1		0.086	0.299	
Arginine.....g	0.202		0		1		0.057	0.200	
Histidine.....g	0.147		0		1		0.042	0.146	
Alanine.....g	0.172		0		1		0.049	0.170	
Aspartic acid.....g	0.345		0		1		0.098	0.342	
Glutamic acid.....g	1.325		0		1		0.376	1.312	
Glycine.....g	0.132		0		1		0.037	0.131	
Proline.....g	0.519		0		1		0.147	0.514	
Serine.....g	0.279		0		1		0.079	0.276	
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. 18148**

**Cheesecake prepared from mix, no-bake type**

**Common Measures:**

Measure 1 = 28.35g: 1 oz

Measure 2 = 99g: 1 piece (1/12 of 9" dia)

**Calories Factors: Protein 4.2**

**Fat 8.8**

**Carbohydrate 3.9**

**Food Group: 18 Baked Products**

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

NDB No. 18964

Cinnamon buns, frosted (includes honey buns)

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
<b>Proximates:</b>									
Water.....g	18.98	0.245	10	A	1		12.34		
Energy.....kcal	452		0	NC	4		294		
Energy.....kJ	1890		0	NC	4		1229		
Protein.....g	4.45	0.034	10	A	1		2.89		
Total lipid (fat).....g	26.61	0.550	10	A	1		17.29		
Ash.....g	1.36	0.017	10	A	1		0.89		
Carbohydrate, by difference.....g	48.60		0	NC	4		31.59		
Fiber, total dietary.....g	1.2	0.000	4	A	1		0.8		
Sugars, total.....g	25.70	0.250	10	A	1		16.71		
Sucrose.....g	20.11	0.471	10	A	1		13.07		
Glucose (dextrose).....g	3.05	0.158	10	A	1		1.98		
Fructose.....g	1.11	0.155	10	A	1		0.72		
Lactose.....g	0.00	0.000	10	A	1		0.00		
Maltose.....g	1.43	0.124	10	A	1		0.93		
Galactose.....g	0.00	0.000	10	A	1		0.00		
Starch.....g	16.39	0.283	10	A	1		10.65		
<b>Minerals:</b>									
Calcium, Ca.....mg	183	1.373	10	A	1		119		
Iron, Fe.....mg	1.37	0.033	10	A	1		0.89		
Magnesium, Mg.....mg	14	0.160	10	A	1		9		
Phosphorus, P.....mg	131	1.330	10	A	1		85		
Potassium, K.....mg	102	1.472	10	A	1		66		
Sodium, Na.....mg	305	2.589	10	A	1		198		
Zinc, Zn.....mg	0.53	0.008	10	A	1		0.34		
Copper, Cu.....mg	0.062	0.001	10	A	1		0.040		
Manganese, Mn.....mg	0.292	0.005	10	A	1		0.190		
Selenium, Se.....µg	13.0		0	FLC	4		8.4		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.3		0	FLC	4		0.2		
Thiamin.....mg	0.211	0.006	5	A	1		0.137		
Riboflavin.....mg	0.138	0.005	5	A	1		0.090		
Niacin.....mg	2.404	0.018	5	A	1		1.562		
Pantothenic acid.....mg	0.337		0	FLC	4		0.219		
Vitamin B-6.....mg	0.038	0.003	5	A	1		0.025		
Folate, total.....µg	72		0	FLC	4		47		
Folic acid.....µg	53		0	FLC	4		34		
Folate, food.....µg	19		0	FLC	4		13		
Folate, DFE.....µg	109		0	NC	4		71		
Choline, total.....mg	10.6		0	FLC	4		6.9		
Betaine.....mg	24.1		0	FLC	4		15.6		
Vitamin B-12.....µg	0.16		0	FLC	4		0.10		
Vitamin B-12, added.....µg	0.00		0	FLC	4		0.00		
Vitamin A, RAE.....µg	0		0	FLC	4		0		
Retinol.....µg	0		0	FLC	4		0		
Carotene, beta.....µg	1		0	FLC	4		0		
Carotene, alpha.....µg	0		0	FLC	4		0		
Cryptoxanthin, beta.....µg	0		0	FLC	4		0		
Vitamin A, IU.....IU	2		0	FLC	4		1		
Lycopene.....µg	0		0	FLC	4		0		
Lutein + zeaxanthin.....µg	6		0	FLC	4		4		
Vitamin E (alpha-tocopherol).....mg	1.15	0.096	5	A	1		0.75		
Vitamin E, added.....mg	0.00		0	FLC	4		0.00		
Tocopherol, beta.....mg	0.10	0.004	5	A	1		0.06		
Tocopherol, gamma.....mg	2.13	0.085	5	A	1		1.39		
Tocopherol, delta.....mg	0.83	0.026	5	A	1		0.54		
Tocotrienol, alpha.....mg	0.46	0.023	5	A	1		0.30		
Tocotrienol, beta.....mg	0.39	0.015	5	A	1		0.26		

NDB No. 18964

Cinnamon buns, frosted (includes honey buns)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	0.71	0.040	5	A	1		0.46		
Tocotrienol, delta.....mg	0.37	0.008	5	A	1		0.24		
Vitamin D (D2 + D3).....µg	0.0		0	FLC	4		0.0		
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	0		0	FLC	4		0		
Vitamin K (phylloquinone).....µg	15.2	1.597	5	A	1		9.9		
Dihydrophyloquinone.....µg	4.1	0.437	3	A	1		2.7		
Menaquinone-4.....µg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	12.649		0	NC	4		8.222		
4:0.....g	0.007	0.000	10	A	1		0.005		
6:0.....g	0.000	0.000	10	A	1		0.000		
8:0.....g	0.013	0.000	10	A	1		0.009		
10:0.....g	0.026	0.002	10	A	1		0.017		
12:0.....g	0.117	0.007	10	A	1		0.076		
13:0.....g									
14:0.....g	0.261	0.003	10	A	1		0.170		
15:0.....g	0.014	0.000	10	A	1		0.009		
16:0.....g	10.152	0.189	10	A	1		6.599		
17:0.....g	0.030	0.001	10	A	1		0.019		
18:0.....g	1.884	0.020	10	A	1		1.225		
20:0.....g	0.094	0.001	10	A	1		0.061		
22:0.....g	0.029	0.001	10	A	1		0.019		
24:0.....g	0.021	0.000	10	A	1		0.014		
Fatty acids, total monounsaturated.....g	8.723		0	NC	4		5.670		
14:1.....g	0.000	0.000	10	A	1		0.000		
15:1.....g	0.000	0.000	10	A	1		0.000		
16:1 undifferentiated.....g	0.052	0.000	10	AS	1		0.034		
16:1 c.....g	0.052	0.000	10	A	1		0.034		
16:1 t.....g	0.000	0.000	10	A	1		0.000		
17:1.....g	0.007	0.000	10	A	1		0.005		
18:1 undifferentiated.....g	8.599	0.137	10	AS	1		5.590		
18:1 c.....g	8.377	0.138	10	A	1		5.445		
18:1 t.....g	0.223	0.003	10	A	1		0.145		
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.064	0.001	10	A	1		0.042		
22:1 undifferentiated.....g	0.000	0.000	10	AS	1		0.000		
22:1 c.....g	0.000	0.000	10	A	1		0.000		
22:1 t.....g	0.000	0.000	10	A	1		0.000		
24:1 c.....g	0.000	0.000	10	A	1		0.000		
Fatty acids, total polyunsaturated.....g	3.676		0	NC	4		2.389		
18:2 undifferentiated.....g	3.436	0.061	10	AS	1		2.233		
18:2 n-6 c,c.....g	3.352	0.059	10	A	1		2.179		
18:2 CLAs.....g	0.011	0.001	10	A	1		0.007		
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.072	0.002	10	A	1		0.047		
18:3 undifferentiated.....g	0.225	0.005	10	AS	1		0.146		
18:3 n-3 c,c,c (ALA).....g	0.225	0.005	10	A	1		0.146		
18:3 n-6 c,c,c.....g	0.000	0.000	10	A	1		0.000		
18:3i.....g									
18:4.....g	0.000	0.000	10	A	1		0.000		
20:2 n-6 c,c.....g	0.006	0.000	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	0.006	0.001	10	A	1		0.004		
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.002	0.000	10	A	1		0.001		
21:5.....g									
22:4.....g	0.000	0.000	10	A	1		0.000		
22:5 n-3 (DPA).....g	0.000	0.000	10	A	1		0.000		

NDB No. 18964

Cinnamon buns, frosted (includes honey buns)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
22:6 n-3 (DHA).....g	0.000	0.000	10	A	1		0.000		
Fatty acids, total trans.....g	0.295		0	NC	4		0.192		
Fatty acids, total trans-monoenoic.....g	0.223		0	NC	4		0.145		
Fatty acids, total trans-polyenoic.....g	0.072		0	NC	4		0.047		
Cholesterol.....mg	5	0.051	6	A	1		3		
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.068		0	FLC	4		0.044		
Threonine.....g	0.176		0	FLC	4		0.114		
Isoleucine.....g	0.226		0	FLC	4		0.147		
Leucine.....g	0.410		0	FLC	4		0.267		
Lysine.....g	0.215		0	FLC	4		0.140		
Methionine.....g	0.104		0	FLC	4		0.067		
Cystine.....g	0.093		0	FLC	4		0.061		
Phenylalanine.....g	0.264		0	FLC	4		0.172		
Tyrosine.....g	0.189		0	FLC	4		0.123		
Valine.....g	0.255		0	FLC	4		0.166		
Arginine.....g	0.218		0	FLC	4		0.142		
Histidine.....g	0.126		0	FLC	4		0.082		
Alanine.....g	0.180		0	FLC	4		0.117		
Aspartic acid.....g	0.297		0	FLC	4		0.193		
Glutamic acid.....g	1.553		0	FLC	4		1.009		
Glycine.....g	0.172		0	FLC	4		0.112		
Proline.....g	0.568		0	FLC	4		0.369		
Serine.....g	0.273		0	FLC	4		0.178		
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	FLC	4		0.0		
Caffeine.....mg	0		0	FLC	4		0		
Theobromine.....mg	0		0	FLC	4		0		

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

**Common Measures:**

Measure 1 = 65g: 1 bun

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

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



**NDB No. 18103**  
**Coffecake, cheese**

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	32.20	0.409	4		1		9.13	24.47	
Energy.....kcal	339		0	NC	4		96	258	
Energy.....kJ	1418				4		402	1078	
Protein (N x 6).....g	7.00	0.060	4		1		1.98	5.32	
Total lipid (fat).....g	15.20	0.170	4		1		4.31	11.55	
Ash.....g	1.20	0.029	4		1		0.34	0.91	
Carbohydrate, by difference.....g	44.30		0	NC	4		12.56	33.67	
Fiber, total dietary.....g	1.0		0		1		0.3	0.8	
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	59		2		1		17	45	
Iron, Fe.....mg	0.64	0.057	4		1		0.18	0.49	
Magnesium, Mg.....mg	15	0.103	4		1		4	11	
Phosphorus, P.....mg	101		0	FLA	4		29	77	
Potassium, K.....mg	289		0		4		82	220	
Sodium, Na.....mg	339	14.505	4		1		96	258	
Zinc, Zn.....mg	0.59	0.004	4		1		0.17	0.45	
Copper, Cu.....mg	0.052	0.003	4		1		0.015	0.040	
Manganese, Mn.....mg	0.172	0.003	4		1		0.049	0.131	
Selenium, Se.....µg	13.3		0	FLA	4		3.8	10.1	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.1		0	FLA	4		0.0	0.1	
Thiamin.....mg	0.105	0.009	4		1		0.030	0.080	
Riboflavin.....mg	0.125	0.009	4		1		0.035	0.095	
Niacin.....mg	0.682	0.028	4		1		0.193	0.518	
Pantothenic acid.....mg	0.400		0	FLA	4		0.113	0.304	
Vitamin B-6.....mg	0.058		0	FLA	4		0.016	0.044	
Folate, total.....µg	39		0	FLA	4		11	30	
Folic acid.....µg	20			FLA	4		6	15	
Folate, food.....µg	19			FLA	4		5	14	
Folate, DFE.....µg	53		0	NC	4		15	40	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.34		0	FLA	4		0.10	0.26	
Vitamin A, RAE.....µg	86		0	NC	4		24	66	
Retinol.....µg	86		0	NC	4		24	66	
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	287		0	FLA	4		81	218	
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									
<b>Lipids:</b>									



NDB No. 18103  
Coffeecake, cheese

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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						

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Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 = 76g: 1 piece (1/6 of 16 oz cake)

**Calories Factors: Protein 4**

**Fat 8.8**

**Carbohydrate4**

**Food Group:** 18 Baked Products

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

NDB No. 18104

Coffeecake, cinnamon with crumb topping, commercially prepared, enriched

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
<b>Proximates:</b>									
Water.....g	21.90	1.785	9		1		6.21	12.48	13.80
Energy.....kcal	418		0	NC	4		119	238	263
Energy.....kJ	1749				4		496	997	1102
Protein (N x 5.8).....g	6.80	0.166	8		1		1.93	3.88	4.28
Total lipid (fat).....g	23.30	1.742	10		1		6.61	13.28	14.68
Ash.....g	1.40	0.070	10		1		0.40	0.80	0.88
Carbohydrate, by difference.....g	46.70		0	NC	4		13.24	26.62	29.42
Fiber, total dietary.....g	2.0		0		1		0.6	1.1	1.3
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	54	4.602	34		1		15	31	34
Iron, Fe.....mg	1.91	0.081	33		1		0.54	1.09	1.20
Magnesium, Mg.....mg	22	0.678	34		1		6	13	14
Phosphorus, P.....mg	108	3.116	33		1		31	62	68
Potassium, K.....mg	123	3.595	32		1		35	70	77
Sodium, Na.....mg	351	13.121	35		1		100	200	221
Zinc, Zn.....mg	0.81	0.035	33		1		0.23	0.46	0.51
Copper, Cu.....mg	0.125	0.006	32		1		0.035	0.071	0.079
Manganese, Mn.....mg	0.450		0	FLA	4		0.128	0.257	0.284
Selenium, Se.....µg	17.2	0.890	33	A	1		4.9	9.8	10.8
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.3		0	FLA	4		0.1	0.2	0.2
Thiamin.....mg	0.209	0.006	11		1		0.059	0.119	0.132
Riboflavin.....mg	0.229	0.010	11		1		0.065	0.131	0.144
Niacin.....mg	1.678	0.064	11		1		0.476	0.956	1.057
Pantothenic acid.....mg	0.655	0.011	8		1		0.186	0.373	0.413
Vitamin B-6.....mg	0.027	0.000	8		1		0.008	0.015	0.017
Folate, total.....µg	61		0	FLA	4		17	35	38
Folic acid.....µg	29		0	NC	4		8	17	18
Folate, food.....µg	32	0.898	8		1		9	18	20
Folate, DFE.....µg	81		0	NC	4		23	46	51
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.18		0	FLA	4		0.05	0.10	0.11
Vitamin A, RAE.....µg	33		0	NC	4		9	19	21
Retinol.....µg	33		0	NC	4		9	19	21
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	111		0	FLA	4		31	63	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									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									



NDB No. 18104

Coffeecake, cinnamon with crumb topping, commercially prepared, enriched

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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	Measure 1	Measure 2	Measure 3
			of Data Points	Confidence Code			

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Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 = 57g: 1 individual cake

Measure 3 = 63g: 1 piece (1/9 of 20 oz cake)

**Calories Factors: Protein 3.9**

**Fat 8.8**

**Carbohydrate4**

**Food Group: 18 Baked Products**

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

NDB No. 18417

Coffeecake, cinnamon with crumb topping, commercially prepared, unenriched

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
<b>Proximates:</b>									
Water.....g	21.90	1.785	9		1		6.21	12.48	13.80
Energy.....kcal	418		0	NC	4		119	238	263
Energy.....kJ	1749				4		496	997	1102
Protein (N x 5.8).....g	6.80	0.166	8		1		1.93	3.88	4.28
Total lipid (fat).....g	23.30	1.742	10		1		6.61	13.28	14.68
Ash.....g	1.40	0.070	10		1		0.40	0.80	0.88
Carbohydrate, by difference.....g	46.70		0		4		13.24	26.62	29.42
Fiber, total dietary.....g	2.0		0	BFZN	4		0.6	1.1	1.3
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	54	4.602	34		1		15	31	34
Iron, Fe.....mg	0.78		0	BFZN	4		0.22	0.44	0.49
Magnesium, Mg.....mg	22	0.678	34		1		6	13	14
Phosphorus, P.....mg	108	3.116	33		1		31	62	68
Potassium, K.....mg	123	3.595	32		1		35	70	77
Sodium, Na.....mg	351	13.121	35		1		100	200	221
Zinc, Zn.....mg	0.81	0.035	33		1		0.23	0.46	0.51
Copper, Cu.....mg	0.125	0.006	32		1		0.035	0.071	0.079
Manganese, Mn.....mg	0.451	0.022	32		1		0.128	0.257	0.284
Selenium, Se.....µg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.3		0	BFZN	4		0.1	0.2	0.2
Thiamin.....mg	0.135		0	BFZN	4		0.038	0.077	0.085
Riboflavin.....mg	0.095		0	BFZN	4		0.027	0.054	0.060
Niacin.....mg	0.880		0	BFZN	4		0.249	0.502	0.554
Pantothenic acid.....mg	0.655	0.011	8		1		0.186	0.373	0.413
Vitamin B-6.....mg	0.027	0.000	8		1		0.008	0.015	0.017
Folate, total.....µg	32	0.898	8		1		9	18	20
Folic acid.....µg	0		0	Z	7		0	0	0
Folate, food.....µg	32	0.898	8		1		9	18	20
Folate, DFE.....µg	32		0	NC	4		9	18	20
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.18		0	BFZN	4		0.05	0.10	0.11
Vitamin A, RAE.....µg	33		0	NC	4		9	19	21
Retinol.....µg	33		0	NC	4		9	19	21
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	111		0	BFZN	4		31	63	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									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									

Coffeecake, cinnamon with crumb topping, commercially prepared, unenriched

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food					
	Mean	Std. Error	Number of Data Points		Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			Points	Code						
Fatty acids, total saturated.....g	5.797		0	BFZN	4		1.643	3.304	3.652	
4:0.....g	0.001		0		4		0.000	0.001	0.001	
6:0.....g	0.000		0		4		0.000	0.000	0.000	
8:0.....g	0.001		0	BFZN	4		0.000	0.001	0.001	
10:0.....g	0.001		0		4		0.000	0.001	0.001	
12:0.....g	0.001		0		4		0.000	0.001	0.001	
13:0.....g										
14:0.....g	0.114		0	BFZN	4		0.032	0.065	0.072	
15:0.....g										
16:0.....g	3.086		0	BFZN	4		0.875	1.759	1.944	
17:0.....g										
18:0.....g	2.575		0	BFZN	4		0.730	1.468	1.622	
20:0.....g										
22:0.....g										
24:0.....g										
Fatty acids, total monounsaturated.....g	12.976		0	BFZN	4		3.679	7.396	8.175	
14:1.....g										
15:1.....g										
16:1 undifferentiated.....g	0.059		0	BFZN	4		0.017	0.034	0.037	
17:1.....g										
18:1 undifferentiated.....g	12.905		0	BFZN	4		3.659	7.356	8.130	
20:1.....g	0.005		0	BFZN	4		0.001	0.003	0.003	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000	
24:1 c.....g										
Fatty acids, total polyunsaturated.....g	3.120		0	BFZN	4		0.885	1.778	1.966	
18:2 undifferentiated.....g	2.944		0	BFZN	4		0.835	1.678	1.855	
18:3 undifferentiated.....g	0.151		0	BFZN	4		0.043	0.086	0.095	
18:4.....g										
20:2 n-6 c,c.....g										
20:3 undifferentiated.....g										
20:4 undifferentiated.....g	0.019		0	BFZN	4		0.005	0.011	0.012	
20:5 n-3 (EPA).....g	0.000		0		4		0.000	0.000	0.000	
21:5.....g										
22:4.....g										
22:5 n-3 (DPA).....g										
22:6 n-3 (DHA).....g	0.005		0	BFZN	4		0.001	0.003	0.003	
Fatty acids, total trans.....g										
Cholesterol.....mg	32	1.155	3		1		9	18	20	
Phytosterols.....mg										
<b>Amino Acids:</b>										
Tryptophan.....g	0.082		0		4		0.023	0.047	0.052	
Threonine.....g	0.227		0		4		0.064	0.129	0.143	
Isoleucine.....g	0.287		0		4		0.081	0.164	0.181	
Leucine.....g	0.500		0		4		0.142	0.285	0.315	
Lysine.....g	0.260		0		4		0.074	0.148	0.164	
Methionine.....g	0.122		0		4		0.035	0.070	0.077	
Cystine.....g	0.127		0		4		0.036	0.072	0.080	
Phenylalanine.....g	0.324		0		4		0.092	0.185	0.204	
Tyrosine.....g	0.218		0		4		0.062	0.124	0.137	
Valine.....g	0.318		0		4		0.090	0.181	0.200	
Arginine.....g	0.310		0		4		0.088	0.177	0.195	
Histidine.....g	0.154		0		4		0.044	0.088	0.097	
Alanine.....g	0.248		0		4		0.070	0.141	0.156	
Aspartic acid.....g	0.415		0		4		0.118	0.237	0.261	
Glutamic acid.....g	1.897		0		4		0.538	1.081	1.195	
Glycine.....g	0.237		0		4		0.067	0.135	0.149	
Proline.....g	0.634		0		4		0.180	0.361	0.399	
Serine.....g	0.346		0		4		0.098	0.197	0.218	
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. 18417**

**Coffeecake, cinnamon with crumb topping, commercially prepared, unenriched**

**Common Measures:**

Measure 1 = 28.35g: 1 oz

Measure 2 = 57g: 1 individual cake

Measure 3 = 63g: 1 piece (1/9 of 20 oz cake)

**Calories Factors: Protein 3.9**

**Fat 8.8**

**Carbohydrate4**

**Food Group: 18 Baked Products**

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



Coffeecake, cinnamon with crumb topping, dry mix

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data Points					
<b>Lipids:</b>								
Fatty acids, total saturated.....g	2.957		0	FLA	4	0.838	8.812	
4:0.....g	0.000		0	FLA	4	0.000	0.000	
6:0.....g	0.000		0	FLA	4	0.000	0.000	
8:0.....g	0.000		0	FLA	4	0.000	0.000	
10:0.....g	0.000		0	FLA	4	0.000	0.000	
12:0.....g	0.000		0	FLA	4	0.000	0.000	
13:0.....g								
14:0.....g	0.047		0	FLA	4	0.013	0.140	
15:0.....g								
16:0.....g	1.696		0	FLA	4	0.481	5.054	
17:0.....g								
18:0.....g	1.226		0	FLA	4	0.348	3.653	
20:0.....g								
22:0.....g								
24:0.....g								
Fatty acids, total monounsaturated.....g	5.172		0	FLA	4	1.466	15.413	
14:1.....g								
15:1.....g								
16:1 undifferentiated.....g	0.000		0	FLA	4	0.000	0.000	
17:1.....g								
18:1 undifferentiated.....g	5.172		0	FLA	4	1.466	15.413	
20:1.....g	0.000		0	FLA	4	0.000	0.000	
22:1 undifferentiated.....g	0.000		0	FLA	4	0.000	0.000	
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	3.204		0	FLA	4	0.908	9.548	
18:2 undifferentiated.....g	3.009		0	FLA	4	0.853	8.967	
18:3 undifferentiated.....g	0.195		0	FLA	4	0.055	0.581	
18:4.....g	0.000		0	FLA	4	0.000	0.000	
20:2 n-6 c,c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g	0.000		0	FLA	4	0.000	0.000	
20:5 n-3 (EPA).....g	0.000		0	FLA	4	0.000	0.000	
21:5.....g								
22:4.....g								
22:5 n-3 (DPA).....g	0.000		0	FLA	4	0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0	FLA	4	0.000	0.000	
Fatty acids, total trans.....g								
Cholesterol.....mg	0		0		1	0	0	
Phytosterols.....mg								
<b>Amino Acids:</b>								
Tryptophan.....g	0.056		0		1	0.016	0.167	
Threonine.....g	0.128		0		1	0.036	0.381	
Isoleucine.....g	0.178		0		1	0.050	0.530	
Leucine.....g	0.332		0		1	0.094	0.989	
Lysine.....g	0.093		0		1	0.026	0.277	
Methionine.....g	0.084		0		1	0.024	0.250	
Cystine.....g	0.108		0		1	0.031	0.322	
Phenylalanine.....g	0.237		0		1	0.067	0.706	
Tyrosine.....g	0.131		0		1	0.037	0.390	
Valine.....g	0.201		0		1	0.057	0.599	
Arginine.....g	0.167		0		1	0.047	0.498	
Histidine.....g	0.102		0		1	0.029	0.304	
Alanine.....g	0.147		0		1	0.042	0.438	
Aspartic acid.....g	0.194		0		1	0.055	0.578	
Glutamic acid.....g	1.683		0		1	0.477	5.015	
Glycine.....g	0.164		0		1	0.046	0.489	
Proline.....g	0.565		0		1	0.160	1.684	
Serine.....g	0.233		0		1	0.066	0.694	
Hydroxyproline.....g								
<b>Others:</b>								
Alcohol, ethyl.....g	0.0		0		7	0.0	0.0	
Caffeine.....mg	0		0	FLA	4	0	0	

NDB No. 18107

Coffeecake, cinnamon with crumb topping, dry mix

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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
Theobromine.....mg	0		0	FLA	4		0	0	

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Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 = 298g: 1 package (10.5 oz)

**Calories Factors: Protein 4**

**Fat 8.8**

**Carbohydrate 4**

**Food Group:** 18 Baked 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			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	measures of food		
						Confidence Code	Measure 1	Measure 2
<b>Lipids:</b>								
Fatty acids, total saturated.....g	1.855		0		4		0.526	1.039
4:0.....g	0.017		0		4		0.005	0.010
6:0.....g	0.010		0		4		0.003	0.006
8:0.....g	0.006		0		4		0.002	0.003
10:0.....g	0.014		0		4		0.004	0.008
12:0.....g	0.016		0		4		0.005	0.009
13:0.....g								
14:0.....g	0.066		0		4		0.019	0.037
15:0.....g								
16:0.....g	1.186		0		4		0.336	0.664
17:0.....g								
18:0.....g	0.533		0		4		0.151	0.298
20:0.....g								
22:0.....g								
24:0.....g								
Fatty acids, total monounsaturated.....g	3.851		0		4		1.092	2.157
14:1.....g								
15:1.....g								
16:1 undifferentiated.....g	0.075		0		4		0.021	0.042
17:1.....g								
18:1 undifferentiated.....g	3.770		0		4		1.069	2.111
20:1.....g	0.003		0		4		0.001	0.002
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	3.165		0		4		0.897	1.772
18:2 undifferentiated.....g	2.928		0		4		0.830	1.640
18:3 undifferentiated.....g	0.217		0		4		0.062	0.122
18:4.....g	0.000		0		4		0.000	0.000
20:2 n-6 c,c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g	0.016		0		4		0.005	0.009
20:5 n-3 (EPA).....g	0.000		0		4		0.000	0.000
21:5.....g								
22:4.....g								
22:5 n-3 (DPA).....g	0.000		0		4		0.000	0.000
22:6 n-3 (DHA).....g	0.004		0		4		0.001	0.002
Fatty acids, total trans.....g								
Cholesterol.....mg	49		0		4		14	27
Phytosterols.....mg								
<b>Amino Acids:</b>								
Tryptophan.....g	0.066		0		4		0.019	0.037
Threonine.....g	0.190		0		4		0.054	0.106
Isoleucine.....g	0.245		0		4		0.069	0.137
Leucine.....g	0.422		0		4		0.120	0.236
Lysine.....g	0.229		0		4		0.065	0.128
Methionine.....g	0.120		0		4		0.034	0.067
Cystine.....g	0.111		0		4		0.031	0.062
Phenylalanine.....g	0.271		0		4		0.077	0.152
Tyrosine.....g	0.185		0		4		0.052	0.104
Valine.....g	0.275		0		4		0.078	0.154
Arginine.....g	0.224		0		4		0.064	0.125
Histidine.....g	0.123		0		4		0.035	0.069
Alanine.....g	0.203		0		4		0.058	0.114
Aspartic acid.....g	0.332		0		4		0.094	0.186
Glutamic acid.....g	1.472		0		4		0.417	0.824
Glycine.....g	0.173		0		4		0.049	0.097
Proline.....g	0.511		0		4		0.145	0.286
Serine.....g	0.303		0		4		0.086	0.170
Hydroxyproline.....g								
<b>Others:</b>								
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0
Caffeine.....mg	0		0	RA	4		0	0

NDB No. 18108

Coffeecake, cinnamon with crumb topping, dry mix, prepared

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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				
Theobromine.....mg	0		0	RA	4		0		0

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Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 = 56g: 1 piece (1/8 of 8" x 5-3/4" cake)

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

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

NDB No. 18105

Coffeecake, creme-filled with chocolate frosting

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
<b>Proximates:</b>									
Water.....g	29.10		2		1		8.25	26.19	
Energy.....kcal	331		0		4		94	298	
Energy.....kJ	1385				4		393	1246	
Protein (N x 5.8).....g	5.00		2		1		1.42	4.50	
Total lipid (fat).....g	10.80		2		1		3.06	9.72	
Ash.....g	1.10		2		1		0.31	0.99	
Carbohydrate, by difference.....g	53.80		0	NC	4		15.25	48.42	
Fiber, total dietary.....g	2.0		0		1		0.6	1.8	
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	38		2		1		11	34	
Iron, Fe.....mg	0.51		2		1		0.14	0.46	
Magnesium, Mg.....mg	15		2		1		4	14	
Phosphorus, P.....mg	75		2		1		21	68	
Potassium, K.....mg	78		0	FLA	4		22	70	
Sodium, Na.....mg	323		2		1		92	291	
Zinc, Zn.....mg	0.44		2		1		0.12	0.40	
Copper, Cu.....mg	0.070		2		1		0.020	0.063	
Manganese, Mn.....mg	0.190		2		1		0.054	0.171	
Selenium, Se.....µg	14.4		0	FLA	4		4.1	13.0	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.1		0	FLA	4		0.0	0.1	
Thiamin.....mg	0.080		2		1		0.023	0.072	
Riboflavin.....mg	0.074		2		1		0.021	0.067	
Niacin.....mg	0.840		2		1		0.238	0.756	
Pantothenic acid.....mg	0.392		0	FLA	4		0.111	0.353	
Vitamin B-6.....mg	0.041		0	FLA	4		0.012	0.037	
Folate, total.....µg	41		0	FLA	4		12	37	
Folic acid.....µg	24			FLA	4		7	22	
Folate, food.....µg	17			FLA	4		5	15	
Folate, DFE.....µg	58		0	NC	4		16	52	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.20		0	FLA	4		0.06	0.18	
Vitamin A, RAE.....µg	37		0	NC	4		10	33	
Retinol.....µg	37		0	NC	4		10	33	
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	123		0	FLA	4		35	111	
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									
<b>Lipids:</b>									



Coffeecake, creme-filled with chocolate frosting

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated.....g	2.833		0	FLA	4		0.803	2.550	
4:0.....g	0.001		0	FLA	4		0.000	0.001	
6:0.....g	0.000		0	FLA	4		0.000	0.000	
8:0.....g	0.001		0	FLA	4		0.000	0.001	
10:0.....g	0.001		0	FLA	4		0.000	0.001	
12:0.....g	0.001		0	FLA	4		0.000	0.001	
13:0.....g									
14:0.....g	0.050		0	FLA	4		0.014	0.045	
15:0.....g									
16:0.....g	1.571		0	FLA	4		0.445	1.414	
17:0.....g									
18:0.....g	1.195		0	FLA	4		0.339	1.076	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	5.664		0	FLA	4		1.606	5.098	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.054		0	FLA	4		0.015	0.049	
17:1.....g									
18:1 undifferentiated.....g	5.603		0	FLA	4		1.588	5.043	
20:1.....g	0.005		0	FLA	4		0.001	0.005	
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.465		0	FLA	4		0.415	1.319	
18:2 undifferentiated.....g	1.365		0	FLA	4		0.387	1.229	
18:3 undifferentiated.....g	0.069		0	FLA	4		0.020	0.062	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.024		0	FLA	4		0.007	0.022	
20:5 n-3 (EPA).....g	0.001		0	FLA	4		0.000	0.001	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g									
22:6 n-3 (DHA).....g	0.006		0	FLA	4		0.002	0.005	
Fatty acids, total trans.....g									
Cholesterol.....mg	69		0	FLA	4		20	62	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.058		0		1		0.016	0.052	
Threonine.....g	0.161		0		1		0.046	0.145	
Isoleucine.....g	0.203		0		1		0.058	0.183	
Leucine.....g	0.362		0		1		0.103	0.326	
Lysine.....g	0.168		0		1		0.048	0.151	
Methionine.....g	0.092		0		1		0.026	0.083	
Cystine.....g	0.102		0		1		0.029	0.092	
Phenylalanine.....g	0.242		0		1		0.069	0.218	
Tyrosine.....g	0.154		0		1		0.044	0.139	
Valine.....g	0.229		0		1		0.065	0.206	
Arginine.....g	0.207		0		1		0.059	0.186	
Histidine.....g	0.112		0		1		0.032	0.101	
Alanine.....g	0.182		0		1		0.052	0.164	
Aspartic acid.....g	0.279		0		1		0.079	0.251	
Glutamic acid.....g	1.498		0		1		0.425	1.348	
Glycine.....g	0.178		0		1		0.050	0.160	
Proline.....g	0.500		0		1		0.142	0.450	
Serine.....g	0.256		0		1		0.073	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. 18105**

**Coffeecake, creme-filled with chocolate frosting**

**Common Measures:**

Measure 1 = 28.35g: 1 oz

Measure 2 = 90g: 1 piece (1/6 of 19 oz cake)

**Calories Factors: Protein 3.9**

**Fat 8.8**

**Carbohydrate4**

**Food Group: 18 Baked Products**

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

**NDB No. 18106**  
**Coffeecake, fruit**

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	31.70	3.832	3		1		8.99	15.85	
Energy.....kcal	311		0		4		88	156	
Energy.....kJ	1301				4		369	651	
Protein (N x 5.8).....g	5.20	0.204	3		1		1.47	2.60	
Total lipid (fat).....g	10.20	2.604	4		1		2.89	5.10	
Ash.....g	1.20	0.014	5		1		0.34	0.60	
Carbohydrate, by difference.....g	51.50		0	NC	4		14.60	25.75	
Fiber, total dietary.....g	2.5		0		1		0.7	1.3	
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	45	14.292	3		1		13	23	
Iron, Fe.....mg	2.43	0.423	3		1		0.69	1.22	
Magnesium, Mg.....mg	17	2.501	3		1		5	9	
Phosphorus, P.....mg	118	27.140	3		1		33	59	
Potassium, K.....mg	90	7.760	3		1		26	45	
Sodium, Na.....mg	385	19.248	3		1		109	193	
Zinc, Zn.....mg	0.65		2		1		0.18	0.33	
Copper, Cu.....mg	0.030		2		1		0.009	0.015	
Manganese, Mn.....mg	0.240		2		1		0.068	0.120	
Selenium, Se.....µg	16.5		0	FLA	4		4.7	8.3	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.8	0.033	9		1		0.2	0.4	
Thiamin.....mg	0.037	0.013	9		1		0.010	0.019	
Riboflavin.....mg	0.190	0.007	9		1		0.054	0.095	
Niacin.....mg	2.573	0.052	9		1		0.729	1.287	
Pantothenic acid.....mg	0.660	0.012	8		1		0.187	0.330	
Vitamin B-6.....mg	0.037	0.000	8		1		0.010	0.019	
Folate, total.....µg	47		0	FLA	4		13	24	
Folic acid.....µg	28		0	NC	4		8	14	
Folate, food.....µg	19	1.029	8		1		5	10	
Folate, DFE.....µg	67		0	NC	4		19	33	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.02		0	FLA	4		0.01	0.01	
Vitamin A, RAE.....µg	7		0	NC	4		2	4	
Retinol.....µg	0		0	Z	7		0	0	
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	140		1		1		40	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									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									



NDB No. 18106  
Coffeecake, fruit

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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						

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Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 = 50g: 1 piece (1/8 cake)

**Calories Factors: Protein** 3.9

**Fat** 8.8

**Carbohydrate**3.9

**Food Group:** 18 Baked Products

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



NDB No. 28293

Cookie, butter or sugar, with chocolate icing or filling

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						
<b>Lipids:</b>									
Fatty acids, total saturated.....g	14.800		0	MC	9		4.588		
4:0.....g	0.007		0	FLC	4		0.002		
6:0.....g	0.001		0	FLC	4		0.000		
8:0.....g	0.001		0	FLC	4		0.000		
10:0.....g	0.002		0	FLC	4		0.001		
12:0.....g	0.001		0	FLC	4		0.000		
13:0.....g									
14:0.....g	0.100		0	FLC	4		0.031		
15:0.....g									
16:0.....g	9.284		0	FLC	4		2.878		
17:0.....g									
18:0.....g	5.362		0	FLC	4		1.662		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	2.700		0	MC	9		0.837		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.025		0	FLC	4		0.008		
17:1.....g									
18:1 undifferentiated.....g	2.669		0	FLC	4		0.827		
20:1.....g	0.000		0	FLC	4		0.000		
22:1 undifferentiated.....g	0.000		0	FLC	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	5.100		0	MC	9		1.581		
18:2 undifferentiated.....g	4.730		0	FLC	4		1.466		
18:3 undifferentiated.....g	0.357		0	FLC	4		0.111		
18:4.....g	0.000		0	FLC	4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLC	4		0.000		
20:5 n-3 (EPA).....g	0.000		0	FLC	4		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	FLC	4		0.000		
22:6 n-3 (DHA).....g	0.000		0	FLC	4		0.000		
Fatty acids, total trans.....g	0.490		0	MC	9		0.152		
Cholesterol.....mg	1		0	MC	9		0		
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.053		0	FLC	4		0.016		
Threonine.....g	0.130		0	FLC	4		0.040		
Isoleucine.....g	0.145		0	FLC	4		0.045		
Leucine.....g	0.259		0	FLC	4		0.080		
Lysine.....g	0.137		0	FLC	4		0.043		
Methionine.....g	0.058		0	FLC	4		0.018		
Cystine.....g	0.069		0	FLC	4		0.021		
Phenylalanine.....g	0.193		0	FLC	4		0.060		
Tyrosine.....g	0.131		0	FLC	4		0.040		
Valine.....g	0.192		0	FLC	4		0.059		
Arginine.....g	0.185		0	FLC	4		0.057		
Histidine.....g	0.079		0	FLC	4		0.025		
Alanine.....g	0.150		0	FLC	4		0.047		
Aspartic acid.....g	0.264		0	FLC	4		0.082		
Glutamic acid.....g	1.009		0	FLC	4		0.313		
Glycine.....g	0.155		0	FLC	4		0.048		
Proline.....g	0.333		0	FLC	4		0.103		
Serine.....g	0.185		0	FLC	4		0.057		
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	FLC	4		0.0		
Caffeine.....mg	7		0	FLC	4		2		

NDB No. 28293

Cookie, butter or sugar, with chocolate icing or filling

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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
Theobromine.....mg	237		0	FLC	4		73		

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**Common Measures:**

Measure 1 = 31g: 3 cookies

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

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Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			Points						
<b>Lipids:</b>									
Fatty acids, total saturated.....g	16.500		0	MC	9		5.280		
4:0.....g	0.004		0	FLC	4		0.001		
6:0.....g	0.001		0	FLC	4		0.000		
8:0.....g	0.001		0	FLC	4		0.000		
10:0.....g	0.001		0	FLC	4		0.000		
12:0.....g	0.001		0	FLC	4		0.000		
13:0.....g									
14:0.....g	0.252		0	FLC	4		0.081		
15:0.....g									
16:0.....g	12.324		0	FLC	4		3.944		
17:0.....g									
18:0.....g	3.889		0	FLC	4		1.244		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	2.600		0	MC	9		0.832		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.018		0	FLC	4		0.006		
17:1.....g									
18:1 undifferentiated.....g	2.582		0	FLC	4		0.826		
20:1.....g	0.000		0	FLC	4		0.000		
22:1 undifferentiated.....g	0.000		0	FLC	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	3.600		0	MC	9		1.152		
18:2 undifferentiated.....g	3.386		0	FLC	4		1.084		
18:3 undifferentiated.....g	0.213		0	FLC	4		0.068		
18:4.....g	0.000		0	FLC	4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLC	4		0.000		
20:5 n-3 (EPA).....g	0.000		0	FLC	4		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	FLC	4		0.000		
22:6 n-3 (DHA).....g	0.000		0	FLC	4		0.000		
Fatty acids, total trans.....g	0.370		0	MC	9		0.118		
Cholesterol.....mg	0		0	MC	9		0		
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.057		0	FLC	4		0.018		
Threonine.....g	0.135		0	FLC	4		0.043		
Isoleucine.....g	0.158		0	FLC	4		0.051		
Leucine.....g	0.295		0	FLC	4		0.095		
Lysine.....g	0.131		0	FLC	4		0.042		
Methionine.....g	0.070		0	FLC	4		0.022		
Cystine.....g	0.084		0	FLC	4		0.027		
Phenylalanine.....g	0.218		0	FLC	4		0.070		
Tyrosine.....g	0.141		0	FLC	4		0.045		
Valine.....g	0.200		0	FLC	4		0.064		
Arginine.....g	0.195		0	FLC	4		0.062		
Histidine.....g	0.092		0	FLC	4		0.030		
Alanine.....g	0.158		0	FLC	4		0.050		
Aspartic acid.....g	0.251		0	FLC	4		0.080		
Glutamic acid.....g	1.272		0	FLC	4		0.407		
Glycine.....g	0.167		0	FLC	4		0.054		
Proline.....g	0.428		0	FLC	4		0.137		
Serine.....g	0.213		0	FLC	4		0.068		
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	FLC	4		0.0		
Caffeine.....mg	5		0	FLC	4		2		

NDB No. 28294

Cookie, chocolate, with icing or coating

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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
Theobromine.....mg	159		0	FLC	4		51		

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**Common Measures:**

Measure 1 = 32g: 4 cookies

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

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



NDB No. 28289

Cookie, vanilla with caramel, coconut, and chocolate coating

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Lipids:</b>									
Fatty acids, total saturated.....g	17.700		0	MC	9		5.133		
4:0.....g	0.044		0	FLC	4		0.013		
6:0.....g	0.073		0	FLC	4		0.021		
8:0.....g	0.562		0	FLC	4		0.163		
10:0.....g	0.438		0	FLC	4		0.127		
12:0.....g	3.234		0	FLC	4		0.938		
13:0.....g									
14:0.....g	1.367		0	FLC	4		0.396		
15:0.....g	0.014		0	FLC	4		0.004		
16:0.....g	6.235		0	FLC	4		1.808		
17:0.....g	0.047		0	FLC	4		0.014		
18:0.....g	5.362		0	FLC	4		1.555		
20:0.....g	0.130		0	FLC	4		0.038		
22:0.....g	0.130		0	FLC	4		0.038		
24:0.....g	0.002		0	FLC	4		0.001		
Fatty acids, total monounsaturated.....g	2.800		0	MC	9		0.812		
14:1.....g	0.000		0	FLC	4		0.000		
15:1.....g	0.000		0	FLC	4		0.000		
16:1 undifferentiated.....g	0.006		0	FLC	4		0.002		
17:1.....g	0.000		0	FLC	4		0.000		
18:1 undifferentiated.....g	2.790		0	FLC	4		0.809		
20:1.....g	0.002		0	FLC	4		0.001		
22:1 undifferentiated.....g	0.000		0	FLC	4		0.000		
24:1 c.....g	0.000		0	FLC	4		0.000		
Fatty acids, total polyunsaturated.....g	3.700		0	MC	9		1.073		
18:2 undifferentiated.....g	3.447		0	FLC	4		1.000		
18:3 undifferentiated.....g	0.076		0	FLC	4		0.022		
18:4.....g	0.000		0	FLC	4		0.000		
20:2 n-6 c,c.....g	0.000		0	FLC	4		0.000		
20:3 undifferentiated.....g	0.000		0	FLC	4		0.000		
20:4 undifferentiated.....g	0.000		0	FLC	4		0.000		
20:5 n-3 (EPA).....g	0.000		0	FLC	4		0.000		
21:5.....g									
22:4.....g	0.000		0	FLC	4		0.000		
22:5 n-3 (DPA).....g	0.000		0	FLC	4		0.000		
22:6 n-3 (DHA).....g	0.000		0	FLC	4		0.000		
Fatty acids, total trans.....g	0.200		0	MC	9		0.058		
Cholesterol.....mg	2		0	MC	9		1		
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.029		0	FLC	4		0.008		
Threonine.....g	0.079		0	FLC	4		0.023		
Isoleucine.....g	0.097		0	FLC	4		0.028		
Leucine.....g	0.186		0	FLC	4		0.054		
Lysine.....g	0.103		0	FLC	4		0.030		
Methionine.....g	0.049		0	FLC	4		0.014		
Cystine.....g	0.039		0	FLC	4		0.011		
Phenylalanine.....g	0.118		0	FLC	4		0.034		
Tyrosine.....g	0.082		0	FLC	4		0.024		
Valine.....g	0.116		0	FLC	4		0.034		
Arginine.....g	0.149		0	FLC	4		0.043		
Histidine.....g	0.058		0	FLC	4		0.017		
Alanine.....g	0.090		0	FLC	4		0.026		
Aspartic acid.....g	0.153		0	FLC	4		0.045		
Glutamic acid.....g	0.697		0	FLC	4		0.202		
Glycine.....g	0.083		0	FLC	4		0.024		
Proline.....g	0.244		0	FLC	4		0.071		
Serine.....g	0.133		0	FLC	4		0.039		
Hydroxyproline.....g	0.000		0	FLC	4		0.000		
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	FLC	4		0.0		

NDB No. 28289

Cookie, vanilla with caramel, coconut, and chocolate coating

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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 Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Code					
Caffeine.....mg	18		0	FLC	4		5		
Theobromine.....mg	157		0	FLC	4		45		

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**Common Measures:**

Measure 1 = 29g: 2 cookies

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

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



NDB No. 28290

Cookie, with peanut butter filling, chocolate-coated

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Lipids:</b>									
Fatty acids, total saturated.....g	19.200		0	MC	9		4.800		
4:0.....g	0.001		0	FLC	4		0.000		
6:0.....g	0.000		0	FLC	4		0.000		
8:0.....g	0.000		0	FLC	4		0.000		
10:0.....g	0.000		0	FLC	4		0.000		
12:0.....g	0.000		0	FLC	4		0.000		
13:0.....g									
14:0.....g	0.197		0	FLC	4		0.049		
15:0.....g									
16:0.....g	13.805		0	FLC	4		3.451		
17:0.....g									
18:0.....g	4.675		0	FLC	4		1.169		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	8.400		0	MC	9		2.100		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.025		0	FLC	4		0.006		
17:1.....g									
18:1 undifferentiated.....g	8.251		0	FLC	4		2.063		
20:1.....g	0.123		0	FLC	4		0.031		
22:1 undifferentiated.....g	0.000		0	FLC	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	6.300		0	MC	9		1.575		
18:2 undifferentiated.....g	6.058		0	FLC	4		1.514		
18:3 undifferentiated.....g	0.242		0	FLC	4		0.061		
18:4.....g	0.000		0	FLC	4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLC	4		0.000		
20:5 n-3 (EPA).....g	0.000		0	FLC	4		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	FLC	4		0.000		
22:6 n-3 (DHA).....g	0.000		0	FLC	4		0.000		
Fatty acids, total trans.....g	0.270		0	MC	9		0.068		
Cholesterol.....mg	0		0	MC	9		0		
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.082		0	FLC	4		0.020		
Threonine.....g	0.271		0	FLC	4		0.068		
Isoleucine.....g	0.285		0	FLC	4		0.071		
Leucine.....g	0.529		0	FLC	4		0.132		
Lysine.....g	0.278		0	FLC	4		0.070		
Methionine.....g	0.105		0	FLC	4		0.026		
Cystine.....g	0.113		0	FLC	4		0.028		
Phenylalanine.....g	0.415		0	FLC	4		0.104		
Tyrosine.....g	0.316		0	FLC	4		0.079		
Valine.....g	0.337		0	FLC	4		0.084		
Arginine.....g	0.875		0	FLC	4		0.219		
Histidine.....g	0.200		0	FLC	4		0.050		
Alanine.....g	0.313		0	FLC	4		0.078		
Aspartic acid.....g	0.898		0	FLC	4		0.224		
Glutamic acid.....g	1.820		0	FLC	4		0.455		
Glycine.....g	0.458		0	FLC	4		0.114		
Proline.....g	0.434		0	FLC	4		0.108		
Serine.....g	0.398		0	FLC	4		0.100		
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	FLC	4		0.0		
Caffeine.....mg	21		0	FLC	4		5		



NDB No. 28290

Cookie, with peanut butter filling, chocolate-coated

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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
Theobromine.....mg	186		0	FLC	4		47		

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

**Common Measures:**

Measure 1 = 25g: 2 cookies

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked 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				
	Mean	Std. Error	Number of Data Points	Deriv Code	measures of food				
					Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Lipids:</b>									
Fatty acids, total saturated.....g	3.463		0	FLA	4		0.982	0.170	0.087
4:0.....g	0.000		0	FLA	4		0.000	0.000	0.000
6:0.....g	0.000		0	FLA	4		0.000	0.000	0.000
8:0.....g	0.000		0	FLA	4		0.000	0.000	0.000
10:0.....g	0.000		0	FLA	4		0.000	0.000	0.000
12:0.....g	0.000		0	FLA	4		0.000	0.000	0.000
13:0.....g									
14:0.....g	0.067		0	FLA	4		0.019	0.003	0.002
15:0.....g									
16:0.....g	1.797		0	FLA	4		0.509	0.088	0.045
17:0.....g									
18:0.....g	1.591		0	FLA	4		0.451	0.078	0.040
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	7.666		0	FLA	4		2.173	0.376	0.192
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.003		0	FLA	4		0.001	0.000	0.000
17:1.....g									
18:1 undifferentiated.....g	7.663		0	FLA	4		2.172	0.375	0.192
20:1.....g	0.000		0	FLA	4		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.873		0	FLA	4		0.531	0.092	0.047
18:2 undifferentiated.....g	1.776		0	FLA	4		0.503	0.087	0.044
18:3 undifferentiated.....g	0.096		0	FLA	4		0.027	0.005	0.002
18:4.....g	0.000		0	FLA	4		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	0.000
20:5 n-3 (EPA).....g	0.000		0	FLA	4		0.000	0.000	0.000
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	FLA	4		0.000	0.000	0.000
22:6 n-3 (DHA).....g	0.000		0	FLA	4		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		4		0	0	0
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.099		0		1		0.028	0.005	0.002
Threonine.....g	0.193		0		1		0.055	0.009	0.005
Isoleucine.....g	0.263		0		1		0.075	0.013	0.007
Leucine.....g	0.470		0		1		0.133	0.023	0.012
Lysine.....g	0.242		0		1		0.069	0.012	0.006
Methionine.....g	0.116		0		1		0.033	0.006	0.003
Cystine.....g	0.149		0		1		0.042	0.007	0.004
Phenylalanine.....g	0.324		0		1		0.092	0.016	0.008
Tyrosine.....g	0.196		0		1		0.056	0.010	0.005
Valine.....g	0.303		0		1		0.086	0.015	0.008
Arginine.....g	0.263		0		1		0.075	0.013	0.007
Histidine.....g	0.140		0		1		0.040	0.007	0.004
Alanine.....g	0.209		0		1		0.059	0.010	0.005
Aspartic acid.....g	0.292		0		1		0.083	0.014	0.007
Glutamic acid.....g	2.262		0		1		0.641	0.111	0.057
Glycine.....g	0.231		0		1		0.065	0.011	0.006
Proline.....g	0.763		0		1		0.216	0.037	0.019
Serine.....g	0.362		0		1		0.103	0.018	0.009
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	FLA	4		0	0	0

NDB No. 18150

Cookies, animal crackers (includes arrowroot, tea biscuits)

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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
Theobromine.....mg	0		0	FLA	4		0	0	0

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Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 = 4.9g: 1 Arrowroot biscuit (include Arrowroot cookie)

Measure 3 = 2.5g: 1 cracker

**Calories Factors: Protein 4.1**

**Fat 8.8**

**Carbohydrate 4**

**Food Group: 18 Baked Products**

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



Cookies, animal, w with frosting or icing

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 Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Code					
<b>Lipids:</b>									
Fatty acids, total saturated.....g	16.200		0	MC	9		5.022	6.480	
4:0.....g	0.013		0	FLC	4		0.004	0.005	
6:0.....g	0.059		0	FLC	4		0.018	0.024	
8:0.....g	0.708		0	FLC	4		0.219	0.283	
10:0.....g	0.603		0	FLC	4		0.187	0.241	
12:0.....g	8.232		0	FLC	4		2.552	3.293	
13:0.....g									
14:0.....g	2.528		0	FLC	4		0.784	1.011	
15:0.....g									
16:0.....g	1.373		0	FLC	4		0.426	0.549	
17:0.....g									
18:0.....g	2.647		0	FLC	4		0.821	1.059	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	2.400		0	MC	9		0.744	0.960	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	FLC	4		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	2.400		0	FLC	4		0.744	0.960	
20:1.....g	0.000		0	FLC	4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	FLC	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	4.500		0	MC	9		1.395	1.800	
18:2 undifferentiated.....g	4.261		0	FLC	4		1.321	1.704	
18:3 undifferentiated.....g	0.239		0	FLC	4		0.074	0.096	
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	0.515		0	MC	9		0.160	0.206	
Cholesterol.....mg	0		0	MC	9		0	0	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.041		0	FLC	4		0.013	0.017	
Threonine.....g	0.092		0	FLC	4		0.028	0.037	
Isoleucine.....g	0.116		0	FLC	4		0.036	0.047	
Leucine.....g	0.232		0	FLC	4		0.072	0.093	
Lysine.....g	0.074		0	FLC	4		0.023	0.030	
Methionine.....g	0.060		0	FLC	4		0.019	0.024	
Cystine.....g	0.071		0	FLC	4		0.022	0.029	
Phenylalanine.....g	0.170		0	FLC	4		0.053	0.068	
Tyrosine.....g	0.102		0	FLC	4		0.032	0.041	
Valine.....g	0.135		0	FLC	4		0.042	0.054	
Arginine.....g	0.136		0	FLC	4		0.042	0.054	
Histidine.....g	0.075		0	FLC	4		0.023	0.030	
Alanine.....g	0.108		0	FLC	4		0.034	0.043	
Aspartic acid.....g	0.142		0	FLC	4		0.044	0.057	
Glutamic acid.....g	1.135		0	FLC	4		0.352	0.454	
Glycine.....g	0.121		0	FLC	4		0.038	0.048	
Proline.....g	0.391		0	FLC	4		0.121	0.156	
Serine.....g	0.168		0	FLC	4		0.052	0.067	
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	FLC	4		0.0	0.0	
Caffeine.....mg	0		0	FLC	4		0	0	

NDB No. 28291

Cookies, animal, with frosting or icing

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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 Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Code					
Theobromine.....mg	0		0	FLC	4	0		0	

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

**Common Measures:**

Measure 1 = 31g: 8 cookies 1 serving

Measure 2 = 40g: 1 package 40 g package

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked 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	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data Points	Code				
<b>Lipids:</b>								
Fatty acids, total saturated.....g	4.235		0	FLA	4			
4:0.....g	0.001		0	FLA	4	1.201	2.372	2.583
6:0.....g	0.000		0	FLA	4	0.000	0.001	0.001
8:0.....g	0.000		0	FLA	4	0.000	0.000	0.000
10:0.....g	0.000		0	FLA	4	0.000	0.000	0.000
12:0.....g	0.000		0	FLA	4	0.000	0.000	0.000
13:0.....g								
14:0.....g	0.078		0	FLA	4	0.022	0.044	0.048
15:0.....g								
16:0.....g	2.176		0	FLA	4	0.617	1.219	1.327
17:0.....g								
18:0.....g	1.973		0	FLA	4	0.559	1.105	1.204
20:0.....g								
22:0.....g								
24:0.....g								
Fatty acids, total monounsaturated.....g	8.965		0	FLA	4	2.542	5.020	5.469
14:1.....g								
15:1.....g								
16:1 undifferentiated.....g	0.011		0	FLA	4	0.003	0.006	0.007
17:1.....g								
18:1 undifferentiated.....g	8.946		0	FLA	4	2.536	5.010	5.457
20:1.....g	0.006		0	FLA	4	0.002	0.003	0.004
22:1 undifferentiated.....g	0.000		0	FLA	4	0.000	0.000	0.000
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	2.259		0	FLA	4	0.640	1.265	1.378
18:2 undifferentiated.....g	2.090		0	FLA	4	0.593	1.170	1.275
18:3 undifferentiated.....g	0.159		0	FLA	4	0.045	0.089	0.097
18:4.....g	0.000		0	FLA	4	0.000	0.000	0.000
20:2 n-6 c,c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g	0.004		0	FLA	4	0.001	0.002	0.002
20:5 n-3 (EPA).....g	0.000		0	FLA	4	0.000	0.000	0.000
21:5.....g								
22:4.....g								
22:5 n-3 (DPA).....g	0.000		0	FLA	4	0.000	0.000	0.000
22:6 n-3 (DHA).....g	0.001		0	FLA	4	0.000	0.001	0.001
Fatty acids, total trans.....g								
Cholesterol.....mg	17	8.577	4		1	5	10	10
Phytosterols.....mg								
<b>Amino Acids:</b>								
Tryptophan.....g	0.064		0		1	0.018	0.036	0.039
Threonine.....g	0.189		0		1	0.054	0.106	0.115
Isoleucine.....g	0.224		0		1	0.064	0.125	0.137
Leucine.....g	0.361		0		1	0.102	0.202	0.220
Lysine.....g	0.260		0		1	0.074	0.146	0.159
Methionine.....g	0.112		0		1	0.032	0.063	0.068
Cystine.....g	0.105		0		1	0.030	0.059	0.064
Phenylalanine.....g	0.241		0		1	0.068	0.135	0.147
Tyrosine.....g	0.166		0		1	0.047	0.093	0.101
Valine.....g	0.264		0		1	0.075	0.148	0.161
Arginine.....g	0.256		0		1	0.073	0.143	0.156
Histidine.....g	0.102		0		1	0.029	0.057	0.062
Alanine.....g	0.219		0		1	0.062	0.123	0.134
Aspartic acid.....g	0.392		0		1	0.111	0.220	0.239
Glutamic acid.....g	0.952		0		1	0.270	0.533	0.581
Glycine.....g	0.171		0		1	0.048	0.096	0.104
Proline.....g	0.298		0		1	0.084	0.167	0.182
Serine.....g	0.285		0		1	0.081	0.160	0.174
Hydroxyproline.....g								
<b>Others:</b>								
Alcohol, ethyl.....g	0.0		0		7	0.0	0.0	0.0
Caffeine.....mg	2		0	FLA	4	1	1	1

NDB No. 18151

Cookies, brownies, commercially prepared

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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
Theobromine.....mg	78		0	FLA	4		22	44	48

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Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 = 56g: 1 square, large (2-3/4" sq x 7/8")

Measure 3 = 61g: 1 package, Little Debbie (twin wrapped)

**Calories Factors: Protein 3.9**

**Fat 8.8**

**Carbohydrate 3.8**

**Food Group: 18 Baked Products**

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



NDB No. 28298

Cookies, brownies, commercially prepared, reduced fat

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Lipids:</b>									
Fatty acids, total saturated.....g	2.766		0	LC	8		0.996		
4:0.....g	0.000		0	FLC	4		0.000		
6:0.....g	0.000		0	FLC	4		0.000		
8:0.....g	0.000		0	FLC	4		0.000		
10:0.....g	0.000		0	FLC	4		0.000		
12:0.....g	0.000		0	FLC	4		0.000		
13:0.....g									
14:0.....g	0.005		0	FLC	4		0.002		
15:0.....g	0.000		0	FLC	4		0.000		
16:0.....g	1.350		0	FLC	4		0.486		
17:0.....g	0.000		0	FLC	4		0.000		
18:0.....g	1.386		0	FLC	4		0.499		
20:0.....g	0.013		0	FLC	4		0.005		
22:0.....g	0.009		0	FLC	4		0.003		
24:0.....g									
Fatty acids, total monounsaturated.....g	3.432		0	FLC	4		1.235		
14:1.....g	0.000		0	FLC	4		0.000		
15:1.....g	0.000		0	FLC	4		0.000		
16:1 undifferentiated.....g	0.021		0	FLC	4		0.008		
17:1.....g	0.000		0	FLC	4		0.000		
18:1 undifferentiated.....g	3.383		0	FLC	4		1.218		
20:1.....g	0.028		0	FLC	4		0.010		
22:1 undifferentiated.....g	0.000		0	FLC	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.581		0	FLC	4		0.929		
18:2 undifferentiated.....g	2.197		0	FLC	4		0.791		
18:3 undifferentiated.....g	0.384		0	FLC	4		0.138		
18:4.....g	0.000		0	FLC	4		0.000		
20:2 n-6 c,c.....g	0.000		0	FLC	4		0.000		
20:3 undifferentiated.....g	0.000		0	FLC	4		0.000		
20:4 undifferentiated.....g	0.000		0	FLC	4		0.000		
20:5 n-3 (EPA).....g	0.000		0	FLC	4		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	FLC	4		0.000		
22:6 n-3 (DHA).....g	0.000		0	FLC	4		0.000		
Fatty acids, total trans.....g	0.000		0	LC	8		0.000		
Cholesterol.....mg	0		0	LC	8		0		
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	FLC	4		0.0		
Caffeine.....mg	10		0	FLC	4		4		
Theobromine.....mg	97		0	FLC	4		35		

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

**Common Measures:**

Measure 1 = 36g: 1 brownie 1 serving

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 18 Baked Products

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

NDB No. 18152

Cookies, brownies, dry mix, regular

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
<b>Proximates:</b>									
Water.....g	2.80	0.044	40		1		0.79	17.08	
Energy.....kcal	434		0		4		123	2647	
Energy.....kJ	1816				4		515	11077	
Protein (N x 5.6).....g	4.00	0.047	37		1		1.13	24.40	
Total lipid (fat).....g	14.90	0.597	39		1		4.22	90.89	
Ash.....g	1.30	0.023	29		1		0.37	7.93	
Carbohydrate, by difference.....g	76.60		0	NC	4		21.72	467.26	
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	19	0.571	36		1		5	116	
Iron, Fe.....mg	1.99	0.075	32		1		0.56	12.14	
Magnesium, Mg.....mg	40	1.046	25		1		11	244	
Phosphorus, P.....mg	82	2.679	37		1		23	500	
Potassium, K.....mg	219	14.627	29		1		62	1336	
Sodium, Na.....mg	303	13.419	37		1		86	1848	
Zinc, Zn.....mg	0.64	0.022	25		1		0.18	3.90	
Copper, Cu.....mg	0.276	0.011	22		1		0.078	1.684	
Manganese, Mn.....mg	0.351		0	FLA	4		0.100	2.141	
Selenium, Se.....µg	2.6		0	FLA	4		0.7	15.9	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.3		0	FLA	4		0.1	1.8	
Thiamin.....mg	0.165	0.007	29		1		0.047	1.007	
Riboflavin.....mg	0.162	0.009	29		1		0.046	0.988	
Niacin.....mg	1.882	0.081	25		1		0.534	11.480	
Pantothenic acid.....mg	0.131		0	FLA	4		0.037	0.799	
Vitamin B-6.....mg	0.067		0	FLA	4		0.019	0.409	
Folate, total.....µg	35		0	FLA	4		10	214	
Folic acid.....µg	26		0	NC	4		7	159	
Folate, food.....µg	9		0		4		3	55	
Folate, DFE.....µg	53		0	NC	4		15	325	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		0		1		0.00	0.00	
Vitamin A, RAE.....µg	1		0	NC	4		0	3	
Retinol.....µg	0		0	Z	7		0	0	
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	11		0	FLA	4		3	67	
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									
<b>Lipids:</b>									

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated.....g	2.519		0	FLA	4		0.714	15.366	
4:0.....g	0.000		0	FLA	4		0.000	0.000	
6:0.....g	0.000		0	FLA	4		0.000	0.000	
8:0.....g	0.000		0	FLA	4		0.000	0.000	
10:0.....g	0.000		0	FLA	4		0.000	0.000	
12:0.....g	0.000		0	FLA	4		0.000	0.000	
13:0.....g									
14:0.....g	0.026		0	FLA	4		0.007	0.159	
15:0.....g									
16:0.....g	1.543		0	FLA	4		0.437	9.412	
17:0.....g									
18:0.....g	0.935		0	FLA	4		0.265	5.704	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	5.158		0	FLA	4		1.462	31.464	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.046		0	FLA	4		0.013	0.281	
17:1.....g									
18:1 undifferentiated.....g	5.045		0	FLA	4		1.430	30.775	
20:1.....g	0.042		0	FLA	4		0.012	0.256	
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	6.373		0	FLA	4		1.807	38.875	
18:2 undifferentiated.....g	5.549		0	FLA	4		1.573	33.849	
18:3 undifferentiated.....g	0.771		0	FLA	4		0.219	4.703	
18:4.....g	0.000		0	FLA	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.002		0	FLA	4		0.001	0.012	
20:5 n-3 (EPA).....g	0.000		0	FLA	4		0.000	0.000	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	FLA	4		0.000	0.000	
22:6 n-3 (DHA).....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		1		1		0	0	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.058		0		1		0.016	0.354	
Threonine.....g	0.134		0		1		0.038	0.817	
Isoleucine.....g	0.154		0		1		0.044	0.939	
Leucine.....g	0.261		0		1		0.074	1.592	
Lysine.....g	0.165		0		1		0.047	1.007	
Methionine.....g	0.057		0		1		0.016	0.348	
Cystine.....g	0.071		0		1		0.020	0.433	
Phenylalanine.....g	0.191		0		1		0.054	1.165	
Tyrosine.....g	0.132		0		1		0.037	0.805	
Valine.....g	0.209		0		1		0.059	1.275	
Arginine.....g	0.228		0		1		0.065	1.391	
Histidine.....g	0.078		0		1		0.022	0.476	
Alanine.....g	0.155		0		1		0.044	0.946	
Aspartic acid.....g	0.297		0		1		0.084	1.812	
Glutamic acid.....g	0.952		0		1		0.270	5.807	
Glycine.....g	0.163		0		1		0.046	0.994	
Proline.....g	0.296		0		1		0.084	1.806	
Serine.....g	0.195		0		1		0.055	1.190	
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. 18152**

**Cookies, brownies, dry mix, regular**

**Common Measures:**

Measure 1 = 28.35g: 1 oz

Measure 2 = 610g: 1 package (21.5 oz)

**Calories Factors: Protein 3**

**Fat 8.7**

**Carbohydrate 3.8**

**Food Group: 18 Baked Products**

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

NDB No. 18196

Cookies, brownies, dry mix, special dietary

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
<b>Proximates:</b>									
Water.....g	3.50		1		1		0.99	8.44	
Energy.....kcal	426		0		4		121	1027	
Energy.....kJ	1782		0		4		505	4296	
Protein (N x 5.7).....g	2.90		1		1		0.82	6.99	
Total lipid (fat).....g	12.50		1		1		3.54	30.13	
Ash.....g	0.70		1		1		0.20	1.69	
Carbohydrate, by difference.....g	80.40		0	NC	4		22.79	193.76	
Fiber, total dietary.....g	4.2		0		4		1.2	10.1	
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	12		1		1		3	29	
Iron, Fe.....mg	1.52		1		1		0.43	3.66	
Magnesium, Mg.....mg	4		1		1		1	10	
Phosphorus, P.....mg	57		1		1		16	137	
Potassium, K.....mg	335		1		1		95	807	
Sodium, Na.....mg	83		1		1		24	200	
Zinc, Zn.....mg	0.14		1		1		0.04	0.34	
Copper, Cu.....mg	0.026		1		1		0.007	0.063	
Manganese, Mn.....mg	0.201		0	FLA	4		0.057	0.484	
Selenium, Se.....µg	2.0		0	FLA	4		0.6	4.8	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		1		1		0.0	0.0	
Thiamin.....mg	0.139		1		1		0.039	0.335	
Riboflavin.....mg	0.109		1		1		0.031	0.263	
Niacin.....mg	1.240		1		1		0.352	2.988	
Pantothenic acid.....mg	0.091		1		1		0.026	0.219	
Vitamin B-6.....mg	0.008		1		1		0.002	0.019	
Folate, total.....µg	48		0	FLA	4		14	116	
Folic acid.....µg	45		0	NC	4		13	108	
Folate, food.....µg	3		1		1		1	7	
Folate, DFE.....µg	80		0	NC	4		23	192	
Choline, total.....mg	3.3		0	FLC	4		0.9	7.9	
Betaine.....mg									
Vitamin B-12.....µg	0.00		1		1		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									
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									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									





NDB No. 18196

Cookies, brownies, dry mix, special dietary

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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						

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Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 = 241g: 1 package (8.5 oz)

**Calories Factors: Protein** 3.6

**Fat** 8.8

**Carbohydrate**3.8

**Food Group:** 18 Baked Products

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

NDB No. 18154

Cookies, brownies, prepared from recipe

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
<b>Proximates:</b>									
Water.....g	12.60		0		1		3.57	3.02	
Energy.....kcal	466		0	NC	4		132	112	
Energy.....kJ	1950				4		553	468	
Protein (N x 0).....g	6.20		0		1		1.76	1.49	
Total lipid (fat).....g	29.10		0		1		8.25	6.98	
Ash.....g	1.60		0		1		0.45	0.38	
Carbohydrate, by difference.....g	50.20		0	NC	4		14.23	12.05	
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	57		0		1		16	14	
Iron, Fe.....mg	1.84		0		1		0.52	0.44	
Magnesium, Mg.....mg	53		0		1		15	13	
Phosphorus, P.....mg	132		0		1		37	32	
Potassium, K.....mg	176		0		1		50	42	
Sodium, Na.....mg	343		0		1		97	82	
Zinc, Zn.....mg	0.97		0		1		0.27	0.23	
Copper, Cu.....mg	0.388		0		1		0.110	0.093	
Manganese, Mn.....mg	0.587		0		1		0.166	0.141	
Selenium, Se.....µg	11.5		0	RK	4		3.3	2.8	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.3		0		1		0.1	0.1	
Thiamin.....mg	0.141		0		1		0.040	0.034	
Riboflavin.....mg	0.190		0		1		0.054	0.046	
Niacin.....mg	0.982		0		1		0.278	0.236	
Pantothenic acid.....mg	0.328		0		1		0.093	0.079	
Vitamin B-6.....mg	0.094		0		1		0.027	0.023	
Folate, total.....µg	29		0	RK	4		8	7	
Folic acid.....µg	14		0	NC	4		4	3	
Folate, food.....µg	15		0		1		4	4	
Folate, DFE.....µg	39		0	NC	4		11	9	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.16		0		1		0.05	0.04	
Vitamin A, RAE.....µg	176		0	NC	4		50	42	
Retinol.....µg	161		0	RP	4		46	39	
Carotene, beta.....µg	174		0	RP	4		49	42	
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	827		0	NC	4		234	198	
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									
<b>Lipids:</b>									

Cookies, brownies, prepared from recipe

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			
Fatty acids, total saturated.....g	7.319		0		1	2.075	1.757
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	0.001		0		1	0.000	0.000
10:0.....g	0.001		0		1	0.000	0.000
12:0.....g	0.001		0		1	0.000	0.000
13:0.....g							
14:0.....g	0.074		0		1	0.021	0.018
15:0.....g							
16:0.....g	4.158		0		1	1.179	0.998
17:0.....g							
18:0.....g	3.037		0		1	0.861	0.729
20:0.....g							
22:0.....g							
24:0.....g							
Fatty acids, total monounsaturated.....g	10.839		0		1	3.073	2.601
14:1.....g							
15:1.....g							
16:1 undifferentiated.....g	0.068		0		1	0.019	0.016
17:1.....g							
18:1 undifferentiated.....g	10.710		0		1	3.036	2.570
20:1.....g	0.059		0		1	0.017	0.014
22:1 undifferentiated.....g	0.001		0		1	0.000	0.000
24:1 c.....g							
Fatty acids, total polyunsaturated.....g	9.412		0		1	2.668	2.259
18:2 undifferentiated.....g	8.446		0		1	2.394	2.027
18:3 undifferentiated.....g	0.932		0		1	0.264	0.224
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	0.027		0		1	0.008	0.006
20:5 n-3 (EPA).....g	0.001		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	0.006		0		1	0.002	0.001
Fatty acids, total trans.....g							
Cholesterol.....mg	73		0		1	21	18
Phytosterols.....mg							
<b>Amino Acids:</b>							
Tryptophan.....g	0.078		0		1	0.022	0.019
Threonine.....g	0.228		0		1	0.065	0.055
Isoleucine.....g	0.265		0		1	0.075	0.064
Leucine.....g	0.447		0		1	0.127	0.107
Lysine.....g	0.283		0		1	0.080	0.068
Methionine.....g	0.132		0		1	0.037	0.032
Cystine.....g	0.125		0		1	0.035	0.030
Phenylalanine.....g	0.298		0		1	0.084	0.072
Tyrosine.....g	0.215		0		1	0.061	0.052
Valine.....g	0.323		0		1	0.092	0.078
Arginine.....g	0.433		0		1	0.123	0.104
Histidine.....g	0.136		0		1	0.039	0.033
Alanine.....g	0.271		0		1	0.077	0.065
Aspartic acid.....g	0.516		0		1	0.146	0.124
Glutamic acid.....g	1.203		0		1	0.341	0.289
Glycine.....g	0.238		0		1	0.067	0.057
Proline.....g	0.362		0		1	0.103	0.087
Serine.....g	0.352		0		1	0.100	0.084
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. 18154**

**Cookies, brownies, prepared from recipe**

**Common Measures:**

Measure 1 = 28.35g: 1 oz

Measure 2 = 24g: 1 brownie (2" square)

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked 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	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points					
<b>Lipids:</b>								
Fatty acids, total saturated.....g	11.051		0	FLA	4		3.133	0.553
4:0.....g	0.546		0	FLA	4		0.155	0.027
6:0.....g	0.323		0	FLA	4		0.092	0.016
8:0.....g	0.188		0	FLA	4		0.053	0.009
10:0.....g	0.422		0	FLA	4		0.120	0.021
12:0.....g	0.473		0	FLA	4		0.134	0.024
13:0.....g								
14:0.....g	1.700		0	FLA	4		0.482	0.085
15:0.....g								
16:0.....g	4.849		0	FLA	4		1.375	0.242
17:0.....g								
18:0.....g	2.179		0	FLA	4		0.618	0.109
20:0.....g								
22:0.....g								
24:0.....g								
Fatty acids, total monounsaturated.....g	5.522		0	FLA	4		1.565	0.276
14:1.....g								
15:1.....g								
16:1 undifferentiated.....g	0.420		0	FLA	4		0.119	0.021
17:1.....g								
18:1 undifferentiated.....g	4.845		0	FLA	4		1.374	0.242
20:1.....g	0.005		0	FLA	4		0.001	0.000
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	0.982		0	FLA	4		0.278	0.049
18:2 undifferentiated.....g	0.681		0	FLA	4		0.193	0.034
18:3 undifferentiated.....g	0.256		0	FLA	4		0.073	0.013
18:4.....g	0.002		0	FLA	4		0.001	0.000
20:2 n-6 c,c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g	0.023		0	FLA	4		0.007	0.001
20:5 n-3 (EPA).....g	0.011		0	FLA	4		0.003	0.001
21:5.....g								
22:4.....g								
22:5 n-3 (DPA).....g	0.000		0	FLA	4		0.000	0.000
22:6 n-3 (DHA).....g	0.007		0	FLA	4		0.002	0.000
Fatty acids, total trans.....g								
Cholesterol.....mg	117		0	FLA	4		33	6
Phytosterols.....mg								
<b>Amino Acids:</b>								
Tryptophan.....g	0.084		0		1		0.024	0.004
Threonine.....g	0.215		0		1		0.061	0.011
Isoleucine.....g	0.277		0		1		0.079	0.014
Leucine.....g	0.471		0		1		0.134	0.024
Lysine.....g	0.308		0		1		0.087	0.015
Methionine.....g	0.131		0		1		0.037	0.007
Cystine.....g	0.122		0		1		0.035	0.006
Phenylalanine.....g	0.299		0		1		0.085	0.015
Tyrosine.....g	0.211		0		1		0.060	0.011
Valine.....g	0.315		0		1		0.089	0.016
Arginine.....g	0.261		0		1		0.074	0.013
Histidine.....g	0.136		0		1		0.039	0.007
Alanine.....g	0.224		0		1		0.064	0.011
Aspartic acid.....g	0.371		0		1		0.105	0.019
Glutamic acid.....g	1.618		0		1		0.459	0.081
Glycine.....g	0.194		0		1		0.055	0.010
Proline.....g	0.566		0		1		0.160	0.028
Serine.....g	0.354		0		1		0.100	0.018
Hydroxyproline.....g								
<b>Others:</b>								
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0
Caffeine.....mg	0		0	FLA	4		0	0

NDB No. 18155

Cookies, butter, commercially prepared, enriched

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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 Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Code					
Theobromine.....mg	0		0	FLA	4	0		0	

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

**Calories Factors: Protein 4.2**

**Fat 8.8**

**Carbohydrate 4**

**Food Group:** 18 Baked Products

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



NDB No. 18421

Cookies, butter, commercially prepared, unenriched

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
<b>Proximates:</b>									
Water.....g	4.60	0.496	9		1		1.30	0.23	
Energy.....kcal	467		0	NC	4		132	23	
Energy.....kJ	1954				4		554	98	
Protein (N x 5.9).....g	6.10	0.411	10		1		1.73	0.31	
Total lipid (fat).....g	18.80	0.958	14		1		5.33	0.94	
Ash.....g	1.50	0.103	12		1		0.43	0.08	
Carbohydrate, by difference.....g	68.90		0		4		19.53	3.45	
Fiber, total dietary.....g	0.8		0	BFZN	4		0.2	0.0	
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	29	6.020	5		1		8	1	
Iron, Fe.....mg	0.29		0		4		0.08	0.01	
Magnesium, Mg.....mg	12	3.067	3		1		3	1	
Phosphorus, P.....mg	102	28.864	4		1		29	5	
Potassium, K.....mg	111	20.071	3		1		31	6	
Sodium, Na.....mg	351	58.423	4		1		100	18	
Zinc, Zn.....mg	0.38	0.060	3		1		0.11	0.02	
Copper, Cu.....mg	0.200		1		1		0.057	0.010	
Manganese, Mn.....mg	0.170		2		1		0.048	0.009	
Selenium, Se.....µg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0		4		0.0	0.0	
Thiamin.....mg	0.066		0		4		0.019	0.003	
Riboflavin.....mg	0.071		0		4		0.020	0.004	
Niacin.....mg	0.320		0		4		0.091	0.016	
Pantothenic acid.....mg	0.488	0.017	8		1		0.138	0.024	
Vitamin B-6.....mg	0.036	0.000	8		1		0.010	0.002	
Folate, total.....µg	6	0.138	8		1		2	0	
Folic acid.....µg	0		0	Z	7		0	0	
Folate, food.....µg	6	0.138	8		1		2	0	
Folate, DFE.....µg	6		0	NC	4		2	0	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.36		0	BFZN	4		0.10	0.02	
Vitamin A, RAE.....µg	160		0	NC	4		45	8	
Retinol.....µg	151		0	NC	4		43	8	
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	673		0	BFZN	4		191	34	
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									
<b>Lipids:</b>									

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion 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	11.051		0	BFZN	4		3.133	0.553	
4:0.....g	0.546		0	BFZN	4		0.155	0.027	
6:0.....g	0.323		0	BFZN	4		0.092	0.016	
8:0.....g	0.188		0	BFZN	4		0.053	0.009	
10:0.....g	0.422		0	BFZN	4		0.120	0.021	
12:0.....g	0.473		0	BFZN	4		0.134	0.024	
13:0.....g									
14:0.....g	1.700		0	BFZN	4		0.482	0.085	
15:0.....g									
16:0.....g	4.849		0	BFZN	4		1.375	0.242	
17:0.....g									
18:0.....g	2.179		0	BFZN	4		0.618	0.109	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	5.522		0	BFZN	4		1.565	0.276	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.420		0	BFZN	4		0.119	0.021	
17:1.....g									
18:1 undifferentiated.....g	4.845		0	BFZN	4		1.374	0.242	
20:1.....g	0.005		0	BFZN	4		0.001	0.000	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.982		0	BFZN	4		0.278	0.049	
18:2 undifferentiated.....g	0.681		0	BFZN	4		0.193	0.034	
18:3 undifferentiated.....g	0.256		0	BFZN	4		0.073	0.013	
18:4.....g	0.002		0	BFZN	4		0.001	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.023		0	BFZN	4		0.007	0.001	
20:5 n-3 (EPA).....g	0.011		0	BFZN	4		0.003	0.001	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g									
22:6 n-3 (DHA).....g	0.007		0	BFZN	4		0.002	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	117		0	BFZN	4		33	6	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.084		0		4		0.024	0.004	
Threonine.....g	0.215		0		4		0.061	0.011	
Isoleucine.....g	0.277		0		4		0.079	0.014	
Leucine.....g	0.471		0		4		0.134	0.024	
Lysine.....g	0.308		0		4		0.087	0.015	
Methionine.....g	0.131		0		4		0.037	0.007	
Cystine.....g	0.122		0		4		0.035	0.006	
Phenylalanine.....g	0.299		0		4		0.085	0.015	
Tyrosine.....g	0.211		0		4		0.060	0.011	
Valine.....g	0.315		0		4		0.089	0.016	
Arginine.....g	0.261		0		4		0.074	0.013	
Histidine.....g	0.136		0		4		0.039	0.007	
Alanine.....g	0.224		0		4		0.064	0.011	
Aspartic acid.....g	0.371		0		4		0.105	0.019	
Glutamic acid.....g	1.618		0		4		0.459	0.081	
Glycine.....g	0.194		0		4		0.055	0.010	
Proline.....g	0.566		0		4		0.160	0.028	
Serine.....g	0.354		0		4		0.100	0.018	
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. 18421**

**Cookies, butter, commercially prepared, unenriched**

**Common Measures:**

Measure 1 = 28.35g: 1 oz

Measure 2 = 5.0g: 1 cookie

**Calories Factors: Protein 4.2**

**Fat 8.8**

**Carbohydrate4**

**Food Group: 18 Baked Products**

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

NDB No. 18159

Cookies, chocolate chip, commercially prepared, regular, higher fat, enriched

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
<b>Proximates:</b>									
Water.....g	3.57	0.061	12	A	1		0.46	0.43	1.01
Energy.....kcal	492		0	NC	4		64	59	140
Energy.....kJ	2060		0	NC	4		266	247	584
Protein (N x 5.8).....g	5.10	0.066	12	A	1		0.66	0.61	1.45
Total lipid (fat).....g	24.72	0.182	12	A	1		3.19	2.97	7.01
Ash.....g	1.25	0.024	12	A	1		0.16	0.15	0.35
Carbohydrate, by difference.....g	65.36		0	NC	4		8.43	7.84	18.53
Fiber, total dietary.....g	2.0	0.166	6	A	1		0.3	0.2	0.6
Sugars, total.....g	32.90	0.258	6	A	1		4.24	3.95	9.33
Sucrose.....g	31.29	0.280	6	A	1		4.04	3.76	8.87
Glucose (dextrose).....g	1.21	0.030	6	A	1		0.16	0.15	0.34
Fructose.....g	0.39	0.007	6	A	1		0.05	0.05	0.11
Lactose.....g	0.00	0.000	6	A	1		0.00	0.00	0.00
Maltose.....g	0.00	0.000	6	A	1		0.00	0.00	0.00
Galactose.....g	0.00	0.000	6	A	1		0.00	0.00	0.00
Starch.....g	28.32	0.409	6	A	1		3.65	3.40	8.03
<b>Minerals:</b>									
Calcium, Ca.....mg	21	0.256	12	A	1		3	3	6
Iron, Fe.....mg	5.58	0.085	12	A	1		0.72	0.67	1.58
Magnesium, Mg.....mg	41	0.896	12	A	1		5	5	12
Phosphorus, P.....mg	109	0.994	12	A	1		14	13	31
Potassium, K.....mg	171	3.529	12	A	1		22	21	48
Sodium, Na.....mg	311	5.041	12	A	1		40	37	88
Zinc, Zn.....mg	0.72	0.014	12	A	1		0.09	0.09	0.20
Copper, Cu.....mg	0.323	0.015	12	A	1		0.042	0.039	0.092
Manganese, Mn.....mg	0.620	0.015	12	A	1		0.080	0.074	0.176
Selenium, Se.....µg	3.9	0.287	6	A	1		0.5	0.5	1.1
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0	0.000	4		1		0.0	0.0	0.0
Thiamin.....mg	0.292	0.014	6	A	1		0.038	0.035	0.083
Riboflavin.....mg	0.297	0.011	6	A	1		0.038	0.036	0.084
Niacin.....mg	2.665	0.042	6	A	1		0.344	0.320	0.756
Pantothenic acid.....mg									
Vitamin B-6.....mg	0.058	0.008	4	A	1		0.007	0.007	0.016
Folate, total.....µg	72	6.891	6	A	1		9	9	20
Folic acid.....µg	29		2	A	1		4	3	8
Folate, food.....µg	43		0	NC	4		6	5	12
Folate, DFE.....µg	92		0	NC	4		12	11	26
Choline, total.....mg	10.5		0	AS	1		1.4	1.3	3.0
Betaine.....mg	16.6		1	A	1		2.1	2.0	4.7
Vitamin B-12.....µg	0.03		2	A	1		0.00	0.00	0.01
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		2	A	1		0	0	0
Carotene, beta.....µg	0		0	FLA	4		0	0	0
Carotene, alpha.....µg	0		0	FLA	4		0	0	0
Cryptoxanthin, beta.....µg	0		0	FLA	4		0	0	0
Vitamin A, IU.....IU	1		0	AS	1		0	0	0
Lycopene.....µg	0		0	FLA	4		0	0	0
Lutein + zeaxanthin.....µg	1		0	FLA	4		0	0	0
Vitamin E (alpha-tocopherol).....mg	2.01	0.072	6	A	1		0.26	0.24	0.57
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta.....mg	0.28	0.014	6	A	1		0.04	0.03	0.08
Tocopherol, gamma.....mg	9.76	0.320	6	A	1		1.26	1.17	2.77
Tocopherol, delta.....mg	2.89	0.149	6	A	1		0.37	0.35	0.82
Tocotrienol, alpha.....mg	0.07	0.015	6	A	1		0.01	0.01	0.02
Tocotrienol, beta.....mg	0.61	0.035	6	A	1		0.08	0.07	0.17

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	0.08	0.015	6	A	1		0.01	0.01	0.02
Tocotrienol, delta.....mg	0.04	0.029	6	A	1		0.01	0.01	0.01
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	33.7	1.016	5	A	1		4.3	4.0	9.5
Dihydrophyloquinone.....µg	1.0	0.094	5	A	1		0.1	0.1	0.3
Menaquinone-4.....µg	0.0	0.000	5	A	1		0.0	0.0	0.0
<b>Lipids:</b>									
Fatty acids, total saturated.....g	8.091		0	NC	4		1.044	0.971	2.294
4:0.....g	0.000	0.000	6	A	1		0.000	0.000	0.000
6:0.....g	0.000	0.000	6	A	1		0.000	0.000	0.000
8:0.....g	0.003	0.001	6	A	1		0.000	0.000	0.001
10:0.....g	0.010	0.000	6	A	1		0.001	0.001	0.003
12:0.....g	0.011	0.002	6	A	1		0.001	0.001	0.003
13:0.....g									
14:0.....g	0.064	0.001	6	A	1		0.008	0.008	0.018
15:0.....g	0.009	0.000	6	A	1		0.001	0.001	0.002
16:0.....g	4.451	0.071	6	A	1		0.574	0.534	1.262
17:0.....g	0.034	0.001	6	A	1		0.004	0.004	0.010
18:0.....g	3.308	0.078	6	A	1		0.427	0.397	0.938
20:0.....g	0.118	0.004	6	A	1		0.015	0.014	0.033
22:0.....g	0.059	0.002	6	A	1		0.008	0.007	0.017
24:0.....g	0.026	0.001	6	A	1		0.003	0.003	0.007
Fatty acids, total monounsaturated.....g	6.272		0	NC	4		0.809	0.753	1.778
14:1.....g									
15:1.....g	0.001	0.001	6	A	1		0.000	0.000	0.000
16:1 undifferentiated.....g	0.033	0.001	6	AS	1		0.004	0.004	0.009
16:1 c.....g	0.030	0.001	6	A	1		0.004	0.004	0.009
16:1 t.....g	0.003	0.000	6	A	1		0.000	0.000	0.001
17:1.....g	0.009	0.000	6	A	1		0.001	0.001	0.003
18:1 undifferentiated.....g	6.188	0.126	6	AS	1		0.798	0.743	1.754
18:1 c.....g	5.581	0.127	6	A	1		0.720	0.670	1.582
18:1 t.....g	0.607	0.016	6	A	1		0.078	0.073	0.172
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.033	0.002	6	A	1		0.004	0.004	0.009
22:1 undifferentiated.....g	0.007	0.000	6	AS	1		0.001	0.001	0.002
22:1 c.....g	0.003	0.000	6	A	1		0.000	0.000	0.001
22:1 t.....g	0.004	0.000	6	A	1		0.000	0.000	0.001
24:1 c.....g	0.002	0.001	6	A	1		0.000	0.000	0.000
Fatty acids, total polyunsaturated.....g	8.417		0	NC	4		1.086	1.010	2.386
18:2 undifferentiated.....g	7.519	0.115	6	AS	1		0.970	0.902	2.132
18:2 n-6 c,c.....g	7.434	0.110	6	A	1		0.959	0.892	2.108
18:2 CLAs.....g	0.014	0.001	6	A	1		0.002	0.002	0.004
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.071	0.005	6	A	1		0.009	0.008	0.020
18:3 undifferentiated.....g	0.877	0.026	6	AS	1		0.113	0.105	0.249
18:3 n-3 c,c,c (ALA).....g	0.842	0.025	6	A	1		0.109	0.101	0.239
18:3 n-6 c,c,c.....g	0.035	0.001	6	A	1		0.005	0.004	0.010
18:3i.....g	0.000	0.000	6	A	1		0.000	0.000	0.000
18:4.....g	0.000	0.000	6	A	1		0.000	0.000	0.000
20:2 n-6 c,c.....g	0.006	0.000	6	A	1		0.001	0.001	0.002
20:3 undifferentiated.....g	0.005	0.000	6	AS	1		0.001	0.001	0.001
20:3 n-3.....g	0.005	0.000	6	A	1		0.001	0.001	0.001
20:3 n-6.....g	0.000	0.000	6	A	1		0.000	0.000	0.000
20:4 undifferentiated.....g	0.009	0.000	6	A	1		0.001	0.001	0.002
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.000	0.000	6	A	1		0.000	0.000	0.000
21:5.....g									
22:4.....g	0.000	0.000	6	A	1		0.000	0.000	0.000
22:5 n-3 (DPA).....g	0.000	0.000	6	A	1		0.000	0.000	0.000

NDB No. 18159

Cookies, chocolate chip, commercially prepared, regular, higher fat, enriched

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			
22:6 n-3 (DHA).....g	0.000	0.000	6	A	1	0.000	0.000	0.000
Fatty acids, total trans.....g	0.684		0	NC	4	0.088	0.082	0.194
Fatty acids, total trans-monoenoic.....g	0.613		0	NC	4	0.079	0.074	0.174
Fatty acids, total trans-polyenoic.....g	0.071		0	NC	4	0.009	0.008	0.020
Cholesterol.....mg	0		0		4	0	0	0
Phytosterols.....mg								
<b>Amino Acids:</b>								
Tryptophan.....g	0.079		0	A	1	0.010	0.009	0.022
Threonine.....g	0.135		0	A	1	0.017	0.016	0.038
Isoleucine.....g	0.146		0	A	1	0.019	0.018	0.041
Leucine.....g	0.292		0	A	1	0.038	0.035	0.083
Lysine.....g	0.067		0	A	1	0.009	0.008	0.019
Methionine.....g	0.022		0	A	1	0.003	0.003	0.006
Cystine.....g	0.101		0	A	1	0.013	0.012	0.029
Phenylalanine.....g	0.213		0	A	1	0.028	0.026	0.060
Tyrosine.....g	0.079		0	A	1	0.010	0.009	0.022
Valine.....g	0.202		0	A	1	0.026	0.024	0.057
Arginine.....g	0.157		0	A	1	0.020	0.019	0.045
Histidine.....g	0.079		0	A	1	0.010	0.009	0.022
Alanine.....g	0.157		0	A	1	0.020	0.019	0.045
Aspartic acid.....g	0.247		0	A	1	0.032	0.030	0.070
Glutamic acid.....g	1.325		0	A	1	0.171	0.159	0.376
Glycine.....g	0.168		0	A	1	0.022	0.020	0.048
Proline.....g	0.393		0	A	1	0.051	0.047	0.111
Serine.....g	0.213		0	A	1	0.028	0.026	0.060
Hydroxyproline.....g								
<b>Others:</b>								
Alcohol, ethyl.....g	0.0		0		7	0.0	0.0	0.0
Caffeine.....mg	11		0	FLA	4	1	1	3
Theobromine.....mg	83		0	FLA	4	11	10	24

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

**Common Measures:**

Measure 1 = 12.9g: 1 cookie

Measure 2 = 12.0g: 1 cookie Pepperidge Farm Chocolate Chunk Pecan

Measure 3 = 28.35g: 1 oz

Calories Factors: Protein 3.9

Fat 8.8

Carbohydrate 3.9

Food Group: 18 Baked Products

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

NDB No. 18422

Cookies, chocolate chip, commercially prepared, regular, higher fat, unenriched

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
<b>Proximates:</b>									
Water.....g	4.10	0.091	87		1		1.16	0.41	0.09
Energy.....kcal	481		0	NC	4		136	48	11
Energy.....kJ	2013		0		4		571	201	44
Protein (N x 5.8).....g	5.40	0.064	88		1		1.53	0.54	0.12
Total lipid (fat).....g	22.60	0.153	89		1		6.41	2.26	0.50
Ash.....g	1.10	0.017	85		1		0.31	0.11	0.02
Carbohydrate, by difference.....g	66.80		0		4		18.94	6.68	1.47
Fiber, total dietary.....g	2.5		0		4		0.7	0.3	0.1
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	25	0.775	115		1		7	3	1
Iron, Fe.....mg	1.00		0		4		0.28	0.10	0.02
Magnesium, Mg.....mg	31	0.551	110		1		9	3	1
Phosphorus, P.....mg	108	1.778	110		1		31	11	2
Potassium, K.....mg	135	2.448	107		1		38	14	3
Sodium, Na.....mg	315	4.625	112		1		89	32	7
Zinc, Zn.....mg	0.64	0.011	107		1		0.18	0.06	0.01
Copper, Cu.....mg	0.212	0.007	105		1		0.060	0.021	0.005
Manganese, Mn.....mg	0.449	0.009	102		1		0.127	0.045	0.010
Selenium, Se.....µg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0	0.000	4		1		0.0	0.0	0.0
Thiamin.....mg	0.059		0		4		0.017	0.006	0.001
Riboflavin.....mg	0.060		0		4		0.017	0.006	0.001
Niacin.....mg	0.473		0		4		0.134	0.047	0.010
Pantothenic acid.....mg	0.229		2		1		0.065	0.023	0.005
Vitamin B-6.....mg	0.056		1		1		0.016	0.006	0.001
Folate, total.....µg	9	0.102	3		1		3	1	0
Folic acid.....µg	0		0	Z	7		0	0	0
Folate, food.....µg	9	0.102	3		1		3	1	0
Folate, DFE.....µg	9		0	NC	4		3	1	0
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.01		0		4		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									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	4		0		4		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									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									

NDB No. 18422

Cookies, chocolate chip, commercially prepared, regular, higher fat, unenriched

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion 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	7.476		0	BFZN	4		2.119	0.748	0.164
4:0.....g									
6:0.....g									
8:0.....g									
10:0.....g									
12:0.....g	0.010		0	BFZN	4		0.003	0.001	0.000
13:0.....g									
14:0.....g	0.112		0	BFZN	4		0.032	0.011	0.002
15:0.....g									
16:0.....g	0.594		0	BFZN	4		0.168	0.059	0.013
17:0.....g									
18:0.....g	3.697		0	BFZN	4		1.048	0.370	0.081
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	11.671		0	BFZN	4		3.309	1.167	0.257
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.017		0	BFZN	4		0.005	0.002	0.000
17:1.....g									
18:1 undifferentiated.....g	11.656		0	BFZN	4		3.304	1.166	0.256
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.367		0	BFZN	4		0.671	0.237	0.052
18:2 undifferentiated.....g	2.246		0	BFZN	4		0.637	0.225	0.049
18:3 undifferentiated.....g	0.122		0	BFZN	4		0.035	0.012	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		4		0	0	0
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.073		0		4		0.021	0.007	0.002
Threonine.....g	0.168		0		4		0.048	0.017	0.004
Isoleucine.....g	0.222		0		4		0.063	0.022	0.005
Leucine.....g	0.396		0		4		0.112	0.040	0.009
Lysine.....g	0.219		0		4		0.062	0.022	0.005
Methionine.....g	0.095		0		4		0.027	0.010	0.002
Cystine.....g	0.095		0		4		0.027	0.010	0.002
Phenylalanine.....g	0.261		0		4		0.074	0.026	0.006
Tyrosine.....g	0.173		0		4		0.049	0.017	0.004
Valine.....g	0.261		0		4		0.074	0.026	0.006
Arginine.....g	0.191		0		4		0.054	0.019	0.004
Histidine.....g	0.102		0		4		0.029	0.010	0.002
Alanine.....g	0.168		0		4		0.048	0.017	0.004
Aspartic acid.....g	0.277		0		4		0.079	0.028	0.006
Glutamic acid.....g	1.602		0		4		0.454	0.160	0.035
Glycine.....g	0.168		0		4		0.048	0.017	0.004
Proline.....g	0.557		0		4		0.158	0.056	0.012
Serine.....g	0.272		0		4		0.077	0.027	0.006
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g									
Caffeine.....mg	11		0	BFZN	4		3	1	0
Theobromine.....mg	83		0	BFZN	4		24	8	2



NDB No. 18422

Cookies, chocolate chip, commercially prepared, regular, higher fat, unenriched

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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	Measure 1	Measure 2	Measure 3
			of Data	Code	Code			
Points	Code	Code	Code	Code	Code			

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Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 = 10.0g: 1 cookie, medium (2-1/4" dia)

Measure 3 = 2.2g: 1 cookie, bite size (include Mini Chips Ahoy!)

**Calories Factors: Protein** 3.9

**Fat** 8.8

**Carbohydrate**3.9

**Food Group:** 18 Baked 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 of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Lipids:</b>									
Fatty acids, total saturated.....g	5.962		0	NC	4		2.027	1.690	
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	0.000		0	FLC	4		0.000	0.000	
10:0.....g	0.000		0	FLC	4		0.000	0.000	
12:0.....g	0.000		0	FLC	4		0.000	0.000	
13:0.....g	0.000		0	FLC	4		0.000	0.000	
14:0.....g	0.038		0	FLC	4		0.013	0.011	
15:0.....g	0.000		0	FLC	4		0.000	0.000	
16:0.....g	3.235		0	FLC	4		1.100	0.917	
17:0.....g	0.011		0	FLC	4		0.004	0.003	
18:0.....g	2.614		0	FLC	4		0.889	0.741	
20:0.....g	0.059		0	FLC	4		0.020	0.017	
22:0.....g	0.005		0	FLC	4		0.002	0.002	
24:0.....g	0.000		0	FLC	4		0.000	0.000	
Fatty acids, total monounsaturated.....g	5.422		0	NC	4		1.843	1.537	
14:1.....g	0.000		0	FLC	4		0.000	0.000	
15:1.....g	0.000		0	FLC	4		0.000	0.000	
16:1 undifferentiated.....g	0.035		0	FLC	4		0.012	0.010	
17:1.....g	0.000		0	FLC	4		0.000	0.000	
18:1 undifferentiated.....g	5.387		0	FLC	4		1.831	1.527	
20:1.....g	0.000		0	FLC	4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	FLC	4		0.000	0.000	
24:1 c.....g	0.000		0	FLC	4		0.000	0.000	
Fatty acids, total polyunsaturated.....g	5.641		0	NC	4		1.918	1.599	
18:2 undifferentiated.....g	5.310		0	FLC	4		1.806	1.505	
18:3 undifferentiated.....g	0.330		0	FLC	4		0.112	0.094	
18:4.....g	0.000		0	FLC	4		0.000	0.000	
20:2 n-6 c,c.....g	0.000		0	FLC	4		0.000	0.000	
20:3 undifferentiated.....g	0.000		0	FLC	4		0.000	0.000	
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	LC	8		0	0	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.083		0		1		0.028	0.024	
Threonine.....g	0.174		0		1		0.059	0.049	
Isoleucine.....g	0.234		0		1		0.080	0.066	
Leucine.....g	0.418		0		1		0.142	0.119	
Lysine.....g	0.223		0		1		0.076	0.063	
Methionine.....g	0.103		0		1		0.035	0.029	
Cystine.....g	0.114		0		1		0.039	0.032	
Phenylalanine.....g	0.282		0		1		0.096	0.080	
Tyrosine.....g	0.181		0		1		0.062	0.051	
Valine.....g	0.274		0		1		0.093	0.078	
Arginine.....g	0.216		0		1		0.073	0.061	
Histidine.....g	0.115		0		1		0.039	0.033	
Alanine.....g	0.180		0		1		0.061	0.051	
Aspartic acid.....g	0.279		0		1		0.095	0.079	
Glutamic acid.....g	1.829		0		1		0.622	0.519	
Glycine.....g	0.190		0		1		0.065	0.054	
Proline.....g	0.628		0		1		0.214	0.178	
Serine.....g	0.302		0		1		0.103	0.086	
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	FLC	4		0.0	0.0	

NDB No. 18158

Cookies, chocolate chip, commercially prepared, regular, lower fat

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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 Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Code					
Caffeine.....mg	13		0	FLC	4	5	4		
Theobromine.....mg	105		0	FLC	4	36	30		

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

**Common Measures:**

Measure 1 = 34g: 1 serving 3 cookies

Measure 2 = 28.35g: 1 oz

**Calories Factors: Protein 4**

**Fat 8.8**

**Carbohydrate4**

**Food Group: 18 Baked Products**

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



Cookies, chocolate chip, commercially prepared, soft-type

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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 D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg	2.4	0.324	3	A	1	0.3	0.7	0.4	
Dihydrophyloquinone.....µg	0.0	0.000	3	A	1	0.0	0.0	0.0	
Menaquinone-4.....µg	0.0	0.000	3	A	1	0.0	0.0	0.0	
<b>Lipids:</b>									
Fatty acids, total saturated.....g	9.751		0	NC	4	1.385	2.764	1.463	
4:0.....g	0.000	0.000	3	A	1	0.000	0.000	0.000	
6:0.....g	0.000	0.000	3	A	1	0.000	0.000	0.000	
8:0.....g	0.003	0.001	3	A	1	0.000	0.001	0.000	
10:0.....g	0.011	0.001	3	A	1	0.002	0.003	0.002	
12:0.....g	0.031	0.000	3	A	1	0.004	0.009	0.005	
13:0.....g									
14:0.....g	0.140	0.001	3	A	1	0.020	0.040	0.021	
15:0.....g	0.011	0.001	3	A	1	0.002	0.003	0.002	
16:0.....g	7.287	0.024	3	A	1	1.035	2.066	1.093	
17:0.....g	0.024	0.000	3	A	1	0.003	0.007	0.004	
18:0.....g	2.110	0.045	3	A	1	0.300	0.598	0.316	
20:0.....g	0.099	0.001	3	A	1	0.014	0.028	0.015	
22:0.....g	0.018	0.000	3	A	1	0.002	0.005	0.003	
24:0.....g	0.017	0.000	3	A	1	0.002	0.005	0.003	
Fatty acids, total monounsaturated.....g	6.973		0	NC	4	0.990	1.977	1.046	
14:1.....g									
15:1.....g	0.002	0.001	3	A	1	0.000	0.000	0.000	
16:1 undifferentiated.....g	0.032	0.001	3	AS	1	0.005	0.009	0.005	
16:1 c.....g	0.032	0.001	3	A	1	0.004	0.009	0.005	
16:1 t.....g	0.000	0.000	3	A	1	0.000	0.000	0.000	
17:1.....g	0.005	0.000	3	A	1	0.001	0.001	0.001	
18:1 undifferentiated.....g	6.905	0.030	3	AS	1	0.980	1.958	1.036	
18:1 c.....g	6.895	0.029	3	A	1	0.979	1.955	1.034	
18:1 t.....g	0.010	0.001	3	A	1	0.001	0.003	0.001	
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.028	0.000	3	A	1	0.004	0.008	0.004	
22:1 undifferentiated.....g	0.000	0.000	3	AS	1	0.000	0.000	0.000	
22:1 c.....g	0.000	0.000	3	A	1	0.000	0.000	0.000	
22:1 t.....g	0.000	0.000	3	A	1	0.000	0.000	0.000	
24:1 c.....g	0.001	0.001	3	A	1	0.000	0.000	0.000	
Fatty acids, total polyunsaturated.....g	1.786		0	NC	4	0.254	0.506	0.268	
18:2 undifferentiated.....g	1.720	0.008	3	AS	1	0.244	0.488	0.258	
18:2 n-6 c,c.....g	1.670	0.012	3	A	1	0.237	0.473	0.250	
18:2 CLAs.....g	0.005	0.001	3	A	1	0.001	0.001	0.001	
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.045	0.009	3	A	1	0.006	0.013	0.007	
18:3 undifferentiated.....g	0.057	0.001	3	AS	1	0.008	0.016	0.009	
18:3 n-3 c,c,c (ALA).....g	0.051	0.001	3	A	1	0.007	0.014	0.008	
18:3 n-6 c,c,c.....g	0.007	0.000	3	A	1	0.001	0.002	0.001	
18:3i.....g	0.000	0.000	3	A	1	0.000	0.000	0.000	
18:4.....g	0.000	0.000	3	A	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	0.005	0.001	3	AS	1	0.001	0.002	0.001	
20:3 n-3.....g	0.005	0.001	3	A	1	0.001	0.002	0.001	
20:3 n-6.....g	0.000	0.000	3	A	1	0.000	0.000	0.000	
20:4 undifferentiated.....g	0.003	0.000	3	A	1	0.000	0.001	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	0.000	0.000	3	A	1	0.000	0.000	0.000	
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	0.055		0	NC	4	0.008	0.016	0.008	
Fatty acids, total trans-monoenoic.....g	0.010		0	NC	4	0.001	0.003	0.002	

NDB No. 18160

Cookies, chocolate chip, commercially prepared, soft-type

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
Fatty acids, total trans-polyenoic.....g	0.045		0	NC	4	0.006	0.013	0.007
Cholesterol.....mg								
Phytosterols.....mg								
<b>Amino Acids:</b>								
Tryptophan.....g	0.051		0		1	0.007	0.014	0.008
Threonine.....g	0.117		0		1	0.017	0.033	0.018
Isoleucine.....g	0.154		0		1	0.022	0.044	0.023
Leucine.....g	0.268		0		1	0.038	0.076	0.040
Lysine.....g	0.156		0		1	0.022	0.044	0.023
Methionine.....g	0.069		0		1	0.010	0.020	0.010
Cystine.....g	0.069		0		1	0.010	0.020	0.010
Phenylalanine.....g	0.177		0		1	0.025	0.050	0.027
Tyrosine.....g	0.118		0		1	0.017	0.033	0.018
Valine.....g	0.179		0		1	0.025	0.051	0.027
Arginine.....g	0.140		0		1	0.020	0.040	0.021
Histidine.....g	0.073		0		1	0.010	0.021	0.011
Alanine.....g	0.119		0		1	0.017	0.034	0.018
Aspartic acid.....g	0.195		0		1	0.028	0.055	0.029
Glutamic acid.....g	1.061		0		1	0.151	0.301	0.159
Glycine.....g	0.116		0		1	0.016	0.033	0.017
Proline.....g	0.367		0		1	0.052	0.104	0.055
Serine.....g	0.193		0		1	0.027	0.055	0.029
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 = 14.2g: 1 cookie
- Measure 2 = 28.35g: 1 oz
- Measure 3 = 15.0g: 1 cookie

**Calories Factors: Protein 3.8**

**Fat 8.8**

**Carbohydrate 3.9**

**Food Group: 18 Baked 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 of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Lipids:</b>									
Fatty acids, total saturated.....g	4.183		0	FLA	4		1.186	0.293	
4:0.....g	0.000		0	FLA	4		0.000	0.000	
6:0.....g	0.000		0	FLA	4		0.000	0.000	
8:0.....g	0.000		0	FLA	4		0.000	0.000	
10:0.....g	0.000		0	FLA	4		0.000	0.000	
12:0.....g	0.008		0	FLA	4		0.002	0.001	
13:0.....g									
14:0.....g	0.032		0	FLA	4		0.009	0.002	
15:0.....g									
16:0.....g	2.263		0	FLA	4		0.642	0.158	
17:0.....g									
18:0.....g	1.832		0	FLA	4		0.519	0.128	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	6.730		0	FLA	4		1.908	0.471	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.063		0	FLA	4		0.018	0.004	
17:1.....g									
18:1 undifferentiated.....g	6.655		0	FLA	4		1.887	0.466	
20:1.....g	0.000		0	FLA	4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	5.035		0	FLA	4		1.427	0.352	
18:2 undifferentiated.....g	4.677		0	FLA	4		1.326	0.327	
18:3 undifferentiated.....g	0.346		0	FLA	4		0.098	0.024	
18:4.....g	0.000		0	FLA	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
20:5 n-3 (EPA).....g	0.000		0	FLA	4		0.000	0.000	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	FLA	4		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0	FLA	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		4		0	0	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.055		0		1		0.016	0.004	
Threonine.....g	0.120		0		1		0.034	0.008	
Isoleucine.....g	0.160		0		1		0.045	0.011	
Leucine.....g	0.285		0		1		0.081	0.020	
Lysine.....g	0.154		0		1		0.044	0.011	
Methionine.....g	0.069		0		1		0.020	0.005	
Cystine.....g	0.075		0		1		0.021	0.005	
Phenylalanine.....g	0.191		0		1		0.054	0.013	
Tyrosine.....g	0.125		0		1		0.035	0.009	
Valine.....g	0.188		0		1		0.053	0.013	
Arginine.....g	0.144		0		1		0.041	0.010	
Histidine.....g	0.077		0		1		0.022	0.005	
Alanine.....g	0.122		0		1		0.035	0.009	
Aspartic acid.....g	0.194		0		1		0.055	0.014	
Glutamic acid.....g	1.213		0		1		0.344	0.085	
Glycine.....g	0.127		0		1		0.036	0.009	
Proline.....g	0.418		0		1		0.119	0.029	
Serine.....g	0.202		0		1		0.057	0.014	
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	8		0	FLA	4		2	1	

NDB No. 18198

Cookies, chocolate chip, commercially prepared, special dietary

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			
Theobromine.....mg	61		0	FLA	4	17	4

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

**Common Measures:**

Measure 1 = 28.35g: 1 oz

Measure 2 = 7.0g: 1 cookie, medium (1-5/8" dia)

**Calories Factors: Protein 4**

**Fat 8.8**

**Carbohydrate 3.9**

**Food Group:** 18 Baked Products

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

**NDB No. 18161**  
**Cookies, chocolate chip, dry mix**

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
<b>Proximates:</b>									
Water.....g	3.00		2		1		0.85	14.88	
Energy.....kcal	497		0	NC	4		141	2465	
Energy.....kJ	2079				4		590	10314	
Protein (N x 5.8).....g	4.60		2		1		1.30	22.82	
Total lipid (fat).....g	25.20		2		1		7.14	124.99	
Ash.....g	1.20		2		1		0.34	5.95	
Carbohydrate, by difference.....g	66.10		0		4		18.74	327.86	
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	43		2		1		12	213	
Iron, Fe.....mg	2.07		2		1		0.59	10.27	
Magnesium, Mg.....mg	36		1		1		10	179	
Phosphorus, P.....mg	80		2		1		23	397	
Potassium, K.....mg	208		2		1		59	1032	
Sodium, Na.....mg	290		2		1		82	1438	
Zinc, Zn.....mg	0.60		1		1		0.17	2.98	
Copper, Cu.....mg	0.300		1		1		0.085	1.488	
Manganese, Mn.....mg	0.363		0	FLA	4		0.103	1.800	
Selenium, Se.....µg	2.4		0	FLA	4		0.7	11.9	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0	FLA	4		0.0	0.0	
Thiamin.....mg	0.195		2		1		0.055	0.967	
Riboflavin.....mg	0.205		2		1		0.058	1.017	
Niacin.....mg	1.990		2		1		0.564	9.870	
Pantothenic acid.....mg	0.171		0	FLA	4		0.048	0.848	
Vitamin B-6.....mg	0.017		0	FLA	4		0.005	0.084	
Folate, total.....µg	51		0	FLA	4		14	253	
Folic acid.....µg	45		0	NC	4		13	223	
Folate, food.....µg	6		0		4		2	30	
Folate, DFE.....µg	83		0	NC	4		23	409	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		0	FLA	4		0.00	0.00	
Vitamin A, RAE.....µg	0		0	NC	4		0	1	
Retinol.....µg	0		0	Z	7		0	0	
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	4		0	FLA	4		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									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									

**NDB No. 18161**  
**Cookies, chocolate chip, dry mix**

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion 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	8.316		0	FLA	4		2.358	41.247	
4:0.....g	0.000		0	FLA	4		0.000	0.000	
6:0.....g	0.000		0	FLA	4		0.000	0.000	
8:0.....g	0.000		0	FLA	4		0.000	0.000	
10:0.....g	0.000		0	FLA	4		0.000	0.000	
12:0.....g	0.011		0	FLA	4		0.003	0.055	
13:0.....g									
14:0.....g	0.125		0	FLA	4		0.035	0.620	
15:0.....g									
16:0.....g	3.996		0	FLA	4		1.133	19.820	
17:0.....g									
18:0.....g	4.116		0	FLA	4		1.167	20.415	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	13.077		0	FLA	4		3.707	64.862	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.018		0	FLA	4		0.005	0.089	
17:1.....g									
18:1 undifferentiated.....g	13.061		0	FLA	4		3.703	64.783	
20:1.....g	0.000		0	FLA	4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.620		0	FLA	4		0.743	12.995	
18:2 undifferentiated.....g	2.486		0	FLA	4		0.705	12.331	
18:3 undifferentiated.....g	0.134		0	FLA	4		0.038	0.665	
18:4.....g	0.000		0	FLA	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3 (EPA).....g	0.000		0	FLA	4		0.000	0.000	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	FLA	4		0.000	0.000	
22:6 n-3 (DHA).....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		4		0	0	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.064		0		4		0.018	0.317	
Threonine.....g	0.141		0		4		0.040	0.699	
Isoleucine.....g	0.189		0		4		0.054	0.937	
Leucine.....g	0.337		0		4		0.096	1.672	
Lysine.....g	0.184		0		4		0.052	0.913	
Methionine.....g	0.081		0		4		0.023	0.402	
Cystine.....g	0.084		0		4		0.024	0.417	
Phenylalanine.....g	0.224		0		4		0.064	1.111	
Tyrosine.....g	0.148		0		4		0.042	0.734	
Valine.....g	0.222		0		4		0.063	1.101	
Arginine.....g	0.166		0		4		0.047	0.823	
Histidine.....g	0.089		0		4		0.025	0.441	
Alanine.....g	0.143		0		4		0.041	0.709	
Aspartic acid.....g	0.232		0		4		0.066	1.151	
Glutamic acid.....g	1.397		0		4		0.396	6.929	
Glycine.....g	0.146		0		4		0.041	0.724	
Proline.....g	0.484		0		4		0.137	2.401	
Serine.....g	0.235		0		4		0.067	1.166	
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g									
Caffeine.....mg	12		0	FLA	4		3	60	
Theobromine.....mg	91		0	FLA	4		26	451	

NDB No. 18161  
Cookies, chocolate chip, dry mix

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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			

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Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 = 496g: 1 package (17.5 oz)

**Calories Factors: Protein 4**

**Fat 8.8**

**Carbohydrate 3.9**

**Food Group:** 18 Baked Products

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

NDB No. 18378

Cookies, chocolate chip, prepared from recipe, made with butter

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	5.70		0		1		1.62	0.91	
Energy.....kcal	488		0	NC	4		138	78	
Energy.....kJ	2042				4		579	327	
Protein (N x 0).....g	5.70		0		1		1.62	0.91	
Total lipid (fat).....g	28.40		0		1		8.05	4.54	
Ash.....g	1.50		0		1		0.43	0.24	
Carbohydrate, by difference.....g	58.20		0	NC	4		16.50	9.31	
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	38		0		1		11	6	
Iron, Fe.....mg	2.48		0		1		0.70	0.40	
Magnesium, Mg.....mg	55		0		1		16	9	
Phosphorus, P.....mg	100		0		1		28	16	
Potassium, K.....mg	221		0		1		63	35	
Sodium, Na.....mg	341		0		1		97	55	
Zinc, Zn.....mg	0.94		0		1		0.27	0.15	
Copper, Cu.....mg	0.386		0		1		0.109	0.062	
Manganese, Mn.....mg	0.663		0		1		0.188	0.106	
Selenium, Se.....µg	11.2		0	RK	4		3.2	1.8	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.2		0		1		0.1	0.0	
Thiamin.....mg	0.184		0		1		0.052	0.029	
Riboflavin.....mg	0.177		0		1		0.050	0.028	
Niacin.....mg	1.365		0		1		0.387	0.218	
Pantothenic acid.....mg	0.259		0		1		0.073	0.041	
Vitamin B-6.....mg	0.084		0		1		0.024	0.013	
Folate, total.....µg	33		0	RK	4		9	5	
Folic acid.....µg	20		0	NC	4		6	3	
Folate, food.....µg	13		0		1		4	2	
Folate, DFE.....µg	47		0	NC	4		13	8	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.08		0		1		0.02	0.01	
Vitamin A, RAE.....µg	139		0	NC	4		39	22	
Retinol.....µg	131		0	NC	4		37	21	
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	594		0		1		168	95	
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									
<b>Lipids:</b>									

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion 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	14.071		0		1		3.989	2.251	
4:0.....g	0.455		0		1		0.129	0.073	
6:0.....g	0.269		0		1		0.076	0.043	
8:0.....g	0.157		0		1		0.045	0.025	
10:0.....g	0.352		0		1		0.100	0.056	
12:0.....g	0.394		0		1		0.112	0.063	
13:0.....g									
14:0.....g	1.444		0		1		0.409	0.231	
15:0.....g									
16:0.....g	6.373		0		1		1.807	1.020	
17:0.....g									
18:0.....g	4.262		0		1		1.208	0.682	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	8.241		0		1		2.336	1.319	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.352		0		1		0.100	0.056	
17:1.....g									
18:1 undifferentiated.....g	7.629		0		1		2.163	1.221	
20:1.....g	0.050		0		1		0.014	0.008	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	4.541		0		1		1.287	0.727	
18:2 undifferentiated.....g	3.682		0		1		1.044	0.589	
18:3 undifferentiated.....g	0.843		0		1		0.239	0.135	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.013		0		1		0.004	0.002	
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									
22:6 n-3 (DHA).....g	0.003		0		1		0.001	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	70		0		1		20	11	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.072		0		1		0.020	0.012	
Threonine.....g	0.191		0		1		0.054	0.031	
Isoleucine.....g	0.224		0		1		0.064	0.036	
Leucine.....g	0.391		0		1		0.111	0.063	
Lysine.....g	0.214		0		1		0.061	0.034	
Methionine.....g	0.106		0		1		0.030	0.017	
Cystine.....g	0.111		0		1		0.031	0.018	
Phenylalanine.....g	0.270		0		1		0.077	0.043	
Tyrosine.....g	0.188		0		1		0.053	0.030	
Valine.....g	0.279		0		1		0.079	0.045	
Arginine.....g	0.377		0		1		0.107	0.060	
Histidine.....g	0.123		0		1		0.035	0.020	
Alanine.....g	0.227		0		1		0.064	0.036	
Aspartic acid.....g	0.424		0		1		0.120	0.068	
Glutamic acid.....g	1.283		0		1		0.364	0.205	
Glycine.....g	0.223		0		1		0.063	0.036	
Proline.....g	0.398		0		1		0.113	0.064	
Serine.....g	0.297		0		1		0.084	0.048	
Hydroxyproline.....g									

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

**NDB No. 18378**

**Cookies, chocolate chip, prepared from recipe, made with butter**

**Common Measures:**

Measure 1 = 28.35g: 1 oz

Measure 2 = 16g: 1 cookie, medium (2-1/4" dia)

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

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



NDB No. 18165

Cookies, chocolate chip, prepared from recipe, made with margarine

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
<b>Proximates:</b>									
Water.....g	5.70		0		1		1.62	1.82	0.91
Energy.....kcal	488		0	NC	4		138	156	78
Energy.....kJ	2042				4		579	653	327
Protein (N x 0).....g	5.70		0		1		1.62	1.82	0.91
Total lipid (fat).....g	28.30		0		1		8.02	9.06	4.53
Ash.....g	1.50		0		1		0.43	0.48	0.24
Carbohydrate, by difference.....g	58.40		0	NC	4		16.56	18.69	9.34
Fiber, total dietary.....g	2.8		0		4		0.8	0.9	0.4
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	39		0		1		11	12	6
Iron, Fe.....mg	2.46		0		1		0.70	0.79	0.39
Magnesium, Mg.....mg	55		0		1		16	18	9
Phosphorus, P.....mg	100		0		1		28	32	16
Potassium, K.....mg	224		0		1		64	72	36
Sodium, Na.....mg	361		0		1		102	116	58
Zinc, Zn.....mg	0.93		0		1		0.26	0.30	0.15
Copper, Cu.....mg	0.383		0		1		0.109	0.123	0.061
Manganese, Mn.....mg	0.663		0		1		0.188	0.212	0.106
Selenium, Se.....µg	11.1		0	RK	4		3.1	3.6	1.8
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.3		0		1		0.1	0.1	0.0
Thiamin.....mg	0.185		0		1		0.052	0.059	0.030
Riboflavin.....mg	0.178		0		1		0.050	0.057	0.028
Niacin.....mg	1.362		0		1		0.386	0.436	0.218
Pantothenic acid.....mg	0.255		0		1		0.072	0.082	0.041
Vitamin B-6.....mg	0.085		0		1		0.024	0.027	0.014
Folate, total.....µg	33		0	RK	4		9	11	5
Folic acid.....µg	20		0	NC	4		6	6	3
Folate, food.....µg	13		0		1		4	4	2
Folate, DFE.....µg	47		0	NC	4		13	15	8
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.08		0		1		0.02	0.03	0.01
Vitamin A, RAE.....µg	143		0	NC	4		40	46	23
Retinol.....µg	130		0	RK	4		37	42	21
Carotene, beta.....µg	150		0	RK	4		43	48	24
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	683		0	NC	4		194	219	109
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									
<b>Lipids:</b>									

Cookies, chocolate chip, prepared from recipe, made with margarine

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion 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	8.074		0		1		2.289	2.584	1.292
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	0.068		0		1		0.019	0.022	0.011
15:0.....g									
16:0.....g	4.361		0		1		1.236	1.396	0.698
17:0.....g									
18:0.....g	3.582		0		1		1.015	1.146	0.573
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	10.377		0		1		2.942	3.321	1.660
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.038		0		1		0.011	0.012	0.006
17:1.....g									
18:1 undifferentiated.....g	10.288		0		1		2.917	3.292	1.646
20:1.....g	0.050		0		1		0.014	0.016	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	8.410		0		1		2.384	2.691	1.346
18:2 undifferentiated.....g	7.565		0		1		2.145	2.421	1.210
18:3 undifferentiated.....g	0.829		0		1		0.235	0.265	0.133
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	0.013		0		1		0.004	0.004	0.002
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	0.003		0		1		0.001	0.001	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	32		0		1		9	10	5
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.072		0		1		0.020	0.023	0.012
Threonine.....g	0.191		0		1		0.054	0.061	0.031
Isoleucine.....g	0.224		0		1		0.064	0.072	0.036
Leucine.....g	0.392		0		1		0.111	0.125	0.063
Lysine.....g	0.214		0		1		0.061	0.068	0.034
Methionine.....g	0.106		0		1		0.030	0.034	0.017
Cystine.....g	0.111		0		1		0.031	0.036	0.018
Phenylalanine.....g	0.271		0		1		0.077	0.087	0.043
Tyrosine.....g	0.188		0		1		0.053	0.060	0.030
Valine.....g	0.279		0		1		0.079	0.089	0.045
Arginine.....g	0.377		0		1		0.107	0.121	0.060
Histidine.....g	0.123		0		1		0.035	0.039	0.020
Alanine.....g	0.227		0		1		0.064	0.073	0.036
Aspartic acid.....g	0.424		0		1		0.120	0.136	0.068
Glutamic acid.....g	1.285		0		1		0.364	0.411	0.206
Glycine.....g	0.223		0		1		0.063	0.071	0.036
Proline.....g	0.399		0		1		0.113	0.128	0.064
Serine.....g	0.298		0		1		0.084	0.095	0.048
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	16		0	RK	4		5	5	3
Theobromine.....mg	127		0	RK	4		36	41	20

NDB No. 18165

Cookies, chocolate chip, prepared from recipe, made with margarine

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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	Measure 1	Measure 2	Measure 3
			of Data Points	Code	Confidence Code			

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Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 = 32g: 1 bar (2" square)

Measure 3 = 16g: 1 cookie, medium (2-1/4" dia)

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

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

NDB No. 18163

Cookies, chocolate chip, refrigerated dough

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
<b>Proximates:</b>									
Water.....g	12.08		2	MC	9		3.99	3.50	3.42
Energy.....kcal	451		2	MC	9		149	131	128
Energy.....kJ	1889		0	MC	9		623	548	536
Protein (N x 5.9).....g	3.98		2	MC	9		1.31	1.15	1.13
Total lipid (fat).....g	21.33		2	MC	9		7.04	6.18	6.05
Ash.....g	1.54		2	MC	9		0.51	0.45	0.44
Carbohydrate, by difference.....g	61.02		2	MC	9		20.13	17.69	17.30
Fiber, total dietary.....g	1.5		2	MC	9		0.5	0.4	0.4
Sugars, total.....g	38.04		2	MC	9		12.55	11.03	10.78
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	14		2	MC	9		5	4	4
Iron, Fe.....mg	2.00		2	MC	9		0.66	0.58	0.57
Magnesium, Mg.....mg	24	1.122	9		1		8	7	7
Phosphorus, P.....mg	69	1.098	9		1		23	20	20
Potassium, K.....mg	180	27.864	19		1		59	52	51
Sodium, Na.....mg	321		2	MC	9		106	93	91
Zinc, Zn.....mg	0.50	0.012	9		1		0.17	0.15	0.14
Copper, Cu.....mg	0.180	0.013	5		1		0.059	0.052	0.051
Manganese, Mn.....mg	0.373		0	FLA	4		0.123	0.108	0.106
Selenium, Se.....µg	5.0		0	FLA	4		1.7	1.5	1.4
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		2	MC	9		0.0	0.0	0.0
Thiamin.....mg	0.187	0.052	15		1		0.062	0.054	0.053
Riboflavin.....mg	0.191	0.033	19		1		0.063	0.055	0.054
Niacin.....mg	1.975	0.126	19		1		0.652	0.573	0.560
Pantothenic acid.....mg	0.308		0	FLA	4		0.102	0.089	0.087
Vitamin B-6.....mg	0.038		0	FLA	4		0.013	0.011	0.011
Folate, total.....µg	57		0	FLA	4		19	17	16
Folic acid.....µg	48		0	NC	4		16	14	14
Folate, food.....µg	9		0		4		3	3	3
Folate, DFE.....µg	91		0	NC	4		30	26	26
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.08		0	FLA	4		0.03	0.02	0.02
Vitamin A, RAE.....µg	4		0	NR	4		1	1	1
Retinol.....µg									
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	12		2	MC	9		4	3	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									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									

Cookies, chocolate chip, refrigerated dough

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion 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	8.390		2	MC	9		2.769	2.433	2.379
4:0.....g	0.000		0	FLA	4		0.000	0.000	0.000
6:0.....g	0.000		0	FLA	4		0.000	0.000	0.000
8:0.....g	0.000		0	FLA	4		0.000	0.000	0.000
10:0.....g	0.000		0	FLA	4		0.000	0.000	0.000
12:0.....g	0.000		0	FLA	4		0.000	0.000	0.000
13:0.....g									
14:0.....g	0.100		0	FLA	4		0.033	0.029	0.028
15:0.....g									
16:0.....g	3.298		0	FLA	4		1.088	0.956	0.935
17:0.....g									
18:0.....g	3.267		0	FLA	4		1.078	0.947	0.926
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	10.414		0	FLA	4		3.437	3.020	2.952
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.035		0	FLA	4		0.012	0.010	0.010
17:1.....g									
18:1 undifferentiated.....g	10.378		0	FLA	4		3.425	3.010	2.942
20:1.....g	0.002		0	FLA	4		0.001	0.001	0.001
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.172		0	FLA	4		0.717	0.630	0.616
18:2 undifferentiated.....g	2.042		0	FLA	4		0.674	0.592	0.579
18:3 undifferentiated.....g	0.108		0	FLA	4		0.036	0.031	0.031
18:4.....g	0.001		0	FLA	4		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.011		0	FLA	4		0.004	0.003	0.003
20:5 n-3 (EPA).....g	0.006		0	FLA	4		0.002	0.002	0.002
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	FLA	4		0.000	0.000	0.000
22:6 n-3 (DHA).....g	0.004		0	FLA	4		0.001	0.001	0.001
Fatty acids, total trans.....g	2.470		2	MC	9		0.815	0.716	0.700
Cholesterol.....mg	7		2	MC	9		2	2	2
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.059		0		1		0.019	0.017	0.017
Threonine.....g	0.149		0		1		0.049	0.043	0.042
Isoleucine.....g	0.190		0		1		0.063	0.055	0.054
Leucine.....g	0.328		0		1		0.108	0.095	0.093
Lysine.....g	0.200		0		1		0.066	0.058	0.057
Methionine.....g	0.089		0		1		0.029	0.026	0.025
Cystine.....g	0.088		0		1		0.029	0.026	0.025
Phenylalanine.....g	0.218		0		1		0.072	0.063	0.062
Tyrosine.....g	0.146		0		1		0.048	0.042	0.041
Valine.....g	0.220		0		1		0.073	0.064	0.062
Arginine.....g	0.181		0		1		0.060	0.052	0.051
Histidine.....g	0.090		0		1		0.030	0.026	0.026
Alanine.....g	0.158		0		1		0.052	0.046	0.045
Aspartic acid.....g	0.260		0		1		0.086	0.075	0.074
Glutamic acid.....g	1.202		0		1		0.397	0.349	0.341
Glycine.....g	0.143		0		1		0.047	0.041	0.041
Proline.....g	0.409		0		1		0.135	0.119	0.116
Serine.....g	0.246		0		1		0.081	0.071	0.070
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	9		0	FLA	4		3	3	3
Theobromine.....mg	72		0	FLA	4		24	21	20

NDB No. 18163

**Cookies, chocolate chip, refrigerated dough**

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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

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

**Common Measures:**

Measure 1 = 33g: 1 serving

Measure 2 = 29g: 1 portion, dough spoon from roll

Measure 3 = 28.35g: 1 oz

**Calories Factors: Protein 4.1**

**Fat 8.8**

**Carbohydrate4**

**Food Group: 18 Baked Products**

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

NDB No. 18164

Cookies, chocolate chip, refrigerated dough, baked

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
<b>Proximates:</b>									
Water.....g	3.00		0		4		0.85	0.36	
Energy.....kcal	492		0		4		139	59	
Energy.....kJ	2059				4		584	247	
Protein.....g	4.90		0		4		1.39	0.59	
Total lipid (fat).....g	22.60		0		4		6.41	2.71	
Ash.....g	1.20		0		4		0.34	0.14	
Carbohydrate, by difference.....g	68.20		0		4		19.33	8.18	
Fiber, total dietary.....g	1.7		0		4		0.5	0.2	
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	28		0		4		8	3	
Iron, Fe.....mg	2.50		0		4		0.71	0.30	
Magnesium, Mg.....mg	27		0		4		8	3	
Phosphorus, P.....mg	76		0		4		22	9	
Potassium, K.....mg	200		0		4		57	24	
Sodium, Na.....mg	232		0		4		66	28	
Zinc, Zn.....mg	0.56		0		4		0.16	0.07	
Copper, Cu.....mg	0.200		0		4		0.057	0.024	
Manganese, Mn.....mg	0.473		0		4		0.134	0.057	
Selenium, Se.....µg	5.6		0	RP	4		1.6	0.7	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0		4		0.0	0.0	
Thiamin.....mg	0.166		0		4		0.047	0.020	
Riboflavin.....mg	0.191		0		4		0.054	0.023	
Niacin.....mg	1.975		0		4		0.560	0.237	
Pantothenic acid.....mg	0.180		0		4		0.051	0.022	
Vitamin B-6.....mg	0.005		0		4		0.001	0.001	
Folate, total.....µg	44		0	RP	4		12	5	
Folic acid.....µg	37		0	NC	4		10	4	
Folate, food.....µg	7		0		4		2	1	
Folate, DFE.....µg	70		0	NC	4		20	8	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.07		0		4		0.02	0.01	
Vitamin A, RAE.....µg	18		0	NC	4		5	2	
Retinol.....µg	18		0	NC	4		5	2	
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	59		0		4		17	7	
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									
<b>Lipids:</b>									

Cookies, chocolate chip, refrigerated dough, baked

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					
Fatty acids, total saturated.....g	7.759		0		4	2.200	0.931	
4:0.....g								
6:0.....g								
8:0.....g	0.000		0		4	0.000	0.000	
10:0.....g	0.000		0		4	0.000	0.000	
12:0.....g	0.000		0		4	0.000	0.000	
13:0.....g								
14:0.....g	0.086		0		4	0.024	0.010	
15:0.....g								
16:0.....g	3.769		0		4	1.069	0.452	
17:0.....g								
18:0.....g	3.900		0		4	1.106	0.468	
20:0.....g								
22:0.....g								
24:0.....g								
Fatty acids, total monounsaturated.....g	11.258		0		4	3.192	1.351	
14:1.....g								
15:1.....g								
16:1 undifferentiated.....g	0.043		0		4	0.012	0.005	
17:1.....g								
18:1 undifferentiated.....g	11.213		0		4	3.179	1.346	
20:1.....g	0.003		0		4	0.001	0.000	
22:1 undifferentiated.....g	0.000		0		4	0.000	0.000	
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	2.319		0		4	0.657	0.278	
18:2 undifferentiated.....g	2.190		0		4	0.621	0.263	
18:3 undifferentiated.....g	0.111		0		4	0.031	0.013	
18:4.....g								
20:2 n-6 c,c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g	0.014		0		4	0.004	0.002	
20:5 n-3 (EPA).....g	0.000		0		4	0.000	0.000	
21:5.....g								
22:4.....g								
22:5 n-3 (DPA).....g								
22:6 n-3 (DHA).....g	0.004		0		4	0.001	0.000	
Fatty acids, total trans.....g								
Cholesterol.....mg	27		0		4	8	3	
Phytosterols.....mg								
<b>Amino Acids:</b>								
Tryptophan.....g	0.066		0		4	0.019	0.008	
Threonine.....g	0.166		0		4	0.047	0.020	
Isoleucine.....g	0.212		0		4	0.060	0.025	
Leucine.....g	0.365		0		4	0.103	0.044	
Lysine.....g	0.222		0		4	0.063	0.027	
Methionine.....g	0.099		0		4	0.028	0.012	
Cystine.....g	0.098		0		4	0.028	0.012	
Phenylalanine.....g	0.242		0		4	0.069	0.029	
Tyrosine.....g	0.162		0		4	0.046	0.019	
Valine.....g	0.244		0		4	0.069	0.029	
Arginine.....g	0.202		0		4	0.057	0.024	
Histidine.....g	0.100		0		4	0.028	0.012	
Alanine.....g	0.176		0		4	0.050	0.021	
Aspartic acid.....g	0.289		0		4	0.082	0.035	
Glutamic acid.....g	1.336		0		4	0.379	0.160	
Glycine.....g	0.159		0		4	0.045	0.019	
Proline.....g	0.454		0		4	0.129	0.054	
Serine.....g	0.274		0		4	0.078	0.033	
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. 18164**

**Cookies, chocolate chip, refrigerated dough, baked**

**Common Measures:**

Measure 1 = 28.35g: 1 oz

Measure 2 = 12.0g: 1 cookie, medium (2-1/4" dia)

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

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



NDB No. 28299

Cookies, chocolate sandwich, with creme filling, reduced fat

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Lipids:</b>									
Fatty acids, total saturated.....g	2.941		0	LC	8		1.000		
4:0.....g	0.000		0	FLC	4		0.000		
6:0.....g	0.000		0	FLC	4		0.000		
8:0.....g	0.000		0	FLC	4		0.000		
10:0.....g	0.000		0	FLC	4		0.000		
12:0.....g	0.000		0	FLC	4		0.000		
13:0.....g	0.000		0	FLC	4		0.000		
14:0.....g	0.012		0	FLC	4		0.004		
15:0.....g	0.000		0	FLC	4		0.000		
16:0.....g	2.004		0	FLC	4		0.681		
17:0.....g	0.000		0	FLC	4		0.000		
18:0.....g	0.793		0	FLC	4		0.270		
20:0.....g	0.073		0	FLC	4		0.025		
22:0.....g	0.031		0	FLC	4		0.011		
24:0.....g	0.021		0	FLC	4		0.007		
Fatty acids, total monounsaturated.....g	4.660		0	NC	4		1.584		
14:1.....g	0.000		0	FLC	4		0.000		
15:1.....g	0.000		0	FLC	4		0.000		
16:1 undifferentiated.....g	0.032		0	FLC	4		0.011		
17:1.....g	0.000		0	FLC	4		0.000		
18:1 undifferentiated.....g	4.587		0	FLC	4		1.559		
20:1.....g	0.036		0	FLC	4		0.012		
22:1 undifferentiated.....g	0.005		0	FLC	4		0.002		
24:1 c.....g	0.000		0	FLC	4		0.000		
Fatty acids, total polyunsaturated.....g	3.425		0	NC	4		1.165		
18:2 undifferentiated.....g	3.014		0	FLC	4		1.025		
18:3 undifferentiated.....g	0.411		0	FLC	4		0.140		
18:4.....g	0.000		0	FLC	4		0.000		
20:2 n-6 c,c.....g	0.000		0	FLC	4		0.000		
20:3 undifferentiated.....g	0.000		0	FLC	4		0.000		
20:4 undifferentiated.....g	0.000		0	FLC	4		0.000		
20:5 n-3 (EPA).....g	0.000		0	FLC	4		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	FLC	4		0.000		
22:6 n-3 (DHA).....g	0.000		0	FLC	4		0.000		
Fatty acids, total trans.....g	0.000		0	LC	8		0.000		
Cholesterol.....mg	0		0	LC	8		0		
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	FLC	4		0.0		
Caffeine.....mg	3		0	FLC	4		1		
Theobromine.....mg	95		0	FLC	4		32		

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

**Common Measures:**

Measure 1 = 34g: 1 serving

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 18 Baked Products

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

NDB No. 18166

Cookies, chocolate sandwich, with creme filling, regular

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
<b>Proximates:</b>									
Water.....g	3.11	0.095	12	A	1		1.12	0.88	
Energy.....kcal	464		0	NC	4		167	131	
Energy.....kJ	1939		0	NC	4		698	550	
Protein (N x 5.7).....g	5.21	0.034	12	A	1		1.88	1.48	
Total lipid (fat).....g	19.14	0.182	12	A	1		6.89	5.42	
Ash.....g	1.54	0.017	12	A	1		0.55	0.44	
Carbohydrate, by difference.....g	71.00		0	NC	4		25.56	20.13	
Fiber, total dietary.....g	2.9	0.119	9	A	1		1.0	0.8	
Sugars, total.....g	40.67	0.206	8	A	1		14.64	11.53	
Sucrose.....g	39.03	0.264	9	A	1		14.05	11.07	
Glucose (dextrose).....g	0.92	0.133	9	A	1		0.33	0.26	
Fructose.....g	0.70	0.043	9	A	1		0.25	0.20	
Lactose.....g	0.00	0.000	8	A	1		0.00	0.00	
Maltose.....g	0.00	0.000	9	A	1		0.00	0.00	
Galactose.....g	0.00	0.000	9	A	1		0.00	0.00	
Starch.....g	24.81	0.337	9	A	1		8.93	7.03	
<b>Minerals:</b>									
Calcium, Ca.....mg	21	0.671	12	A	1		8	6	
Iron, Fe.....mg	12.14	1.075	12	A	1		4.37	3.44	
Magnesium, Mg.....mg	47	0.656	12	A	1		17	13	
Phosphorus, P.....mg	93	1.302	12	A	1		33	26	
Potassium, K.....mg	234	16.207	12	A	1		84	66	
Sodium, Na.....mg	388	9.311	12	A	1		140	110	
Zinc, Zn.....mg	0.74	0.010	12	A	1		0.27	0.21	
Copper, Cu.....mg	0.334	0.007	12	A	1		0.120	0.095	
Manganese, Mn.....mg	0.700	0.019	12	A	1		0.252	0.198	
Selenium, Se.....µg	5.2	0.302	6	A	1		1.9	1.5	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		2	A	1		0.0	0.0	
Thiamin.....mg	0.197	0.013	6	A	1		0.071	0.056	
Riboflavin.....mg	0.238	0.006	6	A	1		0.086	0.068	
Niacin.....mg	2.603	0.062	6	A	1		0.937	0.738	
Pantothenic acid.....mg	0.271	0.009	4	A	1		0.098	0.077	
Vitamin B-6.....mg	0.023	0.007	6	A	1		0.008	0.006	
Folate, total.....µg	61	7.270	5	A	1		22	17	
Folic acid.....µg	58		1	A	1		21	16	
Folate, food.....µg	3		0	NC	4		1	1	
Folate, DFE.....µg	102		0	NC	4		37	29	
Choline, total.....mg	19.2		0	AS	1		6.9	5.4	
Betaine.....mg	15.7		1	A	1		5.7	4.5	
Vitamin B-12.....µg	0.00		1	A	1		0.00	0.00	
Vitamin B-12, added.....µg	0.00		0	FLA	4		0.00	0.00	
Vitamin A, RAE.....µg	1		0	FLA	4		0	0	
Retinol.....µg	0		0	FLA	4		0	0	
Carotene, beta.....µg	0		0	FLA	4		0	0	
Carotene, alpha.....µg	0		0	FLA	4		0	0	
Cryptoxanthin, beta.....µg	0		0	FLA	4		0	0	
Vitamin A, IU.....IU	2		0	NC	4		1	1	
Lycopene.....µg	0		0	FLA	4		0	0	
Lutein + zeaxanthin.....µg	4		0	FLA	4		1	1	
Vitamin E (alpha-tocopherol).....mg	2.47	0.078	6	A	1		0.89	0.70	
Vitamin E, added.....mg	0.00		0	FLA	4		0.00	0.00	
Tocopherol, beta.....mg	0.11	0.009	6	A	1		0.04	0.03	
Tocopherol, gamma.....mg	3.48	0.171	6	A	1		1.25	0.99	
Tocopherol, delta.....mg	0.16	0.012	6	A	1		0.06	0.05	
Tocotrienol, alpha.....mg	0.94	0.066	6	A	1		0.34	0.27	
Tocotrienol, beta.....mg	0.90	0.028	6	A	1		0.32	0.26	

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	1.83	0.097	6	A	1		0.66	0.52	
Tocotrienol, delta.....mg	0.26	0.053	6	A	1		0.10	0.08	
Vitamin D (D2 + D3).....µg	0.0		0	FLA	4		0.0	0.0	
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	0		0	FLA	4		0	0	
Vitamin K (phylloquinone).....µg	27.4	0.865	6	A	1		9.9	7.8	
Dihydrophyloquinone.....µg	0.0	0.013	6	A	1		0.0	0.0	
Menaquinone-4.....µg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	5.649		0	NC	4		2.034	1.601	
4:0.....g	0.000	0.000	9	A	1		0.000	0.000	
6:0.....g	0.000	0.000	9	A	1		0.000	0.000	
8:0.....g	0.003	0.001	9	A	1		0.001	0.001	
10:0.....g	0.011	0.001	9	A	1		0.004	0.003	
12:0.....g	0.045	0.003	9	A	1		0.016	0.013	
13:0.....g									
14:0.....g	0.111	0.002	9	A	1		0.040	0.031	
15:0.....g	0.008	0.001	9	A	1		0.003	0.002	
16:0.....g	4.449	0.053	9	A	1		1.601	1.261	
17:0.....g	0.015	0.001	9	A	1		0.005	0.004	
18:0.....g	0.857	0.012	9	A	1		0.308	0.243	
20:0.....g	0.092	0.001	9	A	1		0.033	0.026	
22:0.....g	0.036	0.001	9	A	1		0.013	0.010	
24:0.....g	0.024	0.000	9	A	1		0.008	0.007	
Fatty acids, total monounsaturated.....g	9.278		0	NC	4		3.340	2.630	
14:1.....g	0.000	0.000	9	A	1		0.000	0.000	
15:1.....g	0.000	0.000	9	A	1		0.000	0.000	
16:1 undifferentiated.....g	0.036	0.000	9	AS	1		0.013	0.010	
16:1 c.....g	0.036	0.000	9	A	1		0.013	0.010	
16:1 t.....g	0.000	0.000	9	A	1		0.000	0.000	
17:1.....g	0.008	0.000	9	A	1		0.003	0.002	
18:1 undifferentiated.....g	9.111	0.077	9	AS	1		3.280	2.583	
18:1 c.....g									
18:1 t.....g									
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.120	0.002	9	A	1		0.043	0.034	
22:1 undifferentiated.....g	0.003	0.002	9	AS	1		0.001	0.001	
22:1 c.....g	0.002	0.001	9	A	1		0.001	0.001	
22:1 t.....g	0.001	0.001	9	A	1		0.000	0.000	
24:1 c.....g	0.000	0.000	9	A	1		0.000	0.000	
Fatty acids, total polyunsaturated.....g	3.561		0	NC	4		1.282	1.009	
18:2 undifferentiated.....g	3.253	0.066	9	AS	1		1.171	0.922	
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	0.065	0.012	9	A	1		0.023	0.018	
18:3 undifferentiated.....g	0.298	0.008	9	AS	1		0.107	0.084	
18:3 n-3 c,c,c (ALA).....g	0.281	0.007	9	A	1		0.101	0.080	
18:3 n-6 c,c,c.....g	0.016	0.001	9	A	1		0.006	0.005	
18:3i.....g	0.000	0.000	9	A	1		0.000	0.000	
18:4.....g	0.000	0.000	9	A	1		0.000	0.000	
20:2 n-6 c,c.....g	0.006	0.001	9	A	1		0.002	0.002	
20:3 undifferentiated.....g	0.000	0.000	9	AS	1		0.000	0.000	
20:3 n-3.....g	0.000	0.000	9	A	1		0.000	0.000	
20:3 n-6.....g	0.000	0.000	9	A	1		0.000	0.000	
20:4 undifferentiated.....g	0.004	0.000	9	A	1		0.002	0.001	
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.000	0.000	9	A	1		0.000	0.000	
21:5.....g									
22:4.....g	0.000	0.000	9	A	1		0.000	0.000	
22:5 n-3 (DPA).....g	0.000	0.000	9	A	1		0.000	0.000	

NDB No. 18166

Cookies, chocolate sandwich, with creme filling, regular

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
22:6 n-3 (DHA).....g	0.000	0.000	9	A	1		0.000	0.000	
Fatty acids, total trans.....g	0.112		0	NC	4		0.040	0.032	
Fatty acids, total trans-monoenoic.....g	0.047		0	NC	4		0.017	0.013	
Fatty acids, total trans-polyenoic.....g	0.065		0	NC	4		0.023	0.018	
Cholesterol.....mg	0		0		4		0	0	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.090		0	A	1		0.032	0.026	
Threonine.....g	0.150		0	A	1		0.054	0.043	
Isoleucine.....g	0.170		0	A	1		0.061	0.048	
Leucine.....g	0.320		0	A	1		0.115	0.091	
Lysine.....g	0.050		0	A	1		0.018	0.014	
Methionine.....g	0.080		0	A	1		0.029	0.023	
Cystine.....g	0.090		0	A	1		0.032	0.026	
Phenylalanine.....g	0.230		0	A	1		0.083	0.065	
Tyrosine.....g	0.100		0	A	1		0.036	0.028	
Valine.....g	0.230		0	A	1		0.083	0.065	
Arginine.....g	0.140		0	A	1		0.050	0.040	
Histidine.....g	0.090		0	A	1		0.032	0.026	
Alanine.....g	0.180		0	A	1		0.065	0.051	
Aspartic acid.....g	0.290		0	A	1		0.104	0.082	
Glutamic acid.....g	1.460		0	A	1		0.526	0.414	
Glycine.....g	0.190		0	A	1		0.068	0.054	
Proline.....g	0.450		0	A	1		0.162	0.128	
Serine.....g	0.220		0	A	1		0.079	0.062	
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	FLA	4		0.0	0.0	
Caffeine.....mg	5		0	FLA	4		2	2	
Theobromine.....mg	184		0	FLA	4		66	52	

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

**Common Measures:**

Measure 1 = 36g: 3 cookie

Measure 2 = 28.35g: 1 oz

Calories Factors: Protein 3.5

Fat 8.8

Carbohydrate 3.9

Food Group: 18 Baked Products

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



NDB No. 18167

Cookies, chocolate sandwich, with creme filling, regular, chocolate-coated

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Lipids:</b>									
Fatty acids, total saturated.....g	7.426		0	FLA	4		2.105	1.262	
4:0.....g	0.001		0	FLA	4		0.000	0.000	
6:0.....g	0.000		0	FLA	4		0.000	0.000	
8:0.....g	0.000		0	FLA	4		0.000	0.000	
10:0.....g	0.000		0	FLA	4		0.000	0.000	
12:0.....g	0.000		0	FLA	4		0.000	0.000	
13:0.....g									
14:0.....g	0.124		0	FLA	4		0.035	0.021	
15:0.....g									
16:0.....g	3.714		0	FLA	4		1.053	0.631	
17:0.....g									
18:0.....g	3.571		0	FLA	4		1.012	0.607	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	14.584		0	FLA	4		4.135	2.479	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0	FLA	4		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	14.582		0	FLA	4		4.134	2.479	
20:1.....g	0.000		0	FLA	4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	3.001		0	FLA	4		0.851	0.510	
18:2 undifferentiated.....g	2.855		0	FLA	4		0.809	0.485	
18:3 undifferentiated.....g	0.146		0	FLA	4		0.041	0.025	
18:4.....g	0.000		0	FLA	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
20:5 n-3 (EPA).....g	0.000		0	FLA	4		0.000	0.000	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	FLA	4		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0	FLA	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		4		0	0	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.056		0		1		0.016	0.010	
Threonine.....g	0.149		0		1		0.042	0.025	
Isoleucine.....g	0.155		0		1		0.044	0.026	
Leucine.....g	0.258		0		1		0.073	0.044	
Lysine.....g	0.185		0		1		0.052	0.031	
Methionine.....g	0.051		0		1		0.014	0.009	
Cystine.....g	0.062		0		1		0.018	0.011	
Phenylalanine.....g	0.176		0		1		0.050	0.030	
Tyrosine.....g	0.128		0		1		0.036	0.022	
Valine.....g	0.207		0		1		0.059	0.035	
Arginine.....g	0.182		0		1		0.052	0.031	
Histidine.....g	0.070		0		1		0.020	0.012	
Alanine.....g	0.160		0		1		0.045	0.027	
Aspartic acid.....g	0.311		0		1		0.088	0.053	
Glutamic acid.....g	0.793		0		1		0.225	0.135	
Glycine.....g	0.148		0		1		0.042	0.025	
Proline.....g	0.253		0		1		0.072	0.043	
Serine.....g	0.178		0		1		0.050	0.030	
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	4		0	FLA	4		1	1	



NDB No. 18167

Cookies, chocolate sandwich, with creme filling, regular, chocolate-coated

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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				
Theobromine.....mg	132		0	FLA	4	37	22		

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Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 = 17g: 1 cookie

**Calories Factors: Protein 2.7**

**Fat 8.8**

**Carbohydrate 3.6**

**Food Group:** 18 Baked 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 of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Lipids:</b>									
Fatty acids, total saturated.....g	3.992		0	NC	4		1.132	0.399	
4:0.....g	0.001		0	FLA	4		0.000	0.000	
6:0.....g	0.000		0		1		0.000	0.000	
8:0.....g	0.000		0	FLA	4		0.000	0.000	
10:0.....g	0.000		0	FLA	4		0.000	0.000	
12:0.....g	0.181		0	FLA	4		0.051	0.018	
13:0.....g									
14:0.....g	0.025		0	FLA	4		0.007	0.003	
15:0.....g									
16:0.....g	2.392		0	FLA	4		0.678	0.239	
17:0.....g									
18:0.....g	1.393		0	FLA	4		0.395	0.139	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	9.207		0	NC	4		2.610	0.921	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.084		0	FLA	4		0.024	0.008	
17:1.....g									
18:1 undifferentiated.....g	9.123		0	FLA	4		2.586	0.912	
20:1.....g	0.000		0	FLA	4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	7.919		0	NC	4		2.245	0.792	
18:2 undifferentiated.....g	7.375		0	FLA	4		2.091	0.738	
18:3 undifferentiated.....g	0.544		0	FLA	4		0.154	0.054	
18:4.....g	0.000		0	FLA	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
20:5 n-3 (EPA).....g	0.000		0	FLA	4		0.000	0.000	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	FLA	4		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0	FLA	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		4		0	0	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.066		0		1		0.019	0.007	
Threonine.....g	0.152		0		1		0.043	0.015	
Isoleucine.....g	0.180		0		1		0.051	0.018	
Leucine.....g	0.308		0		1		0.087	0.031	
Lysine.....g	0.193		0		1		0.055	0.019	
Methionine.....g	0.069		0		1		0.020	0.007	
Cystine.....g	0.082		0		1		0.023	0.008	
Phenylalanine.....g	0.213		0		1		0.060	0.021	
Tyrosine.....g	0.146		0		1		0.041	0.015	
Valine.....g	0.228		0		1		0.065	0.023	
Arginine.....g	0.194		0		1		0.055	0.019	
Histidine.....g	0.087		0		1		0.025	0.009	
Alanine.....g	0.163		0		1		0.046	0.016	
Aspartic acid.....g	0.290		0		1		0.082	0.029	
Glutamic acid.....g	1.187		0		1		0.337	0.119	
Glycine.....g	0.163		0		1		0.046	0.016	
Proline.....g	0.392		0		1		0.111	0.039	
Serine.....g	0.223		0		1		0.063	0.022	
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	4		0	FLC	4		1	0	

NDB No. 18199

Cookies, chocolate sandwich, with creme filling, special dietary

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	Code			
			Points	Code	Code	Code			
Theobromine.....mg	96		0	FLC	4		27	10	

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

**Calories Factors: Protein 3.3**

**Fat 8.8**

**Carbohydrate 3.7**

**Food Group:** 18 Baked Products

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

NDB No. 18168

Cookies, chocolate sandwich, with extra creme filling

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
<b>Proximates:</b>									
Water.....g	1.65		2	A	1		0.47	0.21	
Energy.....kcal	497		0	NC	4		141	65	
Energy.....kJ	2081		0	NC	4		590	271	
Protein (N x 5.7).....g	4.33		2	A	1		1.23	0.56	
Total lipid (fat).....g	24.52		2	A	1		6.95	3.19	
Ash.....g	1.30		2	A	1		0.37	0.17	
Carbohydrate, by difference.....g	68.20		0	NC	4		19.33	8.87	
Fiber, total dietary.....g	2.7		2	A	1		0.8	0.3	
Sugars, total.....g	46.00		2	A	1		13.04	5.98	
Sucrose.....g	44.53		2	A	1		12.63	5.79	
Glucose (dextrose).....g	1.10		2	A	1		0.31	0.14	
Fructose.....g	0.36		2	A	1		0.10	0.05	
Lactose.....g	0.00		2	A	1		0.00	0.00	
Maltose.....g	0.00		2	A	1		0.00	0.00	
Galactose.....g	0.00		2	A	1		0.00	0.00	
Starch.....g	20.27		2	A	1		5.75	2.64	
<b>Minerals:</b>									
Calcium, Ca.....mg	16		2	A	1		5	2	
Iron, Fe.....mg	7.80		2	A	1		2.21	1.01	
Magnesium, Mg.....mg	36		2	A	1		10	5	
Phosphorus, P.....mg	69		2	A	1		20	9	
Potassium, K.....mg	137		2	A	1		39	18	
Sodium, Na.....mg	351		2	A	1		100	46	
Zinc, Zn.....mg	0.78		2	A	1		0.22	0.10	
Copper, Cu.....mg	0.337		2	A	1		0.096	0.044	
Manganese, Mn.....mg	0.497		2	A	1		0.141	0.065	
Selenium, Se.....µg	8.1		1	A	1		2.3	1.1	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		1	A	1		0.0	0.0	
Thiamin.....mg	0.115		2	A	1		0.033	0.015	
Riboflavin.....mg	0.120		2	A	1		0.034	0.016	
Niacin.....mg	1.937		2	A	1		0.549	0.252	
Pantothenic acid.....mg	0.142		1	A	1		0.040	0.018	
Vitamin B-6.....mg	0.000		2	A	1		0.000	0.000	
Folate, total.....µg	46		2	A	1		13	6	
Folic acid.....µg	34		1	A	1		10	4	
Folate, food.....µg	12		0	NC	4		3	2	
Folate, DFE.....µg	69		0	NC	4		20	9	
Choline, total.....mg	3.3		0	BFZN	4		0.9	0.4	
Betaine.....mg									
Vitamin B-12.....µg	0.02		0	FLA	4		0.01	0.00	
Vitamin B-12, added.....µg	0.00		0	FLA	4		0.00	0.00	
Vitamin A, RAE.....µg	0		0	FLA	4		0	0	
Retinol.....µg	0		0	FLA	4		0	0	
Carotene, beta.....µg	0		0	FLA	4		0	0	
Carotene, alpha.....µg	0		0	FLA	4		0	0	
Cryptoxanthin, beta.....µg	0		0	FLA	4		0	0	
Vitamin A, IU.....IU	0		0	FLA	4		0	0	
Lycopene.....µg	0		0	FLA	4		0	0	
Lutein + zeaxanthin.....µg	3		0	FLA	4		1	0	
Vitamin E (alpha-tocopherol).....mg	1.89		1	A	1		0.54	0.25	
Vitamin E, added.....mg	0.00		0	FLA	4		0.00	0.00	
Tocopherol, beta.....mg	0.15		1	A	1		0.04	0.02	
Tocopherol, gamma.....mg	12.45		1	A	1		3.53	1.62	
Tocopherol, delta.....mg	3.27		1	A	1		0.93	0.43	
Tocotrienol, alpha.....mg	0.00		1	A	1		0.00	0.00	
Tocotrienol, beta.....mg	0.00		1	A	1		0.00	0.00	

Cookies, chocolate sandwich, with extra creme filling

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 Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Code					
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	6.2		0	FLA	4		1.8	0.8	
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	5.454		0	NC	4		1.546	0.709	
4:0.....g	0.000		1	A	1		0.000	0.000	
6:0.....g	0.000		1	A	1		0.000	0.000	
8:0.....g	0.000		1	A	1		0.000	0.000	
10:0.....g	0.000		1	A	1		0.000	0.000	
12:0.....g	0.000		1	A	1		0.000	0.000	
13:0.....g									
14:0.....g	0.021		1	A	1		0.006	0.003	
15:0.....g									
16:0.....g	2.774		1	A	1		0.786	0.361	
17:0.....g	0.029		1	A	1		0.008	0.004	
18:0.....g	2.436		1	A	1		0.691	0.317	
20:0.....g	0.099		1	A	1		0.028	0.013	
22:0.....g	0.095		1	A	1		0.027	0.012	
24:0.....g	0.000		1	A	1		0.000	0.000	
Fatty acids, total monounsaturated.....g	16.076		0	NC	4		4.558	2.090	
14:1.....g	0.000		1	A	1		0.000	0.000	
15:1.....g									
16:1 undifferentiated.....g	0.000		0	AS	1		0.000	0.000	
16:1 c.....g	0.000		1	A	1		0.000	0.000	
16:1 t.....g									
17:1.....g	0.000		1	A	1		0.000	0.000	
18:1 undifferentiated.....g	16.042		0	AS	1		4.548	2.085	
18:1 c.....g	8.300		1	A	1		2.353	1.079	
18:1 t.....g	7.743		1	A	1		2.195	1.007	
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.034		1	A	1		0.010	0.004	
22:1 undifferentiated.....g	0.000		0	AS	1		0.000	0.000	
22:1 c.....g	0.000		1	A	1		0.000	0.000	
22:1 t.....g									
24:1 c.....g	0.000		1	A	1		0.000	0.000	
Fatty acids, total polyunsaturated.....g	2.471		0	NC	4		0.700	0.321	
18:2 undifferentiated.....g	2.418		0	AS	1		0.685	0.314	
18:2 n-6 c,c.....g	1.668		1	A	1		0.473	0.217	
18:2 CLAs.....g	0.000		1	A	1		0.000	0.000	
18:2 t,t.....g									
18:2 i.....g	0.750		1	A	1		0.213	0.097	
18:2 t not further defined.....g									
18:3 undifferentiated.....g	0.053		0	A	1		0.015	0.007	
18:3 n-3 c,c,c (ALA).....g	0.053		1	A	1		0.015	0.007	
18:3 n-6 c,c,c.....g									
18:3i.....g									
18:4.....g	0.000		1	A	1		0.000	0.000	
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	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		1	A	1		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		1	A	1				

NDB No. 18168

Cookies, chocolate sandwich, with extra creme filling

Nutrients and 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	Measure 2	Measure 3
			Deriv Code	Points					
22:6 n-3 (DHA).....g	0.000			A	1		0.000	0.000	
Fatty acids, total trans.....g									
Fatty acids, total trans-monoenoic.....g	7.743		0	NC	4		2.195	1.007	
Fatty acids, total trans-polyenoic.....g	0.750		0	NC	4		0.213	0.097	
Cholesterol.....mg	0		0		4		0	0	
Phytosterols.....mg									
Stigmasterol.....mg	11		1	A	1		3	1	
Campesterol.....mg	13		1	A	1		4	2	
Beta-sitosterol.....mg	34		1	A	1		10	4	
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	6		0	FLA	4		2	1	
Theobromine.....mg	190		0	FLA	4		54	25	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 = 13.0g: 1 cookie

**Calories Factors: Protein 3.6**

**Fat 8.8**

**Carbohydrate 3.9**

**Food Group: 18 Baked Products**

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





NDB No. 18157  
 Cookies, chocolate wafers

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	measures of food				
					Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Lipids:</b>									
Fatty acids, total saturated.....g	4.241		0	FLA	4		1.202	4.750	0.254
4:0.....g	0.001		0	FLA	4		0.000	0.001	0.000
6:0.....g	0.011		0	FLA	4		0.003	0.012	0.001
8:0.....g	0.128		0	FLA	4		0.036	0.143	0.008
10:0.....g	0.102		0	FLA	4		0.029	0.114	0.006
12:0.....g	0.760		0	FLA	4		0.215	0.851	0.046
13:0.....g									
14:0.....g	0.305		0	FLA	4		0.086	0.342	0.018
15:0.....g									
16:0.....g	1.796		0	FLA	4		0.509	2.012	0.108
17:0.....g									
18:0.....g	1.125		0	FLA	4		0.319	1.260	0.068
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	4.865		0	FLA	4		1.379	5.449	0.292
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.048		0	FLA	4		0.014	0.054	0.003
17:1.....g									
18:1 undifferentiated.....g	4.807		0	FLA	4		1.363	5.384	0.288
20:1.....g	0.001		0	FLA	4		0.000	0.001	0.000
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	4.153		0	FLA	4		1.177	4.651	0.249
18:2 undifferentiated.....g	3.866		0	FLA	4		1.096	4.330	0.232
18:3 undifferentiated.....g	0.268		0	FLA	4		0.076	0.300	0.016
18:4.....g	0.001		0	FLA	4		0.000	0.001	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.006		0	FLA	4		0.002	0.007	0.000
20:5 n-3 (EPA).....g	0.003		0	FLA	4		0.001	0.003	0.000
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	FLA	4		0.000	0.000	0.000
22:6 n-3 (DHA).....g	0.002		0	FLA	4		0.001	0.002	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	2		1		1		1	2	0
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.096		0		1		0.027	0.108	0.006
Threonine.....g	0.220		0		1		0.062	0.246	0.013
Isoleucine.....g	0.261		0		1		0.074	0.292	0.016
Leucine.....g	0.447		0		1		0.127	0.501	0.027
Lysine.....g	0.281		0		1		0.080	0.315	0.017
Methionine.....g	0.105		0		1		0.030	0.118	0.006
Cystine.....g	0.127		0		1		0.036	0.142	0.008
Phenylalanine.....g	0.308		0		1		0.087	0.345	0.018
Tyrosine.....g	0.205		0		1		0.058	0.230	0.012
Valine.....g	0.323		0		1		0.092	0.362	0.019
Arginine.....g	0.286		0		1		0.081	0.320	0.017
Histidine.....g	0.128		0		1		0.036	0.143	0.008
Alanine.....g	0.238		0		1		0.067	0.267	0.014
Aspartic acid.....g	0.407		0		1		0.115	0.456	0.024
Glutamic acid.....g	1.753		0		1		0.497	1.963	0.105
Glycine.....g	0.236		0		1		0.067	0.264	0.014
Proline.....g	0.577		0		1		0.164	0.646	0.035
Serine.....g	0.335		0		1		0.095	0.375	0.020
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	10		0	FLA	4		3	12	1

**NDB No. 18157**  
**Cookies, chocolate wafers**

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 Code			
Theobromine.....mg	354		0	FLA	4	100	396	21

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 = 112g: 1 cup, crumbs
- Measure 3 = 6.0g: 1 wafer

**Calories Factors: Protein 3.5                      Fat 8.9                      Carbohydrate 3.9**

**Food Group:** 18 Baked Products  
 USDA National Nutrient Database for Standard Reference, Release 27 (2014)



**NDB No. 28309**  
**Cookies, coconut macaroon**

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Lipids:</b>									
Fatty acids, total saturated.....g	20.099		0	NC	4		7.236		
4:0.....g	0.000		0	FLC	4		0.000		
6:0.....g	0.128		0	FLC	4		0.046		
8:0.....g	1.580		0	FLC	4		0.569		
10:0.....g	1.256		0	FLC	4		0.452		
12:0.....g	10.009		0	FLC	4		3.603		
13:0.....g									
14:0.....g	3.953		0	FLC	4		1.423		
15:0.....g									
16:0.....g	1.987		0	FLC	4		0.715		
17:0.....g									
18:0.....g	1.186		0	FLC	4		0.427		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	1.610		0	NC	4		0.580		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.004		0	FLC	4		0.001		
17:1.....g									
18:1 undifferentiated.....g	1.606		0	FLC	4		0.578		
20:1.....g	0.000		0	FLC	4		0.000		
22:1 undifferentiated.....g	0.000		0	FLC	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.810		0	NC	4		0.292		
18:2 undifferentiated.....g	0.762		0	FLC	4		0.274		
18:3 undifferentiated.....g	0.048		0	FLC	4		0.017		
18:4.....g	0.000		0	FLC	4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLC	4		0.000		
20:5 n-3 (EPA).....g	0.000		0	FLC	4		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	FLC	4		0.000		
22:6 n-3 (DHA).....g	0.000		0	FLC	4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		1	MC	9		0		
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	FLC	4		0.0		
Caffeine.....mg	0		0	FLC	4		0		
Theobromine.....mg	0		0	FLC	4		0		

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

**Common Measures:**

Measure 1 = 36g: 2 cookie 1 serving

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group: 18 Baked Products**

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



**NDB No. 18170**  
**Cookies, fig bars**

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common			
	Mean	Std. Error	Number	Source	measures of food			
			of Data Points		Confidence Code	Measure 1	Measure 2	Measure 3
<b>Lipids:</b>								
Fatty acids, total saturated.....g	1.123		0	FLA	4	0.318	0.483	0.180
4:0.....g	0.002		0	FLA	4	0.001	0.001	0.000
6:0.....g	0.000		0	FLA	4	0.000	0.000	0.000
8:0.....g	0.000		0	FLA	4	0.000	0.000	0.000
10:0.....g	0.001		0	FLA	4	0.000	0.000	0.000
12:0.....g	0.000		0	FLA	4	0.000	0.000	0.000
13:0.....g								
14:0.....g	0.013		0	FLA	4	0.004	0.006	0.002
15:0.....g								
16:0.....g	0.747		0	FLA	4	0.212	0.321	0.120
17:0.....g								
18:0.....g	0.355		0	FLA	4	0.101	0.153	0.057
20:0.....g								
22:0.....g								
24:0.....g								
Fatty acids, total monounsaturated.....g	3.003		0	FLA	4	0.851	1.291	0.480
14:1.....g								
15:1.....g								
16:1 undifferentiated.....g	0.029		0	FLA	4	0.008	0.012	0.005
17:1.....g								
18:1 undifferentiated.....g	2.966		0	FLA	4	0.841	1.275	0.475
20:1.....g	0.000		0	FLA	4	0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0	FLA	4	0.000	0.000	0.000
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	2.772		0	FLA	4	0.786	1.192	0.444
18:2 undifferentiated.....g	2.583		0	FLA	4	0.732	1.111	0.413
18:3 undifferentiated.....g	0.182		0	FLA	4	0.052	0.078	0.029
18:4.....g	0.000		0	FLA	4	0.000	0.000	0.000
20:2 n-6 c,c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g	0.000		0	FLA	4	0.000	0.000	0.000
20:5 n-3 (EPA).....g	0.000		0	FLA	4	0.000	0.000	0.000
21:5.....g								
22:4.....g								
22:5 n-3 (DPA).....g	0.000		0	FLA	4	0.000	0.000	0.000
22:6 n-3 (DHA).....g	0.000		0	FLA	4	0.000	0.000	0.000
Fatty acids, total trans.....g								
Cholesterol.....mg	0		0		4	0	0	0
Phytosterols.....mg								
<b>Amino Acids:</b>								
Tryptophan.....g	0.046		0		1	0.013	0.020	0.007
Threonine.....g	0.113		0		1	0.032	0.049	0.018
Isoleucine.....g	0.132		0		1	0.037	0.057	0.021
Leucine.....g	0.224		0		1	0.064	0.096	0.036
Lysine.....g	0.140		0		1	0.040	0.060	0.022
Methionine.....g	0.053		0		1	0.015	0.023	0.008
Cystine.....g	0.073		0		1	0.021	0.031	0.012
Phenylalanine.....g	0.145		0		1	0.041	0.062	0.023
Tyrosine.....g	0.122		0		1	0.035	0.052	0.020
Valine.....g	0.155		0		1	0.044	0.067	0.025
Arginine.....g	0.121		0		1	0.034	0.052	0.019
Histidine.....g	0.067		0		1	0.019	0.029	0.011
Alanine.....g	0.148		0		1	0.042	0.064	0.024
Aspartic acid.....g	0.387		0		1	0.110	0.166	0.062
Glutamic acid.....g	0.914		0		1	0.259	0.393	0.146
Glycine.....g	0.122		0		1	0.035	0.052	0.020
Proline.....g	0.347		0		1	0.098	0.149	0.056
Serine.....g	0.189		0		1	0.054	0.081	0.030
Hydroxyproline.....g								
<b>Others:</b>								
Alcohol, ethyl.....g	0.0		0		7	0.0	0.0	0.0
Caffeine.....mg	0		0	FLA	4	0	0	0

**NDB No. 18170**  
**Cookies, fig bars**

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 Code
Theobromine.....mg	0		0	FLA	4	0	0	0

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

**Common Measures:**

- Measure 1 = 28.35g: 1 oz
- Measure 2 = 43g: 1 Figaroo (2 square halves)
- Measure 3 = 16g: 1 cookie

**Calories Factors: Protein 3.8                      Fat 8.8                      Carbohydrate 3.8**

**Food Group:** 18 Baked 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 of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.669		0		1		0.190	0.054	
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	0.012		0		1		0.003	0.001	
15:0.....g									
16:0.....g	0.378		0		1		0.107	0.030	
17:0.....g									
18:0.....g	0.276		0		1		0.078	0.022	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	1.345		0		1		0.381	0.108	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.008		0		1		0.002	0.001	
17:1.....g									
18:1 undifferentiated.....g	1.337		0		1		0.379	0.107	
20:1.....g	0.001		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	0.466		0		1		0.132	0.037	
18:2 undifferentiated.....g	0.438		0		1		0.124	0.035	
18:3 undifferentiated.....g	0.024		0		1		0.007	0.002	
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	0.003		0		1		0.001	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	0.001		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	2		0	FLA	4		1	0	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.061		0		1		0.017	0.005	
Threonine.....g	0.123		0		1		0.035	0.010	
Isoleucine.....g	0.165		0		1		0.047	0.013	
Leucine.....g	0.295		0		1		0.084	0.024	
Lysine.....g	0.157		0		1		0.045	0.013	
Methionine.....g	0.076		0		1		0.022	0.006	
Cystine.....g	0.093		0		1		0.026	0.007	
Phenylalanine.....g	0.203		0		1		0.058	0.016	
Tyrosine.....g	0.125		0		1		0.035	0.010	
Valine.....g	0.192		0		1		0.054	0.015	
Arginine.....g	0.168		0		1		0.048	0.013	
Histidine.....g	0.088		0		1		0.025	0.007	
Alanine.....g	0.135		0		1		0.038	0.011	
Aspartic acid.....g	0.193		0		1		0.055	0.015	
Glutamic acid.....g	1.359		0		1		0.385	0.109	
Glycine.....g	0.144		0		1		0.041	0.012	
Proline.....g	0.457		0		1		0.130	0.037	
Serine.....g	0.230		0		1		0.065	0.018	
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	FLA	4		0	0	

NDB No. 18171  
 Cookies, fortune

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			
Theobromine.....mg	0		0	FLA	4	0	0

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

**Common Measures:**

Measure 1 = 28.35g: 1 oz  
 Measure 2 = 8.0g: 1 cookie

**Calories Factors: Protein 4.1**

**Fat 8.8**

**Carbohydrate 4**

**Food Group:** 18 Baked Products

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

NDB No. 18156

Cookies, fudge, cake-type (includes trolley cakes)

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
<b>Proximates:</b>									
Water.....g	11.80	0.225	35		1		3.35	2.48	
Energy.....kcal	349		0		4		99	73	
Energy.....kJ	1460				4		414	307	
Protein (N x 5.7).....g	5.00	0.064	35		1		1.42	1.05	
Total lipid (fat).....g	3.70	0.088	35		1		1.05	0.78	
Ash.....g	0.90	0.017	35		1		0.26	0.19	
Carbohydrate, by difference.....g	78.30		0	NC	4		22.20	16.44	
Fiber, total dietary.....g	2.8		0		4		0.8	0.6	
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	34	0.646	38		1		10	7	
Iron, Fe.....mg	2.48	0.111	38		1		0.70	0.52	
Magnesium, Mg.....mg	32	1.423	7		1		9	7	
Phosphorus, P.....mg	83	1.230	38		1		24	17	
Potassium, K.....mg	138	2.026	37		1		39	29	
Sodium, Na.....mg	192	3.214	38		1		54	40	
Zinc, Zn.....mg	0.55	0.022	7		1		0.16	0.12	
Copper, Cu.....mg	0.291	0.038	7		1		0.082	0.061	
Manganese, Mn.....mg	0.322	0.015	6		1		0.091	0.068	
Selenium, Se.....µg	3.6		0	FLA	4		1.0	0.8	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.1		0	FLA	4		0.0	0.0	
Thiamin.....mg	0.226	0.018	38		1		0.064	0.047	
Riboflavin.....mg	0.194	0.006	38		1		0.055	0.041	
Niacin.....mg	1.203	0.048	38		1		0.341	0.253	
Pantothenic acid.....mg	0.244		0	FLA	4		0.069	0.051	
Vitamin B-6.....mg	0.031		0	FLA	4		0.009	0.007	
Folate, total.....µg	43		0	FLA	4		12	9	
Folic acid.....µg	34		0	NC	4		10	7	
Folate, food.....µg	9		0		4		3	2	
Folate, DFE.....µg	67		0	NC	4		19	14	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.08		0	FLA	4		0.02	0.02	
Vitamin A, RAE.....µg	0		0	NC	4		0	0	
Retinol.....µg	0		0	Z	7		0	0	
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	2		0	FLA	4		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									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion 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	1.112		0		1		0.315	0.234	
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	0.002		0		1		0.001	0.000	
15:0.....g									
16:0.....g	0.548		0		1		0.155	0.115	
17:0.....g									
18:0.....g	0.545		0		1		0.155	0.114	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	1.813		0		1		0.514	0.381	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.005		0		1		0.001	0.001	
17:1.....g									
18:1 undifferentiated.....g	1.807		0		1		0.512	0.379	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.466		0		1		0.132	0.098	
18:2 undifferentiated.....g	0.453		0		1		0.128	0.095	
18:3 undifferentiated.....g	0.013		0		1		0.004	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		4		0	0	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.055		0		1		0.016	0.012	
Threonine.....g	0.148		0		1		0.042	0.031	
Isoleucine.....g	0.174		0		1		0.049	0.037	
Leucine.....g	0.305		0		1		0.086	0.064	
Lysine.....g	0.225		0		1		0.064	0.047	
Methionine.....g	0.071		0		1		0.020	0.015	
Cystine.....g	0.067		0		1		0.019	0.014	
Phenylalanine.....g	0.207		0		1		0.059	0.043	
Tyrosine.....g	0.131		0		1		0.037	0.028	
Valine.....g	0.225		0		1		0.064	0.047	
Arginine.....g	0.269		0		1		0.076	0.056	
Histidine.....g	0.088		0		1		0.025	0.018	
Alanine.....g	0.263		0		1		0.075	0.055	
Aspartic acid.....g	0.314		0		1		0.089	0.066	
Glutamic acid.....g	1.162		0		1		0.329	0.244	
Glycine.....g	0.448		0		1		0.127	0.094	
Proline.....g	0.553		0		1		0.157	0.116	
Serine.....g	0.233		0		1		0.066	0.049	
Hydroxyproline.....g									

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

**NDB No. 18156**

**Cookies, fudge, cake-type (includes trolley cakes)**

**Common Measures:**

Measure 1 = 28.35g: 1 oz

Measure 2 = 21g: 1 cookie

**Calories Factors: Protein 3.6**

**Fat 8.7**

**Carbohydrate 3.8**

**Food Group: 18 Baked Products**

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



**NDB No. 18172**  
**Cookies, gingersnaps**

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	measures of food				
					Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Lipids:</b>									
Fatty acids, total saturated.....g	2.451		0	FLA	4		0.695	0.172	0.784
4:0.....g	0.000		0	FLA	4		0.000	0.000	0.000
6:0.....g	0.000		0	FLA	4		0.000	0.000	0.000
8:0.....g	0.001		0	FLA	4		0.000	0.000	0.000
10:0.....g	0.002		0	FLA	4		0.001	0.000	0.001
12:0.....g	0.004		0	FLA	4		0.001	0.000	0.001
13:0.....g									
14:0.....g	0.048		0	FLA	4		0.014	0.003	0.015
15:0.....g									
16:0.....g	1.279		0	FLA	4		0.363	0.090	0.409
17:0.....g									
18:0.....g	1.111		0	FLA	4		0.315	0.078	0.356
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	5.365		0	FLA	4		1.521	0.376	1.717
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.002		0	FLA	4		0.001	0.000	0.001
17:1.....g									
18:1 undifferentiated.....g	5.363		0	FLA	4		1.520	0.375	1.716
20:1.....g	0.000		0	FLA	4		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.372		0	FLA	4		0.389	0.096	0.439
18:2 undifferentiated.....g	1.298		0	FLA	4		0.368	0.091	0.415
18:3 undifferentiated.....g	0.073		0	FLA	4		0.021	0.005	0.023
18:4.....g	0.000		0	FLA	4		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	0.000
20:5 n-3 (EPA).....g	0.000		0	FLA	4		0.000	0.000	0.000
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	FLA	4		0.000	0.000	0.000
22:6 n-3 (DHA).....g	0.000		0	FLA	4		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		1		0	0	0
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.080		0		1		0.023	0.006	0.026
Threonine.....g	0.155		0		1		0.044	0.011	0.050
Isoleucine.....g	0.212		0		1		0.060	0.015	0.068
Leucine.....g	0.380		0		1		0.108	0.027	0.122
Lysine.....g	0.195		0		1		0.055	0.014	0.062
Methionine.....g	0.094		0		1		0.027	0.007	0.030
Cystine.....g	0.120		0		1		0.034	0.008	0.038
Phenylalanine.....g	0.263		0		1		0.075	0.018	0.084
Tyrosine.....g	0.159		0		1		0.045	0.011	0.051
Valine.....g	0.248		0		1		0.070	0.017	0.079
Arginine.....g	0.213		0		1		0.060	0.015	0.068
Histidine.....g	0.114		0		1		0.032	0.008	0.036
Alanine.....g	0.169		0		1		0.048	0.012	0.054
Aspartic acid.....g	0.248		0		1		0.070	0.017	0.079
Glutamic acid.....g	1.825		0		1		0.517	0.128	0.584
Glycine.....g	0.189		0		1		0.054	0.013	0.060
Proline.....g	0.614		0		1		0.174	0.043	0.196
Serine.....g	0.292		0		1		0.083	0.020	0.093
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	FLA	4		0	0	0

**NDB No. 18172**  
**Cookies, gingersnaps**

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 Code
Theobromine.....mg	0		0	FLA	4	0	0	0

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

**Common Measures:**

Measure 1 = 28.35g: 1 oz

Measure 2 = 7.0g: 1 cookie

Measure 3 = 32g: 1 large (approx 3-1/2" to 4" dia)

**Calories Factors: Protein 4**

**Fat 8.8**

**Carbohydrate 4**

**Food Group: 18 Baked 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 of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Lipids:</b>									
Fatty acids, total saturated.....g	17.200		0	MC	9		4.644	4.876	
4:0.....g	0.004		0	FLM	4		0.001	0.001	
6:0.....g	0.043		0	FLM	4		0.012	0.012	
8:0.....g	0.685		0	FLM	4		0.185	0.194	
10:0.....g	0.769		0	FLM	4		0.207	0.218	
12:0.....g	9.741		0	FLM	4		2.630	2.761	
13:0.....g	0.000		0	FLM	4		0.000	0.000	
14:0.....g	3.406		0	FLM	4		0.920	0.966	
15:0.....g	0.001		0	FLM	4		0.000	0.000	
16:0.....g	1.832		0	FLM	4		0.495	0.519	
17:0.....g	0.000		0	FLM	4		0.000	0.000	
18:0.....g	0.704		0	FLM	4		0.190	0.200	
20:0.....g	0.000		0	FLM	4		0.000	0.000	
22:0.....g	0.000		0	FLM	4		0.000	0.000	
24:0.....g									
Fatty acids, total monounsaturated.....g	2.700		0	MC	9		0.729	0.765	
14:1.....g	0.000		0	FLM	4		0.000	0.000	
15:1.....g	0.000		0	FLM	4		0.000	0.000	
16:1 undifferentiated.....g	0.002		0	FLM	4		0.000	0.000	
17:1.....g	0.000		0	FLM	4		0.000	0.000	
18:1 undifferentiated.....g	2.689		0	FLM	4		0.726	0.762	
20:1.....g	0.000		0	FLM	4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	FLM	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	4.900		0	MC	9		1.323	1.389	
18:2 undifferentiated.....g	4.506		0	FLM	4		1.217	1.278	
18:3 undifferentiated.....g	0.053		0	FLM	4		0.014	0.015	
18:4.....g	0.000		0	FLM	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g	0.001		0	FLM	4		0.000	0.000	
20:4 undifferentiated.....g	0.000		0	FLM	4		0.000	0.000	
20:5 n-3 (EPA).....g	0.000		0	FLM	4		0.000	0.000	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	FLM	4		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0	FLM	4		0.000	0.000	
Fatty acids, total trans.....g	0.550		0	MC	9		0.149	0.156	
Cholesterol.....mg	1		0	MC	9		0	0	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.049		0	FLM	4		0.013	0.014	
Threonine.....g	0.126		0	FLM	4		0.034	0.036	
Isoleucine.....g	0.142		0	FLM	4		0.038	0.040	
Leucine.....g	0.264		0	FLM	4		0.071	0.075	
Lysine.....g	0.131		0	FLM	4		0.035	0.037	
Methionine.....g	0.063		0	FLM	4		0.017	0.018	
Cystine.....g	0.071		0	FLM	4		0.019	0.020	
Phenylalanine.....g	0.178		0	FLM	4		0.048	0.050	
Tyrosine.....g	0.118		0	FLM	4		0.032	0.033	
Valine.....g	0.170		0	FLM	4		0.046	0.048	
Arginine.....g	0.154		0	FLM	4		0.042	0.044	
Histidine.....g	0.079		0	FLM	4		0.021	0.022	
Alanine.....g	0.134		0	FLM	4		0.036	0.038	
Aspartic acid.....g	0.220		0	FLM	4		0.059	0.062	
Glutamic acid.....g	1.058		0	FLM	4		0.286	0.300	
Glycine.....g	0.131		0	FLM	4		0.035	0.037	
Proline.....g	0.362		0	FLM	4		0.098	0.103	
Serine.....g	0.182		0	FLM	4		0.049	0.052	
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	FLM	4		0.0	0.0	

NDB No. 18174

**Cookies, graham crackers, chocolate-coated**

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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 Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Code					
Caffeine.....mg	3		0	FLM	4	1	1		
Theobromine.....mg	88		0	FLM	4	24	25		

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

**Common Measures:**

Measure 1 = 27g: 3 pieces

Measure 2 = 28.35g: 1 oz

**Calories Factors: Protein 3.8**

**Fat 8.7**

**Carbohydrate 3.9**

**Food Group:** 18 Baked Products

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

NDB No. 18173

Cookies, graham crackers, plain or honey (includes cinnamon)

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
<b>Proximates:</b>									
Water.....g	3.39	0.080	16	A	1		0.96	0.51	2.85
Energy.....kcal	430		0	NC	4		122	64	361
Energy.....kJ	1799		0	NC	4		510	270	1511
Protein (N x 5.7).....g	6.69	0.042	16	A	1		1.90	1.00	5.62
Total lipid (fat).....g	10.60	0.344	13	A	1		3.01	1.59	8.91
Ash.....g	1.66	0.016	16	A	1		0.47	0.25	1.40
Carbohydrate, by difference.....g	77.66		0	NC	4		22.02	11.65	65.23
Fiber, total dietary.....g	3.4	0.088	9	A	1		1.0	0.5	2.8
Sugars, total.....g	24.85	0.041	9	A	1		7.05	3.73	20.88
Sucrose.....g	22.82	0.051	9	A	1		6.47	3.42	19.17
Glucose (dextrose).....g	1.04	0.010	9	A	1		0.30	0.16	0.87
Fructose.....g	0.99	0.004	9	A	1		0.28	0.15	0.83
Lactose.....g	0.00	0.000	9	A	1		0.00	0.00	0.00
Maltose.....g	0.00	0.000	9	A	1		0.00	0.00	0.00
Galactose.....g	0.00	0.000	9	A	1		0.00	0.00	0.00
Starch.....g	46.56	0.117	9	A	1		13.20	6.98	39.11
<b>Minerals:</b>									
Calcium, Ca.....mg	77	0.724	16	A	1		22	11	64
Iron, Fe.....mg	3.78	0.055	16	A	1		1.07	0.57	3.17
Magnesium, Mg.....mg	40	1.125	16	A	1		11	6	34
Phosphorus, P.....mg	185	1.512	16	A	1		53	28	156
Potassium, K.....mg	170	3.567	16	A	1		48	26	143
Sodium, Na.....mg	459	2.370	16	A	1		130	69	386
Zinc, Zn.....mg	0.96	0.023	16	A	1		0.27	0.14	0.81
Copper, Cu.....mg	0.170	0.002	16	A	1		0.048	0.026	0.143
Manganese, Mn.....mg	1.019	0.045	16	A	1		0.289	0.153	0.856
Selenium, Se.....µg	6.3	0.201	9	A	1		1.8	0.9	5.3
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0	FLA	4		0.0	0.0	0.0
Thiamin.....mg	0.265	0.007	9	A	1		0.075	0.040	0.223
Riboflavin.....mg	0.317	0.003	9	A	1		0.090	0.048	0.266
Niacin.....mg	4.439	0.094	9	A	1		1.258	0.666	3.728
Pantothenic acid.....mg	0.420	0.005	6	A	1		0.119	0.063	0.352
Vitamin B-6.....mg	0.156	0.001	9	A	1		0.044	0.023	0.131
Folate, total.....µg	91	4.997	9	A	1		26	14	76
Folic acid.....µg	72		0	FLA	4		20	11	61
Folate, food.....µg	19		0	FLA	4		5	3	16
Folate, DFE.....µg	142		0	NC	4		40	21	119
Choline, total.....mg	5.9		0	FLA	4		1.7	0.9	5.0
Betaine.....mg									
Vitamin B-12.....µg	0.00		0	FLA	4		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	FLA	4		0	0	0
Retinol.....µg	0		0	FLA	4		0	0	0
Carotene, beta.....µg	1		0	FLA	4		0	0	1
Carotene, alpha.....µg	0		0	FLA	4		0	0	0
Cryptoxanthin, beta.....µg	0		0	FLA	4		0	0	0
Vitamin A, IU.....IU	2		0	NC	4		1	0	2
Lycopene.....µg	0		0	FLA	4		0	0	0
Lutein + zeaxanthin.....µg	77		0	FLA	4		22	12	65
Vitamin E (alpha-tocopherol).....mg	1.51	0.055	9	A	1		0.43	0.23	1.26
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta.....mg	0.23	0.013	9	A	1		0.07	0.03	0.19
Tocopherol, gamma.....mg	5.99	0.203	9	A	1		1.70	0.90	5.03
Tocopherol, delta.....mg	1.54	0.046	9	A	1		0.44	0.23	1.30
Tocotrienol, alpha.....mg	0.18	0.027	9	A	1		0.05	0.03	0.15
Tocotrienol, beta.....mg	1.41	0.224	9	A	1		0.40	0.21	1.18

Cookies, graham crackers, plain or honey (includes cinnamon)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Tocotrienol, gamma.....mg	0.00	0.000	9	A	1		0.00	0.00	0.00
Tocotrienol, delta.....mg	0.00	0.000	9	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	14.3		0	FLA	4		4.1	2.1	12.0
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	1.633		0	NC	4		0.463	0.245	1.372
4:0.....g	0.004	0.001	9	A	1		0.001	0.001	0.003
6:0.....g	0.000	0.000	9	A	1		0.000	0.000	0.000
8:0.....g	0.002	0.000	9	A	1		0.000	0.000	0.001
10:0.....g	0.000	0.000	9	A	1		0.000	0.000	0.000
12:0.....g	0.002	0.001	9	A	1		0.001	0.000	0.002
13:0.....g									
14:0.....g	0.010	0.000	9	A	1		0.003	0.002	0.009
15:0.....g	0.004	0.000	9	A	1		0.001	0.001	0.004
16:0.....g	1.058	0.002	9	A	1		0.300	0.159	0.889
17:0.....g	0.009	0.000	9	A	1		0.002	0.001	0.007
18:0.....g	0.465	0.005	9	A	1		0.132	0.070	0.390
20:0.....g	0.034	0.000	9	A	1		0.010	0.005	0.028
22:0.....g	0.031	0.000	9	A	1		0.009	0.005	0.026
24:0.....g	0.013	0.000	9	A	1		0.004	0.002	0.011
Fatty acids, total monounsaturated.....g	2.509		0	NC	4		0.711	0.376	2.108
14:1.....g	0.000	0.000	9	A	1		0.000	0.000	0.000
15:1.....g	0.000	0.000	9	A	1		0.000	0.000	0.000
16:1 undifferentiated.....g	0.009	0.000	9	AS	1		0.003	0.001	0.008
16:1 c.....g	0.009	0.000	9	A	1		0.003	0.001	0.008
16:1 t.....g	0.000	0.000	9	A	1		0.000	0.000	0.000
17:1.....g	0.005	0.000	9	A	1		0.001	0.001	0.004
18:1 undifferentiated.....g	2.459	0.005	9	AS	1		0.697	0.369	2.065
18:1 c.....g	2.420	0.005	9	A	1		0.686	0.363	2.033
18:1 t.....g	0.039	0.000	9	A	1		0.011	0.006	0.033
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.035	0.000	9	A	1		0.010	0.005	0.029
22:1 undifferentiated.....g	0.001	0.001	9	AS	1		0.000	0.000	0.001
22:1 c.....g	0.000	0.000	9	A	1		0.000	0.000	0.000
22:1 t.....g	0.001	0.001	9	A	1		0.000	0.000	0.000
24:1 c.....g	0.001	0.000	9	A	1		0.000	0.000	0.001
Fatty acids, total polyunsaturated.....g	5.388		0	NC	4		1.527	0.808	4.526
18:2 undifferentiated.....g	4.757	0.026	9	AS	1		1.349	0.714	3.996
18:2 n-6 c,c.....g	4.735	0.026	9	A	1		1.342	0.710	3.977
18:2 CLAs.....g	0.006	0.000	9	A	1		0.002	0.001	0.005
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.016	0.000	9	A	1		0.005	0.002	0.013
18:3 undifferentiated.....g	0.622	0.002	9	AS	1		0.176	0.093	0.523
18:3 n-3 c,c,c (ALA).....g	0.599	0.002	9	A	1		0.170	0.090	0.503
18:3 n-6 c,c,c.....g	0.024	0.001	9	A	1		0.007	0.004	0.020
18:3i.....g	0.000	0.000	9	A	1		0.000	0.000	0.000
18:4.....g	0.000	0.000	9	A	1		0.000	0.000	0.000
20:2 n-6 c,c.....g	0.004	0.000	9	A	1		0.001	0.001	0.003
20:3 undifferentiated.....g	0.000	0.000	9	AS	1		0.000	0.000	0.000
20:3 n-3.....g	0.000	0.000	9	A	1		0.000	0.000	0.000
20:3 n-6.....g	0.000	0.000	9	A	1		0.000	0.000	0.000
20:4 undifferentiated.....g	0.005	0.000	9	A	1		0.001	0.001	0.004
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.000	0.000	9	A	1		0.000	0.000	0.000
21:5.....g									
22:4.....g	0.000	0.000	9	A	1		0.000	0.000	0.000
22:5 n-3 (DPA).....g	0.000	0.000	9	A	1		0.000	0.000	0.000

NDB No. 18173

Cookies, graham crackers, plain or honey (includes cinnamon)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
22:6 n-3 (DHA).....g	0.000	0.000	9	A	1		0.000	0.000	0.000
Fatty acids, total trans.....g	0.055		0	NC	4		0.016	0.008	0.047
Fatty acids, total trans-monoenoic.....g	0.039		0	NC	4		0.011	0.006	0.033
Fatty acids, total trans-polyenoic.....g	0.016		0	NC	4		0.005	0.002	0.013
Cholesterol.....mg	0		0	FLA	4		0	0	0
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	FLA	4		0.0	0.0	0.0
Caffeine.....mg	0		0	FLA	4		0	0	0
Theobromine.....mg	0		0	FLA	4		0	0	0

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

**Common Measures:**

- Measure 1 = 28.35g: 1 oz
- Measure 2 = 15g: 1 cracker
- Measure 3 = 84g: 1 cup, crushed

Calories Factors: Protein 3.9

Fat 8.8

Carbohydrate4

Food Group: 18 Baked Products

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



NDB No. 28302

Cookies, graham crackers, plain or honey, lowfat

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.000		0	LC	8		0.000		
4:0.....g	0.000		0	FLC	4		0.000		
6:0.....g	0.000		0	FLC	4		0.000		
8:0.....g	0.000		0	FLC	4		0.000		
10:0.....g	0.000		0	FLC	4		0.000		
12:0.....g	0.000		0	FLC	4		0.000		
13:0.....g									
14:0.....g	0.000		0	FLC	4		0.000		
15:0.....g	0.000		0	FLC	4		0.000		
16:0.....g	0.000		0	FLC	4		0.000		
17:0.....g	0.000		0	FLC	4		0.000		
18:0.....g	0.000		0	FLC	4		0.000		
20:0.....g	0.000		0	FLC	4		0.000		
22:0.....g	0.000		0	FLC	4		0.000		
24:0.....g	0.000		0	FLC	4		0.000		
Fatty acids, total monounsaturated.....g	1.718		0	FLC	4		0.601		
14:1.....g	0.000		0	FLC	4		0.000		
15:1.....g	0.000		0	FLC	4		0.000		
16:1 undifferentiated.....g	0.012		0	FLC	4		0.004		
17:1.....g	0.000		0	FLC	4		0.000		
18:1 undifferentiated.....g	1.701		0	FLC	4		0.595		
20:1.....g	0.004		0	FLC	4		0.002		
22:1 undifferentiated.....g	0.000		0	FLC	4		0.000		
24:1 c.....g	0.000		0	FLC	4		0.000		
Fatty acids, total polyunsaturated.....g	3.367		0	FLC	4		1.179		
18:2 undifferentiated.....g	3.157		0	FLC	4		1.105		
18:3 undifferentiated.....g	0.210		0	FLC	4		0.074		
18:4.....g	0.000		0	FLC	4		0.000		
20:2 n-6 c,c.....g	0.000		0	FLC	4		0.000		
20:3 undifferentiated.....g	0.000		0	FLC	4		0.000		
20:4 undifferentiated.....g	0.000		0	FLC	4		0.000		
20:5 n-3 (EPA).....g	0.000		0	FLC	4		0.000		
21:5.....g	0.000		0	FLC	4		0.000		
22:4.....g	0.000		0	FLC	4		0.000		
22:5 n-3 (DPA).....g	0.000		0	FLC	4		0.000		
22:6 n-3 (DHA).....g	0.000		0	FLC	4		0.000		
Fatty acids, total trans.....g	0.000		0	LC	8		0.000		
Cholesterol.....mg	0		0	LC	8		0		
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	FLC	4		0.0		
Caffeine.....mg	0		0	FLC	4		0		
Theobromine.....mg	0		0	FLC	4		0		

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

**Common Measures:**

Measure 1 = 35g: 1 serving

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 18 Baked 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			
	Mean	Std. Error	Number	Source	measures of food			
			of Data Points		Confidence Code	Measure 1	Measure 2	Measure 3
<b>Lipids:</b>								
Fatty acids, total saturated.....g	3.069		0	FLA	4	0.870	0.399	0.737
4:0.....g	0.000		0	FLA	4	0.000	0.000	0.000
6:0.....g	0.000		0	FLA	4	0.000	0.000	0.000
8:0.....g	0.003		0	FLA	4	0.001	0.000	0.001
10:0.....g	0.003		0	FLA	4	0.001	0.000	0.001
12:0.....g	0.003		0	FLA	4	0.001	0.000	0.001
13:0.....g								
14:0.....g	0.034		0	FLA	4	0.010	0.004	0.008
15:0.....g								
16:0.....g	2.209		0	FLA	4	0.626	0.287	0.530
17:0.....g								
18:0.....g	0.771		0	FLA	4	0.218	0.100	0.185
20:0.....g								
22:0.....g								
24:0.....g								
Fatty acids, total monounsaturated.....g	3.754		0	FLA	4	1.064	0.488	0.901
14:1.....g								
15:1.....g								
16:1 undifferentiated.....g	0.293		0	FLA	4	0.083	0.038	0.070
17:1.....g								
18:1 undifferentiated.....g	3.422		0	FLA	4	0.970	0.445	0.821
20:1.....g	0.027		0	FLA	4	0.008	0.004	0.007
22:1 undifferentiated.....g	0.003		0	FLA	4	0.001	0.000	0.001
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	1.422		0	FLA	4	0.403	0.185	0.341
18:2 undifferentiated.....g	1.206		0	FLA	4	0.342	0.157	0.289
18:3 undifferentiated.....g	0.038		0	FLA	4	0.011	0.005	0.009
18:4.....g	0.000		0	FLA	4	0.000	0.000	0.000
20:2 n-6 c,c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g	0.139		0	FLA	4	0.040	0.018	0.033
20:5 n-3 (EPA).....g	0.004		0	FLA	4	0.001	0.000	0.001
21:5.....g								
22:4.....g								
22:5 n-3 (DPA).....g	0.000		0	FLA	4	0.000	0.000	0.000
22:6 n-3 (DHA).....g	0.036		0	FLA	4	0.010	0.005	0.009
Fatty acids, total trans.....g								
Cholesterol.....mg	221		0	FLA	4	63	29	53
Phytosterols.....mg								
<b>Amino Acids:</b>								
Tryptophan.....g	0.133		0		1	0.038	0.017	0.032
Threonine.....g	0.467		0		1	0.132	0.061	0.112
Isoleucine.....g	0.516		0		1	0.146	0.067	0.124
Leucine.....g	0.861		0		1	0.244	0.112	0.207
Lysine.....g	0.679		0		1	0.192	0.088	0.163
Methionine.....g	0.268		0		1	0.076	0.035	0.064
Cystine.....g	0.224		0		1	0.064	0.029	0.054
Phenylalanine.....g	0.511		0		1	0.145	0.066	0.123
Tyrosine.....g	0.408		0		1	0.116	0.053	0.098
Valine.....g	0.579		0		1	0.164	0.075	0.139
Arginine.....g	0.610		0		1	0.173	0.079	0.146
Histidine.....g	0.248		0		1	0.070	0.032	0.060
Alanine.....g	0.502		0		1	0.142	0.065	0.120
Aspartic acid.....g	0.888		0		1	0.252	0.115	0.213
Glutamic acid.....g	1.920		0		1	0.544	0.250	0.461
Glycine.....g	0.346		0		1	0.098	0.045	0.083
Proline.....g	0.625		0		1	0.177	0.081	0.150
Serine.....g	0.761		0		1	0.216	0.099	0.183
Hydroxyproline.....g								
<b>Others:</b>								
Alcohol, ethyl.....g	0.0		0		7	0.0	0.0	0.0
Caffeine.....mg	0		0	FLC	4	0	0	0

NDB No. 18175

Cookies, ladyfingers, with lemon juice and rind

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
Theobromine.....mg	0		0	FLC	4		0	0	0

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

**Common Measures:**

Measure 1 = 28.35g: 1 oz

Measure 2 = 13.0g: 1 anisette sponge (4" x 1-1/8" x 7/8")

Measure 3 = 24g: 1 breakfast treat (approx 4" x 2" x 7/8")

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

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

NDB No. 18423

Cookies, ladyfingers, without lemon juice and rind

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
<b>Proximates:</b>									
Water.....g	19.50		0		1		5.53	2.54	4.68
Energy.....kcal	363		0	NC	4		103	47	87
Energy.....kJ	1519		0	NC	4		431	197	365
Protein (N x 0).....g	10.60		0		1		3.01	1.38	2.54
Total lipid (fat).....g	9.10		0		1		2.58	1.18	2.18
Ash.....g	1.10		0		1		0.31	0.14	0.26
Carbohydrate, by difference.....g	59.70		0	NC	4		16.92	7.76	14.33
Fiber, total dietary.....g	1.0		0	BFZN	4		0.3	0.1	0.2
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	47		0		1		13	6	11
Iron, Fe.....mg	3.58		0		1		1.01	0.47	0.86
Magnesium, Mg.....mg	12		0		1		3	2	3
Phosphorus, P.....mg	173		0		1		49	22	42
Potassium, K.....mg	113		0		1		32	15	27
Sodium, Na.....mg	147		0		1		42	19	35
Zinc, Zn.....mg	1.14		0		1		0.32	0.15	0.27
Copper, Cu.....mg	0.095		0		1		0.027	0.012	0.023
Manganese, Mn.....mg	0.240		0		1		0.068	0.031	0.058
Selenium, Se.....µg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0		1		0.0	0.0	0.0
Thiamin.....mg	0.284		0		1		0.081	0.037	0.068
Riboflavin.....mg	0.428		0		1		0.121	0.056	0.103
Niacin.....mg	2.104		0		1		0.596	0.274	0.505
Pantothenic acid.....mg	1.116		0		1		0.316	0.145	0.268
Vitamin B-6.....mg	0.122		0		1		0.035	0.016	0.029
Folate, total.....µg	77		0	FLA	4		22	10	18
Folic acid.....µg	40		0	NC	4		11	5	10
Folate, food.....µg	37		0		1		10	5	9
Folate, DFE.....µg	105		0	NC	4		30	14	25
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.75		0		1		0.21	0.10	0.18
Vitamin A, RAE.....µg	167		0	NC	4		47	22	40
Retinol.....µg	167		0	NC	4		47	22	40
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	556		0		1		158	72	133
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									
<b>Lipids:</b>									

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated.....g	3.022		0	NC	4		0.857	0.393	0.725
4:0.....g									
6:0.....g									
8:0.....g	0.003		0		1		0.001	0.000	0.001
10:0.....g	0.003		0		1		0.001	0.000	0.001
12:0.....g	0.003		0		1		0.001	0.000	0.001
13:0.....g									
14:0.....g	0.034		0	BFZN	4		0.010	0.004	0.008
15:0.....g									
16:0.....g	2.209		0	BFZN	4		0.626	0.287	0.530
17:0.....g									
18:0.....g	0.771		0	BFZN	4		0.218	0.100	0.185
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	3.745		0	NC	4		1.062	0.487	0.899
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.293		0	BFZN	4		0.083	0.038	0.070
17:1.....g									
18:1 undifferentiated.....g	3.422		0	BFZN	4		0.970	0.445	0.821
20:1.....g	0.027		0	BFZN	4		0.008	0.004	0.007
22:1 undifferentiated.....g	0.003		0		1		0.001	0.000	0.001
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.423		0	NC	4		0.403	0.185	0.342
18:2 undifferentiated.....g	1.206		0	BFZN	4		0.342	0.157	0.289
18:3 undifferentiated.....g	0.038		0	BFZN	4		0.011	0.005	0.009
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.139		0	BFZN	4		0.040	0.018	0.033
20:5 n-3 (EPA).....g	0.004		0	BFZN	4		0.001	0.000	0.001
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g									
22:6 n-3 (DHA).....g	0.036		0	BFZN	4		0.010	0.005	0.009
Fatty acids, total trans.....g									
Cholesterol.....mg	221		0	BFZN	4		63	29	53
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.133		0		1		0.038	0.017	0.032
Threonine.....g	0.467		0		1		0.132	0.061	0.112
Isoleucine.....g	0.516		0		1		0.146	0.067	0.124
Leucine.....g	0.861		0		1		0.244	0.112	0.207
Lysine.....g	0.679		0		1		0.192	0.088	0.163
Methionine.....g	0.268		0		1		0.076	0.035	0.064
Cystine.....g	0.224		0		1		0.064	0.029	0.054
Phenylalanine.....g	0.511		0		1		0.145	0.066	0.123
Tyrosine.....g	0.408		0		1		0.116	0.053	0.098
Valine.....g	0.579		0		1		0.164	0.075	0.139
Arginine.....g	0.610		0		1		0.173	0.079	0.146
Histidine.....g	0.248		0		1		0.070	0.032	0.060
Alanine.....g	0.502		0		1		0.142	0.065	0.120
Aspartic acid.....g	0.888		0		1		0.252	0.115	0.213
Glutamic acid.....g	1.920		0		1		0.544	0.250	0.461
Glycine.....g	0.346		0		1		0.098	0.045	0.083
Proline.....g	0.625		0		1		0.177	0.081	0.150
Serine.....g	0.761		0		1		0.216	0.099	0.183
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. 18423**

**Cookies, ladyfingers, without lemon juice and rind**

**Common Measures:**

Measure 1 = 28.35g: 1 oz

Measure 2 = 13.0g: 1 anisette sponge (4" x 1-1/8" x 7/8")

Measure 3 = 24g: 1 breakfast treat (approx 4" x 2" x 7/8")

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

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



Cookies, marshmallow, chocolate-coated (includes marshmallow pies)

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	measures of food				
					Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Lipids:</b>									
Fatty acids, total saturated.....g	4.722		0	FLA	4		1.339	1.322	1.842
4:0.....g	0.004		0	FLA	4		0.001	0.001	0.002
6:0.....g	0.001		0	FLA	4		0.000	0.000	0.000
8:0.....g	0.001		0	FLA	4		0.000	0.000	0.000
10:0.....g	0.001		0	FLA	4		0.000	0.000	0.000
12:0.....g	0.001		0	FLA	4		0.000	0.000	0.000
13:0.....g									
14:0.....g	0.086		0	FLA	4		0.024	0.024	0.034
15:0.....g									
16:0.....g	2.367		0	FLA	4		0.671	0.663	0.923
17:0.....g									
18:0.....g	2.249		0	FLA	4		0.638	0.630	0.877
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	9.345		0	FLA	4		2.649	2.617	3.645
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.003		0	FLA	4		0.001	0.001	0.001
17:1.....g									
18:1 undifferentiated.....g	9.341		0	FLA	4		2.648	2.615	3.643
20:1.....g	0.000		0	FLA	4		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.943		0	FLA	4		0.551	0.544	0.758
18:2 undifferentiated.....g	1.847		0	FLA	4		0.524	0.517	0.720
18:3 undifferentiated.....g	0.096		0	FLA	4		0.027	0.027	0.037
18:4.....g	0.000		0	FLA	4		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	0.000
20:5 n-3 (EPA).....g	0.000		0	FLA	4		0.000	0.000	0.000
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	FLA	4		0.000	0.000	0.000
22:6 n-3 (DHA).....g	0.000		0	FLA	4		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		4		0	0	0
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.036		0		1		0.010	0.010	0.014
Threonine.....g	0.128		0		1		0.036	0.036	0.050
Isoleucine.....g	0.127		0		1		0.036	0.036	0.050
Leucine.....g	0.225		0		1		0.064	0.063	0.088
Lysine.....g	0.197		0		1		0.056	0.055	0.077
Methionine.....g	0.049		0		1		0.014	0.014	0.019
Cystine.....g	0.043		0		1		0.012	0.012	0.017
Phenylalanine.....g	0.142		0		1		0.040	0.040	0.055
Tyrosine.....g	0.083		0		1		0.024	0.023	0.032
Valine.....g	0.170		0		1		0.048	0.048	0.066
Arginine.....g	0.242		0		1		0.069	0.068	0.094
Histidine.....g	0.059		0		1		0.017	0.017	0.023
Alanine.....g	0.265		0		1		0.075	0.074	0.103
Aspartic acid.....g	0.294		0		1		0.083	0.082	0.115
Glutamic acid.....g	0.742		0		1		0.210	0.208	0.289
Glycine.....g	0.487		0		1		0.138	0.136	0.190
Proline.....g	0.442		0		1		0.125	0.124	0.172
Serine.....g	0.172		0		1		0.049	0.048	0.067
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	5		0	FLA	4		1	1	2



NDB No. 18176

Cookies, marshmallow, chocolate-coated (includes marshmallow pies)

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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
Theobromine.....mg	159		0	FLA	4		45	45	62

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Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 = 28g: 1 Fudge Marshmallow

Measure 3 = 39g: 1 pie, marshmallow (3" dia x 3/4")

**Calories Factors: Protein** 3.6

**Fat** 8.8

**Carbohydrate**3.8

**Food Group:** 18 Baked Products

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



**NDB No. 18177**  
**Cookies, molasses**

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common			
	Mean	Std. Error	Number	Source	measures of food			
			of Data Points		Confidence Code	Measure 1	Measure 2	Measure 3
<b>Lipids:</b>								
Fatty acids, total saturated.....g	3.212		0	FLA	4	0.911	1.028	0.482
4:0.....g	0.000		0	FLA	4	0.000	0.000	0.000
6:0.....g	0.000		0	FLA	4	0.000	0.000	0.000
8:0.....g	0.000		0	FLA	4	0.000	0.000	0.000
10:0.....g	0.000		0	FLA	4	0.000	0.000	0.000
12:0.....g	0.000		0	FLA	4	0.000	0.000	0.000
13:0.....g								
14:0.....g	0.062		0	FLA	4	0.018	0.020	0.009
15:0.....g								
16:0.....g	1.666		0	FLA	4	0.472	0.533	0.250
17:0.....g								
18:0.....g	1.480		0	FLA	4	0.420	0.474	0.222
20:0.....g								
22:0.....g								
24:0.....g								
Fatty acids, total monounsaturated.....g	7.130		0	FLA	4	2.021	2.282	1.070
14:1.....g								
15:1.....g								
16:1 undifferentiated.....g	0.002		0	FLA	4	0.001	0.001	0.000
17:1.....g								
18:1 undifferentiated.....g	7.128		0	FLA	4	2.021	2.281	1.069
20:1.....g	0.000		0	FLA	4	0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0	FLA	4	0.000	0.000	0.000
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	1.729		0	FLA	4	0.490	0.553	0.259
18:2 undifferentiated.....g	1.641		0	FLA	4	0.465	0.525	0.246
18:3 undifferentiated.....g	0.088		0	FLA	4	0.025	0.028	0.013
18:4.....g	0.000		0	FLA	4	0.000	0.000	0.000
20:2 n-6 c,c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g	0.000		0	FLA	4	0.000	0.000	0.000
20:5 n-3 (EPA).....g	0.000		0	FLA	4	0.000	0.000	0.000
21:5.....g								
22:4.....g								
22:5 n-3 (DPA).....g	0.000		0	FLA	4	0.000	0.000	0.000
22:6 n-3 (DHA).....g	0.000		0	FLA	4	0.000	0.000	0.000
Fatty acids, total trans.....g								
Cholesterol.....mg	0		0		1	0	0	0
Phytosterols.....mg								
<b>Amino Acids:</b>								
Tryptophan.....g	0.080		0		1	0.023	0.026	0.012
Threonine.....g	0.154		0		1	0.044	0.049	0.023
Isoleucine.....g	0.210		0		1	0.060	0.067	0.032
Leucine.....g	0.377		0		1	0.107	0.121	0.057
Lysine.....g	0.193		0		1	0.055	0.062	0.029
Methionine.....g	0.094		0		1	0.027	0.030	0.014
Cystine.....g	0.120		0		1	0.034	0.038	0.018
Phenylalanine.....g	0.263		0		1	0.075	0.084	0.039
Tyrosine.....g	0.158		0		1	0.045	0.051	0.024
Valine.....g	0.244		0		1	0.069	0.078	0.037
Arginine.....g	0.212		0		1	0.060	0.068	0.032
Histidine.....g	0.113		0		1	0.032	0.036	0.017
Alanine.....g	0.167		0		1	0.047	0.053	0.025
Aspartic acid.....g	0.238		0		1	0.067	0.076	0.036
Glutamic acid.....g	1.824		0		1	0.517	0.584	0.274
Glycine.....g	0.188		0		1	0.053	0.060	0.028
Proline.....g	0.614		0		1	0.174	0.196	0.092
Serine.....g	0.291		0		1	0.082	0.093	0.044
Hydroxyproline.....g								
<b>Others:</b>								
Alcohol, ethyl.....g	0.0		0		7	0.0	0.0	0.0
Caffeine.....mg	0		0	FLA	4	0	0	0

**NDB No. 18177**  
**Cookies, molasses**

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
Theobromine.....mg	0		0	FLA	4		0	0	0

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

**Common Measures:**

Measure 1 = 28.35g: 1 oz

Measure 2 = 32g: 1 large (3-1/2" to 4" dia) (include Archway brand)

Measure 3 = 15.0g: 1 medium

**Calories Factors: Protein 4**

**Fat 8.8**

**Carbohydrate 4**

**Food Group: 18 Baked Products**

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



Cookies, oatmeal sandwich, with creme filling

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Lipids:</b>									
Fatty acids, total saturated.....g	5.226		0	LC	8		1.986		
4:0.....g	0.000		0	FLC	4		0.000		
6:0.....g	0.000		0	FLC	4		0.000		
8:0.....g	0.000		0	FLC	4		0.000		
10:0.....g	0.000		0	FLC	4		0.000		
12:0.....g	0.005		0	FLC	4		0.002		
13:0.....g									
14:0.....g	0.084		0	FLC	4		0.032		
15:0.....g	0.000		0	FLC	4		0.000		
16:0.....g	4.091		0	FLC	4		1.555		
17:0.....g	0.000		0	FLC	4		0.000		
18:0.....g	1.028		0	FLC	4		0.391		
20:0.....g	0.000		0	FLC	4		0.000		
22:0.....g	0.000		0	FLC	4		0.000		
24:0.....g	0.000		0	FLC	4		0.000		
Fatty acids, total monounsaturated.....g	4.530		0	FLC	4		1.721		
14:1.....g	0.000		0	FLC	4		0.000		
15:1.....g	0.000		0	FLC	4		0.000		
16:1 undifferentiated.....g	0.034		0	FLC	4		0.013		
17:1.....g	0.000		0	FLC	4		0.000		
18:1 undifferentiated.....g	4.496		0	FLC	4		1.708		
20:1.....g	0.000		0	FLC	4		0.000		
22:1 undifferentiated.....g	0.000		0	FLC	4		0.000		
24:1 c.....g	0.000		0	FLC	4		0.000		
Fatty acids, total polyunsaturated.....g	7.434		0	FLC	4		2.825		
18:2 undifferentiated.....g	6.991		0	FLC	4		2.656		
18:3 undifferentiated.....g	0.441		0	FLC	4		0.168		
18:4.....g	0.000		0	FLC	4		0.000		
20:2 n-6 c,c.....g	0.000		0	FLC	4		0.000		
20:3 undifferentiated.....g	0.000		0	FLC	4		0.000		
20:4 undifferentiated.....g	0.001		0	FLC	4		0.000		
20:5 n-3 (EPA).....g	0.000		0	FLC	4		0.000		
21:5.....g									
22:4.....g	0.000		0	FLC	4		0.000		
22:5 n-3 (DPA).....g	0.000		0	FLC	4		0.000		
22:6 n-3 (DHA).....g	0.000		0	FLC	4		0.000		
Fatty acids, total trans.....g	0.000		0	LC	8		0.000		
Cholesterol.....mg	0		0	LC	8		0		
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	FLC	4		0.0		
Caffeine.....mg	0		0	FLC	4		0		
Theobromine.....mg	0		0	FLC	4		0		

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

**Common Measures:**

Measure 1 = 38g: 1 cookie 1 serving

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 18 Baked 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				
	Mean	Std. Error	Number of Data Points	Deriv Code	measures of food				
					Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Lipids:</b>									
Fatty acids, total saturated.....g	4.519		0	FLA	4		1.281	1.130	0.813
4:0.....g	0.000		0	FLA	4		0.000	0.000	0.000
6:0.....g	0.000		0	FLA	4		0.000	0.000	0.000
8:0.....g	0.000		0	FLA	4		0.000	0.000	0.000
10:0.....g	0.000		0	FLA	4		0.000	0.000	0.000
12:0.....g	0.003		0	FLA	4		0.001	0.001	0.001
13:0.....g									
14:0.....g	0.086		0	FLA	4		0.024	0.022	0.015
15:0.....g									
16:0.....g	2.383		0	FLA	4		0.676	0.596	0.429
17:0.....g									
18:0.....g	2.031		0	FLA	4		0.576	0.508	0.366
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	10.025		0	FLA	4		2.842	2.506	1.805
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.003		0	FLA	4		0.001	0.001	0.001
17:1.....g									
18:1 undifferentiated.....g	10.022		0	FLA	4		2.841	2.506	1.804
20:1.....g	0.000		0	FLA	4		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.543		0	FLA	4		0.721	0.636	0.458
18:2 undifferentiated.....g	2.413		0	FLA	4		0.684	0.603	0.434
18:3 undifferentiated.....g	0.129		0	FLA	4		0.037	0.032	0.023
18:4.....g	0.000		0	FLA	4		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	0.000
20:5 n-3 (EPA).....g	0.000		0	FLA	4		0.000	0.000	0.000
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	FLA	4		0.000	0.000	0.000
22:6 n-3 (DHA).....g	0.000		0	FLA	4		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		1		0	0	0
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.099		0		1		0.028	0.025	0.018
Threonine.....g	0.174		0		1		0.049	0.044	0.031
Isoleucine.....g	0.221		0		1		0.063	0.055	0.040
Leucine.....g	0.431		0		1		0.122	0.108	0.078
Lysine.....g	0.237		0		1		0.067	0.059	0.043
Methionine.....g	0.120		0		1		0.034	0.030	0.022
Cystine.....g	0.168		0		1		0.048	0.042	0.030
Phenylalanine.....g	0.295		0		1		0.084	0.074	0.053
Tyrosine.....g	0.202		0		1		0.057	0.051	0.036
Valine.....g	0.298		0		1		0.084	0.075	0.054
Arginine.....g	0.365		0		1		0.103	0.091	0.066
Histidine.....g	0.144		0		1		0.041	0.036	0.026
Alanine.....g	0.255		0		1		0.072	0.064	0.046
Aspartic acid.....g	0.452		0		1		0.128	0.113	0.081
Glutamic acid.....g	1.618		0		1		0.459	0.405	0.291
Glycine.....g	0.272		0		1		0.077	0.068	0.049
Proline.....g	0.476		0		1		0.135	0.119	0.086
Serine.....g	0.317		0		1		0.090	0.079	0.057
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	FLA	4		0	0	0



NDB No. 18178

Cookies, oatmeal, commercially prepared, regular

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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
Theobromine.....mg	0		0	FLA	4		0	0	0

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Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 = 25g: 1 cookie, big (3-1/2" - 4" dia) (include Archway brand, Grandma brand)

Measure 3 = 18g: 1 large

**Calories Factors: Protein 3.7**

**Fat 8.8**

**Carbohydrate 3.9**

**Food Group: 18 Baked Products**

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

NDB No. 18179

Cookies, oatmeal, commercially prepared, soft-type

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
<b>Proximates:</b>									
Water.....g	11.00	0.505	5		1		3.12	1.65	
Energy.....kcal	409		0	NC	4		116	61	
Energy.....kJ	1711				4		485	257	
Protein (N x 5.9).....g	6.10	0.126	4		1		1.73	0.92	
Total lipid (fat).....g	14.70	0.475	4		1		4.17	2.21	
Ash.....g	2.40	0.148	4		1		0.68	0.36	
Carbohydrate, by difference.....g	65.70		0	NC	4		18.63	9.86	
Fiber, total dietary.....g	2.7		0		1		0.8	0.4	
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	90	20.405	3		1		26	14	
Iron, Fe.....mg	2.79	0.765	3		1		0.79	0.42	
Magnesium, Mg.....mg	30	2.615	3		1		9	5	
Phosphorus, P.....mg	209	4.806	3		1		59	31	
Potassium, K.....mg	135	28.727	3		1		38	20	
Sodium, Na.....mg	349	43.247	3		1		99	52	
Zinc, Zn.....mg	0.44	0.081	3		1		0.12	0.07	
Copper, Cu.....mg	0.550	0.029	3		1		0.156	0.083	
Manganese, Mn.....mg	0.421	0.017	3		1		0.119	0.063	
Selenium, Se.....µg	10.5		0	FLA	4		3.0	1.6	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.2		0	FLA	4		0.1	0.0	
Thiamin.....mg	0.186	0.012	4		1		0.053	0.028	
Riboflavin.....mg	0.228	0.009	4		1		0.065	0.034	
Niacin.....mg	1.823	0.159	4		1		0.517	0.273	
Pantothenic acid.....mg	0.461		0	FLA	4		0.131	0.069	
Vitamin B-6.....mg	0.085		0	FLA	4		0.024	0.013	
Folate, total.....µg	34		0	FLA	4		10	5	
Folic acid.....µg	26		0	NC	4		7	4	
Folate, food.....µg	8		0		4		2	1	
Folate, DFE.....µg	52		0	NC	4		15	8	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.01		0	FLA	4		0.00	0.00	
Vitamin A, RAE.....µg	5		0	NC	4		1	1	
Retinol.....µg	4		0	NC	4		1	1	
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	32		0	FLA	4		9	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									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									

**Lipids:**

Cookies, oatmeal, commercially prepared, soft-type

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated.....g	3.630		0	FLA	4		1.029	0.545	
4:0.....g	0.000		0	FLA	4		0.000	0.000	
6:0.....g	0.000		0	FLA	4		0.000	0.000	
8:0.....g	0.000		0	FLA	4		0.000	0.000	
10:0.....g	0.000		0	FLA	4		0.000	0.000	
12:0.....g	0.005		0	FLA	4		0.001	0.001	
13:0.....g									
14:0.....g	0.068		0	FLA	4		0.019	0.010	
15:0.....g									
16:0.....g	1.956		0	FLA	4		0.555	0.293	
17:0.....g									
18:0.....g	1.581		0	FLA	4		0.448	0.237	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	7.988		0	FLA	4		2.265	1.198	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.006		0	FLA	4		0.002	0.001	
17:1.....g									
18:1 undifferentiated.....g	7.981		0	FLA	4		2.263	1.197	
20:1.....g	0.000		0	FLA	4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.204		0	FLA	4		0.625	0.331	
18:2 undifferentiated.....g	2.093		0	FLA	4		0.593	0.314	
18:3 undifferentiated.....g	0.109		0	FLA	4		0.031	0.016	
18:4.....g	0.000		0	FLA	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.002		0	FLA	4		0.001	0.000	
20:5 n-3 (EPA).....g	0.000		0	FLA	4		0.000	0.000	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	FLA	4		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0	FLA	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	5		0	FLA	4		1	1	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.096		0		1		0.027	0.014	
Threonine.....g	0.193		0		1		0.055	0.029	
Isoleucine.....g	0.240		0		1		0.068	0.036	
Leucine.....g	0.450		0		1		0.128	0.068	
Lysine.....g	0.271		0		1		0.077	0.041	
Methionine.....g	0.130		0		1		0.037	0.020	
Cystine.....g	0.168		0		1		0.048	0.025	
Phenylalanine.....g	0.301		0		1		0.085	0.045	
Tyrosine.....g	0.213		0		1		0.060	0.032	
Valine.....g	0.314		0		1		0.089	0.047	
Arginine.....g	0.375		0		1		0.106	0.056	
Histidine.....g	0.142		0		1		0.040	0.021	
Alanine.....g	0.275		0		1		0.078	0.041	
Aspartic acid.....g	0.489		0		1		0.139	0.073	
Glutamic acid.....g	1.434		0		1		0.407	0.215	
Glycine.....g	0.268		0		1		0.076	0.040	
Proline.....g	0.416		0		1		0.118	0.062	
Serine.....g	0.337		0		1		0.096	0.051	
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. 18179**

**Cookies, oatmeal, commercially prepared, soft-type**

**Common Measures:**

Measure 1 = 28.35g: 1 oz

Measure 2 = 15.0g: 1 cookie

**Calories Factors: Protein 3.8**

**Fat 8.8**

**Carbohydrate 3.9**

**Food Group: 18 Baked 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				
	Mean	Std. Error	Number of Data Points	Deriv Code	measures of food				
					Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Lipids:</b>									
Fatty acids, total saturated.....g	2.693		0	FLA	4		0.763	0.189	
4:0.....g	0.000		0	FLA	4		0.000	0.000	
6:0.....g	0.000		0	FLA	4		0.000	0.000	
8:0.....g	0.000		0	FLA	4		0.000	0.000	
10:0.....g	0.000		0	FLA	4		0.000	0.000	
12:0.....g	0.001		0	FLA	4		0.000	0.000	
13:0.....g									
14:0.....g	0.019		0	FLA	4		0.005	0.001	
15:0.....g									
16:0.....g	1.798		0	FLA	4		0.510	0.126	
17:0.....g									
18:0.....g	0.867		0	FLA	4		0.246	0.061	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	7.550		0	FLA	4		2.140	0.529	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.071		0	FLA	4		0.020	0.005	
17:1.....g									
18:1 undifferentiated.....g	7.462		0	FLA	4		2.115	0.522	
20:1.....g	0.000		0	FLA	4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	6.784		0	FLA	4		1.923	0.475	
18:2 undifferentiated.....g	6.303		0	FLA	4		1.787	0.441	
18:3 undifferentiated.....g	0.464		0	FLA	4		0.132	0.032	
18:4.....g	0.000		0	FLA	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
20:5 n-3 (EPA).....g	0.000		0	FLA	4		0.000	0.000	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	FLA	4		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0	FLA	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		1		0	0	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.077		0		1		0.022	0.005	
Threonine.....g	0.137		0		1		0.039	0.010	
Isoleucine.....g	0.174		0		1		0.049	0.012	
Leucine.....g	0.337		0		1		0.096	0.024	
Lysine.....g	0.185		0		1		0.052	0.013	
Methionine.....g	0.093		0		1		0.026	0.007	
Cystine.....g	0.129		0		1		0.037	0.009	
Phenylalanine.....g	0.230		0		1		0.065	0.016	
Tyrosine.....g	0.157		0		1		0.045	0.011	
Valine.....g	0.232		0		1		0.066	0.016	
Arginine.....g	0.280		0		1		0.079	0.020	
Histidine.....g	0.112		0		1		0.032	0.008	
Alanine.....g	0.196		0		1		0.056	0.014	
Aspartic acid.....g	0.345		0		1		0.098	0.024	
Glutamic acid.....g	1.287		0		1		0.365	0.090	
Glycine.....g	0.210		0		1		0.060	0.015	
Proline.....g	0.383		0		1		0.109	0.027	
Serine.....g	0.250		0		1		0.071	0.018	
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	FLC	4		0	0	

NDB No. 18200

**Cookies, oatmeal, commercially prepared, special dietary**

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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 Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Code					
Theobromine.....mg	0		0	FLC	4	0		0	

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Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 = 7.0g: 1 cookie, medium (1-5/8" dia)

**Calories Factors: Protein 3.7**

**Fat 8.8**

**Carbohydrate 3.9**

**Food Group:** 18 Baked Products

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

NDB No. 18180  
 Cookies, oatmeal, dry mix

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
<b>Proximates:</b>									
Water.....g	5.30	0.091	26		1		1.50	26.29	
Energy.....kcal	462		0	NC	4		131	2292	
Energy.....kJ	1933				4		548	9588	
Protein (N x 5.8).....g	6.50	0.108	27		1		1.84	32.24	
Total lipid (fat).....g	19.20	0.198	27		1		5.44	95.23	
Ash.....g	1.70	0.022	27		1		0.48	8.43	
Carbohydrate, by difference.....g	67.30		0	NC	4		19.08	333.81	
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	25	4.052	13		1		7	124	
Iron, Fe.....mg	2.22		1		1		0.63	11.01	
Magnesium, Mg.....mg	48		1		1		14	238	
Phosphorus, P.....mg	163	13.333	3		1		46	808	
Potassium, K.....mg	183	9.425	9		1		52	908	
Sodium, Na.....mg	473	33.867	9		1		134	2346	
Zinc, Zn.....mg	0.80		1		1		0.23	3.97	
Copper, Cu.....mg	0.200		1		1		0.057	0.992	
Manganese, Mn.....mg	1.230		0	FLA	4		0.349	6.101	
Selenium, Se.....µg	10.6		0	FLA	4		3.0	52.6	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.1		0	FLA	4		0.0	0.5	
Thiamin.....mg	0.142		0	FLA	4		0.040	0.704	
Riboflavin.....mg	0.140		1		1		0.040	0.694	
Niacin.....mg	1.300		1		1		0.369	6.448	
Pantothenic acid.....mg	0.457		0	FLA	4		0.130	2.267	
Vitamin B-6.....mg	0.042		0	FLA	4		0.012	0.208	
Folate, total.....µg	50		0	FLA	4		14	248	
Folic acid.....µg	39		0	NC	4		11	193	
Folate, food.....µg	11		0		4		3	55	
Folate, DFE.....µg	77		0	NC	4		22	383	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		0		1		0.00	0.00	
Vitamin A, RAE.....µg	1		0	NC	4		0	7	
Retinol.....µg	0		0	Z	7		0	0	
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	28		0	FLA	4		8	139	
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. 18180**  
**Cookies, oatmeal, dry mix**

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion 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	4.755		0	FLA	4		1.348	23.585	
4:0.....g	0.000		0	FLA	4		0.000	0.000	
6:0.....g	0.000		0	FLA	4		0.000	0.000	
8:0.....g	0.000		0	FLA	4		0.000	0.000	
10:0.....g	0.000		0	FLA	4		0.000	0.000	
12:0.....g	0.006		0	FLA	4		0.002	0.030	
13:0.....g									
14:0.....g	0.090		0	FLA	4		0.026	0.446	
15:0.....g									
16:0.....g	2.529		0	FLA	4		0.717	12.544	
17:0.....g									
18:0.....g	2.107		0	FLA	4		0.597	10.451	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	10.567		0	FLA	4		2.996	52.412	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.004		0	FLA	4		0.001	0.020	
17:1.....g									
18:1 undifferentiated.....g	10.563		0	FLA	4		2.995	52.392	
20:1.....g	0.000		0	FLA	4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.792		0	FLA	4		0.792	13.848	
18:2 undifferentiated.....g	2.656		0	FLA	4		0.753	13.174	
18:3 undifferentiated.....g	0.136		0	FLA	4		0.039	0.675	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
20:5 n-3 (EPA).....g	0.000		0	FLA	4		0.000	0.000	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	FLA	4		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0	FLA	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		1		0	0	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.113		0		1		0.032	0.560	
Threonine.....g	0.183		0		1		0.052	0.908	
Isoleucine.....g	0.247		0		1		0.070	1.225	
Leucine.....g	0.486		0		1		0.138	2.411	
Lysine.....g	0.262		0		1		0.074	1.300	
Methionine.....g	0.119		0		1		0.034	0.590	
Cystine.....g	0.188		0		1		0.053	0.932	
Phenylalanine.....g	0.327		0		1		0.093	1.622	
Tyrosine.....g	0.226		0		1		0.064	1.121	
Valine.....g	0.332		0		1		0.094	1.647	
Arginine.....g	0.394		0		1		0.112	1.954	
Histidine.....g	0.145		0		1		0.041	0.719	
Alanine.....g	0.277		0		1		0.079	1.374	
Aspartic acid.....g	0.473		0		1		0.134	2.346	
Glutamic acid.....g	1.662		0		1		0.471	8.244	
Glycine.....g	0.304		0		1		0.086	1.508	
Proline.....g	0.494		0		1		0.140	2.450	
Serine.....g	0.335		0		1		0.095	1.662	
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. 18180**

**Cookies, oatmeal, dry mix**

**Common Measures:**

Measure 1 = 28.35g: 1 oz

Measure 2 = 496g: 1 package (17.5 oz)

**Calories Factors: Protein 3.7**

**Fat 8.8**

**Carbohydrate4**

**Food Group: 18 Baked Products**

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

NDB No. 18184

Cookies, oatmeal, prepared from recipe, with raisins

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
<b>Proximates:</b>									
Water.....g	6.40		0		1		1.81	0.96	
Energy.....kcal	435		0	NC	4		123	65	
Energy.....kJ	1820		0		4		516	273	
Protein (N x 0).....g	6.50		0		1		1.84	0.98	
Total lipid (fat).....g	16.20		0		1		4.59	2.43	
Ash.....g	2.40		0		1		0.68	0.36	
Carbohydrate, by difference.....g	68.40		0	NC	4		19.39	10.26	
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	100		0		1		28	15	
Iron, Fe.....mg	2.65		0		1		0.75	0.40	
Magnesium, Mg.....mg	42		0		1		12	6	
Phosphorus, P.....mg	161		0		1		46	24	
Potassium, K.....mg	239		0		1		68	36	
Sodium, Na.....mg	538		0		1		153	81	
Zinc, Zn.....mg	0.86		0		1		0.24	0.13	
Copper, Cu.....mg	0.181		0		1		0.051	0.027	
Manganese, Mn.....mg	0.987		0		1		0.280	0.148	
Selenium, Se.....µg	15.6		0	RK	4		4.4	2.3	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.5		0		1		0.1	0.1	
Thiamin.....mg	0.249		0		1		0.071	0.037	
Riboflavin.....mg	0.166		0		1		0.047	0.025	
Niacin.....mg	1.259		0		1		0.357	0.189	
Pantothenic acid.....mg	0.329		0		1		0.093	0.049	
Vitamin B-6.....mg	0.071		0		1		0.020	0.011	
Folate, total.....µg	30		0	RK	4		9	5	
Folic acid.....µg	19		0	NC	4		5	3	
Folate, food.....µg	11		0		1		3	2	
Folate, DFE.....µg	43		0	NC	4		12	6	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.08		0		1		0.02	0.01	
Vitamin A, RAE.....µg	143		0	NC	4		41	21	
Retinol.....µg	131		0	RK	4		37	20	
Carotene, beta.....µg	144		0		4		41	22	
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	677		0	NC	4		192	101	
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									
<b>Lipids:</b>									

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated.....g	3.232		0		1		0.916	0.485	
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	0.004		0		1		0.001	0.001	
13:0.....g									
14:0.....g	0.041		0		1		0.012	0.006	
15:0.....g									
16:0.....g	2.072		0		1		0.587	0.311	
17:0.....g									
18:0.....g	1.098		0		1		0.311	0.165	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	6.888		0		1		1.953	1.033	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.025		0		1		0.007	0.004	
17:1.....g									
18:1 undifferentiated.....g	6.860		0		1		1.945	1.029	
20:1.....g	0.002		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	5.034		0		1		1.427	0.755	
18:2 undifferentiated.....g	4.800		0		1		1.361	0.720	
18:3 undifferentiated.....g	0.220		0		1		0.062	0.033	
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	0.011		0		1		0.003	0.002	
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	0.003		0		1		0.001	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	33		0		1		9	5	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.081		0		1		0.023	0.012	
Threonine.....g	0.217		0		1		0.062	0.033	
Isoleucine.....g	0.254		0		1		0.072	0.038	
Leucine.....g	0.466		0		1		0.132	0.070	
Lysine.....g	0.256		0		1		0.073	0.038	
Methionine.....g	0.135		0		1		0.038	0.020	
Cystine.....g	0.143		0		1		0.041	0.021	
Phenylalanine.....g	0.322		0		1		0.091	0.048	
Tyrosine.....g	0.213		0		1		0.060	0.032	
Valine.....g	0.322		0		1		0.091	0.048	
Arginine.....g	0.379		0		1		0.107	0.057	
Histidine.....g	0.155		0		1		0.044	0.023	
Alanine.....g	0.292		0		1		0.083	0.044	
Aspartic acid.....g	0.489		0		1		0.139	0.073	
Glutamic acid.....g	1.549		0		1		0.439	0.232	
Glycine.....g	0.254		0		1		0.072	0.038	
Proline.....g	0.446		0		1		0.126	0.067	
Serine.....g	0.310		0		1		0.088	0.047	
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. 18184**

**Cookies, oatmeal, prepared from recipe, with raisins**

**Common Measures:**

Measure 1 = 28.35g: 1 oz

Measure 2 = 15.0g: 1 cookie (2-5/8" dia)

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

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

NDB No. 18377

Cookies, oatmeal, prepared from recipe, without raisins

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
<b>Proximates:</b>									
Water.....g	6.20		0		1		1.76	0.93	
Energy.....kcal	447		0	NC	4		127	67	
Energy.....kJ	1870				4		530	281	
Protein (N x 0).....g	6.80		0		1		1.93	1.02	
Total lipid (fat).....g	17.90		0		1		5.07	2.69	
Ash.....g	2.40		0		1		0.68	0.36	
Carbohydrate, by difference.....g	66.40		0	NC	4		18.82	9.96	
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	105		0		1		30	16	
Iron, Fe.....mg	2.70		0		1		0.77	0.41	
Magnesium, Mg.....mg	43		0		1		12	6	
Phosphorus, P.....mg	167		0		1		47	25	
Potassium, K.....mg	182		0		1		52	27	
Sodium, Na.....mg	598		0		1		170	90	
Zinc, Zn.....mg	0.93		0		1		0.26	0.14	
Copper, Cu.....mg	0.168		0		1		0.048	0.025	
Manganese, Mn.....mg	1.061		0		1		0.301	0.159	
Selenium, Se.....µg	17.2		0	RK	4		4.9	2.6	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.2		0		1		0.1	0.0	
Thiamin.....mg	0.262		0		1		0.074	0.039	
Riboflavin.....mg	0.174		0		1		0.049	0.026	
Niacin.....mg	1.311		0		1		0.372	0.197	
Pantothenic acid.....mg	0.361		0		1		0.102	0.054	
Vitamin B-6.....mg	0.050		0		1		0.014	0.008	
Folate, total.....µg	33		0	RK	4		9	5	
Folic acid.....µg	21		0	NC	4		6	3	
Folate, food.....µg	12		0		1		3	2	
Folate, DFE.....µg	48		0	NC	4		14	7	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.09		0		1		0.03	0.01	
Vitamin A, RAE.....µg	160		0	NC	4		45	24	
Retinol.....µg	146		0	RK	4		41	22	
Carotene, beta.....µg	162		0	RK	4		46	24	
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	757		0	NC	4		215	113	
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									
<b>Lipids:</b>									

Cookies, oatmeal, prepared from recipe, without raisins

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated.....g	3.581		0		1		1.015	0.537	
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	0.005		0		1		0.001	0.001	
13:0.....g									
14:0.....g	0.045		0		1		0.013	0.007	
15:0.....g									
16:0.....g	2.291		0		1		0.649	0.344	
17:0.....g									
18:0.....g	1.221		0		1		0.346	0.183	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	7.669		0		1		2.174	1.150	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.028		0		1		0.008	0.004	
17:1.....g									
18:1 undifferentiated.....g	7.638		0		1		2.165	1.146	
20:1.....g	0.002		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	5.589		0		1		1.584	0.838	
18:2 undifferentiated.....g	5.333		0		1		1.512	0.800	
18:3 undifferentiated.....g	0.241		0		1		0.068	0.036	
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	0.012		0		1		0.003	0.002	
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	0.003		0		1		0.001	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	36		0		1		10	5	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.088		0		1		0.025	0.013	
Threonine.....g	0.231		0		1		0.065	0.035	
Isoleucine.....g	0.280		0		1		0.079	0.042	
Leucine.....g	0.510		0		1		0.145	0.077	
Lysine.....g	0.276		0		1		0.078	0.041	
Methionine.....g	0.137		0		1		0.039	0.021	
Cystine.....g	0.153		0		1		0.043	0.023	
Phenylalanine.....g	0.351		0		1		0.100	0.053	
Tyrosine.....g	0.230		0		1		0.065	0.035	
Valine.....g	0.348		0		1		0.099	0.052	
Arginine.....g	0.392		0		1		0.111	0.059	
Histidine.....g	0.158		0		1		0.045	0.024	
Alanine.....g	0.308		0		1		0.087	0.046	
Aspartic acid.....g	0.496		0		1		0.141	0.074	
Glutamic acid.....g	1.643		0		1		0.466	0.246	
Glycine.....g	0.283		0		1		0.080	0.042	
Proline.....g	0.497		0		1		0.141	0.075	
Serine.....g	0.345		0		1		0.098	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. 18377**

**Cookies, oatmeal, prepared from recipe, without raisins**

**Common Measures:**

Measure 1 = 28.35g: 1 oz

Measure 2 = 15.0g: 1 cookie (2-5/8" dia)

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

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



NDB No. 18182

Cookies, oatmeal, refrigerated dough

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
<b>Proximates:</b>									
Water.....g	15.30	0.277	35		1		4.34	2.45	
Energy.....kcal	424		0	NC	4		120	68	
Energy.....kJ	1774				4		503	284	
Protein (N x 5.9).....g	5.40	0.108	34		1		1.53	0.86	
Total lipid (fat).....g	18.90	0.314	36		1		5.36	3.02	
Ash.....g	1.30	0.055	35		1		0.37	0.21	
Carbohydrate, by difference.....g	59.10		0	NC	4		16.75	9.46	
Fiber, total dietary.....g	2.5		0		4		0.7	0.4	
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	31	1.478	26		1		9	5	
Iron, Fe.....mg	2.14	0.100	22		1		0.61	0.34	
Magnesium, Mg.....mg	28	1.284	17		1		8	4	
Phosphorus, P.....mg	104	3.531	18		1		29	17	
Potassium, K.....mg	147	15.432	18		1		42	24	
Sodium, Na.....mg	294	12.727	30		1		83	47	
Zinc, Zn.....mg	0.64	0.036	17		1		0.18	0.10	
Copper, Cu.....mg	0.110	0.010	16		1		0.031	0.018	
Manganese, Mn.....mg	0.765		0	FLA	4		0.217	0.122	
Selenium, Se.....µg	9.1		0	FLA	4		2.6	1.5	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0	FLA	4		0.0	0.0	
Thiamin.....mg	0.234	0.021	22		1		0.066	0.037	
Riboflavin.....mg	0.148	0.008	25		1		0.042	0.024	
Niacin.....mg	1.865	0.123	23		1		0.529	0.298	
Pantothenic acid.....mg	0.372		0	FLA	4		0.105	0.060	
Vitamin B-6.....mg	0.041		0	FLA	4		0.012	0.007	
Folate, total.....µg	35		0	FLA	4		10	6	
Folic acid.....µg	26		0	NC	4		7	4	
Folate, food.....µg	9		0		4		3	1	
Folate, DFE.....µg	53		0	NC	4		15	9	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.04		0	FLA	4		0.01	0.01	
Vitamin A, RAE.....µg	4		0	NC	4		1	1	
Retinol.....µg	0		0	Z	7		0	0	
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	70	9.073	6		1		20	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:**



NDB No. 18182

**Cookies, oatmeal, refrigerated dough**

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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	Measure 1	Measure 2	Measure 3
			of Data Points	Confidence Code			

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Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 = 16g: 1 portion, dough for 1 cookie

**Calories Factors: Protein** 3.8

**Fat** 8.8

**Carbohydrate**4

**Food Group:** 18 Baked Products

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

NDB No. 18183

Cookies, oatmeal, refrigerated dough, baked

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
<b>Proximates:</b>									
Water.....g	5.80		0		4		1.64	0.70	
Energy.....kcal	471		0		4		134	57	
Energy.....kJ	1971				4		559	236	
Protein.....g	6.00		0		4		1.70	0.72	
Total lipid (fat).....g	21.00		0		4		5.95	2.52	
Ash.....g	1.40		0		4		0.40	0.17	
Carbohydrate, by difference.....g	65.70		0		4		18.63	7.88	
Fiber, total dietary.....g	2.8		0		4		0.8	0.3	
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	35		0		4		10	4	
Iron, Fe.....mg	2.38		0		4		0.67	0.29	
Magnesium, Mg.....mg	32		0		4		9	4	
Phosphorus, P.....mg	116		0		4		33	14	
Potassium, K.....mg	163		0		4		46	20	
Sodium, Na.....mg	327		0		4		93	39	
Zinc, Zn.....mg	0.71		0		4		0.20	0.09	
Copper, Cu.....mg	0.122		0		4		0.035	0.015	
Manganese, Mn.....mg	0.953		0		4		0.270	0.114	
Selenium, Se.....µg	10.1		0	RP	4		2.9	1.2	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.1		0		4		0.0	0.0	
Thiamin.....mg	0.208		0		4		0.059	0.025	
Riboflavin.....mg	0.148		0		4		0.042	0.018	
Niacin.....mg	1.865		0		4		0.529	0.224	
Pantothenic acid.....mg	0.210		0		4		0.060	0.025	
Vitamin B-6.....mg	0.055		0		4		0.016	0.007	
Folate, total.....µg	27		0	RP	4		8	3	
Folic acid.....µg	20		0	NC	4		6	2	
Folate, food.....µg	7		0		4		2	1	
Folate, DFE.....µg	41		0	NC	4		12	5	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.04		0		4		0.01	0.00	
Vitamin A, RAE.....µg	4		0	NC	4		1	0	
Retinol.....µg	0		0	Z	7		0	0	
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	70		0		4		20	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									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									

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					
Fatty acids, total saturated.....g	5.339		0		4		1.514	0.641
4:0.....g								
6:0.....g								
8:0.....g	0.000		0		4		0.000	0.000
10:0.....g	0.000		0		4		0.000	0.000
12:0.....g	0.000		0		4		0.000	0.000
13:0.....g								
14:0.....g	0.102		0		4		0.029	0.012
15:0.....g								
16:0.....g	2.871		0		4		0.814	0.345
17:0.....g								
18:0.....g	2.365		0		4		0.670	0.284
20:0.....g								
22:0.....g								
24:0.....g								
Fatty acids, total monounsaturated.....g	11.729		0		4		3.325	1.407
14:1.....g								
15:1.....g								
16:1 undifferentiated.....g	0.015		0		4		0.004	0.002
17:1.....g								
18:1 undifferentiated.....g	11.713		0		4		3.321	1.406
20:1.....g	0.001		0		4		0.000	0.000
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	2.976		0		4		0.844	0.357
18:2 undifferentiated.....g	2.818		0		4		0.799	0.338
18:3 undifferentiated.....g	0.152		0		4		0.043	0.018
18:4.....g								
20:2 n-6 c,c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g	0.005		0		4		0.001	0.001
20:5 n-3 (EPA).....g	0.000		0		4		0.000	0.000
21:5.....g								
22:4.....g								
22:5 n-3 (DPA).....g								
22:6 n-3 (DHA).....g	0.001		0		4		0.000	0.000
Fatty acids, total trans.....g								
Cholesterol.....mg	26		0		4		7	3
Phytosterols.....mg								
<b>Amino Acids:</b>								
Tryptophan.....g	0.098		0		4		0.028	0.012
Threonine.....g	0.197		0		4		0.056	0.024
Isoleucine.....g	0.252		0		4		0.071	0.030
Leucine.....g	0.460		0		4		0.130	0.055
Lysine.....g	0.286		0		4		0.081	0.034
Methionine.....g	0.136		0		4		0.039	0.016
Cystine.....g	0.170		0		4		0.048	0.020
Phenylalanine.....g	0.309		0		4		0.088	0.037
Tyrosine.....g	0.217		0		4		0.062	0.026
Valine.....g	0.323		0		4		0.092	0.039
Arginine.....g	0.371		0		4		0.105	0.045
Histidine.....g	0.139		0		4		0.039	0.017
Alanine.....g	0.284		0		4		0.081	0.034
Aspartic acid.....g	0.501		0		4		0.142	0.060
Glutamic acid.....g	1.340		0		4		0.380	0.161
Glycine.....g	0.268		0		4		0.076	0.032
Proline.....g	0.387		0		4		0.110	0.046
Serine.....g	0.339		0		4		0.096	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. 18183**

**Cookies, oatmeal, refrigerated dough, baked**

**Common Measures:**

Measure 1 = 28.35g: 1 oz

Measure 2 = 12.0g: 1 cookie

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

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



NDB No. 18190

Cookies, peanut butter sandwich, regular

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Lipids:</b>									
Fatty acids, total saturated.....g	4.995		0	FLA	4		1.416	0.699	
4:0.....g	0.006		0	FLA	4		0.002	0.001	
6:0.....g	0.001		0	FLA	4		0.000	0.000	
8:0.....g	0.001		0	FLA	4		0.000	0.000	
10:0.....g	0.002		0	FLA	4		0.001	0.000	
12:0.....g	0.006		0	FLA	4		0.002	0.001	
13:0.....g									
14:0.....g	0.107		0	FLA	4		0.030	0.015	
15:0.....g									
16:0.....g	2.649		0	FLA	4		0.751	0.371	
17:0.....g									
18:0.....g	1.980		0	FLA	4		0.561	0.277	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	11.191		0	FLA	4		3.173	1.567	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	11.126		0	FLA	4		3.154	1.558	
20:1.....g	0.059		0	FLA	4		0.017	0.008	
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	3.795		0	FLA	4		1.076	0.531	
18:2 undifferentiated.....g	3.688		0	FLA	4		1.046	0.516	
18:3 undifferentiated.....g	0.107		0	FLA	4		0.030	0.015	
18:4.....g	0.000		0	FLA	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
20:5 n-3 (EPA).....g	0.000		0	FLA	4		0.000	0.000	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	FLA	4		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0	FLA	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0	0.044	3		1		0	0	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.110		0		1		0.031	0.015	
Threonine.....g	0.297		0		1		0.084	0.042	
Isoleucine.....g	0.341		0		1		0.097	0.048	
Leucine.....g	0.617		0		1		0.175	0.086	
Lysine.....g	0.352		0		1		0.100	0.049	
Methionine.....g	0.128		0		1		0.036	0.018	
Cystine.....g	0.164		0		1		0.046	0.023	
Phenylalanine.....g	0.442		0		1		0.125	0.062	
Tyrosine.....g	0.319		0		1		0.090	0.045	
Valine.....g	0.402		0		1		0.114	0.056	
Arginine.....g	0.716		0		1		0.203	0.100	
Histidine.....g	0.205		0		1		0.058	0.029	
Alanine.....g	0.341		0		1		0.097	0.048	
Aspartic acid.....g	0.791		0		1		0.224	0.111	
Glutamic acid.....g	2.206		0		1		0.625	0.309	
Glycine.....g	0.420		0		1		0.119	0.059	
Proline.....g	0.622		0		1		0.176	0.087	
Serine.....g	0.462		0		1		0.131	0.065	
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	FLC	4		0	0	



NDB No. 18190

Cookies, peanut butter sandwich, regular

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			
Theobromine.....mg	0		0	FLC	4	0	0

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

**Common Measures:**

Measure 1 = 28.35g: 1 oz

Measure 2 = 14.0g: 1 cookie

**Calories Factors: Protein 3.8**

**Fat 8.6**

**Carbohydrate 4**

**Food Group:** 18 Baked Products

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

NDB No. 18201

Cookies, peanut butter sandwich, special dietary

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
<b>Proximates:</b>									
Water.....g	3.70		1		1		1.05	0.37	
Energy.....kcal	535		0	NC	4		152	54	
Energy.....kJ	2238				4		635	224	
Protein (N x 5.5).....g	10.00		1		1		2.84	1.00	
Total lipid (fat).....g	34.00		1		1		9.64	3.40	
Ash.....g	1.40		1		1		0.40	0.14	
Carbohydrate, by difference.....g	50.80		0	NC	4		14.40	5.08	
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	43		0	FLA	4		12	4	
Iron, Fe.....mg	2.55		0	FLA	4		0.72	0.26	
Magnesium, Mg.....mg	51		0	FLA	4		14	5	
Phosphorus, P.....mg	154		0	FLA	4		44	15	
Potassium, K.....mg	294		1		1		83	29	
Sodium, Na.....mg	412		1		1		117	41	
Zinc, Zn.....mg	1.03		0	FLA	4		0.29	0.10	
Copper, Cu.....mg	0.267		0	FLA	4		0.076	0.027	
Manganese, Mn.....mg	0.705		0	FLA	4		0.200	0.071	
Selenium, Se.....µg	3.5		0	FLA	4		1.0	0.4	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0	FLA	4		0.0	0.0	
Thiamin.....mg	0.346		0	FLA	4		0.098	0.035	
Riboflavin.....mg	0.148		0	FLA	4		0.042	0.015	
Niacin.....mg	5.259		0	FLA	4		1.491	0.526	
Pantothenic acid.....mg	0.507		0	FLA	4		0.144	0.051	
Vitamin B-6.....mg	0.078		0	FLA	4		0.022	0.008	
Folate, total.....µg	54		0	FLA	4		15	5	
Folic acid.....µg	21		0	NC	4		6	2	
Folate, food.....µg	33		0		4		9	3	
Folate, DFE.....µg	69		0	NC	4		19	7	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.01		0	FLA	4		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									
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									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion 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	4.937		0	FLA	4		1.400	0.494	
4:0.....g	0.000		0	FLA	4		0.000	0.000	
6:0.....g	0.000		0	FLA	4		0.000	0.000	
8:0.....g	0.000		0	FLA	4		0.000	0.000	
10:0.....g	0.000		0	FLA	4		0.000	0.000	
12:0.....g	0.000		0	FLA	4		0.000	0.000	
13:0.....g									
14:0.....g	0.028		0	FLA	4		0.008	0.003	
15:0.....g									
16:0.....g	3.426		0	FLA	4		0.971	0.343	
17:0.....g									
18:0.....g	1.335		0	FLA	4		0.378	0.134	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	15.391		0	FLA	4		4.363	1.539	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.087		0	FLA	4		0.025	0.009	
17:1.....g									
18:1 undifferentiated.....g	15.110		0	FLA	4		4.284	1.511	
20:1.....g	0.172		0	FLA	4		0.049	0.017	
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	12.026		0	FLA	4		3.409	1.203	
18:2 undifferentiated.....g	11.454		0	FLA	4		3.247	1.145	
18:3 undifferentiated.....g	0.551		0	FLA	4		0.156	0.055	
18:4.....g	0.000		0	FLA	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
20:5 n-3 (EPA).....g	0.000		0	FLA	4		0.000	0.000	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	FLA	4		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0	FLA	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		4		0	0	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.111		0		1		0.031	0.011	
Threonine.....g	0.334		0		1		0.095	0.033	
Isoleucine.....g	0.363		0		1		0.103	0.036	
Leucine.....g	0.668		0		1		0.189	0.067	
Lysine.....g	0.367		0		1		0.104	0.037	
Methionine.....g	0.109		0		1		0.031	0.011	
Cystine.....g	0.151		0		1		0.043	0.015	
Phenylalanine.....g	0.509		0		1		0.144	0.051	
Tyrosine.....g	0.379		0		1		0.107	0.038	
Valine.....g	0.429		0		1		0.122	0.043	
Arginine.....g	0.998		0		1		0.283	0.100	
Histidine.....g	0.243		0		1		0.069	0.024	
Alanine.....g	0.378		0		1		0.107	0.038	
Aspartic acid.....g	1.034		0		1		0.293	0.103	
Glutamic acid.....g	2.391		0		1		0.678	0.239	
Glycine.....g	0.538		0		1		0.153	0.054	
Proline.....g	0.607		0		1		0.172	0.061	
Serine.....g	0.505		0		1		0.143	0.051	
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. 18201**

**Cookies, peanut butter sandwich, special dietary**

**Common Measures:**

Measure 1 = 28.35g: 1 oz

Measure 2 = 10.0g: 1 cookie

**Calories Factors: Protein 3.6**

**Fat 8.7**

**Carbohydrate4**

**Food Group: 18 Baked Products**

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

NDB No. 18185

Cookies, peanut butter, commercially prepared, regular

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
<b>Proximates:</b>									
Water.....g	7.28	1.030	5	A	1		2.06	2.26	
Energy.....kcal	473		0	NC	4		134	147	
Energy.....kJ	1978		0	NC	4		561	613	
Protein (N x 5.6).....g	8.92	0.782	5	A	1		2.53	2.76	
Total lipid (fat).....g	23.82	2.139	5	A	1		6.75	7.38	
Ash.....g	1.83	0.151	5	A	1		0.52	0.57	
Carbohydrate, by difference.....g	58.15		0	NC	4		16.49	18.03	
Fiber, total dietary.....g	2.1	0.024	3	A	1		0.6	0.6	
Sugars, total.....g	28.58	1.254	3	A	1		8.10	8.86	
Sucrose.....g	23.58	1.335	3	A	1		6.69	7.31	
Glucose (dextrose).....g	2.72	0.067	3	A	1		0.77	0.84	
Fructose.....g	2.02	0.014	3	A	1		0.57	0.63	
Lactose.....g	0.00	0.000	3	A	1		0.00	0.00	
Maltose.....g	0.26	0.000	3	A	1		0.07	0.08	
Galactose.....g	0.00	0.000	3	A	1		0.00	0.00	
Starch.....g	24.69	1.520	3	A	1		7.00	7.65	
<b>Minerals:</b>									
Calcium, Ca.....mg	41	8.171	5	A	1		12	13	
Iron, Fe.....mg	2.11	0.157	5	A	1		0.60	0.65	
Magnesium, Mg.....mg	44	3.487	5	A	1		12	13	
Phosphorus, P.....mg	156	47.529	5	A	1		44	48	
Potassium, K.....mg	202	12.350	5	A	1		57	63	
Sodium, Na.....mg	463	32.677	5	A	1		131	144	
Zinc, Zn.....mg	0.86	0.076	5	A	1		0.24	0.27	
Copper, Cu.....mg	0.153	0.008	5	A	1		0.043	0.047	
Manganese, Mn.....mg	0.643	0.029	5	A	1		0.182	0.199	
Selenium, Se.....µg	6.3	0.285	3	A	1		1.8	2.0	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0		1		0.0	0.0	
Thiamin.....mg	0.208	0.014	3	A	1		0.059	0.065	
Riboflavin.....mg	0.208	0.014	3	A	1		0.059	0.064	
Niacin.....mg	3.860	0.024	3	A	1		1.094	1.197	
Pantothenic acid.....mg	0.429		2	A	1		0.122	0.133	
Vitamin B-6.....mg	0.122	0.010	3	A	1		0.035	0.038	
Folate, total.....µg	57	0.190	3	A	1		16	18	
Folic acid.....µg	30		0	NC	4		9	9	
Folate, food.....µg	27		0	NC	4		8	8	
Folate, DFE.....µg	78		0	NC	4		22	24	
Choline, total.....mg	10.0		0	BFNN	4		2.8	3.1	
Betaine.....mg									
Vitamin B-12.....µg	0.04		0	FLA	4		0.01	0.01	
Vitamin B-12, added.....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....µg	9		0	AS	1		3	3	
Retinol.....µg	9		1	A	1		3	3	
Carotene, beta.....µg	1		0	FLC	4		0	0	
Carotene, alpha.....µg	0		0	FLC	4		0	0	
Cryptoxanthin, beta.....µg	0		0	FLC	4		0	0	
Vitamin A, IU.....IU	32		0	NC	4		9	10	
Lycopene.....µg	0		0	FLC	4		0	0	
Lutein + zeaxanthin.....µg	14		0	FLC	4		4	4	
Vitamin E (alpha-tocopherol).....mg	3.53	0.270	3	A	1		1.00	1.09	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg	0.26	0.032	3	A	1		0.07	0.08	
Tocopherol, gamma.....mg	6.04	0.795	3	A	1		1.71	1.87	
Tocopherol, delta.....mg	1.66	0.018	3	A	1		0.47	0.51	
Tocotrienol, alpha.....mg	0.90	0.340	3	A	1		0.26	0.28	
Tocotrienol, beta.....mg	0.22	0.036	3	A	1		0.06	0.07	

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	0.95	0.644	3	A	1		0.27	0.29	
Tocotrienol, delta.....mg	0.16	0.142	3	A	1		0.04	0.05	
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	4.4		0	FLC	4		1.2	1.4	
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	6.751		0	NC	4		1.914	2.093	
4:0.....g	0.000	0.000	3	A	1		0.000	0.000	
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	0.000	0.000	3	A	1		0.000	0.000	
12:0.....g	0.017	0.014	3	A	1		0.005	0.005	
13:0.....g									
14:0.....g	0.083	0.026	3	A	1		0.024	0.026	
15:0.....g	0.006	0.001	3	A	1		0.002	0.002	
16:0.....g	4.475	1.046	3	A	1		1.269	1.387	
17:0.....g	0.021	0.002	3	A	1		0.006	0.007	
18:0.....g	1.513	0.056	3	A	1		0.429	0.469	
20:0.....g	0.169	0.012	3	A	1		0.048	0.052	
22:0.....g	0.328	0.000	3	A	1		0.093	0.102	
24:0.....g	0.137	0.004	3	A	1		0.039	0.043	
Fatty acids, total monounsaturated.....g	10.800		0	NC	4		3.062	3.348	
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	0.026	0.002	3	AS	1		0.007	0.008	
16:1 c.....g	0.026	0.002	3	A	1		0.007	0.008	
16:1 t.....g	0.000	0.000	3	A	1		0.000	0.000	
17:1.....g	0.010	0.000	3	A	1		0.003	0.003	
18:1 undifferentiated.....g	10.625	0.794	3	AS	1		3.012	3.294	
18:1 c.....g	9.582	0.781	3	A	1		2.716	2.970	
18:1 t.....g	1.044	0.012	3	A	1		0.296	0.324	
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.130	0.006	3	A	1		0.037	0.040	
22:1 undifferentiated.....g	0.008	0.001	3	AS	1		0.002	0.003	
22:1 c.....g	0.008	0.001	3	A	1		0.002	0.003	
22:1 t.....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	3.610		0	NC	4		1.023	1.119	
18:2 undifferentiated.....g	3.503	0.121	3	AS	1		0.993	1.086	
18:2 n-6 c,c.....g	3.283	0.111	3	A	1		0.931	1.018	
18:2 CLAs.....g	0.015	0.001	3	A	1		0.004	0.005	
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.205	0.009	3	A	1		0.058	0.064	
18:3 undifferentiated.....g	0.088	0.026	3	AS	1		0.025	0.027	
18:3 n-3 c,c,c (ALA).....g	0.081	0.028	3	A	1		0.023	0.025	
18:3 n-6 c,c,c.....g	0.006	0.001	3	A	1		0.002	0.002	
18:3i.....g	0.000	0.000	3	A	1		0.000	0.000	
18:4.....g	0.000	0.000	3	A	1		0.000	0.000	
20:2 n-6 c,c.....g	0.001	0.001	3	A	1		0.000	0.000	
20:3 undifferentiated.....g	0.002	0.000	3	AS	1		0.001	0.001	
20:3 n-3.....g	0.002	0.000	3	A	1		0.001	0.001	
20:3 n-6.....g	0.000	0.000	3	A	1		0.000	0.000	
20:4 undifferentiated.....g	0.012	0.001	3	A	1		0.003	0.004	
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.004	0.004	3	A	1		0.001	0.001	
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. 18185

Cookies, peanut butter, commercially prepared, regular

Nutrients and 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	Measure 2	Measure 3
			Points	Deriv Code	Code					
22:6 n-3 (DHA).....g	0.000	0.000	3	A	1		0.000	0.000		
Fatty acids, total trans.....g	1.250		0	NC	4		0.354	0.387		
Fatty acids, total trans-monoenoic.....g	1.044		0	NC	4		0.296	0.324		
Fatty acids, total trans-polyenoic.....g	0.206		0	NC	4		0.058	0.064		
Cholesterol.....mg	27		1	A	1		8	8		
Phytosterols.....mg										
<b>Amino Acids:</b>										
Tryptophan.....g	0.110		0		1		0.031	0.034		
Threonine.....g	0.323		0		1		0.092	0.100		
Isoleucine.....g	0.363		0		1		0.103	0.113		
Leucine.....g	0.652		0		1		0.185	0.202		
Lysine.....g	0.380		0		1		0.108	0.118		
Methionine.....g	0.148		0		1		0.042	0.046		
Cystine.....g	0.160		0		1		0.045	0.050		
Phenylalanine.....g	0.485		0		1		0.137	0.150		
Tyrosine.....g	0.353		0		1		0.100	0.109		
Valine.....g	0.425		0		1		0.120	0.132		
Arginine.....g	0.852		0		1		0.242	0.264		
Histidine.....g	0.225		0		1		0.064	0.070		
Alanine.....g	0.370		0		1		0.105	0.115		
Aspartic acid.....g	0.922		0		1		0.261	0.286		
Glutamic acid.....g	2.271		0		1		0.644	0.704		
Glycine.....g	0.477		0		1		0.135	0.148		
Proline.....g	0.612		0		1		0.174	0.190		
Serine.....g	0.504		0		1		0.143	0.156		
Hydroxyproline.....g										
<b>Others:</b>										
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0		
Caffeine.....mg	0		0	FLC	4		0	0		
Theobromine.....mg	0		0	FLC	4		0	0		

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

**Common Measures:**

Measure 1 = 28.35g: 1 oz

Measure 2 = 31g: 1 cookie

Calories Factors: Protein 3.7

Fat 8.7

Carbohydrate 4

Food Group: 18 Baked Products

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

NDB No. 18186

Cookies, peanut butter, commercially prepared, soft-type

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
<b>Proximates:</b>									
Water.....g	11.50		2		1		3.26	1.73	
Energy.....kcal	457		0	NC	4		130	69	
Energy.....kJ	1912				4		542	287	
Protein (N x 5.5).....g	5.30		2		1		1.50	0.80	
Total lipid (fat).....g	24.40	0.237	3		1		6.92	3.66	
Ash.....g	1.10		2		1		0.31	0.17	
Carbohydrate, by difference.....g	57.70		0	NC	4		16.36	8.66	
Fiber, total dietary.....g	1.7		0		1		0.5	0.3	
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	12		2		1		3	2	
Iron, Fe.....mg	0.89		2		1		0.25	0.13	
Magnesium, Mg.....mg	32		2		1		9	5	
Phosphorus, P.....mg	87		2		1		25	13	
Potassium, K.....mg	107		2		1		30	16	
Sodium, Na.....mg	336		2		1		95	50	
Zinc, Zn.....mg	0.55		2		1		0.16	0.08	
Copper, Cu.....mg	0.080		2		1		0.023	0.012	
Manganese, Mn.....mg	0.430		2		1		0.122	0.065	
Selenium, Se.....µg	4.4		1	A	1		1.2	0.7	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		1		1		0.0	0.0	
Thiamin.....mg	0.248	0.008	8		1		0.070	0.037	
Riboflavin.....mg	0.165	0.001	8		1		0.047	0.025	
Niacin.....mg	2.160	0.042	8		1		0.612	0.324	
Pantothenic acid.....mg	0.362	0.007	8		1		0.103	0.054	
Vitamin B-6.....mg	0.027		0	FLA	4		0.008	0.004	
Folate, total.....µg	67		0	FLA	4		19	10	
Folic acid.....µg	62		0	NC	4		18	9	
Folate, food.....µg	5	0.032	8		1		1	1	
Folate, DFE.....µg	110		0	NC	4		31	17	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		0		1		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									
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									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									



Cookies, peanut butter, commercially prepared, soft-type

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated.....g	6.149		0	FLA	4		1.743	0.922	
4:0.....g									
6:0.....g									
8:0.....g									
10:0.....g									
12:0.....g	0.002		0		1		0.001	0.000	
13:0.....g									
14:0.....g	0.089		0		1		0.025	0.013	
15:0.....g									
16:0.....g	3.006		0		1		0.852	0.451	
17:0.....g									
18:0.....g	2.268		0		1		0.643	0.340	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	13.844		0	FLA	4		3.925	2.077	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0		1		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	13.169		0		1		3.733	1.975	
20:1.....g	0.098		0		1		0.028	0.015	
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	3.181		0	FLA	4		0.902	0.477	
18:2 undifferentiated.....g	4.243		0		1		1.203	0.636	
18:3 undifferentiated.....g	0.113		0		1		0.032	0.017	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.018		0		1		0.005	0.003	
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		1		0	0	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.063		0		1		0.018	0.009	
Threonine.....g	0.174		0		1		0.049	0.026	
Isoleucine.....g	0.200		0		1		0.057	0.030	
Leucine.....g	0.360		0		1		0.102	0.054	
Lysine.....g	0.201		0		1		0.057	0.030	
Methionine.....g	0.069		0		1		0.020	0.010	
Cystine.....g	0.087		0		1		0.025	0.013	
Phenylalanine.....g	0.268		0		1		0.076	0.040	
Tyrosine.....g	0.194		0		1		0.055	0.029	
Valine.....g	0.234		0		1		0.066	0.035	
Arginine.....g	0.461		0		1		0.131	0.069	
Histidine.....g	0.126		0		1		0.036	0.019	
Alanine.....g	0.196		0		1		0.056	0.029	
Aspartic acid.....g	0.488		0		1		0.138	0.073	
Glutamic acid.....g	1.329		0		1		0.377	0.199	
Glycine.....g	0.262		0		1		0.074	0.039	
Proline.....g	0.368		0		1		0.104	0.055	
Serine.....g	0.274		0		1		0.078	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. 18186**

**Cookies, peanut butter, commercially prepared, soft-type**

**Common Measures:**

Measure 1 = 28.35g: 1 oz

Measure 2 = 15.0g: 1 cookie

**Calories Factors: Protein 3.7**

**Fat 8.7**

**Carbohydrate 3.9**

**Food Group: 18 Baked Products**

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



NDB No. 28301

Cookies, peanut butter, commercially prepared, sugar free

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Lipids:</b>									
Fatty acids, total saturated.....g	8.621		0	LC	8		2.500		
4:0.....g	0.000		0	FLC	4		0.000		
6:0.....g	0.000		0	FLC	4		0.000		
8:0.....g	0.000		0	FLC	4		0.000		
10:0.....g	0.000		0	FLC	4		0.000		
12:0.....g	0.026		0	FLC	4		0.008		
13:0.....g									
14:0.....g	0.061		0	FLC	4		0.018		
15:0.....g	0.000		0	FLC	4		0.000		
16:0.....g	5.927		0	FLC	4		1.719		
17:0.....g	0.007		0	FLC	4		0.002		
18:0.....g	1.843		0	FLC	4		0.535		
20:0.....g	0.199		0	FLC	4		0.058		
22:0.....g	0.354		0	FLC	4		0.103		
24:0.....g	0.090		0	FLC	4		0.026		
Fatty acids, total monounsaturated.....g	7.735		0	FLC	4		2.243		
14:1.....g	0.000		0	FLC	4		0.000		
15:1.....g	0.000		0	FLC	4		0.000		
16:1 undifferentiated.....g	0.025		0	FLC	4		0.007		
17:1.....g	0.000		0	FLC	4		0.000		
18:1 undifferentiated.....g	7.565		0	FLC	4		2.194		
20:1.....g	0.145		0	FLC	4		0.042		
22:1 undifferentiated.....g	0.000		0	FLC	4		0.000		
24:1 c.....g	0.000		0	FLC	4		0.000		
Fatty acids, total polyunsaturated.....g	11.486		0	FLC	4		3.331		
18:2 undifferentiated.....g	10.494		0	FLC	4		3.043		
18:3 undifferentiated.....g	0.992		0	FLC	4		0.288		
18:4.....g	0.000		0	FLC	4		0.000		
20:2 n-6 c,c.....g	0.000		0	FLC	4		0.000		
20:3 undifferentiated.....g	0.000		0	FLC	4		0.000		
20:4 undifferentiated.....g	0.000		0	FLC	4		0.000		
20:5 n-3 (EPA).....g	0.000		0	FLC	4		0.000		
21:5.....g									
22:4.....g	0.000		0	FLC	4		0.000		
22:5 n-3 (DPA).....g	0.000		0	FLC	4		0.000		
22:6 n-3 (DHA).....g	0.000		0	FLC	4		0.000		
Fatty acids, total trans.....g	0.000		0	LC	8		0.000		
Cholesterol.....mg	17		0	LC	8		5		
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	FLC	4		0.0		
Caffeine.....mg	0		0	FLC	4		0		
Theobromine.....mg	0		0	FLC	4		0		

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

**Common Measures:**

Measure 1 = 29g: 1 serving 3 cookies

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 18 Baked Products

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

NDB No. 18189

Cookies, peanut butter, prepared from recipe

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
<b>Proximates:</b>									
Water.....g	5.90		0		1		1.67	1.18	
Energy.....kcal	475		0	NC	4		135	95	
Energy.....kJ	1987				4		563	397	
Protein (N x 0).....g	9.00		0		1		2.55	1.80	
Total lipid (fat).....g	23.80		0		1		6.75	4.76	
Ash.....g	2.00		0		1		0.57	0.40	
Carbohydrate, by difference.....g	58.90		0	NC	4		16.70	11.78	
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	39		0		1		11	8	
Iron, Fe.....mg	2.23		0		1		0.63	0.45	
Magnesium, Mg.....mg	39		0		1		11	8	
Phosphorus, P.....mg	116		0		1		33	23	
Potassium, K.....mg	231		0		1		65	46	
Sodium, Na.....mg	518		0		1		147	104	
Zinc, Zn.....mg	0.82		0		1		0.23	0.16	
Copper, Cu.....mg	0.183		0		1		0.052	0.037	
Manganese, Mn.....mg	0.570		0		1		0.162	0.114	
Selenium, Se.....µg	14.8		0	RK	4		4.2	3.0	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.1		0		1		0.0	0.0	
Thiamin.....mg	0.222		0		1		0.063	0.044	
Riboflavin.....mg	0.210		0		1		0.060	0.042	
Niacin.....mg	3.514		0		1		0.996	0.703	
Pantothenic acid.....mg	0.345		0		1		0.098	0.069	
Vitamin B-6.....mg	0.084		0		1		0.024	0.017	
Folate, total.....µg	55		0	RK	4		16	11	
Folic acid.....µg	37		0	NC	4		10	7	
Folate, food.....µg	18		0		1		5	4	
Folate, DFE.....µg	81		0	NC	4		23	16	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.09		0		1		0.03	0.02	
Vitamin A, RAE.....µg	137		0	NC	4		39	27	
Retinol.....µg	125		0		4		35	25	
Carotene, beta.....µg	138		0	RK	4		39	28	
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	647		0	NC	4		183	129	
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									
<b>Lipids:</b>									

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					
Fatty acids, total saturated.....g	4.438		0		1		1.258	0.888
4:0.....g	0.003		0		1		0.001	0.001
6:0.....g	0.002		0		1		0.001	0.000
8:0.....g	0.001		0		1		0.000	0.000
10:0.....g	0.002		0		1		0.001	0.000
12:0.....g	0.007		0		1		0.002	0.001
13:0.....g								
14:0.....g	0.054		0		1		0.015	0.011
15:0.....g								
16:0.....g	2.905		0		1		0.824	0.581
17:0.....g								
18:0.....g	1.461		0		1		0.414	0.292
20:0.....g								
22:0.....g								
24:0.....g								
Fatty acids, total monounsaturated.....g	10.832		0		1		3.071	2.166
14:1.....g								
15:1.....g								
16:1 undifferentiated.....g	0.024		0		1		0.007	0.005
17:1.....g								
18:1 undifferentiated.....g	10.684		0		1		3.029	2.137
20:1.....g	0.123		0		1		0.035	0.025
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	7.223		0		1		2.048	1.445
18:2 undifferentiated.....g	6.966		0		1		1.975	1.393
18:3 undifferentiated.....g	0.207		0		1		0.059	0.041
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	0.047		0		1		0.013	0.009
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	0.003		0		1		0.001	0.001
Fatty acids, total trans.....g								
Cholesterol.....mg	31		0		1		9	6
Phytosterols.....mg								
<b>Amino Acids:</b>								
Tryptophan.....g	0.099		0		1		0.028	0.020
Threonine.....g	0.299		0		1		0.085	0.060
Isoleucine.....g	0.338		0		1		0.096	0.068
Leucine.....g	0.623		0		1		0.177	0.125
Lysine.....g	0.321		0		1		0.091	0.064
Methionine.....g	0.149		0		1		0.042	0.030
Cystine.....g	0.151		0		1		0.043	0.030
Phenylalanine.....g	0.460		0		1		0.130	0.092
Tyrosine.....g	0.332		0		1		0.094	0.066
Valine.....g	0.395		0		1		0.112	0.079
Arginine.....g	0.734		0		1		0.208	0.147
Histidine.....g	0.216		0		1		0.061	0.043
Alanine.....g	0.344		0		1		0.098	0.069
Aspartic acid.....g	0.799		0		1		0.227	0.160
Glutamic acid.....g	2.223		0		1		0.630	0.445
Glycine.....g	0.425		0		1		0.120	0.085
Proline.....g	0.643		0		1		0.182	0.129
Serine.....g	0.469		0		1		0.133	0.094
Hydroxyproline.....g								

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**NDB No. 18189**

**Cookies, peanut butter, prepared from recipe**

**Common Measures:**

Measure 1 = 28.35g: 1 oz

Measure 2 = 20g: 1 cookie (3" dia)

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

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

NDB No. 18187

Cookies, peanut butter, refrigerated dough

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
<b>Proximates:</b>									
Water.....g	12.60	0.187	38		1		3.57	2.02	
Energy.....kcal	458		0	NC	4		130	73	
Energy.....kJ	1916				4		543	307	
Protein (N x 5.7).....g	8.20	0.171	38		1		2.32	1.31	
Total lipid (fat).....g	25.00	0.357	40		1		7.09	4.00	
Ash.....g	2.00	0.086	38		1		0.57	0.32	
Carbohydrate, by difference.....g	52.10		0	NC	4		14.77	8.34	
Fiber, total dietary.....g	1.1		0		4		0.3	0.2	
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	101	8.905	34		1		29	16	
Iron, Fe.....mg	1.70	0.083	30		1		0.48	0.27	
Magnesium, Mg.....mg	37	1.046	22		1		10	6	
Phosphorus, P.....mg	241	7.821	23		1		68	39	
Potassium, K.....mg	308	31.025	26		1		87	49	
Sodium, Na.....mg	397	32.309	38		1		113	64	
Zinc, Zn.....mg	0.68	0.021	22		1		0.19	0.11	
Copper, Cu.....mg	0.151	0.006	22		1		0.043	0.024	
Manganese, Mn.....mg	0.326		0	FLA	4		0.092	0.052	
Selenium, Se.....µg	5.0		0	FLA	4		1.4	0.8	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0	0.000	4		1		0.0	0.0	
Thiamin.....mg	0.191	0.025	15		1		0.054	0.031	
Riboflavin.....mg	0.186	0.012	8		1		0.053	0.030	
Niacin.....mg	4.143	0.186	30		1		1.175	0.663	
Pantothenic acid.....mg	0.379		0	FLA	4		0.107	0.061	
Vitamin B-6.....mg	0.142		0	FLA	4		0.040	0.023	
Folate, total.....µg	57		0	FLA	4		16	9	
Folic acid.....µg	45		0	NC	4		13	7	
Folate, food.....µg	12		0		4		3	2	
Folate, DFE.....µg	89		0	NC	4		25	14	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.04		0	FLA	4		0.01	0.01	
Vitamin A, RAE.....µg	14		0	NC	4		4	2	
Retinol.....µg	14		0	NC	4		4	2	
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	47		1		1		13	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									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									





NDB No. 18187

**Cookies, peanut butter, refrigerated dough**

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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 Code			

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Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 = 16g: 1 portion, dough for 1 cookie

**Calories Factors: Protein** 3.8

**Fat** 8.7

**Carbohydrate**4

**Food Group:** 18 Baked Products

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

NDB No. 18188

Cookies, peanut butter, refrigerated dough, baked

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
<b>Proximates:</b>									
Water.....g	4.00		0		4		1.13	0.48	
Energy.....kcal	503		0		4		143	60	
Energy.....kJ	2105				4		597	253	
Protein.....g	9.10		0		4		2.58	1.09	
Total lipid (fat).....g	27.50		0		4		7.80	3.30	
Ash.....g	2.10		0		4		0.60	0.25	
Carbohydrate, by difference.....g	57.30		0		4		16.24	6.88	
Fiber, total dietary.....g	1.2		0		4		0.4	0.1	
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	111		0		4		31	13	
Iron, Fe.....mg	1.87		0		4		0.53	0.22	
Magnesium, Mg.....mg	41		0		4		12	5	
Phosphorus, P.....mg	264		0		4		75	32	
Potassium, K.....mg	338		0		4		96	41	
Sodium, Na.....mg	436		0		4		124	52	
Zinc, Zn.....mg	0.75		0		4		0.21	0.09	
Copper, Cu.....mg	0.166		0		4		0.047	0.020	
Manganese, Mn.....mg	0.461		0		4		0.131	0.055	
Selenium, Se.....µg	5.1		1	A	1		1.4	0.6	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0		4		0.0	0.0	
Thiamin.....mg	0.168		0		4		0.048	0.020	
Riboflavin.....mg	0.184		0		4		0.052	0.022	
Niacin.....mg	4.098		0		4		1.162	0.492	
Pantothenic acid.....mg	0.300		0		4		0.085	0.036	
Vitamin B-6.....mg	0.064		0		4		0.018	0.008	
Folate, total.....µg	44		0	RP	4		12	5	
Folic acid.....µg	35		0	NC	4		10	4	
Folate, food.....µg	9		0		4		3	1	
Folate, DFE.....µg	69		0	NC	4		19	8	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.06		0		4		0.02	0.01	
Vitamin A, RAE.....µg	14		0	NC	4		4	2	
Retinol.....µg	14		0	NC	4		4	2	
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	46		0		4		13	6	
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									
<b>Lipids:</b>									

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated.....g	6.199		0		4		1.757	0.744	
4:0.....g									
6:0.....g									
8:0.....g	0.001		0		4		0.000	0.000	
10:0.....g	0.001		0		4		0.000	0.000	
12:0.....g	0.004		0		4		0.001	0.000	
13:0.....g									
14:0.....g	0.099		0		4		0.028	0.012	
15:0.....g									
16:0.....g	3.539		0		4		1.003	0.425	
17:0.....g									
18:0.....g	2.552		0		4		0.723	0.306	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	14.526		0		4		4.118	1.743	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.044		0		4		0.012	0.005	
17:1.....g									
18:1 undifferentiated.....g	14.372		0		4		4.074	1.725	
20:1.....g	0.110		0		4		0.031	0.013	
22:1 undifferentiated.....g	0.001		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	4.889		0		4		1.386	0.587	
18:2 undifferentiated.....g	4.700		0		4		1.332	0.564	
18:3 undifferentiated.....g	0.131		0		4		0.037	0.016	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.052		0		4		0.015	0.006	
20:5 n-3 (EPA).....g	0.001		0		4		0.000	0.000	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g									
22:6 n-3 (DHA).....g	0.005		0		4		0.001	0.001	
Fatty acids, total trans.....g									
Cholesterol.....mg	30		0		4		9	4	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.108		0		4		0.031	0.013	
Threonine.....g	0.305		0		4		0.086	0.037	
Isoleucine.....g	0.356		0		4		0.101	0.043	
Leucine.....g	0.628		0		4		0.178	0.075	
Lysine.....g	0.372		0		4		0.105	0.045	
Methionine.....g	0.141		0		4		0.040	0.017	
Cystine.....g	0.162		0		4		0.046	0.019	
Phenylalanine.....g	0.453		0		4		0.128	0.054	
Tyrosine.....g	0.321		0		4		0.091	0.039	
Valine.....g	0.415		0		4		0.118	0.050	
Arginine.....g	0.695		0		4		0.197	0.083	
Histidine.....g	0.208		0		4		0.059	0.025	
Alanine.....g	0.347		0		4		0.098	0.042	
Aspartic acid.....g	0.774		0		4		0.219	0.093	
Glutamic acid.....g	2.218		0		4		0.629	0.266	
Glycine.....g	0.407		0		4		0.115	0.049	
Proline.....g	0.639		0		4		0.181	0.077	
Serine.....g	0.494		0		4		0.140	0.059	
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. 18188**

**Cookies, peanut butter, refrigerated dough, baked**

**Common Measures:**

Measure 1 = 28.35g: 1 oz

Measure 2 = 12.0g: 1 cookie

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

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



**NDB No. 18191**  
**Cookies, raisin, soft-type**

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common		
	Mean	Std. Error	Number	Source	measures of food		
			of Data Points		Confidence Code	Measure 1	Measure 2
<b><u>Lipids:</u></b>							
Fatty acids, total saturated.....g	3.460		0	FLA	4	0.981	0.519
4:0.....g	0.000		0	FLA	4	0.000	0.000
6:0.....g	0.000		0	FLA	4	0.000	0.000
8:0.....g	0.000		0	FLA	4	0.000	0.000
10:0.....g	0.000		0	FLA	4	0.000	0.000
12:0.....g	0.000		0	FLA	4	0.000	0.000
13:0.....g							
14:0.....g	0.067		0	FLA	4	0.019	0.010
15:0.....g							
16:0.....g	1.795		0	FLA	4	0.509	0.269
17:0.....g							
18:0.....g	1.594		0	FLA	4	0.452	0.239
20:0.....g							
22:0.....g							
24:0.....g							
Fatty acids, total monounsaturated.....g	7.649		0	FLA	4	2.168	1.147
14:1.....g							
15:1.....g							
16:1 undifferentiated.....g	0.006		0	FLA	4	0.002	0.001
17:1.....g							
18:1 undifferentiated.....g	7.642		0	FLA	4	2.167	1.146
20:1.....g	0.000		0	FLA	4	0.000	0.000
22:1 undifferentiated.....g	0.000		0	FLA	4	0.000	0.000
24:1 c.....g							
Fatty acids, total polyunsaturated.....g	1.756		0	FLA	4	0.498	0.263
18:2 undifferentiated.....g	1.660		0	FLA	4	0.471	0.249
18:3 undifferentiated.....g	0.092		0	FLA	4	0.026	0.014
18:4.....g	0.000		0	FLA	4	0.000	0.000
20:2 n-6 c,c.....g							
20:3 undifferentiated.....g							
20:4 undifferentiated.....g	0.002		0	FLA	4	0.001	0.000
20:5 n-3 (EPA).....g	0.001		0	FLA	4	0.000	0.000
21:5.....g							
22:4.....g							
22:5 n-3 (DPA).....g	0.000		0	FLA	4	0.000	0.000
22:6 n-3 (DHA).....g	0.001		0	FLA	4	0.000	0.000
Fatty acids, total trans.....g							
Cholesterol.....mg	2		1		1	1	0
Phytosterols.....mg							
<b><u>Amino Acids:</u></b>							
Tryptophan.....g	0.054		0		1	0.015	0.008
Threonine.....g	0.140		0		1	0.040	0.021
Isoleucine.....g	0.165		0		1	0.047	0.025
Leucine.....g	0.285		0		1	0.081	0.043
Lysine.....g	0.183		0		1	0.052	0.027
Methionine.....g	0.085		0		1	0.024	0.013
Cystine.....g	0.086		0		1	0.024	0.013
Phenylalanine.....g	0.187		0		1	0.053	0.028
Tyrosine.....g	0.125		0		1	0.035	0.019
Valine.....g	0.191		0		1	0.054	0.029
Arginine.....g	0.189		0		1	0.054	0.028
Histidine.....g	0.091		0		1	0.026	0.014
Alanine.....g	0.154		0		1	0.044	0.023
Aspartic acid.....g	0.270		0		1	0.077	0.041
Glutamic acid.....g	1.095		0		1	0.310	0.164
Glycine.....g	0.137		0		1	0.039	0.021
Proline.....g	0.354		0		1	0.100	0.053
Serine.....g	0.231		0		1	0.065	0.035
Hydroxyproline.....g							
<b><u>Others:</u></b>							
Alcohol, ethyl.....g	0.0		0		7	0.0	0.0
Caffeine.....mg	0		0	FLC	4	0	0

**NDB No. 18191**  
**Cookies, raisin, soft-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		Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code			
Theobromine.....mg	0		0	FLC	4	0	0

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

**Common Measures:**

Measure 1 = 28.35g: 1 oz  
 Measure 2 = 15.0g: 1 cookie

**Calories Factors: Protein 4                      Fat 8.8                      Carbohydrate 3.9**

**Food Group:** 18 Baked Products  
 USDA National Nutrient Database for Standard Reference, Release 27 (2014)



NDB No. 18193

Cookies, shortbread, commercially prepared, pecan

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
<b>Proximates:</b>									
Water.....g	3.30	0.163	23		1		0.94	0.46	
Energy.....kcal	542		0	NC	4		154	76	
Energy.....kJ	2268				4		643	317	
Protein (N x 5.6).....g	4.90	0.127	23		1		1.39	0.69	
Total lipid (fat).....g	32.50	0.332	24		1		9.21	4.55	
Ash.....g	1.00	0.018	23		1		0.28	0.14	
Carbohydrate, by difference.....g	58.30		0	NC	4		16.53	8.16	
Fiber, total dietary.....g	1.8		0		1		0.5	0.3	
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	30	1.156	23		1		9	4	
Iron, Fe.....mg	2.43	0.063	23		1		0.69	0.34	
Magnesium, Mg.....mg	18	0.410	22		1		5	3	
Phosphorus, P.....mg	85	1.814	23		1		24	12	
Potassium, K.....mg	73	2.202	23		1		21	10	
Sodium, Na.....mg	281	5.292	23		1		80	39	
Zinc, Zn.....mg	0.58	0.020	22		1		0.16	0.08	
Copper, Cu.....mg	0.152	0.012	22		1		0.043	0.021	
Manganese, Mn.....mg	0.617	0.021	17		1		0.175	0.086	
Selenium, Se.....µg	3.2		0	FLA	4		0.9	0.4	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0	FLA	4		0.0	0.0	
Thiamin.....mg	0.293	0.012	28		1		0.083	0.041	
Riboflavin.....mg	0.220	0.011	28		1		0.062	0.031	
Niacin.....mg	2.481	0.123	28		1		0.703	0.347	
Pantothenic acid.....mg	0.377	0.009	8		1		0.107	0.053	
Vitamin B-6.....mg	0.020	0.001	8		1		0.006	0.003	
Folate, total.....µg	63		0	FLA	4		18	9	
Folic acid.....µg	55		0	NC	4		16	8	
Folate, food.....µg	8	0.046	8		1		2	1	
Folate, DFE.....µg	102		0	NC	4		29	14	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.01		0	FLA	4		0.00	0.00	
Vitamin A, RAE.....µg	1		0	NC	4		0	0	
Retinol.....µg	1		0	NC	4		0	0	
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	3		0	FLA	4		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									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion 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	8.204		0	FLA	4		2.326	1.149	
4:0.....g	0.000		0	FLA	4		0.000	0.000	
6:0.....g	0.000		0	FLA	4		0.000	0.000	
8:0.....g	0.000		0	FLA	4		0.000	0.000	
10:0.....g	0.000		0	FLA	4		0.000	0.000	
12:0.....g	0.000		0	FLA	4		0.000	0.000	
13:0.....g									
14:0.....g	0.158		0	FLA	4		0.045	0.022	
15:0.....g									
16:0.....g	4.209		0	FLA	4		1.193	0.589	
17:0.....g									
18:0.....g	3.830		0	FLA	4		1.086	0.536	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	18.628		0	FLA	4		5.281	2.608	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.035		0		1		0.010	0.005	
17:1.....g									
18:1 undifferentiated.....g	18.618		0	FLA	4		5.278	2.607	
20:1.....g	0.047		0		1		0.013	0.007	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	4.122		0	FLA	4		1.169	0.577	
18:2 undifferentiated.....g	3.913		0	FLA	4		1.109	0.548	
18:3 undifferentiated.....g	0.206		0	FLA	4		0.058	0.029	
18:4.....g	0.000		0	FLA	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.001		0	FLA	4		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	FLA	4		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0	FLA	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	33		1		1		9	5	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.080		0		1		0.023	0.011	
Threonine.....g	0.143		0		1		0.041	0.020	
Isoleucine.....g	0.192		0		1		0.054	0.027	
Leucine.....g	0.337		0		1		0.096	0.047	
Lysine.....g	0.178		0		1		0.050	0.025	
Methionine.....g	0.091		0		1		0.026	0.013	
Cystine.....g	0.112		0		1		0.032	0.016	
Phenylalanine.....g	0.239		0		1		0.068	0.033	
Tyrosine.....g	0.149		0		1		0.042	0.021	
Valine.....g	0.224		0		1		0.064	0.031	
Arginine.....g	0.276		0		1		0.078	0.039	
Histidine.....g	0.109		0		1		0.031	0.015	
Alanine.....g	0.163		0		1		0.046	0.023	
Aspartic acid.....g	0.252		0		1		0.071	0.035	
Glutamic acid.....g	1.509		0		1		0.428	0.211	
Glycine.....g	0.179		0		1		0.051	0.025	
Proline.....g	0.490		0		1		0.139	0.069	
Serine.....g	0.259		0		1		0.073	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. 18193**

**Cookies, shortbread, commercially prepared, pecan**

**Common Measures:**

Measure 1 = 28.35g: 1 oz

Measure 2 = 14.0g: 1 cookie (2" dia)

**Calories Factors: Protein 4**

**Fat 8.7**

**Carbohydrate 4.1**

**Food Group: 18 Baked Products**

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

NDB No. 18192

Cookies, shortbread, commercially prepared, plain

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	3.60	0.112	12	A	1		1.02	0.42	
Energy.....kcal	514		0	NC	4		146	61	
Energy.....kJ	2151		0	NC	4		610	254	
Protein (N x 5.8).....g	5.37	0.021	12	A	1		1.52	0.63	
Total lipid (fat).....g	26.22	0.193	11	A	1		7.43	3.09	
Ash.....g	1.04	0.014	12	A	1		0.29	0.12	
Carbohydrate, by difference.....g	63.78		0	NC	4		18.08	7.53	
Fiber, total dietary.....g	1.3	0.053	6	A	1		0.4	0.1	
Sugars, total.....g	21.65	0.194	6	A	1		6.14	2.55	
Sucrose.....g	20.99	0.211	6	A	1		5.95	2.48	
Glucose (dextrose).....g	0.36	0.016	6	A	1		0.10	0.04	
Fructose.....g	0.30	0.013	6	A	1		0.08	0.03	
Lactose.....g	0.00	0.000	6	A	1		0.00	0.00	
Maltose.....g	0.00	0.000	6	A	1		0.00	0.00	
Galactose.....g	0.00	0.000	6	A	1		0.00	0.00	
Starch.....g	40.47	0.256	6	A	1		11.47	4.78	
<b>Minerals:</b>									
Calcium, Ca.....mg	13	0.159	12	A	1		4	2	
Iron, Fe.....mg	2.98	0.024	12	A	1		0.85	0.35	
Magnesium, Mg.....mg	14	0.123	12	A	1		4	2	
Phosphorus, P.....mg	66	0.392	12	A	1		19	8	
Potassium, K.....mg	88	1.246	12	A	1		25	10	
Sodium, Na.....mg	353	2.403	12	A	1		100	42	
Zinc, Zn.....mg	0.49	0.022	12	A	1		0.14	0.06	
Copper, Cu.....mg	0.090	0.004	12	A	1		0.026	0.011	
Manganese, Mn.....mg	0.393	0.006	12	A	1		0.111	0.046	
Selenium, Se.....µg	6.2	0.562	6	A	1		1.8	0.7	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0	FLC	4		0.0	0.0	
Thiamin.....mg	0.353	0.006	6	A	1		0.100	0.042	
Riboflavin.....mg	0.314	0.010	6	A	1		0.089	0.037	
Niacin.....mg	3.275	0.040	6	A	1		0.928	0.386	
Pantothenic acid.....mg	0.321	0.007	4	A	1		0.091	0.038	
Vitamin B-6.....mg	0.071	0.005	6	A	1		0.020	0.008	
Folate, total.....µg	81	8.564	6	A	1		23	10	
Folic acid.....µg	61		0	NR	4		17	7	
Folate, food.....µg	20		0	NC	4		6	2	
Folate, DFE.....µg	124		0	NC	4		35	15	
Choline, total.....mg	0.9		0	FLC	4		0.3	0.1	
Betaine.....mg									
Vitamin B-12.....µg	0.00		0	FLC	4		0.00	0.00	
Vitamin B-12, added.....µg	0.00		0	FLC	4		0.00	0.00	
Vitamin A, RAE.....µg	0		0	FLC	4		0	0	
Retinol.....µg	0		0	FLC	4		0	0	
Carotene, beta.....µg	1		0	FLC	4		0	0	
Carotene, alpha.....µg	0		0	FLC	4		0	0	
Cryptoxanthin, beta.....µg	0		0	FLC	4		0	0	
Vitamin A, IU.....IU	1		0	NC	4		0	0	
Lycopene.....µg	0		0	FLC	4		0	0	
Lutein + zeaxanthin.....µg	29		0	FLC	4		8	3	
Vitamin E (alpha-tocopherol).....mg	2.44	0.073	6	A	1		0.69	0.29	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg	0.26	0.020	6	A	1		0.07	0.03	
Tocopherol, gamma.....mg	9.79	0.106	6	A	1		2.78	1.16	
Tocopherol, delta.....mg	3.44	0.101	6	A	1		0.98	0.41	
Tocotrienol, alpha.....mg	0.36	0.018	6	A	1		0.10	0.04	
Tocotrienol, beta.....mg	0.74	0.082	6	A	1		0.21	0.09	

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	0.51	0.045	6	A	1		0.14	0.06	
Tocotrienol, delta.....mg	0.00	0.000	6	A	1		0.00	0.00	
Vitamin D (D2 + D3).....µg	0.0		0	FLC	4		0.0	0.0	
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	0		0	FLC	4		0	0	
Vitamin K (phylloquinone).....µg	11.0		0	FLC	4		3.1	1.3	
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	8.105		0	NC	4		2.298	0.956	
4:0.....g	0.086	0.001	6	A	1		0.024	0.010	
6:0.....g	0.067	0.000	6	A	1		0.019	0.008	
8:0.....g	0.043	0.001	6	A	1		0.012	0.005	
10:0.....g	0.100	0.002	6	A	1		0.028	0.012	
12:0.....g	0.126	0.002	6	A	1		0.036	0.015	
13:0.....g									
14:0.....g	0.456	0.005	6	A	1		0.129	0.054	
15:0.....g	0.048	0.000	6	A	1		0.014	0.006	
16:0.....g	5.143	0.035	6	A	1		1.458	0.607	
17:0.....g	0.045	0.001	6	A	1		0.013	0.005	
18:0.....g	1.842	0.009	6	A	1		0.522	0.217	
20:0.....g	0.073	0.001	6	A	1		0.021	0.009	
22:0.....g	0.052	0.001	6	A	1		0.015	0.006	
24:0.....g	0.023	0.000	6	A	1		0.007	0.003	
Fatty acids, total monounsaturated.....g	6.708		0	NC	4		1.902	0.792	
14:1.....g	0.037	0.001	6	A	1		0.010	0.004	
15:1.....g	0.000	0.000	6	A	1		0.000	0.000	
16:1 undifferentiated.....g	0.089	0.003	6	AS	1		0.025	0.010	
16:1 c.....g	0.074	0.002	6	A	1		0.021	0.009	
16:1 t.....g	0.015	0.001	6	A	1		0.004	0.002	
17:1.....g	0.014	0.002	6	A	1		0.004	0.002	
18:1 undifferentiated.....g	6.515	0.075	6	AS	1		1.847	0.769	
18:1 c.....g	5.903	0.072	6	A	1		1.673	0.697	
18:1 t.....g	0.612	0.007	6	A	1		0.174	0.072	
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.053	0.001	6	A	1		0.015	0.006	
22:1 undifferentiated.....g	0.001	0.001	6	AS	1		0.000	0.000	
22:1 c.....g	0.000	0.000	6	A	1		0.000	0.000	
22:1 t.....g	0.001	0.000	6	A	1		0.000	0.000	
24:1 c.....g	0.000	0.000	6	A	1		0.000	0.000	
Fatty acids, total polyunsaturated.....g	8.326		0	NC	4		2.360	0.982	
18:2 undifferentiated.....g	7.374	0.051	6	AS	1		2.090	0.870	
18:2 n-6 c,c.....g	7.253	0.050	6	A	1		2.056	0.856	
18:2 CLAs.....g	0.034	0.001	6	A	1		0.010	0.004	
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.086	0.002	6	A	1		0.024	0.010	
18:3 undifferentiated.....g	0.918	0.007	6	AS	1		0.260	0.108	
18:3 n-3 c,c,c (ALA).....g	0.885	0.006	6	A	1		0.251	0.104	
18:3 n-6 c,c,c.....g	0.033	0.002	6	A	1		0.009	0.004	
18:3i.....g	0.000	0.000	6	A	1		0.000	0.000	
18:4.....g	0.000	0.000	6	A	1		0.000	0.000	
20:2 n-6 c,c.....g	0.006	0.000	6	A	1		0.002	0.001	
20:3 undifferentiated.....g	0.007	0.000	6	AS	1		0.002	0.001	
20:3 n-3.....g	0.001	0.000	6	A	1		0.000	0.000	
20:3 n-6.....g	0.005	0.000	6	A	1		0.001	0.001	
20:4 undifferentiated.....g	0.017	0.000	6	A	1		0.005	0.002	
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.001	0.000	6	A	1		0.000	0.000	
21:5.....g									
22:4.....g	0.001	0.001	6	A	1		0.000	0.000	
22:5 n-3 (DPA).....g	0.002	0.000	6	A	1		0.001	0.000	

NDB No. 18192

Cookies, shortbread, commercially prepared, plain

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					
22:6 n-3 (DHA).....g	0.000	0.000	6	A	1		0.000	0.000	
Fatty acids, total trans.....g	0.714		0	NC	4		0.203	0.084	
Fatty acids, total trans-monoenoic.....g	0.628		0	NC	4		0.178	0.074	
Fatty acids, total trans-polyenoic.....g	0.087		0	NC	4		0.025	0.010	
Cholesterol.....mg	0		0	FLC	4		0	0	
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	FLC	4		0.0	0.0	
Caffeine.....mg	0		0	FLC	4		0	0	
Theobromine.....mg	0		0	FLC	4		0	0	

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

**Common Measures:**

Measure 1 = 28.35g: 1 oz

Measure 2 = 11.8g: 1 cookie

**Calories Factors: Protein 4.1**

**Fat 8.8**

**Carbohydrate 4.1**

**Food Group: 18 Baked Products**

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

NDB No. 18209

Cookies, sugar wafers with creme filling, regular

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
<b>Proximates:</b>									
Water.....g	1.66	0.088	6	A	1		0.60	0.17	0.47
Energy.....kcal	502		0	NC	4		181	51	142
Energy.....kJ	2102		0	NC	4		757	212	596
Protein (N x 5.7).....g	3.84	0.149	6	A	1		1.38	0.39	1.09
Total lipid (fat).....g	23.24	0.860	6	A	1		8.36	2.35	6.59
Ash.....g	0.61	0.039	6	A	1		0.22	0.06	0.17
Carbohydrate, by difference.....g	70.64		0	NC	4		25.43	7.14	20.03
Fiber, total dietary.....g	1.6	0.163	6	A	1		0.6	0.2	0.5
Sugars, total.....g	42.95	1.290	6	A	1		15.46	4.34	12.18
Sucrose.....g	40.63	1.144	6	A	1		14.63	4.10	11.52
Glucose (dextrose).....g	0.00	0.000	6	A	1		0.00	0.00	0.00
Fructose.....g	0.00	0.000	6	A	1		0.00	0.00	0.00
Lactose.....g	2.31	0.224	6	A	1		0.83	0.23	0.66
Maltose.....g	0.00	0.000	6	A	1		0.00	0.00	0.00
Galactose.....g	0.00	0.000	6	A	1		0.00	0.00	0.00
Starch.....g	25.93	1.603	6	A	1		9.34	2.62	7.35
<b>Minerals:</b>									
Calcium, Ca.....mg	27	1.877	6	A	1		10	3	8
Iron, Fe.....mg	3.73	1.059	6	A	1		1.34	0.38	1.06
Magnesium, Mg.....mg	16	0.746	6	A	1		6	2	4
Phosphorus, P.....mg	72	2.720	6	A	1		26	7	20
Potassium, K.....mg	117	5.449	6	A	1		42	12	33
Sodium, Na.....mg	103	6.471	6	A	1		37	10	29
Zinc, Zn.....mg	0.43	0.055	6	A	1		0.15	0.04	0.12
Copper, Cu.....mg	0.066	0.004	6	A	1		0.024	0.007	0.019
Manganese, Mn.....mg	0.421	0.017	6	A	1		0.151	0.042	0.119
Selenium, Se.....µg	3.7	0.385	4	A	1		1.3	0.4	1.0
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0	FLC	4		0.0	0.0	0.0
Thiamin.....mg	0.037	0.012	3	A	1		0.013	0.004	0.010
Riboflavin.....mg	0.120	0.031	3	A	1		0.043	0.012	0.034
Niacin.....mg	2.183	0.349	3	A	1		0.786	0.221	0.619
Pantothenic acid.....mg	0.395	0.024	4	A	1		0.142	0.040	0.112
Vitamin B-6.....mg	0.043	0.001	4	A	1		0.015	0.004	0.012
Folate, total.....µg	77	15.381	4		1		28	8	22
Folic acid.....µg	75	15.381	4	A	1		27	8	21
Folate, food.....µg	1	0.000	4	AS	1		1	0	0
Folate, DFE.....µg	129		0	NC	4		47	13	37
Choline, total.....mg	1.2		0	FLC	4		0.4	0.1	0.4
Betaine.....mg	0.0		0	FLC	4		0.0	0.0	0.0
Vitamin B-12.....µg	0.00		0	FLC	4		0.00	0.00	0.00
Vitamin B-12, added.....µg	0.00		0	FLC	4		0.00	0.00	0.00
Vitamin A, RAE.....µg	0		0	FLC	4		0	0	0
Retinol.....µg	0		0	FLC	4		0	0	0
Carotene, beta.....µg	0		0	FLC	4		0	0	0
Carotene, alpha.....µg	0		0	FLC	4		0	0	0
Cryptoxanthin, beta.....µg	0		0	FLC	4		0	0	0
Vitamin A, IU.....IU	1		0	FLC	4		0	0	0
Lycopene.....µg	0		0	FLC	4		0	0	0
Lutein + zeaxanthin.....µg	25		0	FLC	4		9	3	7
Vitamin E (alpha-tocopherol).....mg	2.50	0.205	4	A	1		0.90	0.25	0.71
Vitamin E, added.....mg	0.00		0	FLC	4		0.00	0.00	0.00
Tocopherol, beta.....mg	0.17	0.023	4	A	1		0.06	0.02	0.05
Tocopherol, gamma.....mg	1.57	0.743	4	A	1		0.56	0.16	0.44
Tocopherol, delta.....mg	0.55	0.297	4	A	1		0.20	0.06	0.16
Tocotrienol, alpha.....mg	0.06	0.004	4	A	1		0.02	0.01	0.02
Tocotrienol, beta.....mg	0.60	0.043	4	A	1		0.22	0.06	0.17

Cookies, sugar wafers with creme filling, regular

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	3.20	0.184	4	A	1		1.15	0.32	0.91
Tocotrienol, delta.....mg	0.95	0.079	4	A	1		0.34	0.10	0.27
Vitamin D (D2 + D3).....µg	0.0		0	FLC	4		0.0	0.0	0.0
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	0		0	FLC	4		0	0	0
Vitamin K (phylloquinone).....µg	2.1	0.043	4	A	1		0.7	0.2	0.6
Dihydrophyloquinone.....µg	0.5		2	A	1		0.2	0.1	0.1
Menaquinone-4.....µg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	11.899		0	NC	4		4.284	1.202	3.373
4:0.....g	0.006	0.001	6	A	1		0.002	0.001	0.002
6:0.....g	0.004	0.001	6	A	1		0.001	0.000	0.001
8:0.....g	0.052	0.016	6	A	1		0.019	0.005	0.015
10:0.....g	0.048	0.015	6	A	1		0.017	0.005	0.014
12:0.....g	0.532	0.211	6	A	1		0.192	0.054	0.151
13:0.....g									
14:0.....g	0.378	0.057	6	A	1		0.136	0.038	0.107
15:0.....g	0.012	0.001	6	A	1		0.004	0.001	0.003
16:0.....g	9.027	0.632	6	A	1		3.250	0.912	2.559
17:0.....g	0.024	0.001	6	A	1		0.009	0.002	0.007
18:0.....g	1.698	0.408	6	A	1		0.611	0.171	0.481
20:0.....g	0.081	0.003	6	A	1		0.029	0.008	0.023
22:0.....g	0.019	0.004	6	A	1		0.007	0.002	0.006
24:0.....g	0.017	0.001	6	A	1		0.006	0.002	0.005
Fatty acids, total monounsaturated.....g	7.697		0	NC	4		2.771	0.777	2.182
14:1.....g	0.001	0.001	6	A	1		0.000	0.000	0.000
15:1.....g	0.000	0.000	6	A	1		0.000	0.000	0.000
16:1 undifferentiated.....g	0.031	0.003	6	AS	1		0.011	0.003	0.009
16:1 c.....g	0.030	0.003	6	A	1		0.011	0.003	0.009
16:1 t.....g	0.000	0.000	6	A	1		0.000	0.000	0.000
17:1.....g	0.005	0.000	6	A	1		0.002	0.000	0.001
18:1 undifferentiated.....g	7.609	0.356	6	AS	1		2.739	0.769	2.157
18:1 c.....g	7.526	0.383	6	A	1		2.710	0.760	2.134
18:1 t.....g	0.082	0.040	6	A	1		0.030	0.008	0.023
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.048	0.002	6	A	1		0.017	0.005	0.014
22:1 undifferentiated.....g	0.001	0.001	6	AS	1		0.000	0.000	0.000
22:1 c.....g	0.001	0.001	6	A	1		0.000	0.000	0.000
22:1 t.....g	0.000	0.000	6	A	1		0.000	0.000	0.000
24:1 c.....g	0.003	0.000	6	A	1		0.001	0.000	0.001
Fatty acids, total polyunsaturated.....g	2.651		0	NC	4		0.954	0.268	0.752
18:2 undifferentiated.....g	2.553	0.196	6	AS	1		0.919	0.258	0.724
18:2 n-6 c,c.....g	2.396	0.196	6	A	1		0.862	0.242	0.679
18:2 CLAs.....g	0.009	0.001	6	A	1		0.003	0.001	0.003
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.148	0.013	6	A	1		0.053	0.015	0.042
18:3 undifferentiated.....g	0.092	0.031	6	AS	1		0.033	0.009	0.026
18:3 n-3 c,c,c (ALA).....g	0.092	0.031	6	A	1		0.033	0.009	0.026
18:3 n-6 c,c,c.....g	0.000	0.000	6	A	1		0.000	0.000	0.000
18:3i.....g									
18:4.....g	0.000	0.000	6	A	1		0.000	0.000	0.000
20:2 n-6 c,c.....g	0.001	0.000	6	A	1		0.000	0.000	0.000
20:3 undifferentiated.....g	0.000	0.000	6	AS	1		0.000	0.000	0.000
20:3 n-3.....g	0.000	0.000	6	A	1		0.000	0.000	0.000
20:3 n-6.....g	0.000	0.000	6	A	1		0.000	0.000	0.000
20:4 undifferentiated.....g	0.002	0.000	6	A	1		0.001	0.000	0.001
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.000	0.000	6	A	1		0.000	0.000	0.000
21:5.....g									
22:4.....g	0.003	0.000	6	A	1		0.001	0.000	0.001
22:5 n-3 (DPA).....g	0.000	0.000	6	A	1		0.000	0.000	0.000



NDB No. 18209

Cookies, sugar wafers with creme filling, regular

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
22:6 n-3 (DHA).....g	0.000	0.000	6	A	1		0.000	0.000	0.000
Fatty acids, total trans.....g									
Fatty acids, total trans-monoenoic.....g	0.083		0	NC	4		0.030	0.008	0.024
Fatty acids, total trans-polyenoic.....g	0.148		0	NC	4		0.053	0.015	0.042
Cholesterol.....mg	0		0	FLC	4		0	0	0
Phytosterols.....mg	102		0	FLC	4		37	10	29
<b>Amino Acids:</b>									
Tryptophan.....g	0.049		0	FLC	4		0.018	0.005	0.014
Threonine.....g	0.114		0	FLC	4		0.041	0.011	0.032
Isoleucine.....g	0.136		0	FLC	4		0.049	0.014	0.039
Leucine.....g	0.259		0	FLC	4		0.093	0.026	0.073
Lysine.....g	0.105		0	FLC	4		0.038	0.011	0.030
Methionine.....g	0.063		0	FLC	4		0.023	0.006	0.018
Cystine.....g	0.075		0	FLC	4		0.027	0.008	0.021
Phenylalanine.....g	0.192		0	FLC	4		0.069	0.019	0.054
Tyrosine.....g	0.121		0	FLC	4		0.044	0.012	0.034
Valine.....g	0.169		0	FLC	4		0.061	0.017	0.048
Arginine.....g	0.167		0	FLC	4		0.060	0.017	0.047
Histidine.....g	0.082		0	FLC	4		0.030	0.008	0.023
Alanine.....g	0.134		0	FLC	4		0.048	0.014	0.038
Aspartic acid.....g	0.204		0	FLC	4		0.073	0.021	0.058
Glutamic acid.....g	1.156		0	FLC	4		0.416	0.117	0.328
Glycine.....g	0.144		0	FLC	4		0.052	0.015	0.041
Proline.....g	0.392		0	FLC	4		0.141	0.040	0.111
Serine.....g	0.187		0	FLC	4		0.067	0.019	0.053
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	FLC	4		0.0	0.0	0.0
Caffeine.....mg	9		0	FLC	4		3	1	2
Theobromine.....mg	77		0	FLC	4		28	8	22

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

**Common Measures:**

- Measure 1 = 36g: 3 cookies
- Measure 2 = 10.1g: 1 cookie
- Measure 3 = 28.35g: 1 oz

Calories Factors: Protein 4

Fat 8.8

Carbohydrate4

Food Group: 18 Baked Products

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

NDB No. 18202

Cookies, sugar wafers with creme filling, special dietary

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
<b>Proximates:</b>									
Water.....g	4.40	0.287	3		1		1.25	0.18	
Energy.....kcal	502		0	NC	4		142	20	
Energy.....kJ	2100		0	NR	4		595	84	
Protein (N x 5.7).....g	3.10	0.004	3		1		0.88	0.12	
Total lipid (fat).....g	25.70	0.751	3		1		7.29	1.03	
Ash.....g	0.90	0.168	3		1		0.26	0.04	
Carbohydrate, by difference.....g	66.00		0	NC	4		18.71	2.64	
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	53	3.867	3		1		15	2	
Iron, Fe.....mg	1.44	0.030	3		1		0.41	0.06	
Magnesium, Mg.....mg	6	0.443	3		1		2	0	
Phosphorus, P.....mg	34	6.017	3		1		10	1	
Potassium, K.....mg	61	6.950	3		1		17	2	
Sodium, Na.....mg	81		0	MC	9		23	3	
Zinc, Zn.....mg	0.20	0.014	3		1		0.06	0.01	
Copper, Cu.....mg	0.038	0.003	3		1		0.011	0.002	
Manganese, Mn.....mg	0.254		0	FLA	4		0.072	0.010	
Selenium, Se.....µg	6.3		0	FLA	4		1.8	0.3	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0	0.000	3		1		0.0	0.0	
Thiamin.....mg	0.164	0.010	3		1		0.046	0.007	
Riboflavin.....mg	0.107	0.002	3		1		0.030	0.004	
Niacin.....mg	1.533	0.077	3		1		0.435	0.061	
Pantothenic acid.....mg	0.098	0.007	3		1		0.028	0.004	
Vitamin B-6.....mg	0.009	0.001	3		1		0.003	0.000	
Folate, total.....µg	42		0	FLA	4		12	2	
Folic acid.....µg	38		0	NC	4		11	2	
Folate, food.....µg	4	0.292	3		1		1	0	
Folate, DFE.....µg	69		0	NC	4		19	3	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00	0.000	3		1		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	0	0.023	3		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									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated.....g	3.829		0	FLA	4		1.086	0.153	
4:0.....g	0.000		0	FLA	4		0.000	0.000	
6:0.....g	0.000		0	FLA	4		0.000	0.000	
8:0.....g	0.000		0	FLA	4		0.000	0.000	
10:0.....g	0.000		0	FLA	4		0.000	0.000	
12:0.....g	0.000		0	FLA	4		0.000	0.000	
13:0.....g									
14:0.....g	0.026		0	FLA	4		0.007	0.001	
15:0.....g									
16:0.....g	2.530		0	FLA	4		0.717	0.101	
17:0.....g									
18:0.....g	1.270		0	FLA	4		0.360	0.051	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	10.932		0	FLA	4		3.099	0.437	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.103		0	FLA	4		0.029	0.004	
17:1.....g									
18:1 undifferentiated.....g	10.804		0	FLA	4		3.063	0.432	
20:1.....g	0.000		0	FLA	4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	9.684		0	FLA	4		2.745	0.387	
18:2 undifferentiated.....g	8.991		0	FLA	4		2.549	0.360	
18:3 undifferentiated.....g	0.668		0	FLA	4		0.189	0.027	
18:4.....g	0.000		0	FLA	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
20:5 n-3 (EPA).....g	0.000		0	FLA	4		0.000	0.000	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	FLA	4		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0	FLA	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0	0.000	3		1		0	0	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.044		0		1		0.012	0.002	
Threonine.....g	0.085		0		1		0.024	0.003	
Isoleucine.....g	0.116		0		1		0.033	0.005	
Leucine.....g	0.209		0		1		0.059	0.008	
Lysine.....g	0.107		0		1		0.030	0.004	
Methionine.....g	0.052		0		1		0.015	0.002	
Cystine.....g	0.067		0		1		0.019	0.003	
Phenylalanine.....g	0.145		0		1		0.041	0.006	
Tyrosine.....g	0.088		0		1		0.025	0.004	
Valine.....g	0.135		0		1		0.038	0.005	
Arginine.....g	0.117		0		1		0.033	0.005	
Histidine.....g	0.062		0		1		0.018	0.002	
Alanine.....g	0.093		0		1		0.026	0.004	
Aspartic acid.....g	0.128		0		1		0.036	0.005	
Glutamic acid.....g	1.014		0		1		0.287	0.041	
Glycine.....g	0.104		0		1		0.029	0.004	
Proline.....g	0.342		0		1		0.097	0.014	
Serine.....g	0.161		0		1		0.046	0.006	
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. 18202**

**Cookies, sugar wafers with creme filling, special dietary**

**Common Measures:**

Measure 1 = 28.35g: 1 oz

Measure 2 = 4.0g: 1 wafer

**Calories Factors: Protein 4**

**Fat 8.8**

**Carbohydrate4**

**Food Group: 18 Baked Products**

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

NDB No. 18204

Cookies, sugar, commercially prepared, regular (includes vanilla)

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
<b>Proximates:</b>									
Water.....g	6.29	0.565	9	A	1		1.78	1.07	
Energy.....kcal	464		0	NC	4		132	79	
Energy.....kJ	1941		0	NC	4		550	330	
Protein (N x 5.9).....g	5.35	0.242	9	A	1		1.52	0.91	
Total lipid (fat).....g	19.55	1.114	9	A	1		5.54	3.32	
Ash.....g	1.47	0.124	9	A	1		0.42	0.25	
Carbohydrate, by difference.....g	67.34		0	NC	4		19.09	11.45	
Fiber, total dietary.....g	1.3	0.097	6	A	1		0.4	0.2	
Sugars, total.....g	27.31	1.271	6	A	1		7.74	4.64	
Sucrose.....g	25.75	0.287	6	A	1		7.30	4.38	
Glucose (dextrose).....g	0.77	0.566	6	A	1		0.22	0.13	
Fructose.....g	0.61	0.434	6	A	1		0.17	0.10	
Lactose.....g	0.00	0.000	6	A	1		0.00	0.00	
Maltose.....g	0.18	0.000	6	A	1		0.05	0.03	
Galactose.....g	0.00	0.000	6	A	1		0.00	0.00	
Starch.....g	36.43	0.058	4	A	1		10.33	6.19	
<b>Minerals:</b>									
Calcium, Ca.....mg	35	9.117	9	A	1		10	6	
Iron, Fe.....mg	2.24	0.244	9	A	1		0.63	0.38	
Magnesium, Mg.....mg	13	0.444	9	A	1		4	2	
Phosphorus, P.....mg	99	14.078	9	A	1		28	17	
Potassium, K.....mg	87	5.079	9	A	1		25	15	
Sodium, Na.....mg	385	28.275	9	A	1		109	65	
Zinc, Zn.....mg	0.43	0.017	9	A	1		0.12	0.07	
Copper, Cu.....mg	0.079	0.008	9	A	1		0.022	0.013	
Manganese, Mn.....mg	0.307	0.009	9	A	1		0.087	0.052	
Selenium, Se.....µg	8.2	3.730	6	A	1		2.3	1.4	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.1		0		4		0.0	0.0	
Thiamin.....mg	0.232	0.066	6	A	1		0.066	0.040	
Riboflavin.....mg	0.236	0.011	6	A	1		0.067	0.040	
Niacin.....mg	2.942	0.127	6	A	1		0.834	0.500	
Pantothenic acid.....mg	0.280	0.004	4	A	1		0.079	0.048	
Vitamin B-6.....mg	0.068	0.007	6	A	1		0.019	0.012	
Folate, total.....µg	72	10.950	6	A	1		20	12	
Folic acid.....µg	34		0	NC	4		10	6	
Folate, food.....µg	38		0	NC	4		11	6	
Folate, DFE.....µg	95		0	NC	4		27	16	
Choline, total.....mg	10.8		0	BFNN	4		3.1	1.8	
Betaine.....mg									
Vitamin B-12.....µg	0.19		0	FLA	4		0.05	0.03	
Vitamin B-12, added.....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....µg	7		0	NC	4		2	1	
Retinol.....µg	7		1	A	1		2	1	
Carotene, beta.....µg	1		0	FLC	4		0	0	
Carotene, alpha.....µg	0		0	FLC	4		0	0	
Cryptoxanthin, beta.....µg	1		0	FLC	4		0	0	
Vitamin A, IU.....IU	27		0	NC	4		8	5	
Lycopene.....µg	0		0	FLC	4		0	0	
Lutein + zeaxanthin.....µg	38		0	FLC	4		11	6	
Vitamin E (alpha-tocopherol).....mg	3.07	0.362	6	A	1		0.87	0.52	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg	0.40	0.070	6	A	1		0.11	0.07	
Tocopherol, gamma.....mg	4.58	2.563	6	A	1		1.30	0.78	
Tocopherol, delta.....mg	1.71	1.023	6	A	1		0.49	0.29	
Tocotrienol, alpha.....mg	1.90	0.856	6	A	1		0.54	0.32	
Tocotrienol, beta.....mg	1.21	0.021	6	A	1		0.34	0.21	

Cookies, sugar, commercially prepared, regular (includes vanilla)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	2.62	1.263	6	A	1		0.74	0.45	
Tocotrienol, delta.....mg	0.45	0.265	6	A	1		0.13	0.08	
Vitamin D (D2 + D3).....µg	0.0		0	BFNN	4		0.0	0.0	
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	0		0	BFNN	4		0	0	
Vitamin K (phylloquinone).....µg	8.6		0	FLC	4		2.4	1.5	
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	7.666		0	NC	4		2.173	1.303	
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	0.009	0.002	6	A	1		0.002	0.001	
10:0.....g	0.015	0.006	6	A	1		0.004	0.003	
12:0.....g	0.059	0.015	6	A	1		0.017	0.010	
13:0.....g									
14:0.....g	0.146	0.044	6	A	1		0.041	0.025	
15:0.....g	0.008	0.001	6	A	1		0.002	0.001	
16:0.....g	5.903	1.592	6	A	1		1.673	1.003	
17:0.....g	0.020	0.001	6	A	1		0.006	0.003	
18:0.....g	1.398	0.397	6	A	1		0.396	0.238	
20:0.....g	0.065	0.004	6	A	1		0.018	0.011	
22:0.....g	0.027	0.009	6	A	1		0.008	0.005	
24:0.....g	0.017	0.001	6	A	1		0.005	0.003	
Fatty acids, total monounsaturated.....g	6.971		0	NC	4		1.976	1.185	
14:1.....g	0.001	0.001	6	A	1		0.000	0.000	
15:1.....g	0.000	0.000	6	A	1		0.000	0.000	
16:1 undifferentiated.....g	0.032	0.004	6	AS	1		0.009	0.005	
16:1 c.....g	0.032	0.004	6	A	1		0.009	0.005	
16:1 t.....g	0.000	0.000	6	A	1		0.000	0.000	
17:1.....g	0.006	0.000	6	A	1		0.002	0.001	
18:1 undifferentiated.....g	6.896	1.109	6	AS	1		1.955	1.172	
18:1 c.....g	6.508	1.051	6	A	1		1.845	1.106	
18:1 t.....g	0.388	0.320	6	A	1		0.110	0.066	
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.035	0.002	6	A	1		0.010	0.006	
22:1 undifferentiated.....g	0.001	0.001	6	AS	1		0.000	0.000	
22:1 c.....g	0.001	0.001	6	A	1		0.000	0.000	
22:1 t.....g	0.000	0.000	6	A	1		0.000	0.000	
24:1 c.....g	0.000	0.000	6	A	1		0.000	0.000	
Fatty acids, total polyunsaturated.....g	3.746		0	NC	4		1.062	0.637	
18:2 undifferentiated.....g	3.449	1.474	6	AS	1		0.978	0.586	
18:2 n-6 c,c.....g	3.336	1.507	6	A	1		0.946	0.567	
18:2 CLAs.....g	0.012	0.003	6	A	1		0.003	0.002	
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.101	0.056	6	A	1		0.029	0.017	
18:3 undifferentiated.....g	0.282	0.241	6	AS	1		0.080	0.048	
18:3 n-3 c,c,c (ALA).....g	0.267	0.235	6	A	1		0.076	0.045	
18:3 n-6 c,c,c.....g	0.014	0.007	6	A	1		0.004	0.002	
18:3i.....g	0.000	0.001	6	A	1		0.000	0.000	
18:4.....g	0.000	0.000	6	A	1		0.000	0.000	
20:2 n-6 c,c.....g	0.002	0.002	6	A	1		0.001	0.000	
20:3 undifferentiated.....g	0.002	0.001	6	AS	1		0.001	0.000	
20:3 n-3.....g	0.002	0.001	6	A	1		0.000	0.000	
20:3 n-6.....g	0.001	0.000	6	A	1		0.000	0.000	
20:4 undifferentiated.....g	0.010	0.002	6	A	1		0.003	0.002	
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.000	0.001	6	A	1		0.000	0.000	
21:5.....g									
22:4.....g	0.000	0.000	6	A	1		0.000	0.000	
22:5 n-3 (DPA).....g	0.000	0.000	6	A	1		0.000	0.000	

NDB No. 18204

Cookies, sugar, commercially prepared, regular (includes vanilla)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number			Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code	Source Code				
22:6 n-3 (DHA).....g	0.001	0.000	6	A	1		0.000	0.000	
Fatty acids, total trans.....g	0.490		0	NC	4		0.139	0.083	
Fatty acids, total trans-monoenoic.....g	0.388		0	NC	4		0.110	0.066	
Fatty acids, total trans-polyenoic.....g	0.101		0	NC	4		0.029	0.017	
Cholesterol.....mg	12		2	A	1		3	2	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.070		0		1		0.020	0.012	
Threonine.....g	0.179		0		1		0.051	0.030	
Isoleucine.....g	0.230		0		1		0.065	0.039	
Leucine.....g	0.390		0		1		0.111	0.066	
Lysine.....g	0.256		0		1		0.073	0.044	
Methionine.....g	0.110		0		1		0.031	0.019	
Cystine.....g	0.104		0		1		0.029	0.018	
Phenylalanine.....g	0.250		0		1		0.071	0.043	
Tyrosine.....g	0.175		0		1		0.050	0.030	
Valine.....g	0.263		0		1		0.075	0.045	
Arginine.....g	0.221		0		1		0.063	0.038	
Histidine.....g	0.112		0		1		0.032	0.019	
Alanine.....g	0.190		0		1		0.054	0.032	
Aspartic acid.....g	0.310		0		1		0.088	0.053	
Glutamic acid.....g	1.355		0		1		0.384	0.230	
Glycine.....g	0.164		0		1		0.046	0.028	
Proline.....g	0.469		0		1		0.133	0.080	
Serine.....g	0.298		0		1		0.084	0.051	
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	FLC	4		0	0	
Theobromine.....mg	0		0	FLC	4		0	0	

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

**Common Measures:**

Measure 1 = 28.35g: 1 oz

Measure 2 = 17g: 1 cookie

**Calories Factors: Protein 4.2**

**Fat 8.8**

**Carbohydrate4**

**Food Group: 18 Baked Products**

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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
<b>Lipids:</b>									
Fatty acids, total saturated.....g	4.690		0		1		1.330	0.657	
4:0.....g	0.004		0		1		0.001	0.001	
6:0.....g	0.002		0		1		0.001	0.000	
8:0.....g	0.001		0		1		0.000	0.000	
10:0.....g	0.003		0		1		0.001	0.000	
12:0.....g	0.003		0		1		0.001	0.000	
13:0.....g									
14:0.....g	0.068		0		1		0.019	0.010	
15:0.....g									
16:0.....g	2.911		0		1		0.825	0.408	
17:0.....g									
18:0.....g	1.694		0		1		0.480	0.237	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	10.189		0		1		2.889	1.426	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.021		0		1		0.006	0.003	
17:1.....g									
18:1 undifferentiated.....g	10.166		0		1		2.882	1.423	
20:1.....g	0.002		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	7.290		0		1		2.067	1.021	
18:2 undifferentiated.....g	6.962		0		1		1.974	0.975	
18:3 undifferentiated.....g	0.318		0		1		0.090	0.045	
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	0.009		0		1		0.003	0.001	
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	0.002		0		1		0.001	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	26		0		1		7	4	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.073		0		1		0.021	0.010	
Threonine.....g	0.184		0		1		0.052	0.026	
Isoleucine.....g	0.230		0		1		0.065	0.032	
Leucine.....g	0.430		0		1		0.122	0.060	
Lysine.....g	0.192		0		1		0.054	0.027	
Methionine.....g	0.118		0		1		0.033	0.017	
Cystine.....g	0.122		0		1		0.035	0.017	
Phenylalanine.....g	0.298		0		1		0.084	0.042	
Tyrosine.....g	0.193		0		1		0.055	0.027	
Valine.....g	0.264		0		1		0.075	0.037	
Arginine.....g	0.251		0		1		0.071	0.035	
Histidine.....g	0.134		0		1		0.038	0.019	
Alanine.....g	0.208		0		1		0.059	0.029	
Aspartic acid.....g	0.307		0		1		0.087	0.043	
Glutamic acid.....g	1.775		0		1		0.503	0.249	
Glycine.....g	0.204		0		1		0.058	0.029	
Proline.....g	0.618		0		1		0.175	0.087	
Serine.....g	0.315		0		1		0.089	0.044	
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	RA	4		0	0	

NDB No. 18208

Cookies, sugar, prepared from recipe, made with margarine

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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
Theobromine.....mg	0		0	RA	4		0	0	

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Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 = 14.0g: 1 cookie (3" dia)

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

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

**NDB No. 18205**  
**Cookies, sugar, refrigerated dough**

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
<b>Proximates:</b>									
Water.....g	14.08		2	MC	9		4.64	2.39	3.66
Energy.....kcal	436		2	MC	9		144	74	113
Energy.....kJ	1823		0	MC	9		602	310	474
Protein (N x 5.8).....g	4.00		2	MC	9		1.32	0.68	1.04
Total lipid (fat).....g	19.48		2	MC	9		6.43	3.31	5.06
Ash.....g	1.20		2	MC	9		0.39	0.20	0.31
Carbohydrate, by difference.....g	61.22		2	MC	9		20.20	10.41	15.92
Fiber, total dietary.....g	0.9		2	MC	9		0.3	0.1	0.2
Sugars, total.....g	36.51		2	MC	9		12.05	6.21	9.49
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	8		2	MC	9		3	1	2
Iron, Fe.....mg	1.85		2	MC	9		0.61	0.31	0.48
Magnesium, Mg.....mg	7	0.360	11		1		2	1	2
Phosphorus, P.....mg	169	5.121	11		1		56	29	44
Potassium, K.....mg	147	66.352	7		1		49	25	38
Sodium, Na.....mg	291		2	MC	9		96	49	76
Zinc, Zn.....mg	0.24	0.011	11		1		0.08	0.04	0.06
Copper, Cu.....mg	0.037	0.002	19		1		0.012	0.006	0.010
Manganese, Mn.....mg	0.308		0	FLA	4		0.102	0.052	0.080
Selenium, Se.....µg	3.1		0	FLA	4		1.0	0.5	0.8
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		2	MC	9		0.0	0.0	0.0
Thiamin.....mg	0.205	0.023	13		1		0.068	0.035	0.053
Riboflavin.....mg	0.122	0.011	15		1		0.040	0.021	0.032
Niacin.....mg	2.412	0.333	13		1		0.796	0.410	0.627
Pantothenic acid.....mg	0.246		0	FLA	4		0.081	0.042	0.064
Vitamin B-6.....mg	0.019		0	FLA	4		0.006	0.003	0.005
Folate, total.....µg	63		0	FLC	4		21	11	16
Folic acid.....µg									
Folate, food.....µg	8		0		4		3	1	2
Folate, DFE.....µg									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.02		0	FLA	4		0.01	0.00	0.01
Vitamin A, RAE.....µg	11		0	NC	4		4	2	3
Retinol.....µg	11		0	FLC	4		4	2	3
Carotene, beta.....µg	0		0	FLC	4		0	0	0
Carotene, alpha.....µg	0		0	FLC	4		0	0	0
Cryptoxanthin, beta.....µg	0		0	FLC	4		0	0	0
Vitamin A, IU.....IU	37		1		1		12	6	10
Lycopene.....µg	0		0	FLC	4		0	0	0
Lutein + zeaxanthin.....µg	8		0	FLC	4		3	1	2
Vitamin E (alpha-tocopherol).....mg	0.19		0	FLC	4		0.06	0.03	0.05
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	8.8		0	FLC	4		2.9	1.5	2.3
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated.....g	5.430		2	MC	9				
4:0.....g	0.000		0	FLA	4	1.792	0.923	1.412	
6:0.....g	0.000		0	FLA	4	0.000	0.000	0.000	
8:0.....g	0.000		0	FLA	4	0.000	0.000	0.000	
10:0.....g	0.000		0	FLA	4	0.000	0.000	0.000	
12:0.....g	0.000		0	FLA	4	0.000	0.000	0.000	
13:0.....g									
14:0.....g	0.096		0	FLA	4	0.032	0.016	0.025	
15:0.....g									
16:0.....g	2.553		0	FLA	4	0.843	0.434	0.664	
17:0.....g									
18:0.....g	2.306		0	FLA	4	0.761	0.392	0.599	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	11.077		0	FLA	4	3.656	1.883	2.880	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.007		0	FLA	4	0.002	0.001	0.002	
17:1.....g									
18:1 undifferentiated.....g	11.070		0	FLA	4	3.653	1.882	2.878	
20:1.....g	0.001		0	FLA	4	0.000	0.000	0.000	
22:1 undifferentiated.....g	0.000		0	FLA	4	0.000	0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.468		0	FLA	4	0.814	0.420	0.642	
18:2 undifferentiated.....g	2.341		0	FLA	4	0.772	0.398	0.609	
18:3 undifferentiated.....g	0.124		0	FLA	4	0.041	0.021	0.032	
18:4.....g	0.000		0	FLA	4	0.000	0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.003		0	FLA	4	0.001	0.000	0.001	
20:5 n-3 (EPA).....g	0.000		0	FLA	4	0.000	0.000	0.000	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	FLA	4	0.000	0.000	0.000	
22:6 n-3 (DHA).....g	0.001		0	FLA	4	0.000	0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	11		2	MC	9	4	2	3	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.059		0		1	0.019	0.010	0.015	
Threonine.....g	0.138		0		1	0.046	0.023	0.036	
Isoleucine.....g	0.178		0		1	0.059	0.030	0.046	
Leucine.....g	0.306		0		1	0.101	0.052	0.080	
Lysine.....g	0.185		0		1	0.061	0.031	0.048	
Methionine.....g	0.086		0		1	0.028	0.015	0.022	
Cystine.....g	0.094		0		1	0.031	0.016	0.024	
Phenylalanine.....g	0.207		0		1	0.068	0.035	0.054	
Tyrosine.....g	0.134		0		1	0.044	0.023	0.035	
Valine.....g	0.204		0		1	0.067	0.035	0.053	
Arginine.....g	0.184		0		1	0.061	0.031	0.048	
Histidine.....g	0.090		0		1	0.030	0.015	0.023	
Alanine.....g	0.154		0		1	0.051	0.026	0.040	
Aspartic acid.....g	0.236		0		1	0.078	0.040	0.061	
Glutamic acid.....g	1.207		0		1	0.398	0.205	0.314	
Glycine.....g	0.144		0		1	0.048	0.024	0.037	
Proline.....g	0.403		0		1	0.133	0.069	0.105	
Serine.....g	0.246		0		1	0.081	0.042	0.064	
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7	0.0	0.0	0.0	
Caffeine.....mg	0		0	FLC	4	0	0	0	
Theobromine.....mg	0		0	FLC	4	0	0	0	

NDB No. 18205

Cookies, sugar, refrigerated dough

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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

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

**Common Measures:**

Measure 1 = 33g: 1 serving

Measure 2 = 17g: 1 cookie dough for 1 rolled cookie

Measure 3 = 26g: 1 cookie 1 pre-sliced cookie dough

**Calories Factors: Protein 4.1**

**Fat 8.8**

**Carbohydrate4**

**Food Group: 18 Baked Products**

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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	measures of food				
					Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Lipids:</b>									
Fatty acids, total saturated.....g	5.906		0		1		1.674	0.886	1.358
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	0.112		0		1		0.032	0.017	0.026
15:0.....g									
16:0.....g	3.081		0		1		0.873	0.462	0.709
17:0.....g									
18:0.....g	2.709		0		1		0.768	0.406	0.623
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	13.010		0		1		3.688	1.952	2.992
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.028		0		1		0.008	0.004	0.006
17:1.....g									
18:1 undifferentiated.....g	12.979		0		1		3.680	1.947	2.985
20:1.....g	0.003		0		1		0.001	0.000	0.001
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.891		0		1		0.820	0.434	0.665
18:2 undifferentiated.....g	2.731		0		1		0.774	0.410	0.628
18:3 undifferentiated.....g	0.143		0		1		0.041	0.021	0.033
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	0.013		0		1		0.004	0.002	0.003
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	0.003		0		1		0.001	0.000	0.001
Fatty acids, total trans.....g									
Cholesterol.....mg	32		0		1		9	5	7
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.066		0		1		0.019	0.010	0.015
Threonine.....g	0.153		0		1		0.043	0.023	0.035
Isoleucine.....g	0.197		0		1		0.056	0.030	0.045
Leucine.....g	0.340		0		1		0.096	0.051	0.078
Lysine.....g	0.205		0		1		0.058	0.031	0.047
Methionine.....g	0.096		0		1		0.027	0.014	0.022
Cystine.....g	0.105		0		1		0.030	0.016	0.024
Phenylalanine.....g	0.230		0		1		0.065	0.035	0.053
Tyrosine.....g	0.149		0		1		0.042	0.022	0.034
Valine.....g	0.227		0		1		0.064	0.034	0.052
Arginine.....g	0.205		0		1		0.058	0.031	0.047
Histidine.....g	0.100		0		1		0.028	0.015	0.023
Alanine.....g	0.171		0		1		0.048	0.026	0.039
Aspartic acid.....g	0.262		0		1		0.074	0.039	0.060
Glutamic acid.....g	1.341		0		1		0.380	0.201	0.308
Glycine.....g	0.160		0		1		0.045	0.024	0.037
Proline.....g	0.447		0		1		0.127	0.067	0.103
Serine.....g	0.273		0		1		0.077	0.041	0.063
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	RPI	6		0	0	0

NDB No. 18206

Cookies, sugar, refrigerated dough, baked

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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
Theobromine.....mg	0		0	RPI	6		0	0	0

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Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 = 15.0g: 1 cookie 1 rolled cookie dough

Measure 3 = 23g: 1 cookie 1 pre-sliced cookie dough

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked 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			
	Mean	Std. Error	Number	Source	measures of food			
			of Data Points		Confidence Code	Measure 1	Measure 2	Measure 3
<b>Lipids:</b>								
Fatty acids, total saturated.....g	2.979		0	FLA	4	0.845	0.447	0.298
4:0.....g	0.000		0	FLA	4	0.000	0.000	0.000
6:0.....g	0.000		0	FLA	4	0.000	0.000	0.000
8:0.....g	0.000		0	FLA	4	0.000	0.000	0.000
10:0.....g	0.000		0	FLA	4	0.000	0.000	0.000
12:0.....g	0.000		0	FLA	4	0.000	0.000	0.000
13:0.....g								
14:0.....g	0.020		0	FLA	4	0.006	0.003	0.002
15:0.....g								
16:0.....g	1.976		0	FLA	4	0.560	0.296	0.198
17:0.....g								
18:0.....g	0.979		0	FLA	4	0.278	0.147	0.098
20:0.....g								
22:0.....g								
24:0.....g								
Fatty acids, total monounsaturated.....g	8.437		0	FLA	4	2.392	1.266	0.844
14:1.....g								
15:1.....g								
16:1 undifferentiated.....g	0.080		0	FLA	4	0.023	0.012	0.008
17:1.....g								
18:1 undifferentiated.....g	8.338		0	FLA	4	2.364	1.251	0.834
20:1.....g	0.000		0	FLA	4	0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0	FLA	4	0.000	0.000	0.000
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	7.551		0	FLA	4	2.141	1.133	0.755
18:2 undifferentiated.....g	7.011		0	FLA	4	1.988	1.052	0.701
18:3 undifferentiated.....g	0.520		0	FLA	4	0.147	0.078	0.052
18:4.....g	0.000		0	FLA	4	0.000	0.000	0.000
20:2 n-6 c,c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g	0.000		0	FLA	4	0.000	0.000	0.000
20:5 n-3 (EPA).....g	0.000		0	FLA	4	0.000	0.000	0.000
21:5.....g								
22:4.....g								
22:5 n-3 (DPA).....g	0.000		0	FLA	4	0.000	0.000	0.000
22:6 n-3 (DHA).....g	0.000		0	FLA	4	0.000	0.000	0.000
Fatty acids, total trans.....g								
Cholesterol.....mg	0		0		4	0	0	0
Phytosterols.....mg								
<b>Amino Acids:</b>								
Tryptophan.....g	0.064		0		4	0.018	0.010	0.006
Threonine.....g	0.124		0		4	0.035	0.019	0.012
Isoleucine.....g	0.170		0		4	0.048	0.026	0.017
Leucine.....g	0.306		0		4	0.087	0.046	0.031
Lysine.....g	0.156		0		4	0.044	0.023	0.016
Methionine.....g	0.075		0		4	0.021	0.011	0.008
Cystine.....g	0.097		0		4	0.027	0.015	0.010
Phenylalanine.....g	0.212		0		4	0.060	0.032	0.021
Tyrosine.....g	0.128		0		4	0.036	0.019	0.013
Valine.....g	0.196		0		4	0.056	0.029	0.020
Arginine.....g	0.171		0		4	0.048	0.026	0.017
Histidine.....g	0.091		0		4	0.026	0.014	0.009
Alanine.....g	0.135		0		4	0.038	0.020	0.014
Aspartic acid.....g	0.187		0		4	0.053	0.028	0.019
Glutamic acid.....g	1.479		0		4	0.419	0.222	0.148
Glycine.....g	0.152		0		4	0.043	0.023	0.015
Proline.....g	0.499		0		4	0.141	0.075	0.050
Serine.....g	0.236		0		4	0.067	0.035	0.024
Hydroxyproline.....g								
<b>Others:</b>								
Alcohol, ethyl.....g	0.0		0		7	0.0	0.0	0.0
Caffeine.....mg	0		0	FLC	4	0	0	0

NDB No. 18210

Cookies, vanilla sandwich with creme filling

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 Code
Theobromine.....mg	0		0	FLC	4	0	0	0

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

**Common Measures:**

Measure 1 = 28.35g: 1 oz

Measure 2 = 15.0g: 1 cookie, oval (3-1/8" x 1-1/4" x 3/8")

Measure 3 = 10.0g: 1 cookie, round (1-3/4" dia)

**Calories Factors: Protein 4**

**Fat 8.8**

**Carbohydrate4**

**Food Group:** 18 Baked Products

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

**NDB No. 18213**  
**Cookies, vanilla wafers, higher 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
<b>Proximates:</b>									
Water.....g	4.20	0.297	14		1		1.19	0.25	
Energy.....kcal	473		0	NC	4		134	28	
Energy.....kJ	1979				4		561	119	
Protein (N x 5.7).....g	4.30	0.045	14		1		1.22	0.26	
Total lipid (fat).....g	19.40	0.340	14		1		5.50	1.16	
Ash.....g	1.00	0.028	14		1		0.28	0.06	
Carbohydrate, by difference.....g	71.10		0		4		20.16	4.27	
Fiber, total dietary.....g	2.0		0		1		0.6	0.1	
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	25	0.983	14		1		7	2	
Iron, Fe.....mg	2.21	0.133	14		1		0.63	0.13	
Magnesium, Mg.....mg	12	0.413	13		1		3	1	
Phosphorus, P.....mg	64	1.527	14		1		18	4	
Potassium, K.....mg	107	4.156	14		1		30	6	
Sodium, Na.....mg	306	6.537	14		1		87	18	
Zinc, Zn.....mg	0.33	0.013	10		1		0.09	0.02	
Copper, Cu.....mg	0.124	0.024	9		1		0.035	0.007	
Manganese, Mn.....mg	0.384	0.153	8		1		0.109	0.023	
Selenium, Se.....µg	11.3	1.259	3	A	1		3.2	0.7	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0	FLA	4		0.0	0.0	
Thiamin.....mg	0.361	0.023	14		1		0.102	0.022	
Riboflavin.....mg	0.209	0.016	14		1		0.059	0.013	
Niacin.....mg	2.976	0.153	14		1		0.844	0.179	
Pantothenic acid.....mg	0.284		0	FLA	4		0.081	0.017	
Vitamin B-6.....mg	0.024		0	FLA	4		0.007	0.001	
Folate, total.....µg	43		0	FLA	4		12	3	
Folic acid.....µg	35		0	NC	4		10	2	
Folate, food.....µg	8		0		4		2	0	
Folate, DFE.....µg	68		0	NC	4		19	4	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.04		0	FLA	4		0.01	0.00	
Vitamin A, RAE.....µg	0		0	NC	4		0	0	
Retinol.....µg	0		0	Z	7		0	0	
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	1		0	FLA	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									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion 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	4.936		0	FLA	4		1.399	0.296	
4:0.....g	0.001		0	FLA	4		0.000	0.000	
6:0.....g	0.000		0	FLA	4		0.000	0.000	
8:0.....g	0.000		0	FLA	4		0.000	0.000	
10:0.....g	0.000		0	FLA	4		0.000	0.000	
12:0.....g	0.000		0	FLA	4		0.000	0.000	
13:0.....g									
14:0.....g	0.097		0	FLA	4		0.027	0.006	
15:0.....g									
16:0.....g	2.526		0	FLA	4		0.716	0.152	
17:0.....g									
18:0.....g	2.307		0	FLA	4		0.654	0.138	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	11.076		0	FLA	4		3.140	0.665	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.002		0	FLA	4		0.001	0.000	
17:1.....g									
18:1 undifferentiated.....g	11.074		0	FLA	4		3.139	0.664	
20:1.....g	0.000		0	FLA	4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.437		0	FLA	4		0.691	0.146	
18:2 undifferentiated.....g	2.314		0	FLA	4		0.656	0.139	
18:3 undifferentiated.....g	0.123		0	FLA	4		0.035	0.007	
18:4.....g	0.000		0	FLA	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
20:5 n-3 (EPA).....g	0.000		0	FLA	4		0.000	0.000	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	FLA	4		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0	FLA	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		4		0	0	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.062		0		4		0.018	0.004	
Threonine.....g	0.131		0		4		0.037	0.008	
Isoleucine.....g	0.169		0		4		0.048	0.010	
Leucine.....g	0.303		0		4		0.086	0.018	
Lysine.....g	0.165		0		4		0.047	0.010	
Methionine.....g	0.073		0		4		0.021	0.004	
Cystine.....g	0.093		0		4		0.026	0.006	
Phenylalanine.....g	0.200		0		4		0.057	0.012	
Tyrosine.....g	0.123		0		4		0.035	0.007	
Valine.....g	0.193		0		4		0.055	0.012	
Arginine.....g	0.163		0		4		0.046	0.010	
Histidine.....g	0.087		0		4		0.025	0.005	
Alanine.....g	0.136		0		4		0.039	0.008	
Aspartic acid.....g	0.199		0		4		0.056	0.012	
Glutamic acid.....g	1.375		0		4		0.390	0.083	
Glycine.....g	0.141		0		4		0.040	0.008	
Proline.....g	0.465		0		4		0.132	0.028	
Serine.....g	0.226		0		4		0.064	0.014	
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. 18213**

**Cookies, vanilla wafers, higher fat**

**Common Measures:**

Measure 1 = 28.35g: 1 oz

Measure 2 = 6.0g: 1 wafer

**Calories Factors: Protein 4.1**

**Fat 8.8**

**Carbohydrate4**

**Food Group: 18 Baked Products**

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**NDB No. 18212**  
**Cookies, vanilla wafers, lower fat**

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common			
	Mean	Std. Error	Number	Source	measures of food			
			of Data Points		Confidence Code	Measure 1	Measure 2	Measure 3
<b>Lipids:</b>								
Fatty acids, total saturated.....g	3.838		0	FLA	4	1.088	3.070	0.230
4:0.....g	0.000		0	FLA	4	0.000	0.000	0.000
6:0.....g	0.000		0	FLA	4	0.000	0.000	0.000
8:0.....g	0.000		0	FLA	4	0.000	0.000	0.000
10:0.....g	0.000		0	FLA	4	0.000	0.000	0.000
12:0.....g	0.000		0	FLA	4	0.000	0.000	0.000
13:0.....g								
14:0.....g	0.060		0	FLA	4	0.017	0.048	0.004
15:0.....g								
16:0.....g	2.244		0	FLA	4	0.636	1.795	0.135
17:0.....g								
18:0.....g	1.543		0	FLA	4	0.437	1.234	0.093
20:0.....g								
22:0.....g								
24:0.....g								
Fatty acids, total monounsaturated.....g	6.544		0	FLA	4	1.855	5.235	0.393
14:1.....g								
15:1.....g								
16:1 undifferentiated.....g	0.031		0	FLA	4	0.009	0.025	0.002
17:1.....g								
18:1 undifferentiated.....g	6.508		0	FLA	4	1.845	5.206	0.390
20:1.....g	0.003		0	FLA	4	0.001	0.002	0.000
22:1 undifferentiated.....g	0.000		0	FLA	4	0.000	0.000	0.000
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	3.887		0	FLA	4	1.102	3.110	0.233
18:2 undifferentiated.....g	3.625		0	FLA	4	1.028	2.900	0.218
18:3 undifferentiated.....g	0.231		0	FLA	4	0.065	0.185	0.014
18:4.....g	0.002		0	FLA	4	0.001	0.002	0.000
20:2 n-6 c,c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g	0.017		0	FLA	4	0.005	0.014	0.001
20:5 n-3 (EPA).....g	0.008		0	FLA	4	0.002	0.006	0.000
21:5.....g								
22:4.....g								
22:5 n-3 (DPA).....g	0.000		0	FLA	4	0.000	0.000	0.000
22:6 n-3 (DHA).....g	0.005		0	FLA	4	0.001	0.004	0.000
Fatty acids, total trans.....g								
Cholesterol.....mg	51		0	FLA	4	14	41	3
Phytosterols.....mg								
<b>Amino Acids:</b>								
Tryptophan.....g	0.068		0		1	0.019	0.054	0.004
Threonine.....g	0.169		0		1	0.048	0.135	0.010
Isoleucine.....g	0.213		0		1	0.060	0.170	0.013
Leucine.....g	0.365		0		1	0.103	0.292	0.022
Lysine.....g	0.230		0		1	0.065	0.184	0.014
Methionine.....g	0.105		0		1	0.030	0.084	0.006
Cystine.....g	0.110		0		1	0.031	0.088	0.007
Phenylalanine.....g	0.243		0		1	0.069	0.194	0.015
Tyrosine.....g	0.160		0		1	0.045	0.128	0.010
Valine.....g	0.244		0		1	0.069	0.195	0.015
Arginine.....g	0.221		0		1	0.063	0.177	0.013
Histidine.....g	0.106		0		1	0.030	0.085	0.006
Alanine.....g	0.188		0		1	0.053	0.150	0.011
Aspartic acid.....g	0.297		0		1	0.084	0.238	0.018
Glutamic acid.....g	1.335		0		1	0.378	1.068	0.080
Glycine.....g	0.167		0		1	0.047	0.134	0.010
Proline.....g	0.444		0		1	0.126	0.355	0.027
Serine.....g	0.293		0		1	0.083	0.234	0.018
Hydroxyproline.....g								
<b>Others:</b>								
Alcohol, ethyl.....g	0.0		0		7	0.0	0.0	0.0
Caffeine.....mg	0		0	FLA	4	0	0	0



**NDB No. 18212**  
**Cookies, vanilla wafers, lower 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		Measure 1	Measure 2	Measure 3	
			of Data Points	Deriv Code				Source Code
Theobromine.....mg	0		0	FLA	4	0	0	0

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

**Common Measures:**

- Measure 1 = 28.35g: 1 oz
- Measure 2 = 80g: 1 cup, crumbs
- Measure 3 = 6.0g: 1 large

**Calories Factors: Protein 4.1                      Fat 8.8                      Carbohydrate 3.9**

**Food Group:** 18 Baked Products  
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Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common			
	Mean	Std. Error	Number		measures of food			
			of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2
<b>Lipids:</b>								
Fatty acids, total saturated.....g	0.271		0		1		0.077	0.312
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	0.259		0		1		0.073	0.298
17:0.....g								
18:0.....g	0.012		0		1		0.003	0.014
20:0.....g								
22:0.....g								
24:0.....g								
Fatty acids, total monounsaturated.....g	0.152		0		1		0.043	0.175
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	0.152		0		1		0.043	0.175
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	0.722		0		1		0.205	0.830
18:2 undifferentiated.....g	0.683		0		1		0.194	0.785
18:3 undifferentiated.....g	0.039		0		1		0.011	0.045
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		1		0	0
Phytosterols.....mg								
<b>Amino Acids:</b>								
Tryptophan.....g	0.107		0		1		0.030	0.123
Threonine.....g	0.247		0		1		0.070	0.284
Isoleucine.....g	0.342		0		1		0.097	0.393
Leucine.....g	0.639		0		1		0.181	0.735
Lysine.....g	0.179		0		1		0.051	0.206
Methionine.....g	0.162		0		1		0.046	0.186
Cystine.....g	0.208		0		1		0.059	0.239
Phenylalanine.....g	0.456		0		1		0.129	0.524
Tyrosine.....g	0.253		0		1		0.072	0.291
Valine.....g	0.388		0		1		0.110	0.446
Arginine.....g	0.321		0		1		0.091	0.369
Histidine.....g	0.196		0		1		0.056	0.225
Alanine.....g	0.282		0		1		0.080	0.324
Aspartic acid.....g	0.373		0		1		0.106	0.429
Glutamic acid.....g	3.241		0		1		0.919	3.727
Glycine.....g	0.316		0		1		0.090	0.363
Proline.....g	1.087		0		1		0.308	1.250
Serine.....g	0.448		0		1		0.127	0.515
Hydroxyproline.....g								
<b>Others:</b>								
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0
Caffeine.....mg	0		0	FLC	4		0	0

NDB No. 18236

Cracker meal

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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 Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Code					
Theobromine.....mg	0		0	FLC	4	0		0	

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Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 = 115g: 1 cup

**Calories Factors: Protein 4**

**Fat 8.4**

**Carbohydrate 4.1**

**Food Group:** 18 Baked Products

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**NDB No. 18434**  
**Crackers, cheese, low sodium**

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Lipids:</b>									
Fatty acids, total saturated.....g	9.638		0	BFZN	4		1.369	5.976	6.939
4:0.....g	0.268		0	BFZN	4		0.038	0.166	0.193
6:0.....g	0.135		0	BFZN	4		0.019	0.084	0.097
8:0.....g	0.071		0	BFZN	4		0.010	0.044	0.051
10:0.....g	0.154		0	BFZN	4		0.022	0.095	0.111
12:0.....g	0.139		0	BFZN	4		0.020	0.086	0.100
13:0.....g									
14:0.....g	0.935		0	BFZN	4		0.133	0.580	0.673
15:0.....g									
16:0.....g	4.700		0	BFZN	4		0.667	2.914	3.384
17:0.....g									
18:0.....g	2.989		0	BFZN	4		0.424	1.853	2.152
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	11.852		0	BFZN	4		1.683	7.348	8.533
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.262		0	BFZN	4		0.037	0.162	0.189
17:1.....g									
18:1 undifferentiated.....g	11.467		0	BFZN	4		1.628	7.110	8.256
20:1.....g	0.000		0		4		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.457		0	BFZN	4		0.349	1.523	1.769
18:2 undifferentiated.....g	2.250		0	BFZN	4		0.320	1.395	1.620
18:3 undifferentiated.....g	0.207		0	BFZN	4		0.029	0.128	0.149
18:4.....g	0.000		0		4		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
20:5 n-3 (EPA).....g	0.000		0		4		0.000	0.000	0.000
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0		4		0.000	0.000	0.000
22:6 n-3 (DHA).....g	0.000		0		4		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	13		1		1		2	8	9
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.129		0		1		0.018	0.080	0.093
Threonine.....g	0.295		0		1		0.042	0.183	0.212
Isoleucine.....g	0.424		0		1		0.060	0.263	0.305
Leucine.....g	0.744		0		1		0.106	0.461	0.536
Lysine.....g	0.418		0		1		0.059	0.259	0.301
Methionine.....g	0.194		0		1		0.028	0.120	0.140
Cystine.....g	0.168		0		1		0.024	0.104	0.121
Phenylalanine.....g	0.490		0		1		0.070	0.304	0.353
Tyrosine.....g	0.340		0		1		0.048	0.211	0.245
Valine.....g	0.478		0		1		0.068	0.296	0.344
Arginine.....g	0.386		0		1		0.055	0.239	0.278
Histidine.....g	0.245		0		1		0.035	0.152	0.176
Alanine.....g	0.304		0		1		0.043	0.188	0.219
Aspartic acid.....g	0.480		0		1		0.068	0.298	0.346
Glutamic acid.....g	3.034		0		1		0.431	1.881	2.184
Glycine.....g	0.302		0		1		0.043	0.187	0.217
Proline.....g	1.110		0		1		0.158	0.688	0.799
Serine.....g	0.521		0		1		0.074	0.323	0.375
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	FLA	4		0	0	0

**NDB No. 18434**  
**Crackers, cheese, low sodium**

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 Code
Theobromine.....mg	0		0	FLA	4	0	0	0

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

**Common Measures:**

- Measure 1 = 14.2g: .5 oz
- Measure 2 = 62g: 1 cup Cheez-its
- Measure 3 = 72g: 1 cup, crushed

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

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





**NDB No. 18965**  
**Crackers, cheese, reduced fat**

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common		
	Mean	Std. Error	Number		measures of food		
			of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1
<b><u>Lipids:</u></b>							
Fatty acids, total saturated.....g	3.333		1	LC	8		1.000
4:0.....g	0.033		0	FLC	4		0.010
6:0.....g	0.016		0	FLC	4		0.005
8:0.....g	0.009		0	FLC	4		0.003
10:0.....g	0.019		0	FLC	4		0.006
12:0.....g	0.017		0	FLC	4		0.005
13:0.....g	0.000		0	FLC	4		0.000
14:0.....g	0.146		0	FLC	4		0.044
15:0.....g	0.000		0	FLC	4		0.000
16:0.....g	2.408		0	FLC	4		0.723
17:0.....g	0.000		0	FLC	4		0.000
18:0.....g	0.656		0	FLC	4		0.197
20:0.....g	0.000		0	FLC	4		0.000
22:0.....g	0.000		0	FLC	4		0.000
24:0.....g	0.000		0	FLC	4		0.000
Fatty acids, total monounsaturated.....g	2.121		0	FLC	4		0.636
14:1.....g	0.000		0	FLC	4		0.000
15:1.....g	0.000		0	FLC	4		0.000
16:1 undifferentiated.....g	0.033		0	FLC	4		0.010
17:1.....g	0.000		0	FLC	4		0.000
18:1 undifferentiated.....g	2.081		0	FLC	4		0.624
20:1.....g	0.000		0	FLC	4		0.000
22:1 undifferentiated.....g	0.000		0	FLC	4		0.000
24:1 c.....g	0.000		0	FLC	4		0.000
Fatty acids, total polyunsaturated.....g	5.273		0	FLC	4		1.582
18:2 undifferentiated.....g	4.960		0	FLC	4		1.488
18:3 undifferentiated.....g	0.313		0	FLC	4		0.094
18:4.....g	0.000		0	FLC	4		0.000
20:2 n-6 c,c.....g	0.000		0	FLC	4		0.000
20:3 undifferentiated.....g	0.000		0	FLC	4		0.000
20:4 undifferentiated.....g	0.000		0	FLC	4		0.000
20:5 n-3 (EPA).....g	0.000		0	FLC	4		0.000
21:5.....g							
22:4.....g							
22:5 n-3 (DPA).....g	0.000		0	FLC	4		0.000
22:6 n-3 (DHA).....g	0.000		0	FLC	4		0.000
Fatty acids, total trans.....g	0.000		1	LC	8		0.000
Cholesterol.....mg	0		1	LC	8		0
Phytosterols.....mg							
<b><u>Amino Acids:</u></b>							
Tryptophan.....g	0.106		0	FLC	4		0.032
Threonine.....g	0.243		0	FLC	4		0.073
Isoleucine.....g	0.320		0	FLC	4		0.096
Leucine.....g	0.610		0	FLC	4		0.183
Lysine.....g	0.245		0	FLC	4		0.073
Methionine.....g	0.158		0	FLC	4		0.047
Cystine.....g	0.168		0	FLC	4		0.050
Phenylalanine.....g	0.432		0	FLC	4		0.130
Tyrosine.....g	0.274		0	FLC	4		0.082
Valine.....g	0.367		0	FLC	4		0.110
Arginine.....g	0.346		0	FLC	4		0.104
Histidine.....g	0.201		0	FLC	4		0.060
Alanine.....g	0.278		0	FLC	4		0.083
Aspartic acid.....g	0.388		0	FLC	4		0.116
Glutamic acid.....g	2.781		0	FLC	4		0.834
Glycine.....g	0.296		0	FLC	4		0.089
Proline.....g	0.978		0	FLC	4		0.293
Serine.....g	0.434		0	FLC	4		0.130
Hydroxyproline.....g							
<b><u>Others:</u></b>							
Alcohol, ethyl.....g	0.0		0	FLC	4		0.0

**NDB No. 18965**  
**Crackers, cheese, reduced 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	Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code					
Caffeine.....mg	0		0	FLC	4		0		
Theobromine.....mg	0		0	FLC	4		0		

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

**Common Measures:**

Measure 1 = 30g: 1 serving

**Calories Factors: Protein 4**

**Fat 9**

**Carbohydrate4**

**Food Group: 18 Baked Products**

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

NDB No. 18214  
Crackers, cheese, regular

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
<b>Proximates:</b>									
Water.....g	3.55	0.201	12	A	1		0.50	2.20	2.56
Energy.....kcal	489		0	NC	4		69	303	352
Energy.....kJ	2044		0	NC	4		290	1267	1472
Protein (N x 5.9).....g	10.93	0.111	12	A	1		1.55	6.78	7.87
Total lipid (fat).....g	22.74	0.574	12	A	1		3.23	14.10	16.37
Ash.....g	3.36	0.072	12	A	1		0.48	2.08	2.42
Carbohydrate, by difference.....g	59.42		0	NC	4		8.44	36.84	42.78
Fiber, total dietary.....g	2.3	0.089	12	A	1		0.3	1.4	1.7
Sugars, total.....g	4.53	0.212	5	A	1		0.64	2.81	3.26
Sucrose.....g	0.00	0.000	6	A	1		0.00	0.00	0.00
Glucose (dextrose).....g	0.30	0.012	6	A	1		0.04	0.18	0.21
Fructose.....g	0.37	0.020	6	A	1		0.05	0.23	0.26
Lactose.....g	0.00	0.000	6	A	1		0.00	0.00	0.00
Maltose.....g	3.84	0.190	5	A	1		0.55	2.38	2.76
Galactose.....g	0.00	0.000	6	A	1		0.00	0.00	0.00
Starch.....g	52.56	0.497	12	A	1		7.46	32.59	37.84
<b>Minerals:</b>									
Calcium, Ca.....mg	136	2.243	12	A	1		19	84	98
Iron, Fe.....mg	4.88	0.153	12	A	1		0.69	3.03	3.52
Magnesium, Mg.....mg	25	0.395	12	A	1		4	15	18
Phosphorus, P.....mg	200	1.848	12	A	1		28	124	144
Potassium, K.....mg	156	2.203	12	A	1		22	97	112
Sodium, Na.....mg	973	28.651	12	A	1		138	603	700
Zinc, Zn.....mg	1.19	0.022	12	A	1		0.17	0.74	0.86
Copper, Cu.....mg	0.125	0.003	12	A	1		0.018	0.077	0.090
Manganese, Mn.....mg	0.562	0.010	12	A	1		0.080	0.348	0.404
Selenium, Se.....µg	13.5	0.258	6	A	1		1.9	8.4	9.7
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0		1		0.0	0.0	0.0
Thiamin.....mg	0.562	0.017	6	A	1		0.080	0.348	0.404
Riboflavin.....mg	0.338	0.011	6	A	1		0.048	0.210	0.244
Niacin.....mg	6.113	0.221	6	A	1		0.868	3.790	4.402
Pantothenic acid.....mg	0.472	0.004	6	A	1		0.067	0.292	0.340
Vitamin B-6.....mg	0.170	0.001	6	A	1		0.024	0.106	0.123
Folate, total.....µg	152		1	AI	13		22	94	109
Folic acid.....µg	127		0	NR	4		18	79	91
Folate, food.....µg	25		1		1		4	16	18
Folate, DFE.....µg	241		0	NC	4		34	149	173
Choline, total.....mg	8.7		0	FLA	4		1.2	5.4	6.2
Betaine.....mg	39.7		0	FLA	4		5.6	24.6	28.6
Vitamin B-12.....µg	0.34		2	A	1		0.05	0.21	0.24
Vitamin B-12, added.....µg	0.00		0	FLA	4		0.00	0.00	0.00
Vitamin A, RAE.....µg	17		0	FLA	4		2	11	12
Retinol.....µg	11		0	FLA	4		2	7	8
Carotene, beta.....µg	63		0	FLA	4		9	39	45
Carotene, alpha.....µg	0		0	FLA	4		0	0	0
Cryptoxanthin, beta.....µg	17		0	FLA	4		2	11	12
Vitamin A, IU.....IU	156		0	NC	4		22	96	112
Lycopene.....µg	0		0	FLA	4		0	0	0
Lutein + zeaxanthin.....µg	34		0	FLA	4		5	21	24
Vitamin E (alpha-tocopherol).....mg	2.19		2	A	1		0.31	1.36	1.58
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta.....mg	0.40		2	A	1		0.06	0.25	0.29
Tocopherol, gamma.....mg	10.46		2	A	1		1.48	6.48	7.53
Tocopherol, delta.....mg	3.44		2	A	1		0.49	2.13	2.47
Tocotrienol, alpha.....mg	0.39		2	A	1		0.06	0.24	0.28
Tocotrienol, beta.....mg	1.07		2	A	1		0.15	0.66	0.77

**NDB No. 18214**  
**Crackers, cheese, regular**

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	0.42		2	A	1		0.06	0.26	0.30
Tocotrienol, delta.....mg	0.13		2	A	1		0.02	0.08	0.09
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	1		0	FLA	4		0	0	0
Vitamin K (phylloquinone).....µg	9.4		2	A	1		1.3	5.8	6.7
Dihydrophyloquinone.....µg	0.0		2	A	1		0.0	0.0	0.0
Menaquinone-4.....µg	0.0		2	A	1		0.0	0.0	0.0
<b>Lipids:</b>									
Fatty acids, total saturated.....g	5.288		0	NC	4		0.751	3.278	3.807
4:0.....g	0.020	0.002	12	A	1		0.003	0.012	0.014
6:0.....g	0.013	0.002	12	A	1		0.002	0.008	0.009
8:0.....g	0.010	0.001	12	A	1		0.001	0.007	0.008
10:0.....g	0.023	0.002	12	A	1		0.003	0.014	0.017
12:0.....g	0.031	0.003	12	A	1		0.004	0.019	0.022
13:0.....g									
14:0.....g	0.126	0.009	12	A	1		0.018	0.078	0.091
15:0.....g	0.014	0.001	12	A	1		0.002	0.008	0.010
16:0.....g	3.469	0.070	12	A	1		0.493	2.151	2.497
17:0.....g	0.026	0.001	12	A	1		0.004	0.016	0.019
18:0.....g	1.406	0.051	12	A	1		0.200	0.872	1.013
20:0.....g	0.067	0.002	12	A	1		0.010	0.041	0.048
22:0.....g	0.058	0.002	12	A	1		0.008	0.036	0.042
24:0.....g	0.023	0.001	12	A	1		0.003	0.014	0.017
Fatty acids, total monounsaturated.....g	5.744		0	NC	4		0.816	3.561	4.136
14:1.....g	0.008	0.001	12	A	1		0.001	0.005	0.006
15:1.....g	0.000	0.000	12	A	1		0.000	0.000	0.000
16:1 undifferentiated.....g	0.036	0.002	12	AS	1		0.005	0.022	0.026
16:1 c.....g	0.033	0.002	12	A	1		0.005	0.020	0.024
16:1 t.....g	0.003	0.000	12	A	1		0.000	0.002	0.002
17:1.....g	0.000	0.000	12	A	1		0.000	0.000	0.000
18:1 undifferentiated.....g	5.688	0.137	12	AS	1		0.808	3.527	4.096
18:1 c.....g	5.244	0.118	12	A	1		0.745	3.251	3.775
18:1 t.....g	0.445	0.025	12	A	1		0.063	0.276	0.320
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.000		0	FLA	4		0.000	0.000	0.000
22:1 undifferentiated.....g	0.007	0.000	12	AS	1		0.001	0.004	0.005
22:1 c.....g	0.004	0.000	12	A	1		0.001	0.003	0.003
22:1 t.....g	0.003	0.000	12	A	1		0.000	0.002	0.002
24:1 c.....g	0.005	0.000	12	A	1		0.001	0.003	0.003
Fatty acids, total polyunsaturated.....g	10.090		0	NC	4		1.433	6.256	7.265
18:2 undifferentiated.....g	9.358	0.214	12	AS	1		1.329	5.802	6.738
18:2 n-6 c,c.....g	9.250	0.210	12	A	1		1.313	5.735	6.660
18:2 CLAs.....g	0.017	0.001	12	A	1		0.002	0.011	0.013
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.091	0.004	12	A	1		0.013	0.057	0.066
18:3 undifferentiated.....g	0.716	0.025	12	AS	1		0.102	0.444	0.515
18:3 n-3 c,c,c (ALA).....g	0.715	0.025	12	A	1		0.102	0.444	0.515
18:3 n-6 c,c,c.....g	0.000	0.000	12	A	1		0.000	0.000	0.000
18:3i.....g									
18:4.....g	0.000	0.000	12	A	1		0.000	0.000	0.000
20:2 n-6 c,c.....g	0.007	0.000	12	A	1		0.001	0.005	0.005
20:3 undifferentiated.....g	0.001	0.000	12	AS	1		0.000	0.000	0.000
20:3 n-3.....g	0.000	0.000	12	A	1		0.000	0.000	0.000
20:3 n-6.....g	0.001	0.000	12	A	1		0.000	0.000	0.000
20:4 undifferentiated.....g	0.003	0.000	12	A	1		0.000	0.002	0.002
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.001	0.000	12	A	1		0.000	0.000	0.001
21:5.....g									
22:4.....g	0.003	0.000	12	A	1		0.000	0.002	0.002
22:5 n-3 (DPA).....g	0.001	0.000	12	A	1		0.000	0.000	0.000

**NDB No. 18214**  
**Crackers, cheese, regular**

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
22:6 n-3 (DHA).....g	0.000	0.000	12	A	1		0.000	0.000	0.000
Fatty acids, total trans.....g	0.542		0	NC	4		0.077	0.336	0.390
Fatty acids, total trans-monoenoic.....g	0.451		0	NC	4		0.064	0.279	0.325
Fatty acids, total trans-polyenoic.....g	0.091		0	NC	4		0.013	0.057	0.066
Cholesterol.....mg	3	0.047	6	A	1		0	2	2
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.129		0		1		0.018	0.080	0.093
Threonine.....g	0.295		0		1		0.042	0.183	0.212
Isoleucine.....g	0.424		0		1		0.060	0.263	0.305
Leucine.....g	0.744		0		1		0.106	0.461	0.536
Lysine.....g	0.418		0		1		0.059	0.259	0.301
Methionine.....g	0.194		0		1		0.028	0.120	0.140
Cystine.....g	0.168		0		1		0.024	0.104	0.121
Phenylalanine.....g	0.490		0		1		0.070	0.304	0.353
Tyrosine.....g	0.340		0		1		0.048	0.211	0.245
Valine.....g	0.478		0		1		0.068	0.296	0.344
Arginine.....g	0.386		0		1		0.055	0.239	0.278
Histidine.....g	0.245		0		1		0.035	0.152	0.176
Alanine.....g	0.304		0		1		0.043	0.188	0.219
Aspartic acid.....g	0.480		0		1		0.068	0.298	0.346
Glutamic acid.....g	3.034		0		1		0.431	1.881	2.184
Glycine.....g	0.302		0		1		0.043	0.187	0.217
Proline.....g	1.110		0		1		0.158	0.688	0.799
Serine.....g	0.521		0		1		0.074	0.323	0.375
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	FLA	4		0	0	0
Theobromine.....mg	0		0	FLA	4		0	0	0

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

**Common Measures:**

- Measure 1 = 14.2g: .5 oz
- Measure 2 = 62g: 1 cup, bite size
- Measure 3 = 72g: 1 cup, crushed

**Calories Factors: Protein 4.1**

**Fat 8.8**

**Carbohydrate 4.1**

**Food Group: 18 Baked Products**

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

NDB No. 18927

Crackers, cheese, sandwich-type with cheese filling

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
<b>Proximates:</b>									
Water.....g	4.81	0.269	6	A	1		1.88	0.31	
Energy.....kcal	490		0	NC	4		191	32	
Energy.....kJ	2052		0	NC	4		800	133	
Protein.....g	8.92	0.106	6	A	1		3.48	0.58	
Total lipid (fat).....g	24.41	0.127	6	A	1		9.52	1.59	
Ash.....g	3.10	0.036	6	A	1		1.21	0.20	
Carbohydrate, by difference.....g	58.76		0	NC	4		22.92	3.82	
Fiber, total dietary.....g	1.9	0.125	3	A	1		0.7	0.1	
Sugars, total.....g	12.33	0.289	3	A	1		4.81	0.80	
Sucrose.....g	3.09	0.254	3	A	1		1.21	0.20	
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	7.74	0.189	3	A	1		3.02	0.50	
Maltose.....g	1.49	0.136	3	A	1		0.58	0.10	
Galactose.....g	0.00	0.000	3	A	1		0.00	0.00	
Starch.....g	44.53	0.707	3	A	1		17.37	2.89	
<b>Minerals:</b>									
Calcium, Ca.....mg	89	1.151	6	A	1		35	6	
Iron, Fe.....mg	2.13	0.119	6	A	1		0.83	0.14	
Magnesium, Mg.....mg	28	0.179	6	A	1		11	2	
Phosphorus, P.....mg	288	8.318	6	A	1		112	19	
Potassium, K.....mg	295	3.083	6	A	1		115	19	
Sodium, Na.....mg	878	16.194	6	A	1		343	57	
Zinc, Zn.....mg	0.57	0.007	6	A	1		0.22	0.04	
Copper, Cu.....mg	0.242	0.020	6	A	1		0.094	0.016	
Manganese, Mn.....mg	0.497	0.005	6	A	1		0.194	0.032	
Selenium, Se.....µg	10.0	1.985	3	A	1		3.9	0.6	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	2.6	0.932	3	A	1		1.0	0.2	
Thiamin.....mg	0.508	0.017	6	A	1		0.198	0.033	
Riboflavin.....mg	0.457	0.005	6	A	1		0.178	0.030	
Niacin.....mg	3.478	0.071	6	A	1		1.356	0.226	
Pantothenic acid.....mg	0.855	0.020	3	A	1		0.333	0.056	
Vitamin B-6.....mg	0.114	0.007	6	A	1		0.045	0.007	
Folate, total.....µg	82	2.182	6	A	1		32	5	
Folic acid.....µg	66		0	FLC	4		26	4	
Folate, food.....µg	16		0	FLC	4		6	1	
Folate, DFE.....µg	128		0	NC	4		50	8	
Choline, total.....mg	27.5		0	AS	1		10.7	1.8	
Betaine.....mg									
Vitamin B-12.....µg	0.80	0.018	3	A	1		0.31	0.05	
Vitamin A, RAE.....µg	11		0	FLC	4		4	1	
Retinol.....µg	11		0	FLC	4		4	1	
Carotene, beta.....µg	2		0	FLC	4		1	0	
Carotene, alpha.....µg	0		0	FLC	4		0	0	
Cryptoxanthin, beta.....µg	0		0	FLC	4		0	0	
Vitamin A, IU.....IU	39		0	NC	4		15	3	
Lycopene.....µg	0		0	FLC	4		0	0	
Lutein + zeaxanthin.....µg	9		0	FLC	4		3	1	
Vitamin E (alpha-tocopherol).....mg	1.99	0.117	3	A	1		0.78	0.13	
Tocopherol, beta.....mg	0.14	0.019	3	A	1		0.06	0.01	
Tocopherol, gamma.....mg	9.97	0.249	3	A	1		3.89	0.65	
Tocopherol, delta.....mg	2.64	0.125	3	A	1		1.03	0.17	
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	0.00	0.000	3	A	1		0.00	0.00	
Tocotrienol, delta.....mg	0.00	0.000	3	A	1		0.00	0.00	

Crackers, cheese, sandwich-type with cheese filling

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion 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									
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg	20.5		2	A	1		8.0	1.3	
Dihydrophyloquinone.....µg	64.3		2	A	1		25.1	4.2	
Menaquinone-4.....µg									
<b><u>Lipids:</u></b>									
Fatty acids, total saturated.....g	4.810		0	NC	4		1.876	0.313	
4:0.....g	0.000	0.000	3	A	1		0.000	0.000	
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	0.000	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									
14:0.....g	0.200	0.010	3	A	1		0.078	0.013	
15:0.....g	0.000	0.000	3	A	1		0.000	0.000	
16:0.....g	2.703	0.047	3	A	1		1.054	0.176	
17:0.....g	0.000	0.000	3	A	1		0.000	0.000	
18:0.....g	1.790	0.017	3	A	1		0.698	0.116	
20:0.....g	0.117	0.007	3	A	1		0.045	0.008	
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	14.307		0	NC	4		5.580	0.930	
14:1.....g	0.000	0.000	3	A	1		0.000	0.000	
15:1.....g									
16:1 undifferentiated.....g	0.000	0.000	3	A	1		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	14.177	0.345	3	A	1		5.529	0.921	
20:1.....g	0.130	0.010	3	A	1		0.051	0.008	
22:1 undifferentiated.....g	0.000	0.000	3	A	1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.327		0	NC	4		0.907	0.151	
18:2 undifferentiated.....g	2.293	0.037	3	A	1		0.894	0.149	
18:3 undifferentiated.....g	0.033	0.033	3	A	1		0.013	0.002	
18:4.....g	0.000	0.000	3	A	1		0.000	0.000	
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		2	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	6	0.094	3	A	1		2	0	
Phytosterols.....mg	44		0	FLC	4		17	3	
<b><u>Amino Acids:</u></b>									
Tryptophan.....g	0.110		0	FLC	4		0.043	0.007	
Threonine.....g	0.330		0	FLC	4		0.129	0.021	
Isoleucine.....g	0.357		0	FLC	4		0.139	0.023	
Leucine.....g	0.638		0	FLC	4		0.249	0.041	
Lysine.....g	0.386		0	FLC	4		0.150	0.025	
Methionine.....g	0.151		0	FLC	4		0.059	0.010	
Cystine.....g	0.155		0	FLC	4		0.060	0.010	
Phenylalanine.....g	0.350		0	FLC	4		0.136	0.023	
Tyrosine.....g	0.249		0	FLC	4		0.097	0.016	
Valine.....g	0.381		0	FLC	4		0.149	0.025	
Arginine.....g	0.292		0	FLC	4		0.114	0.019	
Histidine.....g	0.175		0	FLC	4		0.068	0.011	
Alanine.....g	0.298		0	FLC	4		0.116	0.019	
Aspartic acid.....g	0.518		0	FLC	4		0.202	0.034	
Glutamic acid.....g	2.161		0	FLC	4		0.843	0.140	

NDB No. 18927

Crackers, cheese, sandwich-type with cheese filling

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			
Glycine.....g	0.236		0	FLC	4	0.092	0.015
Proline.....g	0.768		0	FLC	4	0.300	0.050
Serine.....g	0.401		0	FLC	4	0.156	0.026
Hydroxyproline.....g							
<b>Others:</b>							
Alcohol, ethyl.....g	0.0		0	FLC	4	0.0	0.0
Caffeine.....mg	0		0	FLC	4	0	0
Theobromine.....mg	0		0	FLC	4	0	0

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

**Common Measures:**

Measure 1 = 39g: 6 cracker 1 cracker = 6.5g

Measure 2 = 6.5g: 1 sandwich

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

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



NDB No. 18215

Crackers, cheese, sandwich-type with peanut butter filling

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
<b>Proximates:</b>									
Water.....g	3.28	0.076	6	A	1		0.47	2.72	1.28
Energy.....kcal	496		0	NC	4		70	411	193
Energy.....kJ	2074		0	NC	4		295	1721	809
Protein (N x 5.6).....g	12.41	0.140	6	A	1		1.76	10.30	4.84
Total lipid (fat).....g	25.12	0.075	6	A	1		3.57	20.85	9.80
Ash.....g	2.46	0.092	6	A	1		0.35	2.04	0.96
Carbohydrate, by difference.....g	56.74		0	NC	4		8.06	47.09	22.13
Fiber, total dietary.....g	3.4	0.193	3	A	1		0.5	2.8	1.3
Sugars, total.....g	6.98	0.535	3	A	1		0.99	5.79	2.72
Sucrose.....g	4.53	0.497	3	A	1		0.64	3.76	1.77
Glucose (dextrose).....g	1.68	0.083	3	A	1		0.24	1.39	0.66
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	0.77	0.092	3	A	1		0.11	0.64	0.30
Galactose.....g	0.00	0.000	3	A	1		0.00	0.00	0.00
Starch.....g	44.98	1.537	3	A	1		6.39	37.34	17.54
<b>Minerals:</b>									
Calcium, Ca.....mg	50	0.919	6	A	1		7	42	20
Iron, Fe.....mg	2.72	0.126	6	A	1		0.39	2.26	1.06
Magnesium, Mg.....mg	56	0.741	6	A	1		8	46	22
Phosphorus, P.....mg	268	7.928	6	A	1		38	222	104
Potassium, K.....mg	218	4.677	6	A	1		31	181	85
Sodium, Na.....mg	829		0	LC	8		118	688	323
Zinc, Zn.....mg	1.04	0.021	6	A	1		0.15	0.87	0.41
Copper, Cu.....mg	0.302	0.009	6	A	1		0.043	0.250	0.118
Manganese, Mn.....mg	0.822	0.011	6	A	1		0.117	0.682	0.320
Selenium, Se.....µg	8.2		2	A	1		1.2	6.8	3.2
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0	0.000	3	A	1		0.0	0.0	0.0
Thiamin.....mg	0.552	0.028	6	A	1		0.078	0.458	0.215
Riboflavin.....mg	0.294	0.010	6	A	1		0.042	0.244	0.115
Niacin.....mg	5.831	0.144	6	A	1		0.828	4.840	2.274
Pantothenic acid.....mg	0.485	0.018	3	A	1		0.069	0.403	0.189
Vitamin B-6.....mg	0.151	0.007	6	A	1		0.022	0.126	0.059
Folate, total.....µg	94	2.330	5	A	1		13	78	37
Folic acid.....µg	69		0	O	4		10	57	27
Folate, food.....µg	25		0	NC	4		4	21	10
Folate, DFE.....µg	142		0	NC	4		20	118	56
Choline, total.....mg	24.7		3	AS	1		3.5	20.5	9.6
Betaine.....mg									
Vitamin B-12.....µg	0.28	0.007	3	A	1		0.04	0.23	0.11
Vitamin B-12, added.....µg	0.00		0	FLA	4		0.00	0.00	0.00
Vitamin A, RAE.....µg	1		0	NR	4		0	1	0
Retinol.....µg	1		0	NR	4		0	1	0
Carotene, beta.....µg	0		0	FLA	4		0	0	0
Carotene, alpha.....µg	0		0	FLA	4		0	0	0
Cryptoxanthin, beta.....µg	0		0	FLA	4		0	0	0
Vitamin A, IU.....IU	2		0	NC	4		0	1	1
Lycopene.....µg	0		0	FLA	4		0	0	0
Lutein + zeaxanthin.....µg	7		0	FLA	4		1	6	3
Vitamin E (alpha-tocopherol).....mg	2.37	0.040	3	A	1		0.34	1.97	0.92
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta.....mg	0.15	0.012	3	A	1		0.02	0.12	0.06
Tocopherol, gamma.....mg	7.14	0.313	3	A	1		1.01	5.93	2.79
Tocopherol, delta.....mg	1.92	0.120	3	A	1		0.27	1.59	0.75
Tocotrienol, alpha.....mg	0.00	0.000	3	A	1		0.00	0.00	0.00
Tocotrienol, beta.....mg	0.00	0.000	3	A	1		0.00	0.00	0.00

Crackers, cheese, sandwich-type with peanut butter filling

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	0.000	3	A	1	0.00	0.00	0.00	
Tocotrienol, delta.....mg	0.00	0.000	3	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	12.0		2	A	1	1.7	9.9	4.7	
Dihydrophyloquinone.....µg	33.0		2	A	1	4.7	27.3	12.9	
Menaquinone-4.....µg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	4.406		0	NC	4	0.626	3.657	1.719	
4:0.....g	0.000	0.000	3	A	1	0.000	0.000	0.000	
6:0.....g	0.000	0.000	3	A	1	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									
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	3.307	0.370	3	A	1	0.470	2.744	1.290	
17:0.....g	0.000	0.000	3	A	1	0.000	0.000	0.000	
18:0.....g	0.550		2	A	1	0.078	0.456	0.214	
20:0.....g	0.170	0.006	3	A	1	0.024	0.141	0.066	
22:0.....g	0.380	0.012	3	A	1	0.054	0.315	0.148	
24:0.....g	0.000	0.000	3	A	1	0.000	0.000	0.000	
Fatty acids, total monounsaturated.....g	13.003		0	NC	4	1.846	10.793	5.071	
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	12.770	0.216	3	A	1	1.813	10.599	4.980	
20:1.....g	0.233	0.009	3	A	1	0.033	0.194	0.091	
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	5.093		0	NC	4	0.723	4.227	1.986	
18:2 undifferentiated.....g	5.093	0.086	3	A	1	0.723	4.227	1.986	
18:3 undifferentiated.....g	0.000	0.000	3	A	1	0.000	0.000	0.000	
18:4.....g	0.000	0.000	3	A	1	0.000	0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000	0.000	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	0.000	3	A	1	0	0	0	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.134		0	FLA	4	0.019	0.111	0.052	
Threonine.....g	0.408		0	FLA	4	0.058	0.338	0.159	
Isoleucine.....g	0.446		0	FLA	4	0.063	0.370	0.174	
Leucine.....g	0.841		0	FLA	4	0.119	0.698	0.328	
Lysine.....g	0.403		0	FLA	4	0.057	0.335	0.157	
Methionine.....g	0.178		0	FLA	4	0.025	0.148	0.069	
Cystine.....g	0.196		0	FLA	4	0.028	0.163	0.076	
Phenylalanine.....g	0.652		0	FLA	4	0.093	0.541	0.254	
Tyrosine.....g	0.475		0	FLA	4	0.067	0.394	0.185	
Valine.....g	0.527		0	FLA	4	0.075	0.437	0.206	
Arginine.....g	1.197		0	FLA	4	0.170	0.993	0.467	
Histidine.....g	0.309		0	FLA	4	0.044	0.257	0.121	
Alanine.....g	0.474		0	FLA	4	0.067	0.393	0.185	

NDB No. 18215

Crackers, cheese, sandwich-type with peanut butter filling

Nutrients and 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	Measure 2	Measure 3
			Deriv Code	Points					
Aspartic acid.....g	1.227		0	FLA	4		0.174	1.018	0.478
Glutamic acid.....g	3.167		0	FLA	4		0.450	2.628	1.235
Glycine.....g	0.665		0	FLA	4		0.094	0.552	0.259
Proline.....g	0.851		0	FLA	4		0.121	0.707	0.332
Serine.....g	0.629		0	FLA	4		0.089	0.522	0.245
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	FLA	4		0.0	0.0	0.0
Caffeine.....mg	0		0	FLA	4		0	0	0
Theobromine.....mg	0		0	FLA	4		0	0	0

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

**Common Measures:**

- Measure 1 = 14.2g: .5 oz
- Measure 2 = 83g: 1 cup, crushed
- Measure 3 = 39g: 6 cracker

**Calories Factors: Protein 3.8**

**Fat 8.6**

**Carbohydrate 4.1**

**Food Group: 18 Baked Products**

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



**NDB No. 28303**  
**Crackers, cheese, whole grain**

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					
<b>Lipids:</b>									
Fatty acids, total saturated.....g	3.206		0	LC	8		0.994		
4:0.....g	0.133		0	FLC	4		0.041		
6:0.....g	0.068		0	FLC	4		0.021		
8:0.....g	0.036		0	FLC	4		0.011		
10:0.....g	0.077		0	FLC	4		0.024		
12:0.....g	0.069		0	FLC	4		0.022		
13:0.....g	0.000		0	FLC	4		0.000		
14:0.....g	0.426		0	FLC	4		0.132		
15:0.....g	0.000		0	FLC	4		0.000		
16:0.....g	1.634		0	FLC	4		0.507		
17:0.....g	0.001		0	FLC	4		0.000		
18:0.....g	0.615		0	FLC	4		0.191		
20:0.....g	0.012		0	FLC	4		0.004		
22:0.....g	0.014		0	FLC	4		0.004		
24:0.....g	0.000		0	FLC	4		0.000		
Fatty acids, total monounsaturated.....g	8.015		0	LC	8		2.485		
14:1.....g	0.000		0	FLC	4		0.000		
15:1.....g	0.000		0	FLC	4		0.000		
16:1 undifferentiated.....g	0.454		0	FLC	4		0.141		
17:1.....g	0.000		0	FLC	4		0.000		
18:1 undifferentiated.....g	7.319		0	FLC	4		2.269		
20:1.....g	0.059		0	FLC	4		0.018		
22:1 undifferentiated.....g	0.000		0	FLC	4		0.000		
24:1 c.....g	0.000		0	FLC	4		0.000		
Fatty acids, total polyunsaturated.....g	3.206		0	LC	8		0.994		
18:2 undifferentiated.....g	2.789		0	FLC	4		0.865		
18:3 undifferentiated.....g	0.417		0	FLC	4		0.129		
18:4.....g	0.000		0	FLC	4		0.000		
20:2 n-6 c,c.....g	0.000		0	FLC	4		0.000		
20:3 undifferentiated.....g	0.000		0	FLC	4		0.000		
20:4 undifferentiated.....g	0.000		0	FLC	4		0.000		
20:5 n-3 (EPA).....g	0.000		0	FLC	4		0.000		
21:5.....g	0.000		0	FLC	4		0.000		
22:4.....g	0.000		0	FLC	4		0.000		
22:5 n-3 (DPA).....g	0.000		0	FLC	4		0.000		
22:6 n-3 (DHA).....g	0.000		0	FLC	4		0.000		
Fatty acids, total trans.....g	0.000		0	LC	8		0.000		
Cholesterol.....mg	16		0	LC	8		5		
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	FLC	4		0.0		
Caffeine.....mg	0		0	FLC	4		0		
Theobromine.....mg	0		0	FLC	4		0		

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

**Common Measures:**

Measure 1 = 31g: 1 serving 55 pieces

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

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



NDB No. 18961  
Crackers, cream, GAMESA SABROSAS

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion 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 D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg	17.9		4	A	1		5.5	0.6	
Dihydrophyloquinone.....µg	21.0		4	A	1		6.5	0.7	
Menaquinone-4.....µg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	5.362		0	NC	4		1.662	0.166	
4:0.....g	0.006		6	A	1		0.002	0.000	
6:0.....g	0.000		6	A	1		0.000	0.000	
8:0.....g	0.014		6	A	1		0.004	0.000	
10:0.....g	0.012		6	A	1		0.004	0.000	
12:0.....g	0.032		6	A	1		0.010	0.001	
13:0.....g									
14:0.....g	0.082		6	A	1		0.026	0.003	
15:0.....g	0.006		6	A	1		0.002	0.000	
16:0.....g	4.134		6	A	1		1.282	0.128	
17:0.....g	0.020		6	A	1		0.006	0.001	
18:0.....g	0.929		6	A	1		0.288	0.029	
20:0.....g	0.056		6	A	1		0.018	0.002	
22:0.....g	0.049		6	A	1		0.015	0.002	
24:0.....g	0.021		6	A	1		0.007	0.001	
Fatty acids, total monounsaturated.....g	10.625		0	NC	4		3.294	0.329	
14:1.....g	0.002		6	A	1		0.001	0.000	
15:1.....g	0.000		6	A	1		0.000	0.000	
16:1 undifferentiated.....g	0.020		6	AS	1		0.006	0.001	
16:1 c.....g	0.019		6	A	1		0.006	0.001	
16:1 t.....g	0.001		6	A	1		0.000	0.000	
17:1.....g	0.007		6	A	1		0.002	0.000	
18:1 undifferentiated.....g	10.556		6	AS	1		3.272	0.327	
18:1 c.....g	7.346		6	A	1		2.277	0.228	
18:1 t.....g	3.210		6	A	1		0.995	0.099	
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.036		6	A	1		0.011	0.001	
22:1 undifferentiated.....g	0.002		6	AS	1		0.000	0.000	
22:1 c.....g	0.002		6	A	1		0.000	0.000	
22:1 t.....g	0.000		6	A	1		0.000	0.000	
24:1 c.....g	0.003		6	A	1		0.001	0.000	
Fatty acids, total polyunsaturated.....g	2.450		0	NC	4		0.760	0.076	
18:2 undifferentiated.....g	2.402		6	AS	1		0.745	0.074	
18:2 n-6 c,c.....g	1.542		6	A	1		0.478	0.048	
18:2 CLAs.....g	0.102		6	A	1		0.032	0.003	
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.758		6	A	1		0.235	0.024	
18:3 undifferentiated.....g	0.045		6	AS	1		0.014	0.001	
18:3 n-3 c,c,c (ALA).....g	0.045		6	A	1		0.014	0.001	
18:3 n-6 c,c,c.....g	0.000		6	A	1		0.000	0.000	
18:3i.....g									
18:4.....g	0.000		6	A	1		0.000	0.000	
20:2 n-6 c,c.....g	0.000		6	A	1		0.000	0.000	
20:3 undifferentiated.....g	0.000		6	AS	1		0.000	0.000	
20:3 n-3.....g	0.000		6	A	1		0.000	0.000	
20:3 n-6.....g	0.000		6	A	1		0.000	0.000	
20:4 undifferentiated.....g	0.001		6	A	1		0.000	0.000	
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.000		6	A	1		0.000	0.000	
21:5.....g									
22:4.....g	0.003		6	A	1		0.001	0.000	
22:5 n-3 (DPA).....g	0.000		6	A	1		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		6	A	1		0.000	0.000	
Fatty acids, total trans.....g	3.969		0	NC	4		1.230	0.123	
Fatty acids, total trans-monoenoic.....g	3.210		0	NC	4		0.995	0.100	

**NDB No. 18961**  
**Crackers, cream, GAMESA SABROSAS**

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			
Fatty acids, total trans-polyenoic.....g	0.758		0	NC	4	0.235	0.024
Cholesterol.....mg							
Phytosterols.....mg							

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

**Common Measures:**

Measure 1 = 31g: 11 crackers (1 NLEA serving)

Measure 2 = 3.1g: 1 cracker

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

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



NDB No. 18962  
Crackers, cream, LA MODERNA RIKIS CREAM CRACKERS

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
<b>Proximates:</b>									
Water.....g	4.48		2	A	1		1.43	0.14	
Energy.....kcal	464		0	NC	4		148	14	
Energy.....kJ	1941		0	NC	4		621	60	
Protein.....g	7.19		2	A	1		2.30	0.22	
Total lipid (fat).....g	19.50		2	A	1		6.24	0.60	
Ash.....g	3.95		2	A	1		1.26	0.12	
Carbohydrate, by difference.....g	64.88		0	NC	4		20.76	2.01	
Fiber, total dietary.....g	2.4		2	A	1		0.8	0.1	
Sugars, total.....g	10.41		2	A	1		3.33	0.32	
Sucrose.....g	7.97		2	A	1		2.55	0.25	
Glucose (dextrose).....g	0.95		2	A	1		0.30	0.03	
Fructose.....g	1.10		2	A	1		0.35	0.03	
Lactose.....g	0.00		2	A	1		0.00	0.00	
Maltose.....g	0.39		2	A	1		0.12	0.01	
Galactose.....g	0.00		2	A	1		0.00	0.00	
Starch.....g	51.10		2	A	1		16.35	1.58	
<b>Minerals:</b>									
Calcium, Ca.....mg	734		2	A	1		235	23	
Iron, Fe.....mg	6.64		2	A	1		2.12	0.21	
Magnesium, Mg.....mg	28		2	A	1		9	1	
Phosphorus, P.....mg	100		2	A	1		32	3	
Potassium, K.....mg	117		2	A	1		37	4	
Sodium, Na.....mg	752		2	A	1		240	23	
Zinc, Zn.....mg	4.11		2	A	1		1.32	0.13	
Copper, Cu.....mg	0.113		2	A	1		0.036	0.004	
Manganese, Mn.....mg	0.845		2	A	1		0.270	0.026	
Selenium, Se.....µg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	2.634		0	NC	4		0.843	0.082	
4:0.....g	0.002		2	A	1		0.001	0.000	
6:0.....g	0.016		2	A	1		0.005	0.001	
8:0.....g	0.168		2	A	1		0.054	0.005	
10:0.....g	0.133		2	A	1		0.042	0.004	
12:0.....g	1.031		2	A	1		0.330	0.032	
13:0.....g									
14:0.....g	0.422		2	A	1		0.135	0.013	
15:0.....g	0.001		2	A	1		0.000	0.000	
16:0.....g	0.581		2	A	1		0.186	0.018	
17:0.....g	0.003		2	A	1		0.001	0.000	
18:0.....g	0.250		2	A	1		0.080	0.008	
20:0.....g	0.012		2	A	1		0.004	0.000	
22:0.....g	0.010		2	A	1		0.003	0.000	
24:0.....g	0.005		2	A	1		0.002	0.000	
Fatty acids, total monounsaturated.....g	14.468		0	NC	4		4.630	0.448	
14:1.....g	0.006		2	A	1		0.002	0.000	
15:1.....g	0.000		2	A	1		0.000	0.000	
16:1 undifferentiated.....g	0.010		0	AS	1		0.003	0.000	
16:1 c.....g	0.009		2	A	1		0.003	0.000	
16:1 t.....g	0.001		2	A	1		0.000	0.000	
17:1.....g	0.008		2	A	1		0.002	0.000	
18:1 undifferentiated.....g	7.192		0	AS	1		2.301	0.223	
18:1 c.....g	4.450		2	A	1		1.424	0.138	
18:1 t.....g	2.742		2	A	1		0.878	0.085	
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.045		2	A	1		0.014	0.001	
22:1 undifferentiated.....g	0.001		0	AS	1		0.000	0.000	
22:1 c.....g	0.001		2	A	1		0.000	0.000	

NDB No. 18962  
 Crackers, cream, LA MODERNA RIKIS CREAM CRACKERS

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
22:1 t.....g	0.000		2	A	1		0.000	0.000	
24:1 c.....g	0.004		2	A	1		0.001	0.000	
Fatty acids, total polyunsaturated.....g	1.265		0	NC	4		0.405	0.039	
18:2 undifferentiated.....g	0.612		0	AS	1		0.196	0.019	
18:2 n-6 c,c.....g	0.434		2	A	1		0.139	0.013	
18:2 CLAs.....g	0.016		2	A	1		0.005	0.000	
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.161		2	A	1		0.052	0.005	
18:3 undifferentiated.....g	0.020		0	AS	1		0.006	0.001	
18:3 n-3 c,c,c (ALA).....g	0.020		2	A	1		0.006	0.001	
18:3 n-6 c,c,c.....g	0.000		2	A	1		0.000	0.000	
18:3i.....g									
18:4.....g	0.000		2	A	1		0.000	0.000	
20:2 n-6 c,c.....g	0.000		2	A	1		0.000	0.000	
20:3 undifferentiated.....g	0.000		0	AS	1		0.000	0.000	
20:3 n-3.....g	0.000		2	A	1		0.000	0.000	
20:3 n-6.....g	0.000		2	A	1		0.000	0.000	
20:4 undifferentiated.....g	0.000		2	A	1		0.000	0.000	
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.000		2	A	1		0.000	0.000	
21:5.....g									
22:4.....g	0.002		2	A	1		0.001	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	2.905		0	NC	4		0.929	0.090	
Fatty acids, total trans-monoenoic.....g	2.743		0	NC	4		0.878	0.085	
Fatty acids, total trans-polyenoic.....g	0.161		0	NC	4		0.052	0.005	
Cholesterol.....mg									
Phytosterols.....mg									

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

**Common Measures:**

Measure 1 = 32g: 10 crackers (1 NLEA serving)

Measure 2 = 3.1g: 1 cracker

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

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



NDB No. 18216  
Crackers, crispbread, rye

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
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.145		0		1		0.021	0.080	0.015
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	0.002		0		1		0.000	0.001	0.000
15:0.....g									
16:0.....g	0.138		0		1		0.020	0.076	0.014
17:0.....g									
18:0.....g	0.005		0		1		0.001	0.003	0.001
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.165		0		1		0.023	0.091	0.017
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.012		0		1		0.002	0.007	0.001
17:1.....g									
18:1 undifferentiated.....g	0.146		0		1		0.021	0.080	0.015
20:1.....g	0.006		0		1		0.001	0.003	0.001
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.557		0		1		0.079	0.306	0.056
18:2 undifferentiated.....g	0.479		0		1		0.068	0.263	0.048
18:3 undifferentiated.....g	0.079		0		1		0.011	0.043	0.008
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		1		1		0	0	0
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.092		0		1		0.013	0.051	0.009
Threonine.....g	0.285		0		1		0.040	0.157	0.029
Isoleucine.....g	0.318		0		1		0.045	0.175	0.032
Leucine.....g	0.556		0		1		0.079	0.306	0.056
Lysine.....g	0.300		0		1		0.043	0.165	0.030
Methionine.....g	0.121		0		1		0.017	0.067	0.012
Cystine.....g	0.155		0		1		0.022	0.085	0.016
Phenylalanine.....g	0.403		0		1		0.057	0.222	0.040
Tyrosine.....g	0.168		0		1		0.024	0.092	0.017
Valine.....g	0.404		0		1		0.057	0.222	0.040
Arginine.....g	0.366		0		1		0.052	0.201	0.037
Histidine.....g	0.179		0		1		0.025	0.098	0.018
Alanine.....g	0.342		0		1		0.049	0.188	0.034
Aspartic acid.....g	0.564		0		1		0.080	0.310	0.056
Glutamic acid.....g	2.160		0		1		0.307	1.188	0.216
Glycine.....g	0.310		0		1		0.044	0.171	0.031
Proline.....g	0.822		0		1		0.117	0.452	0.082
Serine.....g	0.431		0		1		0.061	0.237	0.043
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	FLM	4		0	0	0

**NDB No. 18216**  
**Crackers, crispbread, rye**

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 Code
Theobromine.....mg	0		0	FLM	4	0	0	0

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

**Common Measures:**

- Measure 1 = 14.2g: .5 oz
- Measure 2 = 55g: 1 cup, crushed
- Measure 3 = 10.0g: 1 crispbread

**Calories Factors: Protein 3.2**

**Fat 8.4**

**Carbohydrate 4**

**Food Group: 18 Baked Products**

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

**NDB No. 18218**  
**Crackers, matzo, egg**

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	6.40		1		1		0.91	1.79	
Energy.....kcal	391		0	NC	4		56	109	
Energy.....kJ	1636				4		232	458	
Protein (N x 5.8).....g	12.30		1		1		1.75	3.44	
Total lipid (fat).....g	2.10		1		1		0.30	0.59	
Ash.....g	0.60		1		1		0.09	0.17	
Carbohydrate, by difference.....g	78.60		0	NC	4		11.16	22.01	
Fiber, total dietary.....g	2.8		0		4		0.4	0.8	
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	40		1		1		6	11	
Iron, Fe.....mg	2.70		1		1		0.38	0.76	
Magnesium, Mg.....mg	24		0	FLA	4		3	7	
Phosphorus, P.....mg	148		0	FLA	4		21	41	
Potassium, K.....mg	150		1		1		21	42	
Sodium, Na.....mg	21		1		1		3	6	
Zinc, Zn.....mg	0.73		1		1		0.10	0.20	
Copper, Cu.....mg	0.155		0	FLA	4		0.022	0.043	
Manganese, Mn.....mg	0.600		1		1		0.085	0.168	
Selenium, Se.....µg	27.7		0	FLA	4		3.9	7.8	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.1		0	FLA	4		0.0	0.0	
Thiamin.....mg	0.788		0	FLA	4		0.112	0.221	
Riboflavin.....mg	0.618		1		1		0.088	0.173	
Niacin.....mg	5.080		1		1		0.721	1.422	
Pantothenic acid.....mg	0.435		1		1		0.062	0.122	
Vitamin B-6.....mg	0.054		1		1		0.008	0.015	
Folate, total.....µg	24			FLA	4		3	7	
Folic acid.....µg	0			Z	7		0	0	
Folate, food.....µg	24			FLA	4		3	7	
Folate, DFE.....µg	24		0	NC	4		3	7	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.19		0	FLA	4		0.03	0.05	
Vitamin A, RAE.....µg	13		0	NC	4		2	4	
Retinol.....µg	13		0	NC	4		2	4	
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	42		1		1		6	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									
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									

**NDB No. 18218**  
**Crackers, matzo, egg**

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common</u>				
	Mean	Std. Error	Number		measures of food				
			of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated.....g	0.548		0		1		0.078	0.153	
4:0.....g									
6:0.....g									
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	0.005		0		1		0.001	0.001	
15:0.....g									
16:0.....g	0.423		0		1		0.060	0.118	
17:0.....g									
18:0.....g	0.119		0		1		0.017	0.033	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.612		0		1		0.087	0.171	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.043		0		1		0.006	0.012	
17:1.....g									
18:1 undifferentiated.....g	0.564		0		1		0.080	0.158	
20:1.....g	0.004		0		1		0.001	0.001	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.473		0		1		0.067	0.132	
18:2 undifferentiated.....g	0.427		0		1		0.061	0.120	
18:3 undifferentiated.....g	0.020		0		1		0.003	0.006	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.021		0		1		0.003	0.006	
20:5 n-3 (EPA).....g	0.001		0		1		0.000	0.000	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g									
22:6 n-3 (DHA).....g	0.005		0		1		0.001	0.001	
Fatty acids, total trans.....g									
Cholesterol.....mg	83		0	FLA	4		12	23	
Phytosterols.....mg									
<b><u>Amino Acids:</u></b>									
Tryptophan.....g	0.151		0		1		0.021	0.042	
Threonine.....g	0.384		0		1		0.055	0.108	
Isoleucine.....g	0.472		0		1		0.067	0.132	
Leucine.....g	0.886		0		1		0.126	0.248	
Lysine.....g	0.389		0		1		0.055	0.109	
Methionine.....g	0.248		0		1		0.035	0.069	
Cystine.....g	0.268		0		1		0.038	0.075	
Phenylalanine.....g	0.624		0		1		0.089	0.175	
Tyrosine.....g	0.397		0		1		0.056	0.111	
Valine.....g	0.544		0		1		0.077	0.152	
Arginine.....g	0.544		0		1		0.077	0.152	
Histidine.....g	0.278		0		1		0.039	0.078	
Alanine.....g	0.450		0		1		0.064	0.126	
Aspartic acid.....g	0.656		0		1		0.093	0.184	
Glutamic acid.....g	3.666		0		1		0.521	1.026	
Glycine.....g	0.438		0		1		0.062	0.123	
Proline.....g	1.251		0		1		0.178	0.350	
Serine.....g	0.673		0		1		0.096	0.188	
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. 18218**

**Crackers, matzo, egg**

**Common Measures:**

Measure 1 = 14.2g: .5 oz

Measure 2 = 28g: 1 matzo

**Calories Factors: Protein 4.1**

**Fat 8.8**

**Carbohydrate 4.1**

**Food Group: 18 Baked Products**

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



**NDB No. 18400**  
**Crackers, matzo, egg and onion**

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
<b>Proximates:</b>									
Water.....g	7.20	1.578	3		1		1.02	2.02	
Energy.....kcal	391		0	NC	4		56	109	
Energy.....kJ	1636				4		232	458	
Protein (N x 5.8).....g	10.00	0.425	3		1		1.42	2.80	
Total lipid (fat).....g	3.90	0.203	4		1		0.55	1.09	
Ash.....g	1.80	0.045	4		1		0.26	0.50	
Carbohydrate, by difference.....g	77.10		0	NC	4		10.95	21.59	
Fiber, total dietary.....g	5.0		0		1		0.7	1.4	
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	36		2		1		5	10	
Iron, Fe.....mg	4.37	0.383	3		1		0.62	1.22	
Magnesium, Mg.....mg	30		2		1		4	8	
Phosphorus, P.....mg	89		2		1		13	25	
Potassium, K.....mg	83		2		1		12	23	
Sodium, Na.....mg	285		2		1		40	80	
Zinc, Zn.....mg	0.73		2		1		0.10	0.20	
Copper, Cu.....mg	0.080		2		1		0.011	0.022	
Manganese, Mn.....mg	0.820		2		1		0.116	0.230	
Selenium, Se.....µg	36.5		0	FLA	4		5.2	10.2	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.2		0	FLA	4		0.0	0.1	
Thiamin.....mg	0.558	0.012	9		1		0.079	0.156	
Riboflavin.....mg	0.437	0.012	9		1		0.062	0.122	
Niacin.....mg	4.891	0.173	9		1		0.695	1.369	
Pantothenic acid.....mg	0.577	0.013	8		1		0.082	0.162	
Vitamin B-6.....mg	0.111	0.001	8		1		0.016	0.031	
Folate, total.....µg	158		0	FLA	4		22	44	
Folic acid.....µg	148		0	NC	4		21	41	
Folate, food.....µg	10	0.148	8		1		1	3	
Folate, DFE.....µg	262		0	NC	4		37	73	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.22	0.018	8		1		0.03	0.06	
Vitamin A, RAE.....µg	7		0	NC	4		1	2	
Retinol.....µg	7		0	NC	4		1	2	
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	24		0	FLA	4		3	7	
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									
<b>Lipids:</b>									

**NDB No. 18400**  
**Crackers, matzo, egg and onion**

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	0.936		0				0.133	0.262	
4:0.....g									
6:0.....g									
8:0.....g	0.001		0		1		0.000	0.000	
10:0.....g	0.001		0		1		0.000	0.000	
12:0.....g	0.001		0		1		0.000	0.000	
13:0.....g									
14:0.....g	0.008		0		1		0.001	0.002	
15:0.....g									
16:0.....g	0.742		0		1		0.105	0.208	
17:0.....g									
18:0.....g	0.184		0		1		0.026	0.052	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.987		0		1		0.140	0.276	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.066		0		1		0.009	0.018	
17:1.....g									
18:1 undifferentiated.....g	0.914		0		1		0.130	0.256	
20:1.....g	0.006		0		1		0.001	0.002	
22:1 undifferentiated.....g	0.001		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.001		0		1		0.142	0.280	
18:2 undifferentiated.....g	0.916		0		1		0.130	0.256	
18:3 undifferentiated.....g	0.045		0		1		0.006	0.013	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.031		0		1		0.004	0.009	
20:5 n-3 (EPA).....g	0.001		0		1		0.000	0.000	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g									
22:6 n-3 (DHA).....g	0.008		0		1		0.001	0.002	
Fatty acids, total trans.....g									
Cholesterol.....mg	45		0	FLA	4		6	13	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.123		0		1		0.017	0.034	
Threonine.....g	0.297		0		1		0.042	0.083	
Isoleucine.....g	0.370		0		1		0.053	0.104	
Leucine.....g	0.702		0		1		0.100	0.197	
Lysine.....g	0.282		0		1		0.040	0.079	
Methionine.....g	0.190		0		1		0.027	0.053	
Cystine.....g	0.213		0		1		0.030	0.060	
Phenylalanine.....g	0.501		0		1		0.071	0.140	
Tyrosine.....g	0.315		0		1		0.045	0.088	
Valine.....g	0.425		0		1		0.060	0.119	
Arginine.....g	0.434		0		1		0.062	0.122	
Histidine.....g	0.223		0		1		0.032	0.062	
Alanine.....g	0.348		0		1		0.049	0.097	
Aspartic acid.....g	0.493		0		1		0.070	0.138	
Glutamic acid.....g	3.087		0		1		0.438	0.864	
Glycine.....g	0.358		0		1		0.051	0.100	
Proline.....g	1.055		0		1		0.150	0.295	
Serine.....g	0.526		0		1		0.075	0.147	
Hydroxyproline.....g									

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**NDB No. 18400**

**Crackers, matzo, egg and onion**

**Common Measures:**

Measure 1 = 14.2g: .5 oz

Measure 2 = 28g: 1 matzo

**Calories Factors: Protein 4.1**

**Fat 8.7**

**Carbohydrate 4.1**

**Food Group: 18 Baked Products**

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



NDB No. 18217  
Crackers, matzo, plain

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
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.226		0		1		0.032	0.063	
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	0.216		0		1		0.031	0.060	
17:0.....g									
18:0.....g	0.010		0		1		0.001	0.003	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.127		0		1		0.018	0.036	
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	0.127		0		1		0.018	0.036	
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	0.603		0		1		0.086	0.169	
18:2 undifferentiated.....g	0.570		0		1		0.081	0.160	
18:3 undifferentiated.....g	0.032		0		1		0.005	0.009	
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		1		1		0	0	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.116		0		1		0.016	0.032	
Threonine.....g	0.267		0		1		0.038	0.075	
Isoleucine.....g	0.371		0		1		0.053	0.104	
Leucine.....g	0.692		0		1		0.098	0.194	
Lysine.....g	0.193		0		1		0.027	0.054	
Methionine.....g	0.176		0		1		0.025	0.049	
Cystine.....g	0.225		0		1		0.032	0.063	
Phenylalanine.....g	0.494		0		1		0.070	0.138	
Tyrosine.....g	0.274		0		1		0.039	0.077	
Valine.....g	0.420		0		1		0.060	0.118	
Arginine.....g	0.348		0		1		0.049	0.097	
Histidine.....g	0.213		0		1		0.030	0.060	
Alanine.....g	0.306		0		1		0.043	0.086	
Aspartic acid.....g	0.404		0		1		0.057	0.113	
Glutamic acid.....g	3.509		0		1		0.498	0.983	
Glycine.....g	0.343		0		1		0.049	0.096	
Proline.....g	1.177		0		1		0.167	0.330	
Serine.....g	0.485		0		1		0.069	0.136	
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	FLM	4		0	0	

**NDB No. 18217**  
**Crackers, matzo, plain**

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			
Theobromine.....mg	0		0	FLM	4	0	0

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

**Common Measures:**

Measure 1 = 14.2g: .5 oz  
 Measure 2 = 28g: 1 matzo

**Calories Factors: Protein 4                      Fat 8.4                      Carbohydrate 4.1**

**Food Group:** 18 Baked Products  
 USDA National Nutrient Database for Standard Reference, Release 27 (2014)

**NDB No. 18219**  
**Crackers, matzo, whole-wheat**

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
<b>Proximates:</b>									
Water.....g	4.80	0.517	4		1		0.68	1.34	
Energy.....kcal	351		0	NC	4		50	98	
Energy.....kJ	1469				4		209	411	
Protein (N x 5.8).....g	13.10	0.600	6		1		1.86	3.67	
Total lipid (fat).....g	1.50	0.227	6		1		0.21	0.42	
Ash.....g	1.60	0.005	4		1		0.23	0.45	
Carbohydrate, by difference.....g	78.90		0	NC	4		11.20	22.09	
Fiber, total dietary.....g	11.8		0		1		1.7	3.3	
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	23	2.063	3		1		3	6	
Iron, Fe.....mg	4.65	0.388	4		1		0.66	1.30	
Magnesium, Mg.....mg	134		2		1		19	38	
Phosphorus, P.....mg	305		2		1		43	85	
Potassium, K.....mg	316		2		1		45	88	
Sodium, Na.....mg	2	0.368	5		1		0	1	
Zinc, Zn.....mg	2.61		2		1		0.37	0.73	
Copper, Cu.....mg	0.350		2		1		0.050	0.098	
Manganese, Mn.....mg	3.500		2		1		0.497	0.980	
Selenium, Se.....µg	75.1		0	FLA	4		10.7	21.0	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		1		1		0.0	0.0	
Thiamin.....mg	0.365	0.016	10		1		0.052	0.102	
Riboflavin.....mg	0.271		2		1		0.038	0.076	
Niacin.....mg	5.410	0.596	3		1		0.768	1.515	
Pantothenic acid.....mg	1.235	0.041	8		1		0.175	0.346	
Vitamin B-6.....mg	0.159	0.010	9		1		0.023	0.045	
Folate, total.....µg	35	1.045	9		1		5	10	
Folic acid.....µg	0		0	Z	7		0	0	
Folate, food.....µg	35	1.045	9		1		5	10	
Folate, DFE.....µg	35		0	NC	4		5	10	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		1		1		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									
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									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									

**NDB No. 18219**  
**Crackers, matzo, whole-wheat**

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			
Fatty acids, total saturated.....g	0.243		0	1	0.035	0.068	
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	0.002		0	1	0.000	0.001	
15:0.....g							
16:0.....g	0.222		0	1	0.032	0.062	
17:0.....g							
18:0.....g	0.012		0	1	0.002	0.003	
20:0.....g							
22:0.....g							
24:0.....g							
Fatty acids, total monounsaturated.....g	0.194		0	1	0.028	0.054	
14:1.....g							
15:1.....g							
16:1 undifferentiated.....g	0.010		0	1	0.001	0.003	
17:1.....g							
18:1 undifferentiated.....g	0.184		0	1	0.026	0.052	
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	0.653		0	1	0.093	0.183	
18:2 undifferentiated.....g	0.618		0	1	0.088	0.173	
18:3 undifferentiated.....g	0.033		0	1	0.005	0.009	
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	0.002		0	1	0.000	0.001	
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	1	0	0	
Phytosterols.....mg							
<b>Amino Acids:</b>							
Tryptophan.....g	0.206		0	1	0.029	0.058	
Threonine.....g	0.382		0	1	0.054	0.107	
Isoleucine.....g	0.489		0	1	0.069	0.137	
Leucine.....g	0.889		0	1	0.126	0.249	
Lysine.....g	0.371		0	1	0.053	0.104	
Methionine.....g	0.204		0	1	0.029	0.057	
Cystine.....g	0.308		0	1	0.044	0.086	
Phenylalanine.....g	0.620		0	1	0.088	0.174	
Tyrosine.....g	0.385		0	1	0.055	0.108	
Valine.....g	0.597		0	1	0.085	0.167	
Arginine.....g	0.631		0	1	0.090	0.177	
Histidine.....g	0.310		0	1	0.044	0.087	
Alanine.....g	0.475		0	1	0.067	0.133	
Aspartic acid.....g	0.688		0	1	0.098	0.193	
Glutamic acid.....g	4.112		0	1	0.584	1.151	
Glycine.....g	0.541		0	1	0.077	0.151	
Proline.....g	1.351		0	1	0.192	0.378	
Serine.....g	0.622		0	1	0.088	0.174	
Hydroxyproline.....g							
<b>Others:</b>							
Alcohol, ethyl.....g	0.0		0	7	0.0	0.0	
Caffeine.....mg							
Theobromine.....mg							



NDB No. 18219  
Crackers, matzo, whole-wheat

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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						

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

**Common Measures:**

Measure 1 = 14.2g: .5 oz  
Measure 2 = 28g: 1 matzo

**Calories Factors: Protein** 3.5

**Fat** 8.4

**Carbohydrate**3.7

**Food Group:** 18 Baked Products  
USDA National Nutrient Database for Standard Reference, Release 27 (2014)



**NDB No. 18220**  
**Crackers, melba toast, plain**

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common			
	Mean	Std. Error	Number	Source	measures of food			
			of Data Points		Confidence Code	Measure 1	Measure 2	Measure 3
<b>Lipids:</b>								
Fatty acids, total saturated.....g	0.445		0	1		0.063	0.134	0.147
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	0.002		0	1		0.000	0.001	0.001
15:0.....g								
16:0.....g	0.355		0	1		0.050	0.107	0.117
17:0.....g								
18:0.....g	0.088		0	1		0.012	0.026	0.029
20:0.....g								
22:0.....g								
24:0.....g								
Fatty acids, total monounsaturated.....g	0.782		0	1		0.111	0.235	0.258
14:1.....g								
15:1.....g								
16:1 undifferentiated.....g	0.020		0	1		0.003	0.006	0.007
17:1.....g								
18:1 undifferentiated.....g	0.762		0	1		0.108	0.229	0.251
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	1.282		0	1		0.182	0.385	0.423
18:2 undifferentiated.....g	1.210		0	1		0.172	0.363	0.399
18:3 undifferentiated.....g	0.071		0	1		0.010	0.021	0.023
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	1		0	0	0
Phytosterols.....mg								
<b>Amino Acids:</b>								
Tryptophan.....g	0.140		0	1		0.020	0.042	0.046
Threonine.....g	0.342		0	1		0.049	0.103	0.113
Isoleucine.....g	0.462		0	1		0.066	0.139	0.152
Leucine.....g	0.844		0	1		0.120	0.253	0.279
Lysine.....g	0.280		0	1		0.040	0.084	0.092
Methionine.....g	0.214		0	1		0.030	0.064	0.071
Cystine.....g	0.265		0	1		0.038	0.080	0.087
Phenylalanine.....g	0.596		0	1		0.085	0.179	0.197
Tyrosine.....g	0.339		0	1		0.048	0.102	0.112
Valine.....g	0.520		0	1		0.074	0.156	0.172
Arginine.....g	0.435		0	1		0.062	0.131	0.144
Histidine.....g	0.261		0	1		0.037	0.078	0.086
Alanine.....g	0.395		0	1		0.056	0.119	0.130
Aspartic acid.....g	0.532		0	1		0.076	0.160	0.176
Glutamic acid.....g	4.086		0	1		0.580	1.226	1.348
Glycine.....g	0.424		0	1		0.060	0.127	0.140
Proline.....g	1.366		0	1		0.194	0.410	0.451
Serine.....g	0.586		0	1		0.083	0.176	0.193
Hydroxyproline.....g								
<b>Others:</b>								
Alcohol, ethyl.....g	0.0		0	7		0.0	0.0	0.0
Caffeine.....mg	0		0	FLA 4		0	0	0

**NDB No. 18220**  
**Crackers, melba toast, plain**

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
Theobromine.....mg	0		0	FLA	4		0	0	0

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

**Common Measures:**

- Measure 1 = 14.2g: .5 oz
- Measure 2 = 30g: 1 cup pieces
- Measure 3 = 33g: 1 cup, rounds

**Calories Factors: Protein 4**

**Fat 8.6**

**Carbohydrate 4.1**

**Food Group: 18 Baked Products**

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

NDB No. 18424

Crackers, melba toast, plain, 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
<b>Proximates:</b>									
Water.....g	5.10	0.196	16		1		0.72	3.57	1.53
Energy.....kcal	390		0	NC	4		55	273	117
Energy.....kJ	1632				4		232	1142	490
Protein (N x 5.7).....g	12.10	0.387	15		1		1.72	8.47	3.63
Total lipid (fat).....g	3.20	0.429	11		1		0.45	2.24	0.96
Ash.....g	3.00	0.154	13		1		0.43	2.10	0.90
Carbohydrate, by difference.....g	76.60		0		4		10.88	53.62	22.98
Fiber, total dietary.....g	6.3		0		4		0.9	4.4	1.9
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	93	14.161	15		1		13	65	28
Iron, Fe.....mg	3.70	0.408	10		1		0.53	2.59	1.11
Magnesium, Mg.....mg	59	6.585	8		1		8	41	18
Phosphorus, P.....mg	196	7.975	12		1		28	137	59
Potassium, K.....mg	202	10.786	13		1		29	141	61
Sodium, Na.....mg	19		0		4		3	13	6
Zinc, Zn.....mg	2.01	0.295	7		1		0.29	1.41	0.60
Copper, Cu.....mg	0.289	0.054	7		1		0.041	0.202	0.087
Manganese, Mn.....mg	1.130	0.154	4		1		0.160	0.791	0.339
Selenium, Se.....µg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0		4		0.0	0.0	0.0
Thiamin.....mg	0.413	0.045	16		1		0.059	0.289	0.124
Riboflavin.....mg	0.273	0.018	16		1		0.039	0.191	0.082
Niacin.....mg	4.113	0.414	16		1		0.584	2.879	1.234
Pantothenic acid.....mg	0.693	0.036	12		1		0.098	0.485	0.208
Vitamin B-6.....mg	0.098	0.007	10		1		0.014	0.069	0.029
Folate, total.....µg	124		0	BFZN	4		18	87	37
Folic acid.....µg	98		0	NC	4		14	69	29
Folate, food.....µg	26	1.382	8		1		4	18	8
Folate, DFE.....µg	193		0	NC	4		27	135	58
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		0		4		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									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	0		0		4		0	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									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									



NDB No. 18424

Crackers, melba toast, plain, without salt

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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

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

**Common Measures:**

Measure 1 = 14.2g: .5 oz

Measure 2 = 70g: 1 cup, crushed

Measure 3 = 30g: 1 cup pieces

**Calories Factors: Protein 4**

**Fat 8.6**

**Carbohydrate 4.1**

**Food Group: 18 Baked Products**

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

NDB No. 18221

Crackers, melba toast, rye (includes pumpernickel)

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
<b>Proximates:</b>									
Water.....g	4.90	0.473	7		1		0.70	0.25	
Energy.....kcal	389		0	NC	4		55	19	
Energy.....kJ	1628				4		231	81	
Protein (N x 5.8).....g	11.60	0.298	8		1		1.65	0.58	
Total lipid (fat).....g	3.40	0.536	8		1		0.48	0.17	
Ash.....g	2.90	0.140	8		1		0.41	0.15	
Carbohydrate, by difference.....g	77.30		0		4		10.98	3.87	
Fiber, total dietary.....g	8.0		0	RA	4		1.1	0.4	
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	78	15.069	8		1		11	4	
Iron, Fe.....mg	3.68	0.384	5		1		0.52	0.18	
Magnesium, Mg.....mg	39	4.465	3		1		6	2	
Phosphorus, P.....mg	183	18.481	6		1		26	9	
Potassium, K.....mg	193	21.727	6		1		27	10	
Sodium, Na.....mg	899	58.679	5		1		128	45	
Zinc, Zn.....mg	1.36	0.323	3		1		0.19	0.07	
Copper, Cu.....mg	0.401	0.161	3		1		0.057	0.020	
Manganese, Mn.....mg	0.738		2		1		0.105	0.037	
Selenium, Se.....µg	38.7		0	FLA	4		5.5	1.9	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0	FLA	4		0.0	0.0	
Thiamin.....mg	0.473	0.042	11		1		0.067	0.024	
Riboflavin.....mg	0.284	0.010	11		1		0.040	0.014	
Niacin.....mg	4.718	0.429	11		1		0.670	0.236	
Pantothenic acid.....mg	0.484	0.012	8		1		0.069	0.024	
Vitamin B-6.....mg	0.086	0.001	8		1		0.012	0.004	
Folate, total.....µg	85		0	FLA	4		12	4	
Folic acid.....µg	63		0	NC	4		9	3	
Folate, food.....µg	22	1.032	8		1		3	1	
Folate, DFE.....µg	129		0	NC	4		18	6	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		0		4		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									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	0		0	FLA	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									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									





NDB No. 18221

Crackers, melba toast, rye (includes pumpernickel)

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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 Code			

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

**Common Measures:**

Measure 1 = 14.2g: .5 oz

Measure 2 = 5.0g: 1 toast

**Calories Factors: Protein** 3.7

**Fat** 8.6

**Carbohydrate**4.1

**Food Group:** 18 Baked Products

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

**NDB No. 18222**  
**Crackers, melba toast, wheat**

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
<b>Proximates:</b>									
Water.....g	5.50	0.591	3		1		0.78	0.28	
Energy.....kcal	374		0	NC	4		53	19	
Energy.....kJ	1565				4		222	78	
Protein (N x 5.8).....g	12.90	0.382	3		1		1.83	0.65	
Total lipid (fat).....g	2.30	0.810	4		1		0.33	0.12	
Ash.....g	2.90	0.088	5		1		0.41	0.15	
Carbohydrate, by difference.....g	76.40		0	NC	4		10.85	3.82	
Fiber, total dietary.....g	7.4		0		1		1.1	0.4	
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	43	3.521	3		1		6	2	
Iron, Fe.....mg	4.50	0.557	3		1		0.64	0.23	
Magnesium, Mg.....mg	56		2		1		8	3	
Phosphorus, P.....mg	165		2		1		23	8	
Potassium, K.....mg	148		2		1		21	7	
Sodium, Na.....mg	837	50.441	3		1		119	42	
Zinc, Zn.....mg	1.50		2		1		0.21	0.08	
Copper, Cu.....mg	0.265		2		1		0.038	0.013	
Manganese, Mn.....mg	1.064		2		1		0.151	0.053	
Selenium, Se.....µg	55.0		0	FLA	4		7.8	2.8	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0		1		0.0	0.0	
Thiamin.....mg	0.422	0.018	9		1		0.060	0.021	
Riboflavin.....mg	0.299	0.004	9		1		0.042	0.015	
Niacin.....mg	5.083	0.340	9		1		0.722	0.254	
Pantothenic acid.....mg	0.517	0.015	8		1		0.073	0.026	
Vitamin B-6.....mg	0.103	0.001	8		1		0.015	0.005	
Folate, total.....µg	132		0	FLA	4		19	7	
Folic acid.....µg	108		0	NC	4		15	5	
Folate, food.....µg	24	0.827	8		1		3	1	
Folate, DFE.....µg	208		0	NC	4		29	10	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		0		1		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									
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									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									

**NDB No. 18222**  
**Crackers, melba toast, wheat**

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			
Fatty acids, total saturated.....g	0.337		0		1	0.048	0.017
4:0.....g							
6:0.....g							
8:0.....g							
10:0.....g							
12:0.....g	0.000		0		1	0.000	0.000
13:0.....g							
14:0.....g	0.002		0		1	0.000	0.000
15:0.....g							
16:0.....g	0.275		0		1	0.039	0.014
17:0.....g							
18:0.....g	0.056		0		1	0.008	0.003
20:0.....g							
22:0.....g							
24:0.....g							
Fatty acids, total monounsaturated.....g	0.544		0		1	0.077	0.027
14:1.....g							
15:1.....g							
16:1 undifferentiated.....g	0.018		0		1	0.003	0.001
17:1.....g							
18:1 undifferentiated.....g	0.526		0		1	0.075	0.026
20:1.....g							
22:1 undifferentiated.....g							
24:1 c.....g							
Fatty acids, total polyunsaturated.....g	0.910		0		1	0.129	0.046
18:2 undifferentiated.....g	0.858		0		1	0.122	0.043
18:3 undifferentiated.....g	0.050		0		1	0.007	0.003
18:4.....g							
20:2 n-6 c,c.....g							
20:3 undifferentiated.....g							
20:4 undifferentiated.....g	0.001		0		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		1	0	0
Phytosterols.....mg							
<b>Amino Acids:</b>							
Tryptophan.....g	0.171		0		1	0.024	0.009
Threonine.....g	0.371		0		1	0.053	0.019
Isoleucine.....g	0.489		0		1	0.069	0.024
Leucine.....g	0.884		0		1	0.126	0.044
Lysine.....g	0.344		0		1	0.049	0.017
Methionine.....g	0.213		0		1	0.030	0.011
Cystine.....g	0.284		0		1	0.040	0.014
Phenylalanine.....g	0.615		0		1	0.087	0.031
Tyrosine.....g	0.371		0		1	0.053	0.019
Valine.....g	0.571		0		1	0.081	0.029
Arginine.....g	0.533		0		1	0.076	0.027
Histidine.....g	0.286		0		1	0.041	0.014
Alanine.....g	0.446		0		1	0.063	0.022
Aspartic acid.....g	0.628		0		1	0.089	0.031
Glutamic acid.....g	4.122		0		1	0.585	0.206
Glycine.....g	0.484		0		1	0.069	0.024
Proline.....g	1.366		0		1	0.194	0.068
Serine.....g	0.613		0		1	0.087	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. 18222**

**Crackers, melba toast, wheat**

**Common Measures:**

Measure 1 = 14.2g: .5 oz

Measure 2 = 5.0g: 1 toast

**Calories Factors: Protein 3.8**

**Fat 8.6**

**Carbohydrate 4**

**Food Group: 18 Baked Products**

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



**NDB No. 18223**  
**Crackers, milk**

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common		
	Mean	Std. Error	Number	Source	measures of food		
			of Data Points		Confidence Code	Measure 1	Measure 2
<b>Lipids:</b>							
Fatty acids, total saturated.....g	2.633		0	FLA	4	0.374	0.290
4:0.....g	0.016		0	FLA	4	0.002	0.002
6:0.....g	0.005		0	FLA	4	0.001	0.001
8:0.....g	0.005		0	FLA	4	0.001	0.001
10:0.....g	0.011		0	FLA	4	0.002	0.001
12:0.....g	0.012		0	FLA	4	0.002	0.001
13:0.....g							
14:0.....g	0.068		0	FLA	4	0.010	0.007
15:0.....g							
16:0.....g	1.700		0	FLA	4	0.241	0.187
17:0.....g							
18:0.....g	0.795		0	FLA	4	0.113	0.087
20:0.....g							
22:0.....g							
24:0.....g							
Fatty acids, total monounsaturated.....g	6.479		0	FLA	4	0.920	0.713
14:1.....g							
15:1.....g							
16:1 undifferentiated.....g	0.087		0	FLA	4	0.012	0.010
17:1.....g							
18:1 undifferentiated.....g	6.367		0	FLA	4	0.904	0.700
20:1.....g	0.001		0	FLA	4	0.000	0.000
22:1 undifferentiated.....g	0.000		0	FLA	4	0.000	0.000
24:1 c.....g							
Fatty acids, total polyunsaturated.....g	5.749		0	FLA	4	0.816	0.632
18:2 undifferentiated.....g	5.335		0	FLA	4	0.758	0.587
18:3 undifferentiated.....g	0.395		0	FLA	4	0.056	0.043
18:4.....g	0.000		0	FLA	4	0.000	0.000
20:2 n-6 c,c.....g							
20:3 undifferentiated.....g							
20:4 undifferentiated.....g	0.003		0	FLA	4	0.000	0.000
20:5 n-3 (EPA).....g	0.001		0	FLA	4	0.000	0.000
21:5.....g							
22:4.....g							
22:5 n-3 (DPA).....g	0.000		0	FLA	4	0.000	0.000
22:6 n-3 (DHA).....g	0.001		0	FLA	4	0.000	0.000
Fatty acids, total trans.....g							
Cholesterol.....mg	11		0	FLA	4	2	1
Phytosterols.....mg							
<b>Amino Acids:</b>							
Tryptophan.....g	0.100		0		4	0.014	0.011
Threonine.....g	0.221		0		4	0.031	0.024
Isoleucine.....g	0.289		0		4	0.041	0.032
Leucine.....g	0.541		0		4	0.077	0.060
Lysine.....g	0.241		0		4	0.034	0.027
Methionine.....g	0.138		0		4	0.020	0.015
Cystine.....g	0.159		0		4	0.023	0.017
Phenylalanine.....g	0.376		0		4	0.053	0.041
Tyrosine.....g	0.237		0		4	0.034	0.026
Valine.....g	0.333		0		4	0.047	0.037
Arginine.....g	0.307		0		4	0.044	0.034
Histidine.....g	0.167		0		4	0.024	0.018
Alanine.....g	0.246		0		4	0.035	0.027
Aspartic acid.....g	0.345		0		4	0.049	0.038
Glutamic acid.....g	2.482		0		4	0.352	0.273
Glycine.....g	0.264		0		4	0.037	0.029
Proline.....g	0.858		0		4	0.122	0.094
Serine.....g	0.399		0		4	0.057	0.044
Hydroxyproline.....g							
<b>Others:</b>							
Alcohol, ethyl.....g	0.0		0		7	0.0	0.0
Caffeine.....mg	0		0	FLA	4	0	0

NDB No. 18223

Crackers, milk

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			
Theobromine.....mg	0		0	FLA	4	0	0

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

**Common Measures:**

Measure 1 = 14.2g: .5 oz

Measure 2 = 11.0g: 1 cracker

**Calories Factors: Protein 4**

**Fat 8.8**

**Carbohydrate 4.1**

**Food Group:** 18 Baked Products

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





**NDB No. 28292**  
**Crackers, multigrain**

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b><u>Lipids:</u></b>									
Fatty acids, total saturated.....g	3.300		0	MC	9		0.462		
4:0.....g	0.000		0	FLC	4		0.000		
6:0.....g	0.000		0	FLC	4		0.000		
8:0.....g	0.000		0	FLC	4		0.000		
10:0.....g	0.000		0	FLC	4		0.000		
12:0.....g	0.000		0	FLC	4		0.000		
13:0.....g	0.000		0	FLC	4		0.000		
14:0.....g	0.000		0	FLC	4		0.000		
15:0.....g	0.000		0	FLC	4		0.000		
16:0.....g	2.256		0	FLC	4		0.316		
17:0.....g	0.007		0	FLC	4		0.001		
18:0.....g	0.891		0	FLC	4		0.125		
20:0.....g	0.072		0	FLC	4		0.010		
22:0.....g	0.073		0	FLC	4		0.010		
24:0.....g	0.000		0	FLC	4		0.000		
Fatty acids, total monounsaturated.....g	5.000		0	MC	9		0.700		
14:1.....g	0.000		0	FLC	4		0.000		
15:1.....g	0.000		0	FLC	4		0.000		
16:1 undifferentiated.....g	0.001		0	FLC	4		0.000		
17:1.....g	0.000		0	FLC	4		0.000		
18:1 undifferentiated.....g	4.948		0	FLC	4		0.693		
20:1.....g	0.052		0	FLC	4		0.007		
22:1 undifferentiated.....g	0.000		0	FLC	4		0.000		
24:1 c.....g	0.000		0	FLC	4		0.000		
Fatty acids, total polyunsaturated.....g	11.800		0	MC	9		1.652		
18:2 undifferentiated.....g	10.438		0	FLC	4		1.461		
18:3 undifferentiated.....g	1.362		0	FLC	4		0.191		
18:4.....g	0.000		0	FLC	4		0.000		
20:2 n-6 c.c.....g	0.000		0	FLC	4		0.000		
20:3 undifferentiated.....g	0.000		0	FLC	4		0.000		
20:4 undifferentiated.....g	0.000		0	FLC	4		0.000		
20:5 n-3 (EPA).....g	0.000		0	FLC	4		0.000		
21:5.....g	0.000		0	FLC	4		0.000		
22:4.....g	0.000		0	FLC	4		0.000		
22:5 n-3 (DPA).....g	0.000		0	FLC	4		0.000		
22:6 n-3 (DHA).....g	0.000		0	FLC	4		0.000		
Fatty acids, total trans.....g	0.190		0	MC	9		0.027		
Cholesterol.....mg	0		0	MC	9		0		
Phytosterols.....mg									
<b><u>Amino Acids:</u></b>									
Tryptophan.....g	0.088		0	FLC	4		0.012		
Threonine.....g	0.193		0	FLC	4		0.027		
Isoleucine.....g	0.237		0	FLC	4		0.033		
Leucine.....g	0.481		0	FLC	4		0.067		
Lysine.....g	0.182		0	FLC	4		0.026		
Methionine.....g	0.122		0	FLC	4		0.017		
Cystine.....g	0.147		0	FLC	4		0.021		
Phenylalanine.....g	0.347		0	FLC	4		0.049		
Tyrosine.....g	0.185		0	FLC	4		0.026		
Valine.....g	0.291		0	FLC	4		0.041		
Arginine.....g	0.320		0	FLC	4		0.045		
Histidine.....g	0.168		0	FLC	4		0.023		
Alanine.....g	0.252		0	FLC	4		0.035		
Aspartic acid.....g	0.350		0	FLC	4		0.049		
Glutamic acid.....g	2.204		0	FLC	4		0.308		
Glycine.....g	0.277		0	FLC	4		0.039		
Proline.....g	0.870		0	FLC	4		0.122		
Serine.....g	0.336		0	FLC	4		0.047		
Hydroxyproline.....g	0.000		0	FLC	4		0.000		
<b><u>Others:</u></b>									
Alcohol, ethyl.....g	0.0		0	FLC	4		0.0		

**NDB No. 28292**  
**Crackers, multigrain**

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 Code			
Caffeine.....mg	0		0	FLC	4	0		
Theobromine.....mg	0		0	FLC	4	0		

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

**Common Measures:**

Measure 1 = 14.0g: 4 crackers

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

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

**NDB No. 18224**  
**Crackers, rusk toast**

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
<b>Proximates:</b>									
Water.....g	5.50	0.222	15		1		0.78	0.55	
Energy.....kcal	407		0		4		58	41	
Energy.....kJ	1703				4		242	170	
Protein (N x 6).....g	13.50	0.250	15		1		1.92	1.35	
Total lipid (fat).....g	7.20	0.181	15		1		1.02	0.72	
Ash.....g	1.20	0.029	15		1		0.17	0.12	
Carbohydrate, by difference.....g	72.30		0	NC	4		10.27	7.23	
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	27	0.978	15		1		4	3	
Iron, Fe.....mg	2.72	0.313	13		1		0.39	0.27	
Magnesium, Mg.....mg	36	0.538	12		1		5	4	
Phosphorus, P.....mg	153	1.922	15		1		22	15	
Potassium, K.....mg	245	8.107	14		1		35	25	
Sodium, Na.....mg	253	6.440	15		1		36	25	
Zinc, Zn.....mg	1.10	0.021	12		1		0.16	0.11	
Copper, Cu.....mg	0.245	0.025	12		1		0.035	0.025	
Manganese, Mn.....mg	0.439	0.022	8		1		0.062	0.044	
Selenium, Se.....µg	20.1		0	FLA	4		2.9	2.0	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0		4		0.0	0.0	
Thiamin.....mg	0.404	0.032	15		1		0.057	0.040	
Riboflavin.....mg	0.399	0.039	15		1		0.057	0.040	
Niacin.....mg	4.625	0.426	15		1		0.657	0.463	
Pantothenic acid.....mg	0.605		0	FLA	4		0.086	0.061	
Vitamin B-6.....mg	0.047		0	FLA	4		0.007	0.005	
Folate, total.....µg	87		0	FLA	4		12	9	
Folic acid.....µg	23		0	NC	4		3	2	
Folate, food.....µg	64		0		4		9	6	
Folate, DFE.....µg	103		0	NC	4		15	10	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.18		0	FLA	4		0.03	0.02	
Vitamin A, RAE.....µg	12		0	NC	4		2	1	
Retinol.....µg	12		0	NC	4		2	1	
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	41		0	FLA	4		6	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									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									

**NDB No. 18224**  
**Crackers, rusk toast**

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion 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	1.376		0	FLA	4		0.195	0.138	
4:0.....g	0.000		0	FLA	4		0.000	0.000	
6:0.....g	0.000		0	FLA	4		0.000	0.000	
8:0.....g	0.000		0	FLA	4		0.000	0.000	
10:0.....g	0.000		0	FLA	4		0.000	0.000	
12:0.....g	0.000		0	FLA	4		0.000	0.000	
13:0.....g									
14:0.....g	0.011		0	FLA	4		0.002	0.001	
15:0.....g									
16:0.....g	0.973		0	FLA	4		0.138	0.097	
17:0.....g									
18:0.....g	0.386		0	FLA	4		0.055	0.039	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	2.755		0	FLA	4		0.391	0.276	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.065		0	FLA	4		0.009	0.007	
17:1.....g									
18:1 undifferentiated.....g	2.678		0	FLA	4		0.380	0.268	
20:1.....g	0.005		0	FLA	4		0.001	0.001	
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.310		0	FLA	4		0.328	0.231	
18:2 undifferentiated.....g	2.114		0	FLA	4		0.300	0.211	
18:3 undifferentiated.....g	0.143		0	FLA	4		0.020	0.014	
18:4.....g	0.003		0	FLA	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.026		0	FLA	4		0.004	0.003	
20:5 n-3 (EPA).....g	0.013		0	FLA	4		0.002	0.001	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	FLA	4		0.000	0.000	
22:6 n-3 (DHA).....g	0.008		0	FLA	4		0.001	0.001	
Fatty acids, total trans.....g									
Cholesterol.....mg	78		0	FLA	4		11	8	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.171		0		1		0.024	0.017	
Threonine.....g	0.512		0		1		0.073	0.051	
Isoleucine.....g	0.610		0		1		0.087	0.061	
Leucine.....g	1.010		0		1		0.143	0.101	
Lysine.....g	0.684		0		1		0.097	0.068	
Methionine.....g	0.290		0		1		0.041	0.029	
Cystine.....g	0.272		0		1		0.039	0.027	
Phenylalanine.....g	0.668		0		1		0.095	0.067	
Tyrosine.....g	0.471		0		1		0.067	0.047	
Valine.....g	0.684		0		1		0.097	0.068	
Arginine.....g	0.649		0		1		0.092	0.065	
Histidine.....g	0.309		0		1		0.044	0.031	
Alanine.....g	0.606		0		1		0.086	0.061	
Aspartic acid.....g	0.944		0		1		0.134	0.094	
Glutamic acid.....g	3.192		0		1		0.453	0.319	
Glycine.....g	0.498		0		1		0.071	0.050	
Proline.....g	1.052		0		1		0.149	0.105	
Serine.....g	0.768		0		1		0.109	0.077	
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. 18224**

**Crackers, rusk toast**

**Common Measures:**

Measure 1 = 14.2g: .5 oz

Measure 2 = 10.0g: 1 rusk

**Calories Factors: Protein 3.9**

**Fat 8.9**

**Carbohydrate 4**

**Food Group: 18 Baked Products**

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

NDB No. 18225

Crackers, rye, sandwich-type with cheese filling

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
<b>Proximates:</b>									
Water.....g	3.80	0.167	5		1		0.54	0.27	
Energy.....kcal	481		0	NC	4		68	34	
Energy.....kJ	2013				4		286	141	
Protein (N x 5.8).....g	9.20	0.486	5		1		1.31	0.64	
Total lipid (fat).....g	22.30	0.317	5		1		3.17	1.56	
Ash.....g	3.90	0.082	5		1		0.55	0.27	
Carbohydrate, by difference.....g	60.80		0	NC	4		8.63	4.26	
Fiber, total dietary.....g	3.6		0		4		0.5	0.3	
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	222	18.575	5		1		32	16	
Iron, Fe.....mg	2.45	0.121	5		1		0.35	0.17	
Magnesium, Mg.....mg	37	0.744	4		1		5	3	
Phosphorus, P.....mg	339	4.557	4		1		48	24	
Potassium, K.....mg	342	61.985	5		1		49	24	
Sodium, Na.....mg	1044	73.130	5		1		148	73	
Zinc, Zn.....mg	0.70	0.055	4		1		0.10	0.05	
Copper, Cu.....mg	0.096	0.016	4		1		0.014	0.007	
Manganese, Mn.....mg	0.635	0.029	4		1		0.090	0.044	
Selenium, Se.....µg	20.8		0	FLA	4		3.0	1.5	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.4		0	FLA	4		0.1	0.0	
Thiamin.....mg	0.612	0.172	5		1		0.087	0.043	
Riboflavin.....mg	0.494	0.060	5		1		0.070	0.035	
Niacin.....mg	3.570	0.205	5		1		0.507	0.250	
Pantothenic acid.....mg	0.585		0	FLA	4		0.083	0.041	
Vitamin B-6.....mg	0.076		0	FLA	4		0.011	0.005	
Folate, total.....µg	81		0	FLA	4		12	6	
Folic acid.....µg	65		0	NC	4		9	5	
Folate, food.....µg	16		0		4		2	1	
Folate, DFE.....µg	127		0	NC	4		18	9	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.12		0	FLA	4		0.02	0.01	
Vitamin A, RAE.....µg	24		0	NC	4		3	2	
Retinol.....µg	8		0	NC	4		1	1	
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	334		0	FLA	4		47	23	
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									
<b>Lipids:</b>									

Crackers, rye, sandwich-type with cheese filling

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated.....g	5.987		0	FLA	4		0.850	0.419	
4:0.....g	0.031		0	FLA	4		0.004	0.002	
6:0.....g	0.015		0	FLA	4		0.002	0.001	
8:0.....g	0.008		0	FLA	4		0.001	0.001	
10:0.....g	0.018		0	FLA	4		0.003	0.001	
12:0.....g	0.017		0	FLA	4		0.002	0.001	
13:0.....g									
14:0.....g	0.202		0	FLA	4		0.029	0.014	
15:0.....g									
16:0.....g	3.063		0	FLA	4		0.435	0.214	
17:0.....g									
18:0.....g	2.602		0	FLA	4		0.369	0.182	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	12.236		0	FLA	4		1.738	0.857	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.031		0	FLA	4		0.004	0.002	
17:1.....g									
18:1 undifferentiated.....g	12.191		0	FLA	4		1.731	0.853	
20:1.....g	0.001		0	FLA	4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.863		0	FLA	4		0.407	0.200	
18:2 undifferentiated.....g	2.702		0	FLA	4		0.384	0.189	
18:3 undifferentiated.....g	0.161		0	FLA	4		0.023	0.011	
18:4.....g	0.000		0	FLA	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
20:5 n-3 (EPA).....g	0.000		0	FLA	4		0.000	0.000	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	FLA	4		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0	FLA	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	9		1		1		1	1	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.115		0		1		0.016	0.008	
Threonine.....g	0.286		0		1		0.041	0.020	
Isoleucine.....g	0.354		0		1		0.050	0.025	
Leucine.....g	0.649		0		1		0.092	0.045	
Lysine.....g	0.333		0		1		0.047	0.023	
Methionine.....g	0.161		0		1		0.023	0.011	
Cystine.....g	0.185		0		1		0.026	0.013	
Phenylalanine.....g	0.442		0		1		0.063	0.031	
Tyrosine.....g	0.273		0		1		0.039	0.019	
Valine.....g	0.417		0		1		0.059	0.029	
Arginine.....g	0.396		0		1		0.056	0.028	
Histidine.....g	0.208		0		1		0.030	0.015	
Alanine.....g	0.319		0		1		0.045	0.022	
Aspartic acid.....g	0.510		0		1		0.072	0.036	
Glutamic acid.....g	2.729		0		1		0.388	0.191	
Glycine.....g	0.330		0		1		0.047	0.023	
Proline.....g	0.972		0		1		0.138	0.068	
Serine.....g	0.459		0		1		0.065	0.032	
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. 18225**

**Crackers, rye, sandwich-type with cheese filling**

**Common Measures:**

Measure 1 = 14.2g: .5 oz

Measure 2 = 7.0g: 1 cracker, sandwich

**Calories Factors: Protein 3.9**

**Fat 8.8**

**Carbohydrate 4.1**

**Food Group: 18 Baked Products**

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



NDB No. 18226  
Crackers, rye, wafers, plain

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
<b>Lipids:</b>								
Fatty acids, total saturated.....g	0.108		0		1	0.015	0.066	0.012
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	0.001		0		1	0.000	0.001	0.000
15:0.....g								
16:0.....g	0.101		0		1	0.014	0.062	0.011
17:0.....g								
18:0.....g	0.006		0		1	0.001	0.004	0.001
20:0.....g								
22:0.....g								
24:0.....g								
Fatty acids, total monounsaturated.....g	0.152		0		1	0.022	0.093	0.017
14:1.....g								
15:1.....g								
16:1 undifferentiated.....g	0.003		0		1	0.000	0.002	0.000
17:1.....g								
18:1 undifferentiated.....g	0.145		0		1	0.021	0.088	0.016
20:1.....g	0.004		0		1	0.001	0.002	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	0.397		0		1	0.056	0.242	0.044
18:2 undifferentiated.....g	0.349		0		1	0.050	0.213	0.038
18:3 undifferentiated.....g	0.048		0		1	0.007	0.029	0.005
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		1	0	0	0
Phytosterols.....mg								
<b>Others:</b>								
Alcohol, ethyl.....g	0.0		0		7	0.0	0.0	0.0
Caffeine.....mg	0		0	FLA	4	0	0	0
Theobromine.....mg	0		0	FLA	4	0	0	0

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

**Common Measures:**

Measure 1 = 14.2g: .5 oz

Measure 2 = 61g: 1 cup, crushed

Measure 3 = 11.0g: 1 cracker (4-1/2" x 2-1/2" x 1/8")

Calories Factors: Protein 3

Fat 8.4

Carbohydrate 3.7

Food Group: 18 Baked Products

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

**NDB No. 18227**  
**Crackers, rye, wafers, seasoned**

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
<b>Proximates:</b>									
Water.....g	4.00		2		1		0.57	0.88	
Energy.....kcal	381		0	NC	4		54	84	
Energy.....kJ	1594				4		226	351	
Protein (N x 5.9).....g	9.00	0.147	7		1		1.28	1.98	
Total lipid (fat).....g	9.20	1.005	6		1		1.31	2.02	
Ash.....g	4.00	0.359	3		1		0.57	0.88	
Carbohydrate, by difference.....g	73.80		0		4		10.48	16.24	
Fiber, total dietary.....g	20.9		0		4		3.0	4.6	
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	44	4.717	5		1		6	10	
Iron, Fe.....mg	3.04	0.199	6		1		0.43	0.67	
Magnesium, Mg.....mg	106	5.237	5		1		15	23	
Phosphorus, P.....mg	307	11.601	5		1		44	68	
Potassium, K.....mg	454	9.327	5		1		64	100	
Sodium, Na.....mg	887	51.905	6		1		126	195	
Zinc, Zn.....mg	2.55	0.093	5		1		0.36	0.56	
Copper, Cu.....mg	0.495	0.026	5		1		0.070	0.109	
Manganese, Mn.....mg	2.371		0	FLA	4		0.337	0.522	
Selenium, Se.....µg	32.5		0	FLA	4		4.6	7.2	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.1		0	FLA	4		0.0	0.0	
Thiamin.....mg	0.316	0.035	6		1		0.045	0.070	
Riboflavin.....mg	0.223	0.031	6		1		0.032	0.049	
Niacin.....mg	2.474	0.528	6		1		0.351	0.544	
Pantothenic acid.....mg	0.558		2		1		0.079	0.123	
Vitamin B-6.....mg	0.190		2		1		0.027	0.042	
Folate, total.....µg	52		2		1		7	11	
Folic acid.....µg	0		0	Z	7		0	0	
Folate, food.....µg	52		2		1		7	11	
Folate, DFE.....µg	52		0	NC	4		7	11	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		0	FLA	4		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									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	8		0	FLA	4		1	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									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									

**NDB No. 18227**  
**Crackers, rye, wafers, seasoned**

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion 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	1.287		0	FLA	4		0.183	0.283	
4:0.....g	0.000		0	FLA	4		0.000	0.000	
6:0.....g	0.000		0	FLA	4		0.000	0.000	
8:0.....g	0.000		0	FLA	4		0.000	0.000	
10:0.....g	0.000		0	FLA	4		0.000	0.000	
12:0.....g	0.000		0	FLA	4		0.000	0.000	
13:0.....g									
14:0.....g	0.000		0	FLA	4		0.000	0.000	
15:0.....g									
16:0.....g	0.921		0	FLA	4		0.131	0.203	
17:0.....g									
18:0.....g	0.352		0	FLA	4		0.050	0.077	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	3.270		0	FLA	4		0.464	0.719	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.037		0	FLA	4		0.005	0.008	
17:1.....g									
18:1 undifferentiated.....g	3.215		0	FLA	4		0.457	0.707	
20:1.....g	0.011		0	FLA	4		0.002	0.002	
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	3.608		0	FLA	4		0.512	0.794	
18:2 undifferentiated.....g	3.283		0	FLA	4		0.466	0.722	
18:3 undifferentiated.....g	0.318		0	FLA	4		0.045	0.070	
18:4.....g	0.000		0	FLA	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
20:5 n-3 (EPA).....g	0.000		0	FLA	4		0.000	0.000	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	FLA	4		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0	FLA	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		4		0	0	
Phytosterols.....mg									

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

**Common Measures:**

Measure 1 = 14.2g: .5 oz  
 Measure 2 = 22g: 1 cracker, triple

**Calories Factors: Protein 3                      Fat 8.8                      Carbohydrate 3.7**

**Food Group: 18 Baked Products**  
 USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 18228

Crackers, saltines (includes oyster, soda, soup)

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
<b>Proximates:</b>									
Water.....g	5.05	0.226	12	A	1		0.75	0.72	3.53
Energy.....kcal	418		0	NC	4		62	59	292
Energy.....kJ	1747		0	NC	4		260	248	1223
Protein (N x 5.7).....g	9.46	0.041	12	A	1		1.41	1.34	6.63
Total lipid (fat).....g	8.64	0.103	12	A	1		1.29	1.23	6.05
Ash.....g	2.79	0.037	12	A	1		0.42	0.40	1.95
Carbohydrate, by difference.....g	74.05		0	NC	4		11.03	10.52	51.84
Fiber, total dietary.....g	2.8	0.087	6	A	1		0.4	0.4	2.0
Sugars, total.....g	1.29	0.189	6	A	1		0.19	0.18	0.90
Sucrose.....g	0.00	0.000	6	A	1		0.00	0.00	0.00
Glucose (dextrose).....g	0.12	0.031	6	A	1		0.02	0.02	0.09
Fructose.....g	0.19	0.054	6	A	1		0.03	0.03	0.13
Lactose.....g	0.00	0.000	6	A	1		0.00	0.00	0.00
Maltose.....g	0.98	0.112	6	A	1		0.15	0.14	0.68
Galactose.....g	0.00	0.000	6	A	1		0.00	0.00	0.00
Starch.....g	67.83	0.546	6	A	1		10.11	9.63	47.48
<b>Minerals:</b>									
Calcium, Ca.....mg	19	0.264	12	A	1		3	3	14
Iron, Fe.....mg	5.57	0.076	12	A	1		0.83	0.79	3.90
Magnesium, Mg.....mg	23	0.465	12	A	1		3	3	16
Phosphorus, P.....mg	102	0.579	12	A	1		15	15	72
Potassium, K.....mg	152	3.509	12	A	1		23	22	107
Sodium, Na.....mg	941	17.802	12	A	1		140	134	659
Zinc, Zn.....mg	0.69	0.013	12	A	1		0.10	0.10	0.48
Copper, Cu.....mg	0.139	0.003	12	A	1		0.021	0.020	0.097
Manganese, Mn.....mg	0.686	0.023	12	A	1		0.102	0.097	0.480
Selenium, Se.....µg	10.3	0.839	6	A	1		1.5	1.5	7.2
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		2	A	1		0.0	0.0	0.0
Thiamin.....mg	0.702	0.035	6	A	1		0.105	0.100	0.492
Riboflavin.....mg	0.487	0.014	6	A	1		0.073	0.069	0.341
Niacin.....mg	6.442	0.213	6	A	1		0.960	0.915	4.509
Pantothenic acid.....mg	0.536	0.042	4	A	1		0.080	0.076	0.375
Vitamin B-6.....mg	0.086	0.003	6	A	1		0.013	0.012	0.060
Folate, total.....µg	134	2.430	6	A	1		20	19	94
Folic acid.....µg	117		2	A	1		17	17	82
Folate, food.....µg	17		0	NC	4		3	2	12
Folate, DFE.....µg	216		0	NC	4		32	31	151
Choline, total.....mg	16.7		0	AS	1		2.5	2.4	11.7
Betaine.....mg	62.7		1	A	1		9.3	8.9	43.9
Vitamin B-12.....µg	0.09		2	A	1		0.01	0.01	0.06
Vitamin B-12, added.....µg	0.00		0	FLA	4		0.00	0.00	0.00
Vitamin A, RAE.....µg	1		0	AS	1		0	0	0
Retinol.....µg	1		2	A	1		0	0	0
Carotene, beta.....µg	0		0	FLA	4		0	0	0
Carotene, alpha.....µg	0		0	FLA	4		0	0	0
Cryptoxanthin, beta.....µg	0		0	FLA	4		0	0	0
Vitamin A, IU.....IU	2		0	AS	1		0	0	1
Lycopene.....µg	0		0	FLA	4		0	0	0
Lutein + zeaxanthin.....µg	17		0	FLA	4		3	2	12
Vitamin E (alpha-tocopherol).....mg	1.15	0.095	6	A	1		0.17	0.16	0.81
Vitamin E, added.....mg	0.00		0	FLA	4		0.00	0.00	0.00
Tocopherol, beta.....mg	0.31	0.003	6	A	1		0.05	0.04	0.22
Tocopherol, gamma.....mg	4.90	0.308	6	A	1		0.73	0.70	3.43
Tocopherol, delta.....mg	1.55	0.031	6	A	1		0.23	0.22	1.09
Tocotrienol, alpha.....mg	0.10	0.003	6	A	1		0.02	0.01	0.07
Tocotrienol, beta.....mg	1.45	0.040	6	A	1		0.22	0.21	1.01

NDB No. 18228

Crackers, saltines (includes oyster, soda, soup)

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	0.000	6	A	1				
Tocotrienol, delta.....mg	0.00	0.000	6	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	25.4	0.346	4	A	1	3.8	3.6	17.8	
Dihydrophyloquinone.....µg	0.0	0.000	4	A	1	0.0	0.0	0.0	
Menaquinone-4.....µg	0.0	0.000	4	A	1	0.0	0.0	0.0	
<b>Lipids:</b>									
Fatty acids, total saturated.....g	1.653		0	NC	4	0.246	0.235	1.157	
4:0.....g	0.005	0.002	6	A	1	0.001	0.001	0.004	
6:0.....g	0.000	0.000	6	A	1	0.000	0.000	0.000	
8:0.....g	0.004	0.000	6	A	1	0.001	0.001	0.003	
10:0.....g	0.008	0.001	6	A	1	0.001	0.001	0.006	
12:0.....g	0.004	0.000	6	A	1	0.001	0.001	0.003	
13:0.....g									
14:0.....g	0.013	0.002	6	A	1	0.002	0.002	0.009	
15:0.....g	0.005	0.001	6	A	1	0.001	0.001	0.003	
16:0.....g	1.050	0.033	6	A	1	0.156	0.149	0.735	
17:0.....g	0.009	0.000	6	A	1	0.001	0.001	0.007	
18:0.....g	0.490	0.081	6	A	1	0.073	0.070	0.343	
20:0.....g	0.026	0.000	6	A	1	0.004	0.004	0.018	
22:0.....g	0.026	0.001	6	A	1	0.004	0.004	0.018	
24:0.....g	0.012	0.000	6	A	1	0.002	0.002	0.008	
Fatty acids, total monounsaturated.....g	1.986		0	NC	4	0.296	0.282	1.390	
14:1.....g									
15:1.....g	0.000	0.000	6	A	1	0.000	0.000	0.000	
16:1 undifferentiated.....g	0.010	0.001	6	AS	1	0.001	0.001	0.007	
16:1 c.....g	0.010	0.001	6	A	1	0.001	0.001	0.007	
16:1 t.....g	0.000	0.000	6	A	1	0.000	0.000	0.000	
17:1.....g	0.004	0.000	6	A	1	0.001	0.001	0.003	
18:1 undifferentiated.....g	1.926	0.081	6	AS	1	0.287	0.273	1.348	
18:1 c.....g	1.776	0.019	6	A	1	0.265	0.252	1.243	
18:1 t.....g	0.150	0.078	6	A	1	0.022	0.021	0.105	
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.038	0.004	6	A	1	0.006	0.005	0.027	
22:1 undifferentiated.....g	0.006	0.001	6	AS	1	0.001	0.001	0.004	
22:1 c.....g	0.003	0.000	6	A	1	0.001	0.000	0.002	
22:1 t.....g	0.002	0.001	6	A	1	0.000	0.000	0.002	
24:1 c.....g	0.002	0.001	6	A	1	0.000	0.000	0.001	
Fatty acids, total polyunsaturated.....g	4.835		0	NC	4	0.720	0.687	3.385	
18:2 undifferentiated.....g	4.272	0.182	6	AS	1	0.637	0.607	2.990	
18:2 n-6 c,c.....g	4.250	0.182	6	A	1	0.633	0.604	2.975	
18:2 CLAs.....g	0.007	0.001	6	A	1	0.001	0.001	0.005	
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.015	0.001	6	A	1	0.002	0.002	0.011	
18:3 undifferentiated.....g	0.553	0.027	6	AS	1	0.082	0.079	0.387	
18:3 n-3 c,c,c (ALA).....g	0.535	0.026	6	A	1	0.080	0.076	0.374	
18:3 n-6 c,c,c.....g	0.018	0.002	6	A	1	0.003	0.003	0.013	
18:3i.....g	0.000	0.000	6	A	1	0.000	0.000	0.000	
18:4.....g	0.000	0.000	6	A	1	0.000	0.000	0.000	
20:2 n-6 c,c.....g	0.003	0.000	6	A	1	0.001	0.000	0.002	
20:3 undifferentiated.....g	0.001	0.001	6	AS	1	0.000	0.000	0.000	
20:3 n-3.....g	0.001	0.001	6	A	1	0.000	0.000	0.000	
20:3 n-6.....g	0.000	0.000	6	A	1	0.000	0.000	0.000	
20:4 undifferentiated.....g	0.006	0.003	6	A	1	0.001	0.001	0.004	
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.000	0.000	6	A	1	0.000	0.000	0.000	
21:5.....g									
22:4.....g	0.000	0.000	6	A	1	0.000	0.000	0.000	
22:5 n-3 (DPA).....g	0.000	0.000	6	A	1	0.000	0.000	0.000	

NDB No. 18228

Crackers, saltines (includes oyster, soda, soup)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
22:6 n-3 (DHA).....g	0.000	0.000	6	A	1		0.000	0.000	0.000
Fatty acids, total trans.....g	0.167		0	NC	4		0.025	0.024	0.117
Fatty acids, total trans-monoenoic.....g	0.152		0	NC	4		0.023	0.022	0.106
Fatty acids, total trans-polyenoic.....g	0.015		0	NC	4		0.002	0.002	0.011
Cholesterol.....mg	0	0.137	3	A	1		0	0	0
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.116		0	A	1		0.017	0.016	0.081
Threonine.....g	0.268		0	A	1		0.040	0.038	0.187
Isoleucine.....g	0.333		0	A	1		0.050	0.047	0.233
Leucine.....g	0.652		0	A	1		0.097	0.093	0.456
Lysine.....g	0.172		0	A	1		0.026	0.024	0.120
Methionine.....g	0.147		0	A	1		0.022	0.021	0.103
Cystine.....g	0.232		0	A	1		0.035	0.033	0.163
Phenylalanine.....g	0.450		0	A	1		0.067	0.064	0.315
Tyrosine.....g	0.182		0	A	1		0.027	0.026	0.128
Valine.....g	0.399		0	A	1		0.060	0.057	0.280
Arginine.....g	0.349		0	A	1		0.052	0.050	0.244
Histidine.....g	0.197		0	A	1		0.029	0.028	0.138
Alanine.....g	0.318		0	A	1		0.047	0.045	0.223
Aspartic acid.....g	0.415		0	A	1		0.062	0.059	0.290
Glutamic acid.....g	3.158		0	A	1		0.471	0.448	2.211
Glycine.....g	0.344		0	A	1		0.051	0.049	0.241
Proline.....g	1.046		0	A	1		0.156	0.149	0.732
Serine.....g	0.445		0	A	1		0.066	0.063	0.311
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	FLA	4		0.0	0.0	0.0
Caffeine.....mg	0		0	FLA	4		0	0	0
Theobromine.....mg	0		0	FLA	4		0	0	0

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

**Common Measures:**

- Measure 1 = 14.9g: 5 crackers
- Measure 2 = 14.2g: .5 oz
- Measure 3 = 70g: 1 cup, crushed

Calories Factors: Protein 4

Fat 8.8

Carbohydrate 4.1

Food Group: 18 Baked 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			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	measures of food		
						Confidence Code	Measure 1	Measure 2
<b>Lipids:</b>								
Fatty acids, total saturated.....g	0.244		0		1		0.037	0.073
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		0.000	0.000
15:0.....g								
16:0.....g	0.228		0		1		0.034	0.068
17:0.....g								
18:0.....g	0.010		0		1		0.002	0.003
20:0.....g								
22:0.....g								
24:0.....g								
Fatty acids, total monounsaturated.....g	0.142		0		1		0.021	0.043
14:1.....g								
15:1.....g								
16:1 undifferentiated.....g	0.004		0		1		0.001	0.001
17:1.....g								
18:1 undifferentiated.....g	0.138		0		1		0.021	0.041
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	0.685		0		1		0.103	0.206
18:2 undifferentiated.....g	0.647		0		1		0.097	0.194
18:3 undifferentiated.....g	0.038		0		1		0.006	0.011
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		1		0	0
Phytosterols.....mg								
<b>Amino Acids:</b>								
Tryptophan.....g	0.138		0		1		0.021	0.041
Threonine.....g	0.287		0		1		0.043	0.086
Isoleucine.....g	0.378		0		1		0.057	0.113
Leucine.....g	0.716		0		1		0.107	0.215
Lysine.....g	0.290		0		1		0.044	0.087
Methionine.....g	0.180		0		1		0.027	0.054
Cystine.....g	0.224		0		1		0.034	0.067
Phenylalanine.....g	0.514		0		1		0.077	0.154
Tyrosine.....g	0.309		0		1		0.046	0.093
Valine.....g	0.439		0		1		0.066	0.132
Arginine.....g	0.413		0		1		0.062	0.124
Histidine.....g	0.224		0		1		0.034	0.067
Alanine.....g	0.327		0		1		0.049	0.098
Aspartic acid.....g	0.443		0		1		0.066	0.133
Glutamic acid.....g	3.494		0		1		0.524	1.048
Glycine.....g	0.367		0		1		0.055	0.110
Proline.....g	1.190		0		1		0.179	0.357
Serine.....g	0.536		0		1		0.080	0.161
Hydroxyproline.....g								
<b>Others:</b>								
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0
Caffeine.....mg	0		0	FLA	4		0	0

NDB No. 18457

Crackers, saltines, fat-free, low-sodium

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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
Theobromine.....mg	0		0	FLA	4		0	0	

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Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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: 3 saltines

Measure 2 = 30g: 6 saltines

**Calories Factors: Protein 4**

**Fat 8.4**

**Carbohydrate 4.1**

**Food Group:** 18 Baked Products

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

NDB No. 18425

Crackers, saltines, low salt (includes oyster, soda, soup)

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
<b>Proximates:</b>									
Water.....g	4.03	0.095	8	A	1		0.57	1.81	0.12
Energy.....kcal	421		0	NC	4		60	189	13
Energy.....kJ	1760		0	NC	4		250	792	53
Protein (N x 5.7).....g	9.50	0.111	8	A	1		1.35	4.27	0.28
Total lipid (fat).....g	8.85	0.285	8	A	1		1.26	3.98	0.27
Ash.....g	3.28	0.103	8	A	1		0.47	1.48	0.10
Carbohydrate, by difference.....g	74.34		0	NC	4		10.56	33.45	2.23
Fiber, total dietary.....g	2.9	0.065	8	A	1		0.4	1.3	0.1
Sugars, total.....g	2.22	0.324	8	A	1		0.31	1.00	0.07
Sucrose.....g	0.00	0.000	8	A	1		0.00	0.00	0.00
Glucose (dextrose).....g	0.23	0.048	8	A	1		0.03	0.10	0.01
Fructose.....g	0.23	0.091	8	A	1		0.03	0.10	0.01
Lactose.....g	0.00	0.000	8	A	1		0.00	0.00	0.00
Maltose.....g	1.69	0.230	8	A	1		0.24	0.76	0.05
Galactose.....g	0.07	0.028	8	A	1		0.01	0.03	0.00
Starch.....g	67.30	0.476	8	A	1		9.56	30.28	2.02
<b>Minerals:</b>									
Calcium, Ca.....mg	119		0	A	1		17	54	4
Iron, Fe.....mg	5.13	0.313	8	A	1		0.73	2.31	0.15
Magnesium, Mg.....mg	25	0.705	8	A	1		4	11	1
Phosphorus, P.....mg	111	3.354	8	A	1		16	50	3
Potassium, K.....mg	724		0	A	1		103	326	22
Sodium, Na.....mg	198		0	LC	8		28	89	6
Zinc, Zn.....mg	0.82	0.029	8	A	1		0.12	0.37	0.02
Copper, Cu.....mg	0.156	0.005	8	A	1		0.022	0.070	0.005
Manganese, Mn.....mg	0.838	0.023	8	A	1		0.119	0.377	0.025
Selenium, Se.....µg	6.4	0.552	8	A	1		0.9	2.9	0.2
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0	Z	7		0.0	0.0	0.0
Thiamin.....mg	0.611	0.032	8	A	1		0.087	0.275	0.018
Riboflavin.....mg	0.331	0.030	8	A	1		0.047	0.149	0.010
Niacin.....mg	5.235	0.390	8	A	1		0.743	2.356	0.157
Pantothenic acid.....mg	0.475		2	A	1		0.067	0.214	0.014
Vitamin B-6.....mg	0.060		2	A	1		0.009	0.027	0.002
Folate, total.....µg	140		2	A	1		20	63	4
Folic acid.....µg	117		2	A	1		17	53	4
Folate, food.....µg	23		0	AS	1		3	10	1
Folate, DFE.....µg	221		0	NC	4		31	100	7
Choline, total.....mg	19.6		0	AS	1		2.8	8.8	0.6
Betaine.....mg	55.3		1	A	1		7.9	24.9	1.7
Vitamin B-12.....µg	0.09		2	A	1		0.01	0.04	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	FLA	4		0	0	0
Carotene, beta.....µg	0		0	FLA	4		0	0	0
Carotene, alpha.....µg	0		0	FLA	4		0	0	0
Cryptoxanthin, beta.....µg	0		0	FLA	4		0	0	0
Vitamin A, IU.....IU	0		0		4		0	0	0
Lycopene.....µg	0		0	FLA	4		0	0	0
Lutein + zeaxanthin.....µg	17		0	FLA	4		2	8	1
Vitamin E (alpha-tocopherol).....mg	1.12	0.105	5	A	1		0.16	0.50	0.03
Vitamin E, added.....mg	0.00		0	FLA	4		0.00	0.00	0.00
Tocopherol, beta.....mg	0.23	0.036	5	A	1		0.03	0.10	0.01
Tocopherol, gamma.....mg	5.05	0.146	5	A	1		0.72	2.27	0.15
Tocopherol, delta.....mg	1.27	0.089	5	A	1		0.18	0.57	0.04
Tocotrienol, alpha.....mg	0.13	0.006	5	A	1		0.02	0.06	0.00
Tocotrienol, beta.....mg	0.00	0.000	5	A	1		0.00	0.00	0.00

Crackers, saltines, low salt (includes oyster, soda, soup)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	0.00	0.002	5	A	1		0.00	0.00	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	15.4		2	A	1		2.2	6.9	0.5
Dihydrophyloquinone.....µg	14.6	8.690	4	A	1		2.1	6.6	0.4
Menaquinone-4.....µg	0.0		2	A	1		0.0	0.0	0.0
<b>Lipids:</b>									
Fatty acids, total saturated.....g	2.001		0	NC	4		0.284	0.900	0.060
4:0.....g	0.000	0.000	4	A	1		0.000	0.000	0.000
6:0.....g	0.000	0.000	4	A	1		0.000	0.000	0.000
8:0.....g	0.000	0.000	4	A	1		0.000	0.000	0.000
10:0.....g	0.005	0.005	4	A	1		0.001	0.002	0.000
12:0.....g	0.001	0.001	4	A	1		0.000	0.000	0.000
13:0.....g									
14:0.....g	0.016	0.001	4	A	1		0.002	0.007	0.000
15:0.....g	0.003	0.000	4	A	1		0.000	0.001	0.000
16:0.....g	1.165	0.005	4	A	1		0.165	0.524	0.035
17:0.....g	0.008	0.000	4	A	1		0.001	0.004	0.000
18:0.....g	0.743	0.008	4	A	1		0.106	0.335	0.022
20:0.....g	0.025	0.001	4	A	1		0.004	0.011	0.001
22:0.....g	0.023	0.001	4	A	1		0.003	0.010	0.001
24:0.....g	0.011	0.002	4	A	1		0.002	0.005	0.000
Fatty acids, total monounsaturated.....g	2.247		0	NC	4		0.319	1.011	0.067
14:1.....g	0.000	0.000	4	A	1		0.000	0.000	0.000
15:1.....g	0.000	0.000	4	A	1		0.000	0.000	0.000
16:1 undifferentiated.....g	0.008	0.001	4	AS	1		0.001	0.004	0.000
16:1 c.....g	0.008	0.001	4	A	1		0.001	0.004	0.000
16:1 t.....g	0.000	0.000	4	A	1		0.000	0.000	0.000
17:1.....g	0.003	0.000	4	A	1		0.000	0.001	0.000
18:1 undifferentiated.....g	2.213	0.013	4	AS	1		0.314	0.996	0.066
18:1 c.....g	1.798	0.023	4	A	1		0.255	0.809	0.054
18:1 t.....g	0.415	0.026	4	A	1		0.059	0.187	0.012
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.020	0.006	4	A	1		0.003	0.009	0.001
22:1 undifferentiated.....g	0.001	0.001	4	AS	1		0.000	0.000	0.000
22:1 c.....g	0.001	0.001	4	A	1		0.000	0.000	0.000
22:1 t.....g	0.000	0.000	4	A	1		0.000	0.000	0.000
24:1 c.....g	0.002	0.001	4	A	1		0.000	0.001	0.000
Fatty acids, total polyunsaturated.....g	4.068		0	NC	4		0.578	1.831	0.122
18:2 undifferentiated.....g	3.624	0.023	4	AS	1		0.515	1.631	0.109
18:2 n-6 c,c.....g	3.592	0.020	4	A	1		0.510	1.616	0.108
18:2 CLAs.....g	0.005	0.001	4	A	1		0.001	0.002	0.000
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.027	0.004	4	A	1		0.004	0.012	0.001
18:3 undifferentiated.....g	0.437	0.007	4	AS	1		0.062	0.197	0.013
18:3 n-3 c,c,c (ALA).....g	0.423	0.008	4	A	1		0.060	0.190	0.013
18:3 n-6 c,c,c.....g	0.014	0.002	4	A	1		0.002	0.006	0.000
18:3i.....g									
18:4.....g	0.001	0.001	4	A	1		0.000	0.000	0.000
20:2 n-6 c,c.....g	0.003	0.000	4	A	1		0.000	0.001	0.000
20:3 undifferentiated.....g	0.001	0.001	4	AS	1		0.000	0.000	0.000
20:3 n-3.....g	0.000	0.000	4	A	1		0.000	0.000	0.000
20:3 n-6.....g	0.001	0.001	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
20:4 n-6.....g									
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	0.000	0.000	4	A	1		0.000	0.000	0.000
22:5 n-3 (DPA).....g	0.003	0.000	4	A	1		0.000	0.001	0.000

NDB No. 18425

Crackers, saltines, low salt (includes oyster, soda, soup)

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
22:6 n-3 (DHA).....g	0.000	0.000	4	A	1		0.000	0.000	0.000
Fatty acids, total trans.....g	0.443		0	NC	4		0.063	0.199	0.013
Fatty acids, total trans-monoenoic.....g	0.415		0	NC	4		0.059	0.187	0.012
Fatty acids, total trans-polyenoic.....g	0.027		0	NC	4		0.004	0.012	0.001
Cholesterol.....mg	0		0	FLA	4		0	0	0
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.122		0	FLA	4		0.017	0.055	0.004
Threonine.....g	0.274		0	FLA	4		0.039	0.123	0.008
Isoleucine.....g	0.344		0	FLA	4		0.049	0.155	0.010
Leucine.....g	0.681		0	FLA	4		0.097	0.307	0.020
Lysine.....g	0.230		0	FLA	4		0.033	0.103	0.007
Methionine.....g	0.177		0	FLA	4		0.025	0.080	0.005
Cystine.....g	0.208		0	FLA	4		0.030	0.093	0.006
Phenylalanine.....g	0.493		0	FLA	4		0.070	0.222	0.015
Tyrosine.....g	0.300		0	FLA	4		0.043	0.135	0.009
Valine.....g	0.401		0	FLA	4		0.057	0.180	0.012
Arginine.....g	0.407		0	FLA	4		0.058	0.183	0.012
Histidine.....g	0.221		0	FLA	4		0.031	0.100	0.007
Alanine.....g	0.324		0	FLA	4		0.046	0.146	0.010
Aspartic acid.....g	0.428		0	FLA	4		0.061	0.193	0.013
Glutamic acid.....g	3.283		0	FLA	4		0.466	1.477	0.098
Glycine.....g	0.358		0	FLA	4		0.051	0.161	0.011
Proline.....g	1.137		0	FLA	4		0.161	0.512	0.034
Serine.....g	0.493		0	FLA	4		0.070	0.222	0.015
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	FLA	4		0.0	0.0	0.0
Caffeine.....mg	0		0	FLA	4		0	0	0
Theobromine.....mg	0		0	FLA	4		0	0	0

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

**Common Measures:**

Measure 1 = 14.2g: .5 oz

Measure 2 = 45g: 1 cup oyster crackers

Measure 3 = 3.0g: 1 cracker

Calories Factors: Protein 4

Fat 8.8

Carbohydrate 4.1

Food Group: 18 Baked Products

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

NDB No. 18426

Crackers, saltines, unsalted tops (includes oyster, soda, soup)

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
<b>Proximates:</b>									
Water.....g	4.10	0.082	176		1		0.58	0.12	
Energy.....kcal	434		0	NC	4		62	13	
Energy.....kJ	1816				4		258	54	
Protein (N x 5.7).....g	9.20	0.056	155		1		1.31	0.28	
Total lipid (fat).....g	11.80	0.142	161		1		1.68	0.35	
Ash.....g	3.30	0.080	153		1		0.47	0.10	
Carbohydrate, by difference.....g	71.50		0		4		10.15	2.15	
Fiber, total dietary.....g	3.0		0	BFZN	4		0.4	0.1	
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	119	5.322	162		1		17	4	
Iron, Fe.....mg	5.40	0.080	171		1		0.77	0.16	
Magnesium, Mg.....mg	27	0.355	162		1		4	1	
Phosphorus, P.....mg	105	1.525	165		1		15	3	
Potassium, K.....mg	128	1.697	166		1		18	4	
Sodium, Na.....mg	766		0		4		109	23	
Zinc, Zn.....mg	0.77	0.011	161		1		0.11	0.02	
Copper, Cu.....mg	0.199	0.007	163		1		0.028	0.006	
Manganese, Mn.....mg	0.695	0.009	142		1		0.099	0.021	
Selenium, Se.....µg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0		4		0.0	0.0	
Thiamin.....mg	0.565	0.016	128		1		0.080	0.017	
Riboflavin.....mg	0.462	0.006	129		1		0.066	0.014	
Niacin.....mg	5.249	0.072	131		1		0.745	0.157	
Pantothenic acid.....mg	0.456	0.101	7		1		0.065	0.014	
Vitamin B-6.....mg	0.038	0.004	5		1		0.005	0.001	
Folate, total.....µg	124		0	BFZN	4		18	4	
Folic acid.....µg	93		0	NC	4		13	3	
Folate, food.....µg	31		2		1		4	1	
Folate, DFE.....µg	189		0	NC	4		27	6	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		0		4		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									
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									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									

Crackers, saltines, unsalted tops (includes oyster, soda, soup)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated.....g	2.932		0	BFZN	4		0.416	0.088	
4:0.....g									
6:0.....g									
8:0.....g									
10:0.....g									
12:0.....g									
13:0.....g									
14:0.....g	0.055		0	BFZN	4		0.008	0.002	
15:0.....g									
16:0.....g	1.545		0	BFZN	4		0.219	0.046	
17:0.....g									
18:0.....g	1.329		0	BFZN	4		0.189	0.040	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	6.422		0	BFZN	4		0.912	0.193	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.005		0	BFZN	4		0.001	0.000	
17:1.....g									
18:1 undifferentiated.....g	6.417		0	BFZN	4		0.911	0.193	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.679		0	BFZN	4		0.238	0.050	
18:2 undifferentiated.....g	1.593		0	BFZN	4		0.226	0.048	
18:3 undifferentiated.....g	0.086		0	BFZN	4		0.012	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	0.000	9		1		0	0	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.122		0		4		0.017	0.004	
Threonine.....g	0.256		0		4		0.036	0.008	
Isoleucine.....g	0.334		0		4		0.047	0.010	
Leucine.....g	0.632		0		4		0.090	0.019	
Lysine.....g	0.258		0		4		0.037	0.008	
Methionine.....g	0.159		0		4		0.023	0.005	
Cystine.....g	0.198		0		4		0.028	0.006	
Phenylalanine.....g	0.452		0		4		0.064	0.014	
Tyrosine.....g	0.274		0		4		0.039	0.008	
Valine.....g	0.387		0		4		0.055	0.012	
Arginine.....g	0.366		0		4		0.052	0.011	
Histidine.....g	0.198		0		4		0.028	0.006	
Alanine.....g	0.292		0		4		0.041	0.009	
Aspartic acid.....g	0.394		0		4		0.056	0.012	
Glutamic acid.....g	3.066		0		4		0.435	0.092	
Glycine.....g	0.324		0		4		0.046	0.010	
Proline.....g	1.046		0		4		0.149	0.031	
Serine.....g	0.472		0		4		0.067	0.014	
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. 18426**

**Crackers, saltines, unsalted tops (includes oyster, soda, soup)**

**Common Measures:**

Measure 1 = 14.2g: .5 oz

Measure 2 = 3.0g: 1 cracker

**Calories Factors: Protein 4**

**Fat 8.8**

**Carbohydrate 4.1**

**Food Group: 18 Baked Products**

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



NDB No. 18966  
 Crackers, saltines, whole wheat (includes multi-grain)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.000		1	LC	8		0.000		
4:0.....g	0.000		0	FLC	4		0.000		
6:0.....g	0.000		0	FLC	4		0.000		
8:0.....g	0.000		0	FLC	4		0.000		
10:0.....g	0.000		0	FLC	4		0.000		
12:0.....g	0.000		0	FLC	4		0.000		
13:0.....g									
14:0.....g	0.000		0	FLC	4		0.000		
15:0.....g	0.000		0	FLC	4		0.000		
16:0.....g	0.000		0	FLC	4		0.000		
17:0.....g	0.000		0	FLC	4		0.000		
18:0.....g	0.000		0	FLC	4		0.000		
20:0.....g	0.000		0	FLC	4		0.000		
22:0.....g	0.000		0	FLC	4		0.000		
24:0.....g	0.000		0	FLC	4		0.000		
Fatty acids, total monounsaturated.....g	2.793		0	FLC	4		0.391		
14:1.....g	0.000		0	FLC	4		0.000		
15:1.....g	0.000		0	FLC	4		0.000		
16:1 undifferentiated.....g	0.005		0	FLC	4		0.001		
17:1.....g	0.000		0	FLC	4		0.000		
18:1 undifferentiated.....g	2.752		0	FLC	4		0.385		
20:1.....g	0.032		0	FLC	4		0.004		
22:1 undifferentiated.....g	0.000		0	FLC	4		0.000		
24:1 c.....g	0.000		0	FLC	4		0.000		
Fatty acids, total polyunsaturated.....g	7.229		0	FLC	4		1.012		
18:2 undifferentiated.....g	6.437		0	FLC	4		0.901		
18:3 undifferentiated.....g	0.789		0	FLC	4		0.110		
18:4.....g	0.000		0	FLC	4		0.000		
20:2 n-6 c,c.....g	0.000		0	FLC	4		0.000		
20:3 undifferentiated.....g	0.000		0	FLC	4		0.000		
20:4 undifferentiated.....g	0.002		0	FLC	4		0.000		
20:5 n-3 (EPA).....g	0.000		0	FLC	4		0.000		
21:5.....g	0.000		0	FLC	4		0.000		
22:4.....g	0.000		0	FLC	4		0.000		
22:5 n-3 (DPA).....g	0.000		0	FLC	4		0.000		
22:6 n-3 (DHA).....g	0.000		0	FLC	4		0.000		
Fatty acids, total trans.....g	0.000		1	LC	8		0.000		
Cholesterol.....mg	0		1	LC	8		0		
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	FLC	4		0.0		
Caffeine.....mg	0		0	FLC	4		0		
Theobromine.....mg	0		0	FLC	4		0		

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

**Common Measures:**

Measure 1 = 14.0g: 1 serving

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 18 Baked Products

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

**NDB No. 18960**  
**Crackers, snack, GOYA CRACKERS**

Latino food  
 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
<b>Proximates:</b>									
Water.....g	5.93		1	A	1		1.78	0.75	
Energy.....kcal	433		0	LC	8		130	55	
Energy.....kJ	1812		0	LC	8		544	230	
Protein (N x 6.25).....g	14.25		1	A	1		4.27	1.81	
Total lipid (fat).....g	13.35		1	A	1		4.01	1.70	
Ash.....g	2.12		1	A	1		0.64	0.27	
Carbohydrate, by difference.....g	64.35		0	NC	4		19.31	8.17	
Fiber, total dietary.....g	3.8		1	A	1		1.1	0.5	
Sugars, total.....g	2.35		1	A	1		0.70	0.30	
Sucrose.....g	0.00		1	A	1		0.00	0.00	
Glucose (dextrose).....g	0.00		1	A	1		0.00	0.00	
Fructose.....g	0.47		1	A	1		0.14	0.06	
Lactose.....g	0.00		1	A	1		0.00	0.00	
Maltose.....g	1.88		1	A	1		0.56	0.24	
Galactose.....g	0.00		1	A	1		0.00	0.00	
Starch.....g	57.80		1	A	1		17.34	7.34	
<b>Minerals:</b>									
Calcium, Ca.....mg	16		1	A	1		5	2	
Iron, Fe.....mg	5.66		1	A	1		1.70	0.72	
Magnesium, Mg.....mg	39		1	A	1		12	5	
Phosphorus, P.....mg	145		1	A	1		44	18	
Potassium, K.....mg	124		1	A	1		37	16	
Sodium, Na.....mg	665		1	A	1		200	84	
Zinc, Zn.....mg	1.17		1	A	1		0.35	0.15	
Copper, Cu.....mg	0.155		1	A	1		0.047	0.020	
Manganese, Mn.....mg	0.625		1	A	1		0.188	0.079	
Selenium, Se.....µg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	6.323		0	NC	4		1.897	0.803	
4:0.....g	0.004		1	A	1		0.001	0.000	
6:0.....g	0.000		1	A	1		0.000	0.000	
8:0.....g	0.005		1	A	1		0.001	0.001	
10:0.....g	0.005		1	A	1		0.001	0.001	
12:0.....g	0.038		1	A	1		0.011	0.005	
13:0.....g									
14:0.....g	0.132		1	A	1		0.039	0.017	
15:0.....g	0.007		1	A	1		0.002	0.001	
16:0.....g	5.490		1	A	1		1.647	0.697	
17:0.....g	0.014		1	A	1		0.004	0.002	
18:0.....g	0.563		1	A	1		0.169	0.071	
20:0.....g	0.045		1	A	1		0.013	0.006	
22:0.....g	0.009		1	A	1		0.003	0.001	
24:0.....g	0.012		1	A	1		0.004	0.002	
Fatty acids, total monounsaturated.....g	4.697		0	NC	4		1.409	0.596	
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	0.022		0	AS	1		0.007	0.003	
16:1 c.....g	0.022		1	A	1		0.007	0.003	
16:1 t.....g	0.000		1	A	1		0.000	0.000	
17:1.....g	0.003		1	A	1		0.001	0.000	
18:1 undifferentiated.....g	4.639		0	AS	1		1.392	0.589	
18:1 c.....g	4.629		1	A	1		1.389	0.588	
18:1 t.....g	0.010		1	A	1		0.003	0.001	
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.025		1	A	1		0.008	0.003	
22:1 undifferentiated.....g	0.002		0	AS	1		0.001	0.000	
22:1 c.....g	0.002		1	A	1		0.001	0.000	

NDB No. 18960  
Crackers, snack, GOYA CRACKERS

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 Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Code					
22:1 t.....g	0.000		1	A	1		0.000	0.000	
24:1 c.....g	0.006		1	A	1		0.002	0.001	
Fatty acids, total polyunsaturated.....g	1.536		0	NC	4		0.461	0.195	
18:2 undifferentiated.....g	1.492		0	AS	1		0.448	0.189	
18:2 n-6 c,c.....g	1.435		1	A	1		0.430	0.182	
18:2 CLAs.....g	0.004		1	A	1		0.001	0.000	
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.053		1	A	1		0.016	0.007	
18:3 undifferentiated.....g	0.038		0	AS	1		0.011	0.005	
18:3 n-3 c,c,c (ALA).....g	0.038		1	A	1		0.011	0.005	
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	0.001		1	A	1		0.000	0.000	
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	0.002		1	A	1		0.001	0.000	
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.002		1	A	1		0.001	0.000	
21:5.....g									
22:4.....g	0.001		1	A	1		0.000	0.000	
22:5 n-3 (DPA).....g	0.000		1	A	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	0.063		0	NC	4		0.019	0.008	
Fatty acids, total trans-monoenoic.....g	0.010		0	NC	4		0.003	0.001	
Fatty acids, total trans-polyenoic.....g	0.053		0	NC	4		0.016	0.007	
Cholesterol.....mg									
Phytosterols.....mg									

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

**Common Measures:**

Measure 1 = 30g: 1 serving (1 NLEA serving - about 4 crackers)

Measure 2 = 12.7g: 1 cracker

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

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

NDB No. 18229

Crackers, standard snack-type, regular

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
<b>Proximates:</b>									
Water.....g	3.14	0.092	11	A	1		0.50	0.50	0.10
Energy.....kcal	510		0	NC	4		82	82	16
Energy.....kJ	2132		0	NC	4		341	341	68
Protein.....g	6.64	0.035	12	A	1		1.06	1.06	0.21
Total lipid (fat).....g	26.43	0.287	12	A	1		4.23	4.23	0.85
Ash.....g	2.49	0.043	12	A	1		0.40	0.40	0.08
Carbohydrate, by difference.....g	61.30		0	NC	4		9.81	9.81	1.96
Fiber, total dietary.....g	2.3	0.090	6	A	1		0.4	0.4	0.1
Sugars, total.....g	8.18	0.068	6	A	1		1.31	1.31	0.26
Sucrose.....g	6.95	0.125	6	A	1		1.11	1.11	0.22
Glucose (dextrose).....g	0.47	0.037	6	A	1		0.07	0.07	0.01
Fructose.....g	0.29	0.042	6	A	1		0.05	0.05	0.01
Lactose.....g	0.00	0.000	6	A	1		0.00	0.00	0.00
Maltose.....g	0.48	0.049	6	A	1		0.08	0.08	0.02
Galactose.....g	0.00	0.000	6	A	1		0.00	0.00	0.00
Starch.....g	49.69	0.677	6	A	1		7.95	7.95	1.59
<b>Minerals:</b>									
Calcium, Ca.....mg	120	2.020	12	A	1		19	19	4
Iron, Fe.....mg	4.03	0.104	12	A	1		0.64	0.64	0.13
Magnesium, Mg.....mg	18	0.260	12	A	1		3	3	1
Phosphorus, P.....mg	248	1.604	12	A	1		40	40	8
Potassium, K.....mg	118	5.050	12	A	1		19	19	4
Sodium, Na.....mg	726	18.890	12	A	1		116	116	23
Zinc, Zn.....mg	0.49	0.024	12	A	1		0.08	0.08	0.02
Copper, Cu.....mg	0.104	0.003	12	A	1		0.017	0.017	0.003
Manganese, Mn.....mg	0.491	0.015	12	A	1		0.079	0.079	0.016
Selenium, Se.....µg	6.7	0.147	6	A	1		1.1	1.1	0.2
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0	FLA	4		0.0	0.0	0.0
Thiamin.....mg	0.416	0.018	6	A	1		0.067	0.067	0.013
Riboflavin.....mg	0.456	0.045	6	A	1		0.073	0.073	0.015
Niacin.....mg	4.352	0.133	6	A	1		0.696	0.696	0.139
Pantothenic acid.....mg	0.417	0.008	4	A	1		0.067	0.067	0.013
Vitamin B-6.....mg	0.063	0.003	6	A	1		0.010	0.010	0.002
Folate, total.....µg	92	3.304	6	A	1		15	15	3
Folic acid.....µg	84		2	A	1		13	13	3
Folate, food.....µg	8		0	NC	4		1	1	0
Folate, DFE.....µg	150		0	NC	4		24	24	5
Choline, total.....mg	9.6		0	AS	1		1.5	1.5	0.3
Betaine.....mg	48.0		1	A	1		7.7	7.7	1.5
Vitamin B-12.....µg	0.00		0	FLA	4		0.00	0.00	0.00
Vitamin B-12, added.....µg	0.00		0	FLA	4		0.00	0.00	0.00
Vitamin A, RAE.....µg	0		0	AS	1		0	0	0
Retinol.....µg	0		2	A	1		0	0	0
Carotene, beta.....µg	0		0	FLA	4		0	0	0
Carotene, alpha.....µg	0		0	FLA	4		0	0	0
Cryptoxanthin, beta.....µg	0		0	FLA	4		0	0	0
Vitamin A, IU.....IU	0		0	AS	1		0	0	0
Lycopene.....µg	0		0	FLA	4		0	0	0
Lutein + zeaxanthin.....µg	12		0	FLA	4		2	2	0
Vitamin E (alpha-tocopherol).....mg	3.03	0.159	6	A	1		0.48	0.48	0.10
Vitamin E, added.....mg	0.00		0	FLA	4		0.00	0.00	0.00
Tocopherol, beta.....mg	0.43	0.012	6	A	1		0.07	0.07	0.01
Tocopherol, gamma.....mg	14.40	0.665	6	A	1		2.30	2.30	0.46
Tocopherol, delta.....mg	5.20	0.292	6	A	1		0.83	0.83	0.17
Tocotrienol, alpha.....mg	0.08	0.005	6	A	1		0.01	0.01	0.00



NDB No. 18229

Crackers, standard snack-type, regular

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
22:4.....g	0.000	0.000	6	A	1		0.000	0.000	0.000
22:5 n-3 (DPA).....g	0.000	0.000	6	A	1		0.000	0.000	0.000
22:6 n-3 (DHA).....g	0.000	0.000	6	A	1		0.000	0.000	0.000
Fatty acids, total trans.....g	1.076		0	NC	4		0.172	0.172	0.034
Fatty acids, total trans-monoenoic.....g	1.002		0	NC	4		0.160	0.160	0.032
Fatty acids, total trans-polyenoic.....g	0.074		0	NC	4		0.012	0.012	0.002
Cholesterol.....mg	0		0	FLA	4		0	0	0
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.084		0	A	1		0.013	0.013	0.003
Threonine.....g	0.193		0	A	1		0.031	0.031	0.006
Isoleucine.....g	0.246		0	A	1		0.039	0.039	0.008
Leucine.....g	0.471		0	A	1		0.075	0.075	0.015
Lysine.....g	0.103		0	A	1		0.016	0.016	0.003
Methionine.....g	0.112		0	A	1		0.018	0.018	0.004
Cystine.....g	0.172		0	A	1		0.028	0.028	0.006
Phenylalanine.....g	0.331		0	A	1		0.053	0.053	0.011
Tyrosine.....g	0.157		0	A	1		0.025	0.025	0.005
Valine.....g	0.294		0	A	1		0.047	0.047	0.009
Arginine.....g	0.252		0	A	1		0.040	0.040	0.008
Histidine.....g	0.145		0	A	1		0.023	0.023	0.005
Alanine.....g	0.225		0	A	1		0.036	0.036	0.007
Aspartic acid.....g	0.306		0	A	1		0.049	0.049	0.010
Glutamic acid.....g	2.298		0	A	1		0.368	0.368	0.074
Glycine.....g	0.252		0	A	1		0.040	0.040	0.008
Proline.....g	0.748		0	A	1		0.120	0.120	0.024
Serine.....g	0.316		0	A	1		0.050	0.050	0.010
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	FLA	4		0.0	0.0	0.0
Caffeine.....mg	0		0	FLA	4		0	0	0
Theobromine.....mg	0		0	FLA	4		0	0	0

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

**Common Measures:**

Measure 1 = 16g: 5 crackers

Measure 2 = 16g: 5 crackers, regular size, round (1 serving)

Measure 3 = 3.2g: 1 cracker, round

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked 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				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	measures of food			
						Confidence Code	Measure 1	Measure 2	Measure 3
<b>Lipids:</b>									
Fatty acids, total saturated.....g	3.776		0	BFZN	4		0.536	2.341	2.719
4:0.....g	0.000		0		4		0.000	0.000	0.000
6:0.....g	0.000		0		4		0.000	0.000	0.000
8:0.....g	0.000		0		4		0.000	0.000	0.000
10:0.....g	0.000		0	BFZN	4		0.000	0.000	0.000
12:0.....g	0.000		0	BFZN	4		0.000	0.000	0.000
13:0.....g									
14:0.....g	0.025		0	BFZN	4		0.004	0.016	0.018
15:0.....g									
16:0.....g	2.516		0	BFZN	4		0.357	1.560	1.812
17:0.....g									
18:0.....g	1.235		0	BFZN	4		0.175	0.766	0.889
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	10.640		0	BFZN	4		1.511	6.597	7.661
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.098		0	BFZN	4		0.014	0.061	0.071
17:1.....g									
18:1 undifferentiated.....g	10.517		0	BFZN	4		1.493	6.521	7.572
20:1.....g	0.000		0		4		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	9.545		0	BFZN	4		1.355	5.918	6.872
18:2 undifferentiated.....g	8.865		0	BFZN	4		1.259	5.496	6.383
18:3 undifferentiated.....g	0.655		0	BFZN	4		0.093	0.406	0.472
18:4.....g	0.000		0		4		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
20:5 n-3 (EPA).....g	0.000		0		4		0.000	0.000	0.000
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0		4		0.000	0.000	0.000
22:6 n-3 (DHA).....g	0.000		0		4		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0	0.000	7		1		0	0	0
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.091		0		4		0.013	0.056	0.066
Threonine.....g	0.202		0		4		0.029	0.125	0.145
Isoleucine.....g	0.255		0		4		0.036	0.158	0.184
Leucine.....g	0.507		0		4		0.072	0.314	0.365
Lysine.....g	0.164		0		4		0.023	0.102	0.118
Methionine.....g	0.131		0		4		0.019	0.081	0.094
Cystine.....g	0.157		0		4		0.022	0.097	0.113
Phenylalanine.....g	0.371		0		4		0.053	0.230	0.267
Tyrosine.....g	0.223		0		4		0.032	0.138	0.161
Valine.....g	0.296		0		4		0.042	0.184	0.213
Arginine.....g	0.298		0		4		0.042	0.185	0.215
Histidine.....g	0.164		0		4		0.023	0.102	0.118
Alanine.....g	0.238		0		4		0.034	0.148	0.171
Aspartic acid.....g	0.313		0		4		0.044	0.194	0.225
Glutamic acid.....g	2.475		0		4		0.351	1.535	1.782
Glycine.....g	0.265		0		4		0.038	0.164	0.191
Proline.....g	0.854		0		4		0.121	0.529	0.615
Serine.....g	0.367		0		4		0.052	0.228	0.264
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	FLA	4		0	0	0

NDB No. 18427

Crackers, standard snack-type, regular, low salt

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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
Theobromine.....mg	0		0	FLA	4		0	0	0

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

**Common Measures:**

Measure 1 = 14.2g: .5 oz

Measure 2 = 62g: 1 cup, bite size

Measure 3 = 72g: 1 cup, crushed

**Calories Factors: Protein 4**

**Fat 8.8**

**Carbohydrate 4.1**

**Food Group: 18 Baked Products**

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



Crackers, standard snack-type, sandwich, with cheese filling

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Lipids:</b>									
Fatty acids, total saturated.....g	6.125		0	FLA	4		0.870	0.429	
4:0.....g	0.031		0		1		0.004	0.002	
6:0.....g	0.017		0		1		0.002	0.001	
8:0.....g	0.009		0		1		0.001	0.001	
10:0.....g	0.020		0		1		0.003	0.001	
12:0.....g	0.020		0		1		0.003	0.001	
13:0.....g									
14:0.....g	0.196		0		1		0.028	0.014	
15:0.....g									
16:0.....g	2.911		0		1		0.413	0.204	
17:0.....g									
18:0.....g	2.446		0		1		0.347	0.171	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	11.254		0	FLA	4		1.598	0.788	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.058		0	FLA	4		0.008	0.004	
17:1.....g									
18:1 undifferentiated.....g	11.165		0	FLA	4		1.585	0.782	
20:1.....g	0.000		0	FLA	4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.567		0	FLA	4		0.365	0.180	
18:2 undifferentiated.....g	2.415		0	FLA	4		0.343	0.169	
18:3 undifferentiated.....g	0.153		0	FLA	4		0.022	0.011	
18:4.....g	0.000		0	FLA	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
20:5 n-3 (EPA).....g	0.000		0	FLA	4		0.000	0.000	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	FLA	4		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0	FLA	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	2		1		1		0	0	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.120		0		1		0.017	0.008	
Threonine.....g	0.266		0		1		0.038	0.019	
Isoleucine.....g	0.348		0		1		0.049	0.024	
Leucine.....g	0.649		0		1		0.092	0.045	
Lysine.....g	0.293		0		1		0.042	0.021	
Methionine.....g	0.165		0		1		0.023	0.012	
Cystine.....g	0.189		0		1		0.027	0.013	
Phenylalanine.....g	0.447		0		1		0.063	0.031	
Tyrosine.....g	0.279		0		1		0.040	0.020	
Valine.....g	0.398		0		1		0.057	0.028	
Arginine.....g	0.361		0		1		0.051	0.025	
Histidine.....g	0.204		0		1		0.029	0.014	
Alanine.....g	0.290		0		1		0.041	0.020	
Aspartic acid.....g	0.414		0		1		0.059	0.029	
Glutamic acid.....g	2.977		0		1		0.423	0.208	
Glycine.....g	0.309		0		1		0.044	0.022	
Proline.....g	1.031		0		1		0.146	0.072	
Serine.....g	0.470		0		1		0.067	0.033	
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	FLA	4		0.0	0.0	
Caffeine.....mg	0		0	FLA	4		0	0	

NDB No. 18230

Crackers, standard snack-type, sandwich, with cheese filling

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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
Theobromine.....mg	0		0	FLA	4		0		0

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

**Common Measures:**

Measure 1 = 14.2g: .5 oz

Measure 2 = 7.0g: 1 cracker, sandwich

**Calories Factors: Protein 4.1**

**Fat 8.8**

**Carbohydrate 4.1**

**Food Group:** 18 Baked Products

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

NDB No. 18231

Crackers, standard snack-type, sandwich, with peanut butter filling

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
<b>Proximates:</b>									
Water.....g	2.93	0.148	6	A	1		0.42	0.21	
Energy.....kcal	494		0	NC	4		70	35	
Energy.....kJ	2067		0	NC	4		294	145	
Protein (N x 5.6).....g	11.47	0.185	6	A	1		1.63	0.80	
Total lipid (fat).....g	24.54	0.343	6	A	1		3.48	1.72	
Ash.....g	2.68	0.077	6	A	1		0.38	0.19	
Carbohydrate, by difference.....g	58.38		0	NC	4		8.29	4.09	
Fiber, total dietary.....g	2.3	0.177	3	A	1		0.3	0.2	
Sugars, total.....g	10.50	1.040	3	A	1		1.49	0.74	
Sucrose.....g	6.57	0.259	3	A	1		0.93	0.46	
Glucose (dextrose).....g	2.76	0.722	3	A	1		0.39	0.19	
Fructose.....g	0.51	0.201	3	A	1		0.07	0.04	
Lactose.....g	0.07	0.071	3	A	1		0.01	0.00	
Maltose.....g	0.59	0.055	3	A	1		0.08	0.04	
Galactose.....g	0.00	0.000	3	A	1		0.00	0.00	
Starch.....g	40.78	0.703	3	A	1		5.79	2.85	
<b>Minerals:</b>									
Calcium, Ca.....mg	81	16.041	6	A	1		11	6	
Iron, Fe.....mg	2.77	0.244	6	A	1		0.39	0.19	
Magnesium, Mg.....mg	55	1.048	6	A	1		8	4	
Phosphorus, P.....mg	274	2.545	6	A	1		39	19	
Potassium, K.....mg	215	5.131	6	A	1		31	15	
Sodium, Na.....mg	801		0	LC	8		114	56	
Zinc, Zn.....mg	1.13	0.019	6	A	1		0.16	0.08	
Copper, Cu.....mg	0.324	0.047	6	A	1		0.046	0.023	
Manganese, Mn.....mg	0.784	0.020	6	A	1		0.111	0.055	
Selenium, Se.....µg	10.8	1.519	3	A	1		1.5	0.8	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0	0.000	3	A	1		0.0	0.0	
Thiamin.....mg	0.489	0.011	6	A	1		0.069	0.034	
Riboflavin.....mg	0.271	0.008	6	A	1		0.038	0.019	
Niacin.....mg	6.114	0.073	6	A	1		0.868	0.428	
Pantothenic acid.....mg	0.476	0.022	3	A	1		0.068	0.033	
Vitamin B-6.....mg	0.148	0.004	6	A	1		0.021	0.010	
Folate, total.....µg	86	2.241	6	A	1		12	6	
Folic acid.....µg	52		0	O	4		7	4	
Folate, food.....µg	34		0		4		5	2	
Folate, DFE.....µg	122		0	NC	4		17	9	
Choline, total.....mg	24.7		0	BFZN	4		3.5	1.7	
Betaine.....mg									
Vitamin B-12.....µg	0.01		0	FLC	4		0.00	0.00	
Vitamin B-12, added.....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....µg	1		0	FLC	4		0	0	
Retinol.....µg	1		0	FLC	4		0	0	
Carotene, beta.....µg	0		0	FLC	4		0	0	
Carotene, alpha.....µg	0		0	FLC	4		0	0	
Cryptoxanthin, beta.....µg	0		0	FLC	4		0	0	
Vitamin A, IU.....IU	4		0	NC	4		1	0	
Lycopene.....µg	0		0	FLC	4		0	0	
Lutein + zeaxanthin.....µg	10		0	FLC	4		1	1	
Vitamin E (alpha-tocopherol).....mg	2.06	0.250	3	A	1		0.29	0.14	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg	0.16	0.003	3	A	1		0.02	0.01	
Tocopherol, gamma.....mg	7.49	0.025	3	A	1		1.06	0.52	
Tocopherol, delta.....mg	2.11	0.187	3	A	1		0.30	0.15	
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	

Crackers, standard snack-type, sandwich, with peanut butter filling

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	0.00	0.000	3	A	1		0.00	0.00	
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	9.5		2	A	1		1.4	0.7	
Dihydrophyloquinone.....µg	42.8		2	A	1		6.1	3.0	
Menaquinone-4.....µg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	4.913		0	NC	4		0.698	0.344	
4:0.....g	0.000	0.000	3	A	1		0.000	0.000	
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	0.000	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		1	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	3.077	0.408	3	A	1		0.437	0.215	
17:0.....g	0.000	0.000	3	A	1		0.000	0.000	
18:0.....g	1.250	0.360	3	A	1		0.177	0.087	
20:0.....g	0.190	0.005	3	A	1		0.027	0.013	
22:0.....g	0.397	0.021	3	A	1		0.056	0.028	
24:0.....g	0.000	0.000	3	A	1		0.000	0.000	
Fatty acids, total monounsaturated.....g	13.776		0	NC	4		1.956	0.964	
14:1.....g	0.000	0.000	3	A	1		0.000	0.000	
15:1.....g									
16:1 undifferentiated.....g	0.000	0.000	3	A	1		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	13.559	0.433	3	A	1		1.925	0.949	
20:1.....g	0.217	0.002	3	A	1		0.031	0.015	
22:1 undifferentiated.....g	0.000	0.000	3	A	1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	4.655		0	NC	4		0.661	0.326	
18:2 undifferentiated.....g	4.655	0.076	3	A	1		0.661	0.326	
18:3 undifferentiated.....g	0.000	0.000	3	A	1		0.000	0.000	
18:4.....g	0.000	0.000	3	A	1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
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		2	A	1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		4		0	0	
Phytosterols.....mg	49		0	FLC	4		7	3	
Stigmasterol.....mg	0		0	FLC	4		0	0	
Campesterol.....mg	0		0	FLC	4		0	0	
Beta-sitosterol.....mg	0		0	FLC	4		0	0	
<b>Amino Acids:</b>									
Tryptophan.....g	0.125		0	FLC	4		0.018	0.009	
Threonine.....g	0.354		0	FLC	4		0.050	0.025	
Isoleucine.....g	0.400		0	FLC	4		0.057	0.028	
Leucine.....g	0.762		0	FLC	4		0.108	0.053	
Lysine.....g	0.339		0	FLC	4		0.048	0.024	
Methionine.....g	0.170		0	FLC	4		0.024	0.012	
Cystine.....g	0.191		0	FLC	4		0.027	0.013	
Phenylalanine.....g	0.582		0	FLC	4		0.083	0.041	
Tyrosine.....g	0.408		0	FLC	4		0.058	0.029	
Valine.....g	0.471		0	FLC	4		0.067	0.033	



NDB No. 18231

Crackers, standard snack-type, sandwich, with peanut butter filling

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Arginine.....g	0.933		0	FLC	4		0.132	0.065	
Histidine.....g	0.272		0	FLC	4		0.039	0.019	
Alanine.....g	0.412		0	FLC	4		0.059	0.029	
Aspartic acid.....g	0.959		0	FLC	4		0.136	0.067	
Glutamic acid.....g	3.066		0	FLC	4		0.435	0.215	
Glycine.....g	0.553		0	FLC	4		0.079	0.039	
Proline.....g	0.892		0	FLC	4		0.127	0.062	
Serine.....g	0.566		0	FLC	4		0.080	0.040	
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	FLA	4		0.0	0.0	
Caffeine.....mg	0		0	FLC	4		0	0	
Theobromine.....mg	0		0	FLC	4		0	0	

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

**Common Measures:**

Measure 1 = 14.2g: .5 oz

Measure 2 = 7.0g: 1 cracker, sandwich

**Calories Factors: Protein 3.8**

**Fat 8.6**

**Carbohydrate 4.1**

**Food Group: 18 Baked Products**

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



Crackers, standard snack-type, with whole wheat

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Lipids:</b>									
Fatty acids, total saturated.....g	4.345		0	NC	4		0.652		
4:0.....g	0.000	0.000	3	A	1		0.000		
6:0.....g	0.000	0.000	3	A	1		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									
14:0.....g	0.039	0.001	3	A	1		0.006		
15:0.....g	0.005	0.000	3	A	1		0.001		
16:0.....g	2.187	0.043	3	A	1		0.328		
17:0.....g	0.019	0.001	3	A	1		0.003		
18:0.....g	1.958	0.129	3	A	1		0.294		
20:0.....g	0.062	0.002	3	A	1		0.009		
22:0.....g	0.052	0.002	3	A	1		0.008		
24:0.....g	0.023	0.001	3	A	1		0.003		
Fatty acids, total monounsaturated.....g	4.540		0	NC	4		0.681		
14:1.....g	0.000	0.000	3	A	1		0.000		
15:1.....g	0.000	0.000	3	A	1		0.000		
16:1 undifferentiated.....g	0.016	0.001	3	AS	1		0.002		
16:1 c.....g	0.014	0.000	3	A	1		0.002		
16:1 t.....g	0.002	0.001	3	A	1		0.000		
17:1.....g	0.008	0.000	3	A	1		0.001		
18:1 undifferentiated.....g	4.474	0.057	3	AS	1		0.671		
18:1 c.....g	3.903	0.082	3	A	1		0.585		
18:1 t.....g	0.571	0.026	3	A	1		0.086		
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.039	0.002	3	A	1		0.006		
22:1 undifferentiated.....g	0.003	0.001	3	AS	1		0.000		
22:1 c.....g	0.003	0.001	3	A	1		0.000		
22:1 t.....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	7.942		0	NC	4		1.191		
18:2 undifferentiated.....g	7.037	0.203	3	AS	1		1.055		
18:2 n-6 c,c.....g	6.991	0.203	3	A	1		1.049		
18:2 CLAs.....g	0.011	0.001	3	A	1		0.002		
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.035	0.001	3	A	1		0.005		
18:3 undifferentiated.....g	0.892	0.027	3	AS	1		0.134		
18:3 n-3 c,c,c (ALA).....g	0.861	0.026	3	A	1		0.129		
18:3 n-6 c,c,c.....g	0.032	0.001	3	A	1		0.005		
18:3i.....g	0.000	0.000	3	A	1		0.000		
18:4.....g	0.000	0.000	3	A	1		0.000		
20:2 n-6 c,c.....g	0.005	0.000	3	A	1		0.001		
20:3 undifferentiated.....g	0.001	0.001	3	AS	1		0.000		
20:3 n-3.....g	0.000	0.000	3	A	1		0.000		
20:3 n-6.....g	0.000	0.000	3	A	1		0.000		
20:4 undifferentiated.....g	0.006	0.000	3	A	1		0.001		
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.001	0.001	3	A	1		0.000		
21:5.....g									
22:4.....g	0.000	0.000	3	A	1		0.000		
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	0.607		0	NC	4		0.091		
Fatty acids, total trans-monoenoic.....g	0.572		0	NC	4		0.086		
Fatty acids, total trans-polyenoic.....g	0.035		0	NC	4		0.005		
Cholesterol.....mg									
Phytosterols.....mg									

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

NDB No. 28308

Crackers, standard snack-type, with whole wheat

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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

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food, or similar food.

**Common Measures:**

Measure 1 = 15g: 5 crackers 1 serving

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

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



**NDB No. 18428**  
**Crackers, wheat, low 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	measures of food				
					Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Lipids:</b>									
Fatty acids, total saturated.....g	5.178		0	BFZN	4		0.735	4.298	0.104
4:0.....g	0.000		0		4		0.000	0.000	0.000
6:0.....g	0.000		0		4		0.000	0.000	0.000
8:0.....g	0.008		0	BFZN	4		0.001	0.007	0.000
10:0.....g	0.000		0		4		0.000	0.000	0.000
12:0.....g	0.000		0		4		0.000	0.000	0.000
13:0.....g									
14:0.....g	0.099		0	BFZN	4		0.014	0.082	0.002
15:0.....g									
16:0.....g	2.693		0	BFZN	4		0.382	2.235	0.054
17:0.....g									
18:0.....g	2.371		0	BFZN	4		0.337	1.968	0.047
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	11.448		0	BFZN	4		1.626	9.502	0.229
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.006		0	BFZN	4		0.001	0.005	0.000
17:1.....g									
18:1 undifferentiated.....g	11.442		0	BFZN	4		1.625	9.497	0.229
20:1.....g	0.000		0		4		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.796		0	BFZN	4		0.397	2.321	0.056
18:2 undifferentiated.....g	2.653		0	BFZN	4		0.377	2.202	0.053
18:3 undifferentiated.....g	0.140		0	BFZN	4		0.020	0.116	0.003
18:4.....g	0.000		0		4		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.001		0		4		0.000	0.001	0.000
20:5 n-3 (EPA).....g	0.000		0		4		0.000	0.000	0.000
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0		4		0.000	0.000	0.000
22:6 n-3 (DHA).....g	0.000		0		4		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0		2		1		0	0	0
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.124		0		4		0.018	0.103	0.002
Threonine.....g	0.242		0		4		0.034	0.201	0.005
Isoleucine.....g	0.314		0		4		0.045	0.261	0.006
Leucine.....g	0.582		0		4		0.083	0.483	0.012
Lysine.....g	0.236		0		4		0.034	0.196	0.005
Methionine.....g	0.138		0		4		0.020	0.115	0.003
Cystine.....g	0.193		0		4		0.027	0.160	0.004
Phenylalanine.....g	0.412		0		4		0.059	0.342	0.008
Tyrosine.....g	0.250		0		4		0.036	0.208	0.005
Valine.....g	0.375		0		4		0.053	0.311	0.008
Arginine.....g	0.375		0		4		0.053	0.311	0.008
Histidine.....g	0.193		0		4		0.027	0.160	0.004
Alanine.....g	0.289		0		4		0.041	0.240	0.006
Aspartic acid.....g	0.406		0		4		0.058	0.337	0.008
Glutamic acid.....g	2.765		0		4		0.393	2.295	0.055
Glycine.....g	0.328		0		4		0.047	0.272	0.007
Proline.....g	0.925		0		4		0.131	0.768	0.019
Serine.....g	0.418		0		4		0.059	0.347	0.008
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	FLA	4		0	0	0

**NDB No. 18428**  
**Crackers, wheat, low 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			Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code	Source Code			
Theobromine.....mg	0		0	FLA	4	0	0	0

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

**Common Measures:**

- Measure 1 = 14.2g: .5 oz
- Measure 2 = 83g: 1 cup, crushed
- Measure 3 = 2.0g: 1 cracker

**Calories Factors: Protein 3.8**

**Fat 8.8**

**Carbohydrate 4**

**Food Group: 18 Baked Products**

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





**NDB No. 18950**  
**Crackers, wheat, reduced fat**

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion 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, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	BFNN	4		0.0	0.0	0.0
Vitamin D.....IU	0		0	BFNN	4		0	0	0
Vitamin K (phylloquinone).....µg	24.7		2	A	1		7.2	0.4	7.2
Dihydrophyloquinone.....µg	0.5		2	A	1		0.1	0.0	0.1
Menquinone-4.....µg	0.0		2	A	1		0.0	0.0	0.0
<b>Lipids:</b>									
Fatty acids, total saturated.....g	2.112		0	NC	4		0.612	0.038	0.612
4:0.....g	0.000	0.000	4	A	1		0.000	0.000	0.000
6:0.....g	0.000	0.000	4	A	1		0.000	0.000	0.000
8:0.....g	0.000	0.000	4	A	1		0.000	0.000	0.000
10:0.....g	0.000	0.000	4	A	1		0.000	0.000	0.000
12:0.....g	0.000	0.000	4	A	1		0.000	0.000	0.000
13:0.....g									
14:0.....g	0.009	0.001	4	A	1		0.003	0.000	0.003
15:0.....g	0.004	0.000	4	A	1		0.001	0.000	0.001
16:0.....g	1.383	0.026	4	A	1		0.401	0.025	0.401
17:0.....g	0.011	0.001	4	A	1		0.003	0.000	0.003
18:0.....g	0.607	0.013	4	A	1		0.176	0.011	0.176
20:0.....g	0.041	0.002	4	A	1		0.012	0.001	0.012
22:0.....g	0.040	0.002	4	A	1		0.011	0.001	0.011
24:0.....g	0.016	0.002	4	A	1		0.005	0.000	0.005
Fatty acids, total monounsaturated.....g	3.295		0	NC	4		0.955	0.059	0.955
14:1.....g	0.000	0.000	4	A	1		0.000	0.000	0.000
15:1.....g	0.000	0.000	4	A	1		0.000	0.000	0.000
16:1 undifferentiated.....g	0.011	0.000	4	AS	1		0.003	0.000	0.003
16:1 c.....g	0.011	0.000	4	A	1		0.003	0.000	0.003
16:1 t.....g	0.000	0.000	4	A	1		0.000	0.000	0.000
17:1.....g	0.006	0.001	4	A	1		0.002	0.000	0.002
18:1 undifferentiated.....g	3.252	0.070	4	AS	1		0.943	0.059	0.943
18:1 c.....g	3.079	0.067	4	A	1		0.893	0.055	0.893
18:1 t.....g	0.173	0.007	4	A	1		0.050	0.003	0.050
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.024	0.008	4	A	1		0.007	0.000	0.007
22:1 undifferentiated.....g	0.001	0.001	4	AS	1		0.000	0.000	0.000
22:1 c.....g	0.000	0.000	4	A	1		0.000	0.000	0.000
22:1 t.....g	0.000	0.000	4	A	1		0.000	0.000	0.000
24:1 c.....g	0.001	0.001	4	A	1		0.000	0.000	0.000
Fatty acids, total polyunsaturated.....g	7.055		0	NC	4		2.046	0.127	2.046
18:2 undifferentiated.....g	6.180	0.120	4	AS	1		1.792	0.111	1.792
18:2 n-6 c,c.....g	6.146	0.118	4	A	1		1.782	0.111	1.782
18:2 CLAs.....g	0.006	0.001	4	A	1		0.002	0.000	0.002
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.028	0.002	4	A	1		0.008	0.000	0.008
18:3 undifferentiated.....g	0.867	0.017	4	AS	1		0.251	0.016	0.251
18:3 n-3 c,c,c (ALA).....g	0.853	0.017	4	A	1		0.247	0.015	0.247
18:3 n-6 c,c,c.....g	0.013	0.001	4	A	1		0.004	0.000	0.004
18:3i.....g									
18:4.....g	0.001	0.001	4	A	1		0.000	0.000	0.000
20:2 n-6 c,c.....g	0.004	0.000	4	A	1		0.001	0.000	0.001
20:3 undifferentiated.....g	0.000	0.000	4	AS	1		0.000	0.000	0.000
20:3 n-3.....g	0.000	0.000	4	A	1		0.000	0.000	0.000
20:3 n-6.....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
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.001	0.001	4	A	1		0.000	0.000	0.000
21:5.....g									
22:4.....g	0.000	0.000	4	A	1		0.000	0.000	0.000
22:5 n-3 (DPA).....g	0.002	0.001	4	A	1		0.001	0.000	0.001
22:6 n-3 (DHA).....g	0.000	0.000	4	A	1		0.000	0.000	0.000
Fatty acids, total trans.....g	0.201		0	NC	4		0.058	0.004	0.058
Fatty acids, total trans-monoenoic.....g	0.173		0	NC	4		0.050	0.003	0.050

**NDB No. 18950**  
**Crackers, wheat, reduced fat**

Nutrients and 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
Fatty acids, total trans-polyenoic.....g	0.028		0	NC	4	0.008	0.000	0.008
Cholesterol.....mg	0		0	BFNN	4	0	0	0
Phytosterols.....mg								
<b><u>Amino Acids:</u></b>								
Tryptophan.....g	0.112		0	A	1	0.032	0.002	0.032
Threonine.....g	0.280		0	A	1	0.081	0.005	0.081
Isoleucine.....g	0.330		0	A	1	0.096	0.006	0.096
Leucine.....g	0.620		0	A	1	0.180	0.011	0.180
Lysine.....g	0.188		0	A	1	0.055	0.003	0.055
Methionine.....g	0.142		0	A	1	0.041	0.003	0.041
Cystine.....g	0.193		0	A	1	0.056	0.003	0.056
Phenylalanine.....g	0.427		0	A	1	0.124	0.008	0.124
Tyrosine.....g	0.168		0	A	1	0.049	0.003	0.049
Valine.....g	0.417		0	A	1	0.121	0.008	0.121
Arginine.....g	0.427		0	A	1	0.124	0.008	0.124
Histidine.....g	0.203		0	A	1	0.059	0.004	0.059
Alanine.....g	0.366		0	A	1	0.106	0.007	0.106
Aspartic acid.....g	0.508		0	A	1	0.147	0.009	0.147
Glutamic acid.....g	2.726		0	A	1	0.790	0.049	0.790
Glycine.....g	0.386		0	A	1	0.112	0.007	0.112
Proline.....g	0.900		0	A	1	0.261	0.016	0.261
Serine.....g	0.407		0	A	1	0.118	0.007	0.118
Hydroxyproline.....g								
<b><u>Others:</u></b>								
Alcohol, ethyl.....g	0.0		0	BFNN	4	0.0	0.0	0.0
Caffeine.....mg	0		0	BFNN	4	0	0	0
Theobromine.....mg	0		0	BFNN	4	0	0	0

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

**Common Measures:**

Measure 1 = 29g: 1 serving

Measure 2 = 1.8g: 1 cracker

Measure 3 = 29g: 16 crackers, Wheat Thins

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group: 18 Baked Products**

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

NDB No. 18232  
Crackers, wheat, regular

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
<b>Proximates:</b>									
Water.....g	2.75	0.122	12	A	1		0.93	0.40	
Energy.....kcal	455		0	NC	4		155	66	
Energy.....kJ	1903		0	NC	4		647	276	
Protein (N x 5.8).....g	7.30	0.080	12	A	1		2.48	1.06	
Total lipid (fat).....g	16.40	0.220	12	A	1		5.58	2.38	
Ash.....g	2.83	0.112	12	A	1		0.96	0.41	
Carbohydrate, by difference.....g	70.73		0	NC	4		24.05	10.26	
Fiber, total dietary.....g	6.9	0.071	6	A	1		2.3	1.0	
Sugars, total.....g	15.48	0.278	6	A	1		5.26	2.24	
Sucrose.....g	11.85	0.294	6	A	1		4.03	1.72	
Glucose (dextrose).....g	0.79	0.055	6	A	1		0.27	0.11	
Fructose.....g	0.42	0.042	6	A	1		0.14	0.06	
Lactose.....g	0.00	0.000	6	A	1		0.00	0.00	
Maltose.....g	2.42	0.152	6	A	1		0.82	0.35	
Galactose.....g	0.00	0.000	6	A	1		0.00	0.00	
Starch.....g	47.38	0.460	5	A	1		16.11	6.87	
<b>Minerals:</b>									
Calcium, Ca.....mg	92	2.835	12	A	1		31	13	
Iron, Fe.....mg	2.64	0.080	12	A	1		0.90	0.38	
Magnesium, Mg.....mg	72	1.167	12	A	1		24	10	
Phosphorus, P.....mg	302	5.230	12	A	1		103	44	
Potassium, K.....mg	283	4.253	12	A	1		96	41	
Sodium, Na.....mg	699	35.695	12	A	1		238	101	
Zinc, Zn.....mg	1.64	0.039	12	A	1		0.56	0.24	
Copper, Cu.....mg	0.274	0.004	12	A	1		0.093	0.040	
Manganese, Mn.....mg	1.549	0.051	12	A	1		0.527	0.225	
Selenium, Se.....µg	9.9	0.770	6	A	1		3.4	1.4	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0	FLA	4		0.0	0.0	
Thiamin.....mg	0.284	0.012	6	A	1		0.096	0.041	
Riboflavin.....mg	0.146	0.014	6	A	1		0.050	0.021	
Niacin.....mg	4.022	0.174	6	A	1		1.368	0.583	
Pantothenic acid.....mg	0.577	0.021	4	A	1		0.196	0.084	
Vitamin B-6.....mg	0.244	0.013	6	A	1		0.083	0.035	
Folate, total.....µg	38	6.291	6	A	1		13	6	
Folic acid.....µg	2		0	NR	4		1	0	
Folate, food.....µg	36		0	FLA	4		12	5	
Folate, DFE.....µg	40		0	NC	4		13	6	
Choline, total.....mg	27.2	2.654	6	AS	1		9.3	4.0	
Betaine.....mg									
Vitamin B-12.....µg	0.00		0	FLA	4		0.00	0.00	
Vitamin B-12, added.....µg	0.00		0	FLA	4		0.00	0.00	
Vitamin A, RAE.....µg	0		0	FLA	4		0	0	
Retinol.....µg	0		0	FLA	4		0	0	
Carotene, beta.....µg	4		0	FLA	4		1	1	
Carotene, alpha.....µg	0		0	FLA	4		0	0	
Cryptoxanthin, beta.....µg	0		0	FLA	4		0	0	
Vitamin A, IU.....IU	7		0	NC	4		2	1	
Lycopene.....µg	0		0	FLA	4		0	0	
Lutein + zeaxanthin.....µg	180		0	FLA	4		61	26	
Vitamin E (alpha-tocopherol).....mg	1.55	0.122	6	A	1		0.53	0.22	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg	0.46	0.036	6	A	1		0.16	0.07	
Tocopherol, gamma.....mg	9.23	0.757	6	A	1		3.14	1.34	
Tocopherol, delta.....mg	3.29	0.267	6	A	1		1.12	0.48	
Tocotrienol, alpha.....mg	0.29	0.046	6	A	1		0.10	0.04	
Tocotrienol, beta.....mg	1.63	0.184	6	A	1		0.55	0.24	

**NDB No. 18232**  
**Crackers, wheat, regular**

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	0.05	0.049	6	A	1		0.02	0.01	
Tocotrienol, delta.....mg	0.00	0.000	6	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	14.2		0	FLA	4		4.8	2.1	
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
<b><u>Lipids:</u></b>									
Fatty acids, total saturated.....g	3.210		0	NC	4		1.091	0.465	
4:0.....g	0.000	0.000	6	A	1		0.000	0.000	
6:0.....g	0.005	0.005	6	A	1		0.002	0.001	
8:0.....g	0.058	0.058	6	A	1		0.020	0.008	
10:0.....g	0.047	0.046	6	A	1		0.016	0.007	
12:0.....g	0.347	0.343	6	A	1		0.118	0.050	
13:0.....g									
14:0.....g	0.150	0.132	6	A	1		0.051	0.022	
15:0.....g	0.005	0.000	6	A	1		0.002	0.001	
16:0.....g	1.812	0.049	6	A	1		0.616	0.263	
17:0.....g	0.015	0.001	6	A	1		0.005	0.002	
18:0.....g	0.657	0.025	6	A	1		0.223	0.095	
20:0.....g	0.049	0.003	6	A	1		0.017	0.007	
22:0.....g	0.047	0.003	6	A	1		0.016	0.007	
24:0.....g	0.020	0.001	6	A	1		0.007	0.003	
Fatty acids, total monounsaturated.....g	3.470		0	NC	4		1.180	0.503	
14:1.....g	0.000	0.000	6	A	1		0.000	0.000	
15:1.....g	0.000	0.000	6	A	1		0.000	0.000	
16:1 undifferentiated.....g	0.014	0.001	6	AS	1		0.005	0.002	
16:1 c.....g	0.014	0.001	6	A	1		0.005	0.002	
16:1 t.....g	0.000	0.000	6	A	1		0.000	0.000	
17:1.....g	0.008	0.000	6	A	1		0.003	0.001	
18:1 undifferentiated.....g	3.403	0.151	6	AS	1		1.157	0.493	
18:1 c.....g	3.392	0.150	6	A	1		1.153	0.492	
18:1 t.....g	0.011	0.001	6	A	1		0.004	0.002	
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.042	0.002	6	A	1		0.014	0.006	
22:1 undifferentiated.....g	0.003	0.000	6	AS	1		0.001	0.000	
22:1 c.....g	0.003	0.000	6	A	1		0.001	0.000	
22:1 t.....g	0.000	0.000	6	A	1		0.000	0.000	
24:1 c.....g	0.000	0.000	6	A	1		0.000	0.000	
Fatty acids, total polyunsaturated.....g	8.474		0	NC	4		2.881	1.229	
18:2 undifferentiated.....g	7.474	0.521	6	AS	1		2.541	1.084	
18:2 n-6 c,c.....g	7.442	0.519	6	A	1		2.530	1.079	
18:2 CLAs.....g	0.009	0.001	6	A	1		0.003	0.001	
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.023	0.002	6	A	1		0.008	0.003	
18:3 undifferentiated.....g	0.987	0.075	6	AS	1		0.336	0.143	
18:3 n-3 c,c,c (ALA).....g	0.956	0.072	6	A	1		0.325	0.139	
18:3 n-6 c,c,c.....g	0.031	0.004	6	A	1		0.011	0.005	
18:3i.....g	0.000	0.000	6	A	1		0.000	0.000	
18:4.....g	0.000	0.000	6	A	1		0.000	0.000	
20:2 n-6 c,c.....g	0.006	0.000	6	A	1		0.002	0.001	
20:3 undifferentiated.....g	0.000	0.000	6	AS	1		0.000	0.000	
20:3 n-3.....g	0.000	0.000	6	A	1		0.000	0.000	
20:3 n-6.....g	0.000	0.000	6	A	1		0.000	0.000	
20:4 undifferentiated.....g	0.006	0.001	6	A	1		0.002	0.001	
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.001	0.001	6	A	1		0.000	0.000	
21:5.....g									
22:4.....g	0.000	0.000	6	A	1		0.000	0.000	
22:5 n-3 (DPA).....g	0.000	0.000	6	A	1		0.000	0.000	

**NDB No. 18232**  
**Crackers, wheat, regular**

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>						<u>Amount in edible portion of common</u>		
	Mean	Std. Error	Number			measures of food			
			of Data	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			Points	Code	Code	Code			
22:6 n-3 (DHA).....g	0.000	0.000	6	A	1		0.000	0.000	
Fatty acids, total trans.....g	0.034		0	NC	4		0.011	0.005	
Fatty acids, total trans-monoenoic.....g	0.011		0	NC	4		0.004	0.002	
Fatty acids, total trans-polyenoic.....g	0.023		0	NC	4		0.008	0.003	
Cholesterol.....mg	0		0	FLA	4		0	0	
Phytosterols.....mg									
<b><u>Amino Acids:</u></b>									
Tryptophan.....g	0.105		0	A	1		0.036	0.015	
Threonine.....g	0.265		0	A	1		0.090	0.038	
Isoleucine.....g	0.306		0	A	1		0.104	0.044	
Leucine.....g	0.586		0	A	1		0.199	0.085	
Lysine.....g	0.190		0	A	1		0.065	0.028	
Methionine.....g	0.145		0	A	1		0.049	0.021	
Cystine.....g	0.185		0	A	1		0.063	0.027	
Phenylalanine.....g	0.396		0	A	1		0.135	0.057	
Tyrosine.....g	0.175		0	A	1		0.060	0.025	
Valine.....g	0.386		0	A	1		0.131	0.056	
Arginine.....g	0.411		0	A	1		0.140	0.060	
Histidine.....g	0.190		0	A	1		0.065	0.028	
Alanine.....g	0.351		0	A	1		0.119	0.051	
Aspartic acid.....g	0.486		0	A	1		0.165	0.070	
Glutamic acid.....g	2.550		0	A	1		0.867	0.370	
Glycine.....g	0.361		0	A	1		0.123	0.052	
Proline.....g	0.832		0	A	1		0.283	0.121	
Serine.....g	0.391		0	A	1		0.133	0.057	
Hydroxyproline.....g									
<b><u>Others:</u></b>									
Alcohol, ethyl.....g	0.0		0	FLA	4		0.0	0.0	
Caffeine.....mg	0		0	FLA	4		0	0	
Theobromine.....mg	0		0	FLA	4		0	0	

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

**Common Measures:**

Measure 1 = 34g: 16 crackers 1 serving  
 Measure 2 = 14.5g: 2 crackers 1 serving

**Calories Factors: Protein 3.8**

**Fat 8.8**

**Carbohydrate 4**

**Food Group: 18 Baked Products**

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

NDB No. 18233

Crackers, wheat, sandwich, with cheese filling

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
<b>Proximates:</b>									
Water.....g	3.20		1		1		0.45	0.22	
Energy.....kcal	497		0	NC	4		71	35	
Energy.....kJ	2079		0		4		295	146	
Protein (N x 5.8).....g	9.80		2		1		1.39	0.69	
Total lipid (fat).....g	25.00		2		1		3.55	1.75	
Ash.....g	3.80		2		1		0.54	0.27	
Carbohydrate, by difference.....g	58.20		0	NC	4		8.26	4.07	
Fiber, total dietary.....g	3.1		0		4		0.4	0.2	
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	204		2		1		29	14	
Iron, Fe.....mg	2.62		2		1		0.37	0.18	
Magnesium, Mg.....mg	54		1		1		8	4	
Phosphorus, P.....mg	382		1		1		54	27	
Potassium, K.....mg	306		2		1		43	21	
Sodium, Na.....mg	839		0	MC	9		119	59	
Zinc, Zn.....mg	0.87		1		1		0.12	0.06	
Copper, Cu.....mg	0.160		1		1		0.023	0.011	
Manganese, Mn.....mg	1.083		0	FLA	4		0.154	0.076	
Selenium, Se.....µg	24.3		0	FLA	4		3.5	1.7	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	1.5		1		1		0.2	0.1	
Thiamin.....mg	0.358		2		1		0.051	0.025	
Riboflavin.....mg	0.427		2		1		0.061	0.030	
Niacin.....mg	3.185		2		1		0.452	0.223	
Pantothenic acid.....mg	0.622		0	FLA	4		0.088	0.044	
Vitamin B-6.....mg	0.261		1		1		0.037	0.018	
Folate, total.....µg	64		0	FLA	4		9	4	
Folic acid.....µg	45		0	NC	4		6	3	
Folate, food.....µg	19		0		4		3	1	
Folate, DFE.....µg	96		0	NC	4		14	7	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.12		0	FLA	4		0.02	0.01	
Vitamin A, RAE.....µg	21		0	NR	4		3	1	
Retinol.....µg									
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	71		1		1		10	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									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									

Crackers, wheat, sandwich, with cheese filling

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion 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	4.129		0	FLA	4		0.586	0.289	
4:0.....g	0.027		0	FLA	4		0.004	0.002	
6:0.....g	0.014		0	FLA	4		0.002	0.001	
8:0.....g	0.011		0	FLA	4		0.002	0.001	
10:0.....g	0.017		0	FLA	4		0.002	0.001	
12:0.....g	0.017		0	FLA	4		0.002	0.001	
13:0.....g									
14:0.....g	0.107		0	FLA	4		0.015	0.007	
15:0.....g									
16:0.....g	2.639		0	FLA	4		0.375	0.185	
17:0.....g									
18:0.....g	1.271		0	FLA	4		0.180	0.089	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	10.351		0	FLA	4		1.470	0.725	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.119		0	FLA	4		0.017	0.008	
17:1.....g									
18:1 undifferentiated.....g	10.196		0	FLA	4		1.448	0.714	
20:1.....g	0.000		0	FLA	4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	9.166		0	FLA	4		1.302	0.642	
18:2 undifferentiated.....g	8.505		0	FLA	4		1.208	0.595	
18:3 undifferentiated.....g	0.637		0	FLA	4		0.090	0.045	
18:4.....g	0.000		0	FLA	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
20:5 n-3 (EPA).....g	0.000		0	FLA	4		0.000	0.000	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	FLA	4		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0	FLA	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	7		2		1		1	0	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.130		0		1		0.018	0.009	
Threonine.....g	0.298		0		1		0.042	0.021	
Isoleucine.....g	0.383		0		1		0.054	0.027	
Leucine.....g	0.698		0		1		0.099	0.049	
Lysine.....g	0.344		0		1		0.049	0.024	
Methionine.....g	0.167		0		1		0.024	0.012	
Cystine.....g	0.194		0		1		0.028	0.014	
Phenylalanine.....g	0.472		0		1		0.067	0.033	
Tyrosine.....g	0.300		0		1		0.043	0.021	
Valine.....g	0.438		0		1		0.062	0.031	
Arginine.....g	0.408		0		1		0.058	0.029	
Histidine.....g	0.219		0		1		0.031	0.015	
Alanine.....g	0.322		0		1		0.046	0.023	
Aspartic acid.....g	0.506		0		1		0.072	0.035	
Glutamic acid.....g	2.996		0		1		0.425	0.210	
Glycine.....g	0.339		0		1		0.048	0.024	
Proline.....g	1.036		0		1		0.147	0.073	
Serine.....g	0.494		0		1		0.070	0.035	
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. 18233**

**Crackers, wheat, sandwich, with cheese filling**

**Common Measures:**

Measure 1 = 14.2g: .5 oz

Measure 2 = 7.0g: 1 cracker, sandwich

**Calories Factors: Protein 4**

**Fat 8.8**

**Carbohydrate 4.1**

**Food Group: 18 Baked Products**

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



NDB No. 18234

Crackers, wheat, sandwich, with peanut butter filling

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
<b>Proximates:</b>									
Water.....g	3.40	0.732	3		1		0.48	0.24	
Energy.....kcal	495		0	NC	4		70	35	
Energy.....kJ	2071				4		294	145	
Protein (N x 5.6).....g	13.50	0.545	4		1		1.92	0.95	
Total lipid (fat).....g	26.70	0.984	4		1		3.79	1.87	
Ash.....g	2.60	0.224	4		1		0.37	0.18	
Carbohydrate, by difference.....g	53.80		0	NC	4		7.64	3.77	
Fiber, total dietary.....g	4.4		0		4		0.6	0.3	
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	170		2		1		24	12	
Iron, Fe.....mg	2.67		2		1		0.38	0.19	
Magnesium, Mg.....mg	38		1		1		5	3	
Phosphorus, P.....mg	347		1		1		49	24	
Potassium, K.....mg	297		2		1		42	21	
Sodium, Na.....mg	807		2		1		115	56	
Zinc, Zn.....mg	0.82		1		1		0.12	0.06	
Copper, Cu.....mg	0.055		1		1		0.008	0.004	
Manganese, Mn.....mg	0.701		1		1		0.100	0.049	
Selenium, Se.....µg	21.8		0	FLA	4		3.1	1.5	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		1		1		0.0	0.0	
Thiamin.....mg	0.389	0.031	4		1		0.055	0.027	
Riboflavin.....mg	0.293	0.013	4		1		0.042	0.021	
Niacin.....mg	5.877	0.272	3		1		0.835	0.411	
Pantothenic acid.....mg	0.564		0	FLA	4		0.080	0.039	
Vitamin B-6.....mg	0.137		1		1		0.019	0.010	
Folate, total.....µg	70		0	FLA	4		10	5	
Folic acid.....µg	33		0	NC	4		5	2	
Folate, food.....µg	37		0		4		5	3	
Folate, DFE.....µg	93		0	NC	4		13	7	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		0		1		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									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	0		0	FLA	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									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									

Crackers, wheat, sandwich, with peanut butter filling

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion 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	4.602		0	FLA	4		0.653	0.322	
4:0.....g	0.000		0	FLA	4		0.000	0.000	
6:0.....g	0.000		0	FLA	4		0.000	0.000	
8:0.....g	0.003		0	FLA	4		0.000	0.000	
10:0.....g	0.000		0	FLA	4		0.000	0.000	
12:0.....g	0.005		0	FLA	4		0.001	0.000	
13:0.....g									
14:0.....g	0.064		0	FLA	4		0.009	0.004	
15:0.....g									
16:0.....g	2.809		0	FLA	4		0.399	0.197	
17:0.....g									
18:0.....g	1.335		0	FLA	4		0.190	0.093	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	11.766		0	FLA	4		1.671	0.824	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.061		0	FLA	4		0.009	0.004	
17:1.....g									
18:1 undifferentiated.....g	11.594		0	FLA	4		1.646	0.812	
20:1.....g	0.097		0	FLA	4		0.014	0.007	
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	8.862		0	FLA	4		1.258	0.620	
18:2 undifferentiated.....g	8.436		0	FLA	4		1.198	0.591	
18:3 undifferentiated.....g	0.411		0	FLA	4		0.058	0.029	
18:4.....g	0.000		0	FLA	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
20:5 n-3 (EPA).....g	0.000		0	FLA	4		0.000	0.000	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	FLA	4		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0	FLA	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		1		0	0	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.164		0		1		0.023	0.011	
Threonine.....g	0.418		0		1		0.059	0.029	
Isoleucine.....g	0.488		0		1		0.069	0.034	
Leucine.....g	0.908		0		1		0.129	0.064	
Lysine.....g	0.437		0		1		0.062	0.031	
Methionine.....g	0.198		0		1		0.028	0.014	
Cystine.....g	0.239		0		1		0.034	0.017	
Phenylalanine.....g	0.674		0		1		0.096	0.047	
Tyrosine.....g	0.464		0		1		0.066	0.032	
Valine.....g	0.575		0		1		0.082	0.040	
Arginine.....g	1.034		0		1		0.147	0.072	
Histidine.....g	0.319		0		1		0.045	0.022	
Alanine.....g	0.490		0		1		0.070	0.034	
Aspartic acid.....g	1.092		0		1		0.155	0.076	
Glutamic acid.....g	3.667		0		1		0.521	0.257	
Glycine.....g	0.633		0		1		0.090	0.044	
Proline.....g	1.082		0		1		0.154	0.076	
Serine.....g	0.674		0		1		0.096	0.047	
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. 18234**

**Crackers, wheat, sandwich, with peanut butter filling**

**Common Measures:**

Measure 1 = 14.2g: .5 oz

Measure 2 = 7.0g: 1 cracker, sandwich

**Calories Factors: Protein 3.7**

**Fat 8.6**

**Carbohydrate 4**

**Food Group: 18 Baked Products**

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

NDB No. 18235  
Crackers, whole-wheat

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
<b>Proximates:</b>									
Water.....g	2.94	0.236	4	A	1	C	0.82	0.82	0.14
Energy.....kcal	427		0	NC	4		119	119	20
Energy.....kJ	1786		0	NC	4		500	500	82
Protein (N x 5.8).....g	10.58	0.200	4	A	1	C	2.96	2.96	0.49
Total lipid (fat).....g	14.13	0.633	4	A	1	C	3.96	3.96	0.65
Ash.....g	2.80	0.059	4	A	1	C	0.78	0.78	0.13
Carbohydrate, by difference.....g	69.55		0	NC	4		19.47	19.47	3.20
Fiber, total dietary.....g	10.3	0.170	4	A	1	C	2.9	2.9	0.5
Sugars, total.....g	1.19	0.029	4	A	1	C	0.33	0.33	0.05
Sucrose.....g	0.86	0.021	4	A	1	C	0.24	0.24	0.04
Glucose (dextrose).....g	0.32	0.018	4	A	1	C	0.09	0.09	0.01
Fructose.....g	0.00	0.000	4	A	1	C	0.00	0.00	0.00
Lactose.....g	0.00	0.000	4	A	1	C	0.00	0.00	0.00
Maltose.....g	0.00	0.000	4	A	1	C	0.00	0.00	0.00
Galactose.....g	0.00	0.000	4	A	1	C	0.00	0.00	0.00
Starch.....g	57.00	0.294	4	A	1	C	15.96	15.96	2.62
<b>Minerals:</b>									
Calcium, Ca.....mg	36	0.320	4	A	1	C	10	10	2
Iron, Fe.....mg	3.34	0.048	4	A	1	C	0.94	0.94	0.15
Magnesium, Mg.....mg	110	1.315	4	A	1	C	31	31	5
Phosphorus, P.....mg	331	3.146	4	A	1	C	93	93	15
Potassium, K.....mg	345	3.065	4	A	1	C	97	97	16
Sodium, Na.....mg	704		0	LC	8	C	197	197	32
Zinc, Zn.....mg	2.63	0.039	4	A	1	C	0.74	0.74	0.12
Copper, Cu.....mg	0.420	0.006	4	A	1	C	0.118	0.118	0.019
Manganese, Mn.....mg	2.152	0.018	4	A	1	C	0.603	0.603	0.099
Selenium, Se.....µg	10.1	0.706	4	A	1	C	2.8	2.8	0.5
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0	FLA	4		0.0	0.0	0.0
Thiamin.....mg	0.182	0.014	4	A	1	C	0.051	0.051	0.008
Riboflavin.....mg	0.021	0.003	4	A	1	C	0.006	0.006	0.001
Niacin.....mg	4.630	0.114	4	A	1	C	1.296	1.296	0.213
Pantothenic acid.....mg	0.832	0.018	4	A	1	C	0.233	0.233	0.038
Vitamin B-6.....mg	0.185	0.013	4	A	1	C	0.052	0.052	0.009
Folate, total.....µg	28	0.403	8		1		8	8	1
Folic acid.....µg	0		0	FLA	4		0	0	0
Folate, food.....µg	28	0.403	8		1		8	8	1
Folate, DFE.....µg	28		0	NC	4		8	8	1
Choline, total.....mg	27.2	2.654	6	AS	1		7.6	7.6	1.3
Betaine.....mg									
Vitamin B-12.....µg	0.00		1	A	1	C	0.00	0.00	0.00
Vitamin B-12, added.....µg	0.00		0	FLA	4		0.00	0.00	0.00
Vitamin A, RAE.....µg	0		0	NC	4		0	0	0
Retinol.....µg	0		0	FLA	4		0	0	0
Carotene, beta.....µg	0		0	FLA	4		0	0	0
Carotene, alpha.....µg	0		0	FLA	4		0	0	0
Cryptoxanthin, beta.....µg	0		0	FLA	4		0	0	0
Vitamin A, IU.....IU	0		0		1		0	0	0
Lycopene.....µg	0		0	FLA	4		0	0	0
Lutein + zeaxanthin.....µg	179		0	FLA	4		50	50	8
Vitamin E (alpha-tocopherol).....mg	1.41	0.037	4	A	1	C	0.40	0.40	0.06
Vitamin E, added.....mg	0.00		0	FLA	4		0.00	0.00	0.00
Tocopherol, beta.....mg	0.21	0.003	4	A	1	C	0.06	0.06	0.01
Tocopherol, gamma.....mg	7.52	0.256	4	A	1	C	2.11	2.11	0.35
Tocopherol, delta.....mg	2.01	0.099	4	A	1	C	0.56	0.56	0.09
Tocotrienol, alpha.....mg	0.29	0.013	4	A	1	C	0.08	0.08	0.01
Tocotrienol, beta.....mg	0.00	0.000	4	A	1	C	0.00	0.00	0.00

NDB No. 18235  
Crackers, whole-wheat

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	0.00	0.000	4	A	1	C	0.00	0.00	0.00
Tocotrienol, delta.....mg	0.00	0.000	4	A	1	C	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	27.2		2	A	1	C	7.6	7.6	1.2
Dihydrophyloquinone.....µg	0.5		2	A	1	C	0.1	0.1	0.0
Menaquinone-4.....µg	0.0		2	A	1	C	0.0	0.0	0.0
<b>Lipids:</b>									
Fatty acids, total saturated.....g	2.063		0	NC	4		0.578	0.578	0.095
4:0.....g	0.000	0.000	4	A	1	C	0.000	0.000	0.000
6:0.....g	0.000	0.000	4	A	1	C	0.000	0.000	0.000
8:0.....g	0.000	0.000	4	A	1	C	0.000	0.000	0.000
10:0.....g	0.000	0.000	4	A	1	C	0.000	0.000	0.000
12:0.....g	0.000	0.000	4	A	1	C	0.000	0.000	0.000
13:0.....g									
14:0.....g	0.009	0.001	4	A	1	C	0.003	0.003	0.000
15:0.....g	0.004	0.000	4	A	1	C	0.001	0.001	0.000
16:0.....g	1.361	0.052	4	A	1	C	0.381	0.381	0.063
17:0.....g	0.011	0.001	4	A	1	C	0.003	0.003	0.001
18:0.....g	0.584	0.025	4	A	1	C	0.164	0.164	0.027
20:0.....g	0.040	0.002	4	A	1	C	0.011	0.011	0.002
22:0.....g	0.038	0.002	4	A	1	C	0.011	0.011	0.002
24:0.....g	0.014	0.002	4	A	1	C	0.004	0.004	0.001
Fatty acids, total monounsaturated.....g	3.248		0	NC	4		0.909	0.909	0.149
14:1.....g	0.000	0.000	4	A	1	C	0.000	0.000	0.000
15:1.....g	0.000	0.000	4	A	1	C	0.000	0.000	0.000
16:1 undifferentiated.....g	0.011	0.001	4	AS	1		0.003	0.003	0.001
16:1 c.....g	0.011	0.001	4	A	1	C	0.003	0.003	0.001
16:1 t.....g	0.000	0.000	4	A	1	C	0.000	0.000	0.000
17:1.....g	0.006	0.001	4	A	1	C	0.002	0.002	0.000
18:1 undifferentiated.....g	3.195	0.123	4	AS	1		0.895	0.895	0.147
18:1 c.....g	3.021	0.117	4	A	1	C	0.846	0.846	0.139
18:1 t.....g	0.174	0.008	4	A	1	C	0.049	0.049	0.008
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.033	0.008	4	A	1	C	0.009	0.009	0.002
22:1 undifferentiated.....g	0.001	0.001	4	AS	1		0.000	0.000	0.000
22:1 c.....g	0.001	0.001	4	A	1	C	0.000	0.000	0.000
22:1 t.....g	0.000	0.000	4	A	1	C	0.000	0.000	0.000
24:1 c.....g	0.001	0.001	4	A	1	C	0.000	0.000	0.000
Fatty acids, total polyunsaturated.....g	6.945		0	NC	4		1.945	1.945	0.319
18:2 undifferentiated.....g	6.096	0.236	4	AS	1		1.707	1.707	0.280
18:2 n-6 c,c.....g	6.063	0.234	4	A	1	C	1.698	1.698	0.279
18:2 CLAs.....g	0.007	0.000	4	A	1	C	0.002	0.002	0.000
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.025	0.002	4	A	1	C	0.007	0.007	0.001
18:3 undifferentiated.....g	0.843	0.036	4	AS	1		0.236	0.236	0.039
18:3 n-3 c,c,c (ALA).....g	0.831	0.035	4	A	1	C	0.233	0.233	0.038
18:3 n-6 c,c,c.....g	0.012	0.001	4	A	1	C	0.003	0.003	0.001
18:3i.....g									
18:4.....g	0.000	0.000	4	A	1	C	0.000	0.000	0.000
20:2 n-6 c,c.....g	0.005	0.001	4	A	1	C	0.001	0.001	0.000
20:3 undifferentiated.....g	0.000	0.000	4	AS	1		0.000	0.000	0.000
20:3 n-3.....g	0.000	0.000	4	A	1	C	0.000	0.000	0.000
20:3 n-6.....g	0.000	0.000	4	A	1	C	0.000	0.000	0.000
20:4 undifferentiated.....g	0.000	0.000	4	A	1	C	0.000	0.000	0.000
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.000	0.000	4	A	1	C	0.000	0.000	0.000
21:5.....g									
22:4.....g	0.000	0.000	4	A	1	C	0.000	0.000	0.000
22:5 n-3 (DPA).....g	0.001	0.001	4	A	1	C	0.000	0.000	0.000

**NDB No. 18235**  
**Crackers, whole-wheat**

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common</u>				
	Mean	Std. Error	Number			measures of food			
			of Data	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			Points	Code	Code	Code			
22:6 n-3 (DHA).....g	0.000	0.000	4	A	1	C	0.000	0.000	0.000
Fatty acids, total trans.....g	0.199		0	NC	4		0.056	0.056	0.009
Fatty acids, total trans-monoenoic.....g	0.174		0	NC	4		0.049	0.049	0.008
Fatty acids, total trans-polyenoic.....g	0.025		0	NC	4		0.007	0.007	0.001
Cholesterol.....mg	0		0	FLA	4		0	0	0
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.141		0	A	1		0.039	0.039	0.006
Threonine.....g	0.301		0	A	1		0.084	0.084	0.014
Isoleucine.....g	0.364		0	A	1		0.102	0.102	0.017
Leucine.....g	0.703		0	A	1		0.197	0.197	0.032
Lysine.....g	0.271		0	A	1		0.076	0.076	0.012
Methionine.....g	0.170		0	A	1		0.048	0.048	0.008
Cystine.....g	0.228		0	A	1		0.064	0.064	0.010
Phenylalanine.....g	0.480		0	A	1		0.134	0.134	0.022
Tyrosine.....g	0.194		0	A	1		0.054	0.054	0.009
Valine.....g	0.465		0	A	1		0.130	0.130	0.021
Arginine.....g	0.480		0	A	1		0.134	0.134	0.022
Histidine.....g	0.238		0	A	1		0.067	0.067	0.011
Alanine.....g	0.393		0	A	1		0.110	0.110	0.018
Aspartic acid.....g	0.543		0	A	1		0.152	0.152	0.025
Glutamic acid.....g	3.065		0	A	1		0.858	0.858	0.141
Glycine.....g	0.427		0	A	1		0.119	0.119	0.020
Proline.....g	1.004		0	A	1		0.281	0.281	0.046
Serine.....g	0.461		0	A	1		0.129	0.129	0.021
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	0.0
Caffeine.....mg	0		0	FLA	4		0	0	0
Theobromine.....mg	0		0	FLA	4		0	0	0

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

**Common Measures:**

- Measure 1 = 28g: 1 serving
- Measure 2 = 28g: 6 crackers, Triscuits, regular size
- Measure 3 = 4.6g: 1 cracker

**Calories Factors: Protein 3.6**

**Fat 8.8**

**Carbohydrate 3.8**

**Food Group: 18 Baked Products**

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



**NDB No. 18429**  
**Crackers, whole-wheat, low salt**

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common				
	Mean	Std. Error	Number		measures of food				
			of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Lipids:</b>									
Fatty acids, total saturated.....g	3.393		0	BFZN	4		0.482	3.189	0.136
4:0.....g	0.000		0		4		0.000	0.000	0.000
6:0.....g	0.000		0		4		0.000	0.000	0.000
8:0.....g	0.016		0	BFZN	4		0.002	0.015	0.001
10:0.....g	0.000		0		4		0.000	0.000	0.000
12:0.....g	0.000		0		4		0.000	0.000	0.000
13:0.....g									
14:0.....g	0.003		0	BFZN	4		0.000	0.003	0.000
15:0.....g									
16:0.....g	1.744		0	BFZN	4		0.248	1.639	0.070
17:0.....g									
18:0.....g	1.617		0	BFZN	4		0.230	1.520	0.065
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	5.880		0	BFZN	4		0.835	5.527	0.235
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.012		0	BFZN	4		0.002	0.011	0.000
17:1.....g									
18:1 undifferentiated.....g	5.868		0	BFZN	4		0.833	5.516	0.235
20:1.....g	0.000		0		4		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	6.596		0	BFZN	4		0.937	6.200	0.264
18:2 undifferentiated.....g	6.218		0	BFZN	4		0.883	5.845	0.249
18:3 undifferentiated.....g	0.376		0	BFZN	4		0.053	0.353	0.015
18:4.....g	0.000		0		4		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.002		0	BFZN	4		0.000	0.002	0.000
20:5 n-3 (EPA).....g	0.000		0		4		0.000	0.000	0.000
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0		4		0.000	0.000	0.000
22:6 n-3 (DHA).....g	0.000		0		4		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		4		0	0	0
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.137		0		4		0.019	0.129	0.005
Threonine.....g	0.256		0		4		0.036	0.241	0.010
Isoleucine.....g	0.329		0		4		0.047	0.309	0.013
Leucine.....g	0.600		0		4		0.085	0.564	0.024
Lysine.....g	0.245		0		4		0.035	0.230	0.010
Methionine.....g	0.137		0		4		0.019	0.129	0.005
Cystine.....g	0.206		0		4		0.029	0.194	0.008
Phenylalanine.....g	0.419		0		4		0.059	0.394	0.017
Tyrosine.....g	0.259		0		4		0.037	0.243	0.010
Valine.....g	0.401		0		4		0.057	0.377	0.016
Arginine.....g	0.416		0		4		0.059	0.391	0.017
Histidine.....g	0.206		0		4		0.029	0.194	0.008
Alanine.....g	0.315		0		4		0.045	0.296	0.013
Aspartic acid.....g	0.456		0		4		0.065	0.429	0.018
Glutamic acid.....g	2.804		0		4		0.398	2.636	0.112
Glycine.....g	0.358		0		4		0.051	0.337	0.014
Proline.....g	0.922		0		4		0.131	0.867	0.037
Serine.....g	0.419		0		4		0.059	0.394	0.017
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	FLA	4		0	0	0



**NDB No. 18429**  
**Crackers, whole-wheat, low 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		Measure 1	Measure 2	Measure 3	
			of Data Points	Deriv Code				Source Code
Theobromine.....mg	0		0	FLA	4	0	0	0

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

**Common Measures:**

- Measure 1 = 14.2g: .5 oz
- Measure 2 = 94g: 1 cup, crushed
- Measure 3 = 4.0g: 1 cracker

**Calories Factors: Protein 3.6                      Fat 8.8                      Carbohydrate 3.8**

**Food Group:** 18 Baked Products  
 USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 18949

Crackers, whole-wheat, reduced 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
<b>Proximates:</b>									
Water.....g	2.59	0.268	4	A	1		0.75	0.11	0.75
Energy.....kcal	416		0	NC	4		121	17	121
Energy.....kJ	1739		0	NC	4		504	73	504
Protein.....g	11.34	0.065	4	A	1		3.29	0.48	3.29
Total lipid (fat).....g	7.59	0.320	4	A	1		2.20	0.32	2.20
Ash.....g	2.96	0.021	4	A	1		0.86	0.12	0.86
Carbohydrate, by difference.....g	75.52		0	NC	4		21.90	3.17	21.90
Fiber, total dietary.....g	10.9	0.085	4	A	1		3.2	0.5	3.2
Sugars, total.....g	1.22	0.030	4	A	1		0.35	0.05	0.35
Sucrose.....g	0.90	0.018	4	A	1		0.26	0.04	0.26
Glucose (dextrose).....g	0.32	0.023	4	A	1		0.09	0.01	0.09
Fructose.....g	0.00	0.000	4	A	1		0.00	0.00	0.00
Lactose.....g	0.00	0.000	4	A	1		0.00	0.00	0.00
Maltose.....g	0.00	0.000	4	A	1		0.00	0.00	0.00
Galactose.....g	0.00	0.000	4	A	1		0.00	0.00	0.00
Starch.....g	61.10	0.147	4	A	1		17.72	2.57	17.72
<b>Minerals:</b>									
Calcium, Ca.....mg	39	0.250	4	A	1		11	2	11
Iron, Fe.....mg	3.56	0.018	4	A	1		1.03	0.15	1.03
Magnesium, Mg.....mg	120	0.500	4	A	1		35	5	35
Phosphorus, P.....mg	364	2.720	4	A	1		106	15	106
Potassium, K.....mg	373	2.016	4	A	1		108	16	108
Sodium, Na.....mg	745		0	LC	8		216	31	216
Zinc, Zn.....mg	2.99	0.049	4	A	1		0.87	0.13	0.87
Copper, Cu.....mg	0.447	0.022	4	A	1		0.130	0.019	0.130
Manganese, Mn.....mg	2.285	0.033	4	A	1		0.663	0.096	0.663
Selenium, Se.....µg	14.1	0.676	4	A	1		4.1	0.6	4.1
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0	BFNN	4		0.0	0.0	0.0
Thiamin.....mg	0.185	0.015	4	A	1		0.054	0.008	0.054
Riboflavin.....mg	0.022	0.006	4	A	1		0.006	0.001	0.006
Niacin.....mg	5.225	0.169	4	A	1		1.515	0.219	1.515
Pantothenic acid.....mg	0.902	0.033	4	A	1		0.262	0.038	0.262
Vitamin B-6.....mg	0.197	0.019	4	A	1		0.057	0.008	0.057
Folate, total.....µg	30		0	BFNN	4		9	1	9
Folic acid.....µg	0		0	BFNN	4		0	0	0
Folate, food.....µg	30		0	BFNN	4		9	1	9
Folate, DFE.....µg	30		0	NC	4		9	1	9
Choline, total.....mg	29.5		0	BFNN	4		8.6	1.2	8.6
Betaine.....mg									
Vitamin B-12.....µg	0.00		1	A	1		0.00	0.00	0.00
Vitamin B-12, added.....µg	0.00		0	BFNN	4		0.00	0.00	0.00
Vitamin A, RAE.....µg	0		0	BFNN	4		0	0	0
Retinol.....µg	0		0	BFNN	4		0	0	0
Carotene, beta.....µg	0		0	BFNN	4		0	0	0
Carotene, alpha.....µg	0		0	BFNN	4		0	0	0
Cryptoxanthin, beta.....µg	0		0	BFNN	4		0	0	0
Vitamin A, IU.....IU	0		0	NC	4		0	0	0
Lycopene.....µg	0		0	BFNN	4		0	0	0
Lutein + zeaxanthin.....µg	194		0	BFNN	4		56	8	56
Vitamin E (alpha-tocopherol).....mg	1.08	0.040	4	A	1		0.31	0.05	0.31
Vitamin E, added.....mg	0.00		0	BFNN	4		0.00	0.00	0.00
Tocopherol, beta.....mg	0.22	0.003	4	A	1		0.06	0.01	0.06
Tocopherol, gamma.....mg	4.49	0.152	4	A	1		1.30	0.19	1.30
Tocopherol, delta.....mg	0.94	0.053	4	A	1		0.27	0.04	0.27
Tocotrienol, alpha.....mg	0.34	0.006	4	A	1		0.10	0.01	0.10
Tocotrienol, beta.....mg	0.00	0.000	4	A	1		0.00	0.00	0.00

Crackers, whole-wheat, reduced fat

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion 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	0.00	0.000	4	A	1		0.00	0.00	0.00
Tocotrienol, delta.....mg	0.00	0.000	4	A	1		0.00	0.00	0.00
Vitamin D (D2 + D3).....µg	0.0		0	BFNN	4		0.0	0.0	0.0
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	0		0	BFNN	4		0	0	0
Vitamin K (phylloquinone).....µg	12.5		2	A	1		3.6	0.5	3.6
Dihydrophyloquinone.....µg	0.0		2	A	1		0.0	0.0	0.0
Menaquinone-4.....µg	0.0		2	A	1		0.0	0.0	0.0
<b>Lipids:</b>									
Fatty acids, total saturated.....g	1.067		0	NC	4		0.309	0.045	0.309
4:0.....g	0.000	0.000	4	A	1		0.000	0.000	0.000
6:0.....g	0.000	0.000	4	A	1		0.000	0.000	0.000
8:0.....g	0.000	0.000	4	A	1		0.000	0.000	0.000
10:0.....g	0.004	0.004	4	A	1		0.001	0.000	0.001
12:0.....g	0.000	0.000	4	A	1		0.000	0.000	0.000
13:0.....g									
14:0.....g	0.005	0.000	4	A	1		0.002	0.000	0.002
15:0.....g	0.003	0.000	4	A	1		0.001	0.000	0.001
16:0.....g	0.733	0.035	4	A	1		0.213	0.031	0.213
17:0.....g	0.006	0.000	4	A	1		0.002	0.000	0.002
18:0.....g	0.268	0.014	4	A	1		0.078	0.011	0.078
20:0.....g	0.020	0.001	4	A	1		0.006	0.001	0.006
22:0.....g	0.018	0.001	4	A	1		0.005	0.001	0.005
24:0.....g	0.009	0.001	4	A	1		0.003	0.000	0.003
Fatty acids, total monounsaturated.....g	1.609		0	NC	4		0.467	0.068	0.467
14:1.....g	0.000	0.000	4	A	1		0.000	0.000	0.000
15:1.....g	0.000	0.000	4	A	1		0.000	0.000	0.000
16:1 undifferentiated.....g	0.007	0.000	4	AS	1		0.002	0.000	0.002
16:1 c.....g	0.007	0.000	4	A	1		0.002	0.000	0.002
16:1 t.....g	0.000	0.000	4	A	1		0.000	0.000	0.000
17:1.....g	0.004	0.000	4	A	1		0.001	0.000	0.001
18:1 undifferentiated.....g	1.572	0.072	4	AS	1		0.456	0.066	0.456
18:1 c.....g	1.490	0.069	4	A	1		0.432	0.063	0.432
18:1 t.....g	0.082	0.004	4	A	1		0.024	0.003	0.024
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.024	0.001	4	A	1		0.007	0.001	0.007
22:1 undifferentiated.....g	0.002	0.000	4	AS	1		0.001	0.000	0.001
22:1 c.....g	0.002	0.000	4	A	1		0.001	0.000	0.001
22:1 t.....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	3.568		0	NC	4		1.035	0.150	1.035
18:2 undifferentiated.....g	3.164	0.149	4	AS	1		0.918	0.133	0.918
18:2 n-6 c,c.....g	3.146	0.149	4	A	1		0.912	0.132	0.912
18:2 CLAs.....g	0.004	0.000	4	A	1		0.001	0.000	0.001
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.014	0.001	4	A	1		0.004	0.001	0.004
18:3 undifferentiated.....g	0.398	0.021	4	AS	1		0.115	0.017	0.115
18:3 n-3 c,c,c (ALA).....g	0.392	0.021	4	A	1		0.114	0.016	0.114
18:3 n-6 c,c,c.....g	0.006	0.000	4	A	1		0.002	0.000	0.002
18:3i.....g									
18:4.....g	0.000	0.000	4	A	1		0.000	0.000	0.000
20:2 n-6 c,c.....g	0.003	0.000	4	A	1		0.001	0.000	0.001
20:3 undifferentiated.....g	0.000	0.000	4	AS	1		0.000	0.000	0.000
20:3 n-3.....g	0.000	0.000	4	A	1		0.000	0.000	0.000
20:3 n-6.....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
20:4 n-6.....g									
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	0.000	0.000	4	A	1		0.000	0.000	0.000
22:5 n-3 (DPA).....g	0.002	0.000	4	A	1		0.001	0.000	0.001

NDB No. 18949

Crackers, whole-wheat, reduced fat

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
22:6 n-3 (DHA).....g	0.000	0.000	4	A	1		0.000	0.000	0.000
Fatty acids, total trans.....g	0.096		0	NC	4		0.028	0.004	0.028
Fatty acids, total trans-monoenoic.....g	0.082		0	NC	4		0.024	0.003	0.024
Fatty acids, total trans-polyenoic.....g	0.014		0	NC	4		0.004	0.001	0.004
Cholesterol.....mg	0		0	BFNN	4		0	0	0
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.161		0	A	1		0.047	0.007	0.047
Threonine.....g	0.337		0	A	1		0.098	0.014	0.098
Isoleucine.....g	0.392		0	A	1		0.114	0.016	0.114
Leucine.....g	0.779		0	A	1		0.226	0.033	0.226
Lysine.....g	0.307		0	A	1		0.089	0.013	0.089
Methionine.....g	0.186		0	A	1		0.054	0.008	0.054
Cystine.....g	0.236		0	A	1		0.069	0.010	0.069
Phenylalanine.....g	0.523		0	A	1		0.152	0.022	0.152
Tyrosine.....g	0.196		0	A	1		0.057	0.008	0.057
Valine.....g	0.508		0	A	1		0.147	0.021	0.147
Arginine.....g	0.533		0	A	1		0.155	0.022	0.155
Histidine.....g	0.266		0	A	1		0.077	0.011	0.077
Alanine.....g	0.447		0	A	1		0.130	0.019	0.130
Aspartic acid.....g	0.608		0	A	1		0.176	0.026	0.176
Glutamic acid.....g	3.414		0	A	1		0.990	0.143	0.990
Glycine.....g	0.478		0	A	1		0.138	0.020	0.138
Proline.....g	1.141		0	A	1		0.331	0.048	0.331
Serine.....g	0.518		0	A	1		0.150	0.022	0.150
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	BFNN	4		0.0	0.0	0.0
Caffeine.....mg	0		0	BFNN	4		0	0	0
Theobromine.....mg	0		0	BFNN	4		0	0	0

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

**Common Measures:**

Measure 1 = 29g: 1 serving

Measure 2 = 4.2g: 1 cracker

Measure 3 = 29g: 6 Triscuits, regular size

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 18 Baked Products

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



Cream puff shell, prepared from recipe

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	measures of food				
					Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Lipids:</b>									
Fatty acids, total saturated.....g	5.599		0		1		1.587	2.688	3.695
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	0.001		0		1		0.000	0.000	0.001
10:0.....g	0.001		0		1		0.000	0.000	0.001
12:0.....g	0.001		0		1		0.000	0.000	0.001
13:0.....g									
14:0.....g	0.068		0		1		0.019	0.033	0.045
15:0.....g									
16:0.....g	3.601		0		1		1.021	1.728	2.377
17:0.....g									
18:0.....g	1.904		0		1		0.540	0.914	1.257
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	11.128		0		1		3.155	5.341	7.344
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.137		0		1		0.039	0.066	0.090
17:1.....g									
18:1 undifferentiated.....g	10.973		0		1		3.111	5.267	7.242
20:1.....g	0.013		0		1		0.004	0.006	0.009
22:1 undifferentiated.....g	0.001		0		1		0.000	0.000	0.001
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	7.380		0		1		2.092	3.542	4.871
18:2 undifferentiated.....g	6.987		0		1		1.981	3.354	4.611
18:3 undifferentiated.....g	0.309		0		1		0.088	0.148	0.204
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	0.065		0		1		0.018	0.031	0.043
20:5 n-3 (EPA).....g	0.002		0		1		0.001	0.001	0.001
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	0.017		0		1		0.005	0.008	0.011
Fatty acids, total trans.....g									
Cholesterol.....mg	196		0		1		56	94	129
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.110		0		1		0.031	0.053	0.073
Threonine.....g	0.367		0		1		0.104	0.176	0.242
Isoleucine.....g	0.430		0		1		0.122	0.206	0.284
Leucine.....g	0.718		0		1		0.204	0.345	0.474
Lysine.....g	0.497		0		1		0.141	0.239	0.328
Methionine.....g	0.238		0		1		0.067	0.114	0.157
Cystine.....g	0.199		0		1		0.056	0.096	0.131
Phenylalanine.....g	0.466		0		1		0.132	0.224	0.308
Tyrosine.....g	0.335		0		1		0.095	0.161	0.221
Valine.....g	0.485		0		1		0.137	0.233	0.320
Arginine.....g	0.473		0		1		0.134	0.227	0.312
Histidine.....g	0.209		0		1		0.059	0.100	0.138
Alanine.....g	0.424		0		1		0.120	0.204	0.280
Aspartic acid.....g	0.721		0		1		0.204	0.346	0.476
Glutamic acid.....g	1.801		0		1		0.511	0.864	1.189
Glycine.....g	0.305		0		1		0.086	0.146	0.201
Proline.....g	0.596		0		1		0.169	0.286	0.393
Serine.....g	0.589		0		1		0.167	0.283	0.389
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	RA	4		0.0	0.0	0.0
Caffeine.....mg	0		0	RC	4		0	0	0

NDB No. 18237

Cream puff shell, prepared from recipe

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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
Theobromine.....mg	0		0	RC	4		0	0	0

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Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 = 48g: 1 eclair (5" x 2" x 1-3/4")

Measure 3 = 66g: 1 cream puff shell

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

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





NDB No. 18969

Cream puff, eclair, custard or cream filled, iced

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Lipids:</b>									
Fatty acids, total saturated.....g	7.055		1	LC	8		7.972		
4:0.....g	0.002		0	FLC	4		0.002		
6:0.....g	0.000		0	FLC	4		0.000		
8:0.....g	0.001		0	FLC	4		0.001		
10:0.....g	0.002		0	FLC	4		0.002		
12:0.....g	0.000		0	FLC	4		0.000		
13:0.....g									
14:0.....g	0.051		0	FLC	4		0.058		
15:0.....g	0.002		0	FLC	4		0.003		
16:0.....g	3.748		0	FLC	4		4.236		
17:0.....g	0.029		0	FLC	4		0.033		
18:0.....g	3.010		0	FLC	4		3.402		
20:0.....g	0.105		0	FLC	4		0.119		
22:0.....g	0.091		0	FLC	4		0.102		
24:0.....g	0.013		0	FLC	4		0.014		
Fatty acids, total monounsaturated.....g	6.070		0	NC	4		6.859		
14:1.....g	0.001		0	FLC	4		0.001		
15:1.....g	0.000		0	FLC	4		0.000		
16:1 undifferentiated.....g	0.033		0	FLC	4		0.038		
17:1.....g	0.002		0	FLC	4		0.002		
18:1 undifferentiated.....g	6.018		0	FLC	4		6.800		
20:1.....g	0.016		0	FLC	4		0.018		
22:1 undifferentiated.....g	0.000		0	FLC	4		0.000		
24:1 c.....g	0.000		0	FLC	4		0.000		
Fatty acids, total polyunsaturated.....g	4.173		0	NC	4		4.716		
18:2 undifferentiated.....g	3.861		0	FLC	4		4.363		
18:3 undifferentiated.....g	0.266		0	FLC	4		0.300		
18:4.....g	0.000		0	FLC	4		0.000		
20:2 n-6 c,c.....g	0.003		0	FLC	4		0.003		
20:3 undifferentiated.....g	0.003		0	FLC	4		0.004		
20:4 undifferentiated.....g	0.028		0	FLC	4		0.032		
20:5 n-3 (EPA).....g	0.000		0	FLC	4		0.000		
21:5.....g									
22:4.....g	0.002		0	FLC	4		0.002		
22:5 n-3 (DPA).....g	0.001		0	FLC	4		0.001		
22:6 n-3 (DHA).....g	0.009		0	FLC	4		0.010		
Fatty acids, total trans.....g	0.000		1	LC	8		0.000		
Cholesterol.....mg	66		1	LC	8		75		
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	FLC	4		0.0		
Caffeine.....mg	0		0	FLC	4		0		
Theobromine.....mg	0		0	FLC	4		0		

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

**Common Measures:**

Measure 1 = 113g: 4 oz

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 18 Baked Products

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

NDB No. 18240  
Croissants, apple

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
<b>Proximates:</b>									
Water.....g	45.60		2		1		12.93	25.99	
Energy.....kcal	254		0	NC	4		72	145	
Energy.....kJ	1063				4		301	606	
Protein (N x 5.9).....g	7.40		2		1		2.10	4.22	
Total lipid (fat).....g	8.70	0.295	3		1		2.47	4.96	
Ash.....g	1.20		2		1		0.34	0.68	
Carbohydrate, by difference.....g	37.10		0	NC	4		10.52	21.15	
Fiber, total dietary.....g	2.5		0		1		0.7	1.4	
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	30		2		1		9	17	
Iron, Fe.....mg	1.10		2		1		0.31	0.63	
Magnesium, Mg.....mg	13		2		1		4	7	
Phosphorus, P.....mg	58		2		1		16	33	
Potassium, K.....mg	90		2		1		26	51	
Sodium, Na.....mg	274		2		1		78	156	
Zinc, Zn.....mg	1.03		2		1		0.29	0.59	
Copper, Cu.....mg	0.040		2		1		0.011	0.023	
Manganese, Mn.....mg	0.210		2		1		0.060	0.120	
Selenium, Se.....µg	19.0		0	FLA	4		5.4	10.8	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.5		0	FLA	4		0.1	0.3	
Thiamin.....mg	0.232	0.007	8		1		0.066	0.132	
Riboflavin.....mg	0.164	0.003	8		1		0.046	0.093	
Niacin.....mg	1.600	0.053	8		1		0.454	0.912	
Pantothenic acid.....mg	0.596	0.019	8		1		0.169	0.340	
Vitamin B-6.....mg	0.032	0.000	8		1		0.009	0.018	
Folate, total.....µg	57		0	FLA	4		16	32	
Folic acid.....µg	44		0	NC	4		12	25	
Folate, food.....µg	13	0.435	8		1		4	7	
Folate, DFE.....µg	88		0	NC	4		25	50	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.20		0	FLA	4		0.06	0.11	
Vitamin A, RAE.....µg	94		0	NC	4		27	54	
Retinol.....µg	90		0	NC	4		26	51	
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	380		0	FLA	4		108	217	
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									
<b>Lipids:</b>									

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			
Fatty acids, total saturated.....g	4.994		0	FLA	4	1.416	2.847
4:0.....g	0.211		0		1	0.060	0.120
6:0.....g	0.125		0		1	0.035	0.071
8:0.....g	0.073		0		1	0.021	0.042
10:0.....g	0.165		0		1	0.047	0.094
12:0.....g	0.185		0		1	0.052	0.105
13:0.....g							
14:0.....g	0.663		0		1	0.188	0.378
15:0.....g							
16:0.....g	2.115		0		1	0.600	1.206
17:0.....g							
18:0.....g	0.908		0		1	0.257	0.518
20:0.....g							
22:0.....g							
24:0.....g							
Fatty acids, total monounsaturated.....g	2.393		0	FLA	4	0.678	1.364
14:1.....g							
15:1.....g							
16:1 undifferentiated.....g	0.200		0		1	0.057	0.114
17:1.....g							
18:1 undifferentiated.....g	2.169		0		1	0.615	1.236
20:1.....g	0.004		0		1	0.001	0.002
22:1 undifferentiated.....g	0.000		0		1	0.000	0.000
24:1 c.....g							
Fatty acids, total polyunsaturated.....g	0.628		0	FLA	4	0.178	0.358
18:2 undifferentiated.....g	0.600		0		1	0.170	0.342
18:3 undifferentiated.....g	0.118		0		1	0.033	0.067
18:4.....g							
20:2 n-6 c,c.....g							
20:3 undifferentiated.....g							
20:4 undifferentiated.....g	0.019		0		1	0.005	0.011
20:5 n-3 (EPA).....g	0.001		0		1	0.000	0.001
21:5.....g							
22:4.....g							
22:5 n-3 (DPA).....g							
22:6 n-3 (DHA).....g	0.005		0		1	0.001	0.003
Fatty acids, total trans.....g							
Cholesterol.....mg	31		0	FLA	4	9	18
Phytosterols.....mg							
<b>Amino Acids:</b>							
Tryptophan.....g	0.086		0		1	0.024	0.049
Threonine.....g	0.256		0		1	0.073	0.146
Isoleucine.....g	0.325		0		1	0.092	0.185
Leucine.....g	0.556		0		1	0.158	0.317
Lysine.....g	0.318		0		1	0.090	0.181
Methionine.....g	0.151		0		1	0.043	0.086
Cystine.....g	0.140		0		1	0.040	0.080
Phenylalanine.....g	0.359		0		1	0.102	0.205
Tyrosine.....g	0.243		0		1	0.069	0.139
Valine.....g	0.368		0		1	0.104	0.210
Arginine.....g	0.309		0		1	0.088	0.176
Histidine.....g	0.166		0		1	0.047	0.095
Alanine.....g	0.296		0		1	0.084	0.169
Aspartic acid.....g	0.456		0		1	0.129	0.260
Glutamic acid.....g	1.970		0		1	0.558	1.123
Glycine.....g	0.296		0		1	0.084	0.169
Proline.....g	0.712		0		1	0.202	0.406
Serine.....g	0.383		0		1	0.109	0.218
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. 18240**  
**Croissants, apple**

**Common Measures:**

Measure 1 = 28.35g: 1 oz

Measure 2 = 57g: 1 croissant, medium

**Calories Factors: Protein 4**

**Fat 8.8**

**Carbohydrate4**

**Food Group: 18 Baked Products**

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



**NDB No. 18239**  
**Croissants, butter**

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	measures of food				
					Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Lipids:</b>									
Fatty acids, total saturated.....g	11.659		0	FLA	4		3.305	3.265	4.897
4:0.....g	0.595		0	FLA	4		0.169	0.167	0.250
6:0.....g	0.351		0	FLA	4		0.100	0.098	0.147
8:0.....g	0.205		0	FLA	4		0.058	0.057	0.086
10:0.....g	0.459		0	FLA	4		0.130	0.129	0.193
12:0.....g	0.514		0	FLA	4		0.146	0.144	0.216
13:0.....g									
14:0.....g	1.845		0	FLA	4		0.523	0.517	0.775
15:0.....g									
16:0.....g	5.023		0	FLA	4		1.424	1.406	2.110
17:0.....g									
18:0.....g	2.259		0	FLA	4		0.640	0.633	0.949
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	5.525		0	FLA	4		1.566	1.547	2.321
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.429		0	FLA	4		0.122	0.120	0.180
17:1.....g									
18:1 undifferentiated.....g	4.822		0	FLA	4		1.367	1.350	2.025
20:1.....g	0.001		0	FLA	4		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.094		0	FLA	4		0.310	0.306	0.459
18:2 undifferentiated.....g	0.795		0	FLA	4		0.225	0.223	0.334
18:3 undifferentiated.....g	0.289		0	FLA	4		0.082	0.081	0.121
18:4.....g	0.001		0	FLA	4		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.006		0	FLA	4		0.002	0.002	0.003
20:5 n-3 (EPA).....g	0.003		0	FLA	4		0.001	0.001	0.001
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	FLA	4		0.000	0.000	0.000
22:6 n-3 (DHA).....g	0.002		0	FLA	4		0.001	0.001	0.001
Fatty acids, total trans.....g									
Cholesterol.....mg	67		0	FLA	4		19	19	28
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.099		0		1		0.028	0.028	0.042
Threonine.....g	0.284		0		1		0.081	0.080	0.119
Isoleucine.....g	0.365		0		1		0.103	0.102	0.153
Leucine.....g	0.623		0		1		0.177	0.174	0.262
Lysine.....g	0.329		0		1		0.093	0.092	0.138
Methionine.....g	0.175		0		1		0.050	0.049	0.074
Cystine.....g	0.172		0		1		0.049	0.048	0.072
Phenylalanine.....g	0.416		0		1		0.118	0.116	0.175
Tyrosine.....g	0.271		0		1		0.077	0.076	0.114
Valine.....g	0.410		0		1		0.116	0.115	0.172
Arginine.....g	0.339		0		1		0.096	0.095	0.142
Histidine.....g	0.187		0		1		0.053	0.052	0.079
Alanine.....g	0.325		0		1		0.092	0.091	0.137
Aspartic acid.....g	0.501		0		1		0.142	0.140	0.210
Glutamic acid.....g	2.300		0		1		0.652	0.644	0.966
Glycine.....g	0.288		0		1		0.082	0.081	0.121
Proline.....g	0.778		0		1		0.221	0.218	0.327
Serine.....g	0.440		0		1		0.125	0.123	0.185
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	FLA	4		0	0	0

**NDB No. 18239**  
**Croissants, butter**

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
Theobromine.....mg	0		0	FLA	4		0	0	0

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

**Common Measures:**

- Measure 1 = 28.35g: 1 oz
- Measure 2 = 28g: 1 croissant, mini
- Measure 3 = 42g: 1 croissant, small

**Calories Factors: Protein 4**

**Fat 8.8**

**Carbohydrate 4.1**

**Food Group: 18 Baked Products**

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**NDB No. 18241**  
**Croissants, cheese**

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	measures of food				
					Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Lipids:</b>									
Fatty acids, total saturated.....g	10.628		0	FLA	4		3.013	4.464	6.058
4:0.....g	0.497		0	FLA	4		0.141	0.209	0.283
6:0.....g	0.293		0	FLA	4		0.083	0.123	0.167
8:0.....g	0.170		0	FLA	4		0.048	0.071	0.097
10:0.....g	0.382		0	FLA	4		0.108	0.160	0.218
12:0.....g	0.426		0	FLA	4		0.121	0.179	0.243
13:0.....g									
14:0.....g	1.553		0	FLA	4		0.440	0.652	0.885
15:0.....g									
16:0.....g	4.762		0	FLA	4		1.350	2.000	2.714
17:0.....g									
18:0.....g	2.198		0	FLA	4		0.623	0.923	1.253
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	6.509		0	FLA	4		1.845	2.734	3.710
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.363		0	FLA	4		0.103	0.152	0.207
17:1.....g									
18:1 undifferentiated.....g	5.917		0	FLA	4		1.677	2.485	3.373
20:1.....g	0.001		0	FLA	4		0.000	0.000	0.001
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.384		0	FLA	4		0.676	1.001	1.359
18:2 undifferentiated.....g	2.069		0	FLA	4		0.587	0.869	1.179
18:3 undifferentiated.....g	0.306		0	FLA	4		0.087	0.129	0.174
18:4.....g	0.000		0	FLA	4		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.005		0	FLA	4		0.001	0.002	0.003
20:5 n-3 (EPA).....g	0.002		0	FLA	4		0.001	0.001	0.001
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	FLA	4		0.000	0.000	0.000
22:6 n-3 (DHA).....g	0.002		0	FLA	4		0.001	0.001	0.001
Fatty acids, total trans.....g									
Cholesterol.....mg	57		0	FLA	4		16	24	32
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.109		0		1		0.031	0.046	0.062
Threonine.....g	0.304		0		1		0.086	0.128	0.173
Isoleucine.....g	0.407		0		1		0.115	0.171	0.232
Leucine.....g	0.692		0		1		0.196	0.291	0.394
Lysine.....g	0.371		0		1		0.105	0.156	0.211
Methionine.....g	0.187		0		1		0.053	0.079	0.107
Cystine.....g	0.176		0		1		0.050	0.074	0.100
Phenylalanine.....g	0.455		0		1		0.129	0.191	0.259
Tyrosine.....g	0.302		0		1		0.086	0.127	0.172
Valine.....g	0.453		0		1		0.128	0.190	0.258
Arginine.....g	0.363		0		1		0.103	0.152	0.207
Histidine.....g	0.212		0		1		0.060	0.089	0.121
Alanine.....g	0.338		0		1		0.096	0.142	0.193
Aspartic acid.....g	0.527		0		1		0.149	0.221	0.300
Glutamic acid.....g	2.585		0		1		0.733	1.086	1.473
Glycine.....g	0.301		0		1		0.085	0.126	0.172
Proline.....g	0.894		0		1		0.253	0.375	0.510
Serine.....g	0.478		0		1		0.136	0.201	0.272
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	FLA	4		0	0	0

**NDB No. 18241**  
**Croissants, cheese**

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
Theobromine.....mg	0		0	FLA	4		0	0	0

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

**Common Measures:**

Measure 1 = 28.35g: 1 oz

Measure 2 = 42g: 1 croissant, small

Measure 3 = 57g: 1 croissant, medium

**Calories Factors: Protein 4**

**Fat 8.8**

**Carbohydrate 4.1**

**Food Group: 18 Baked 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
<b>Proximates:</b>									
Water.....g	5.50	0.306	5		1		0.78	1.65	
Energy.....kcal	407		0	NC	4		58	122	
Energy.....kJ	1703				4		242	511	
Protein (N x 5.7).....g	11.90	0.971	5		1		1.69	3.57	
Total lipid (fat).....g	6.60	3.084	6		1		0.94	1.98	
Ash.....g	2.50	0.133	5		1		0.36	0.75	
Carbohydrate, by difference.....g	73.50		0	NC	4		10.44	22.05	
Fiber, total dietary.....g	5.1		0		1		0.7	1.5	
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	76	10.262	5		1		11	23	
Iron, Fe.....mg	4.08	0.455	5		1		0.58	1.22	
Magnesium, Mg.....mg	31	2.294	5		1		4	9	
Phosphorus, P.....mg	115	6.373	4		1		16	35	
Potassium, K.....mg	124	18.648	6		1		18	37	
Sodium, Na.....mg	698	60.698	6		1		99	209	
Zinc, Zn.....mg	0.89	0.125	5		1		0.13	0.27	
Copper, Cu.....mg	0.163	0.036	5		1		0.023	0.049	
Manganese, Mn.....mg	0.500	0.013	4		1		0.071	0.150	
Selenium, Se.....µg	37.5		0	FLA	4		5.3	11.3	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0		1		0.0	0.0	
Thiamin.....mg	0.623	0.061	11		1		0.088	0.187	
Riboflavin.....mg	0.272	0.031	11		1		0.039	0.082	
Niacin.....mg	5.439	0.547	11		1		0.772	1.632	
Pantothenic acid.....mg	0.429	0.049	12		1		0.061	0.129	
Vitamin B-6.....mg	0.026	0.006	10		1		0.004	0.008	
Folate, total.....µg	132		0	FLA	4		19	40	
Folic acid.....µg	110		0	NC	4		16	33	
Folate, food.....µg	22	0.315	8		1		3	7	
Folate, DFE.....µg	209		0	NC	4		30	63	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		1		1		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									
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									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									

**NDB No. 18242**  
**Croutons, plain**

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated.....g	1.510		0	FLA	4		0.214	0.453	
4:0.....g	0.000		0	FLA	4		0.000	0.000	
6:0.....g	0.000		0	FLA	4		0.000	0.000	
8:0.....g	0.000		0	FLA	4		0.000	0.000	
10:0.....g	0.000		0	FLA	4		0.000	0.000	
12:0.....g	0.001		0	FLA	4		0.000	0.000	
13:0.....g									
14:0.....g	0.026		0	FLA	4		0.004	0.008	
15:0.....g									
16:0.....g	0.857		0	FLA	4		0.122	0.257	
17:0.....g									
18:0.....g	0.613		0	FLA	4		0.087	0.184	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	3.059		0	FLA	4		0.434	0.918	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.031		0	FLA	4		0.004	0.009	
17:1.....g									
18:1 undifferentiated.....g	3.029		0	FLA	4		0.430	0.909	
20:1.....g	0.000		0	FLA	4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.273		0	FLA	4		0.181	0.382	
18:2 undifferentiated.....g	1.204		0	FLA	4		0.171	0.361	
18:3 undifferentiated.....g	0.070		0	FLA	4		0.010	0.021	
18:4.....g	0.000		0	FLA	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
20:5 n-3 (EPA).....g	0.000		0	FLA	4		0.000	0.000	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	FLA	4		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0	FLA	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		1		1		0	0	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.140		0		1		0.020	0.042	
Threonine.....g	0.337		0		1		0.048	0.101	
Isoleucine.....g	0.456		0		1		0.065	0.137	
Leucine.....g	0.832		0		1		0.118	0.250	
Lysine.....g	0.278		0		1		0.039	0.083	
Methionine.....g	0.211		0		1		0.030	0.063	
Cystine.....g	0.261		0		1		0.037	0.078	
Phenylalanine.....g	0.586		0		1		0.083	0.176	
Tyrosine.....g	0.337		0		1		0.048	0.101	
Valine.....g	0.514		0		1		0.073	0.154	
Arginine.....g	0.431		0		1		0.061	0.129	
Histidine.....g	0.255		0		1		0.036	0.077	
Alanine.....g	0.391		0		1		0.056	0.117	
Aspartic acid.....g	0.529		0		1		0.075	0.159	
Glutamic acid.....g	4.024		0		1		0.571	1.207	
Glycine.....g	0.418		0		1		0.059	0.125	
Proline.....g	1.345		0		1		0.191	0.404	
Serine.....g	0.579		0		1		0.082	0.174	
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. 18242**

**Croutons, plain**

**Common Measures:**

Measure 1 = 14.2g: .5 oz

Measure 2 = 30g: 1 cup

**Calories Factors: Protein 4**

**Fat 8.8**

**Carbohydrate 4.1**

**Food Group: 18 Baked Products**

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**NDB No. 18243**  
**Croutons, seasoned**

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common			
	Mean	Std. Error	Number	Source	measures of food			
			of Data Points		Confidence Code	Measure 1	Measure 2	Measure 3
<b>Lipids:</b>								
Fatty acids, total saturated.....g	5.247		0	FLA	4	0.745	2.099	0.525
4:0.....g	0.092		0	FLA	4	0.013	0.037	0.009
6:0.....g	0.034		0	FLA	4	0.005	0.014	0.003
8:0.....g	0.018		0	FLA	4	0.003	0.007	0.002
10:0.....g	0.045		0	FLA	4	0.006	0.018	0.005
12:0.....g	0.061		0	FLA	4	0.009	0.024	0.006
13:0.....g								
14:0.....g	0.282		0	FLA	4	0.040	0.113	0.028
15:0.....g								
16:0.....g	2.634		0	FLA	4	0.374	1.054	0.263
17:0.....g								
18:0.....g	2.023		0	FLA	4	0.287	0.809	0.202
20:0.....g								
22:0.....g								
24:0.....g								
Fatty acids, total monounsaturated.....g	9.498		0	FLA	4	1.349	3.799	0.950
14:1.....g								
15:1.....g								
16:1 undifferentiated.....g	0.047		0	FLA	4	0.007	0.019	0.005
17:1.....g								
18:1 undifferentiated.....g	9.451		0	FLA	4	1.342	3.780	0.945
20:1.....g	0.000		0	FLA	4	0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0	FLA	4	0.000	0.000	0.000
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	2.368		0	FLA	4	0.336	0.947	0.237
18:2 undifferentiated.....g	2.227		0	FLA	4	0.316	0.891	0.223
18:3 undifferentiated.....g	0.142		0	FLA	4	0.020	0.057	0.014
18:4.....g	0.000		0	FLA	4	0.000	0.000	0.000
20:2 n-6 c,c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g	0.000		0	FLA	4	0.000	0.000	0.000
20:5 n-3 (EPA).....g	0.000		0	FLA	4	0.000	0.000	0.000
21:5.....g								
22:4.....g								
22:5 n-3 (DPA).....g	0.000		0	FLA	4	0.000	0.000	0.000
22:6 n-3 (DHA).....g	0.000		0	FLA	4	0.000	0.000	0.000
Fatty acids, total trans.....g								
Cholesterol.....mg	7		0	FLA	4	1	3	1
Phytosterols.....mg								
<b>Amino Acids:</b>								
Tryptophan.....g	0.125		0		1	0.018	0.050	0.013
Threonine.....g	0.326		0		1	0.046	0.130	0.033
Isoleucine.....g	0.428		0		1	0.061	0.171	0.043
Leucine.....g	0.774		0		1	0.110	0.310	0.077
Lysine.....g	0.344		0		1	0.049	0.138	0.034
Methionine.....g	0.195		0		1	0.028	0.078	0.020
Cystine.....g	0.218		0		1	0.031	0.087	0.022
Phenylalanine.....g	0.525		0		1	0.075	0.210	0.053
Tyrosine.....g	0.331		0		1	0.047	0.132	0.033
Valine.....g	0.488		0		1	0.069	0.195	0.049
Arginine.....g	0.402		0		1	0.057	0.161	0.040
Histidine.....g	0.246		0		1	0.035	0.098	0.025
Alanine.....g	0.357		0		1	0.051	0.143	0.036
Aspartic acid.....g	0.540		0		1	0.077	0.216	0.054
Glutamic acid.....g	3.378		0		1	0.480	1.351	0.338
Glycine.....g	0.361		0		1	0.051	0.144	0.036
Proline.....g	1.163		0		1	0.165	0.465	0.116
Serine.....g	0.527		0		1	0.075	0.211	0.053
Hydroxyproline.....g								
<b>Others:</b>								
Alcohol, ethyl.....g	0.0		0		7	0.0	0.0	0.0
Caffeine.....mg	0		0	FLA	4	0	0	0

**NDB No. 18243**  
**Croutons, seasoned**

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
Theobromine.....mg	0		0	FLA	4		0	0	0

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

**Common Measures:**

Measure 1 = 14.2g: .5 oz

Measure 2 = 40g: 1 cup

Measure 3 = 10.0g: 1 package, fast food

**Calories Factors: Protein 4**

**Fat 8.8**

**Carbohydrate 4.1**

**Food Group: 18 Baked Products**

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**NDB No. 18245**  
**Danish pastry, cheese**

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	measures of food			
					Source Code	Confidence Code	Measure 1	Measure 2
<b>Lipids:</b>								
Fatty acids, total saturated.....g	6.794		0	FLA	4		1.926	4.824
4:0.....g	0.096		0	FLA	4		0.027	0.068
6:0.....g	0.028		0	FLA	4		0.008	0.020
8:0.....g	0.033		0	FLA	4		0.009	0.024
10:0.....g	0.075		0	FLA	4		0.021	0.054
12:0.....g	0.084		0	FLA	4		0.024	0.059
13:0.....g								
14:0.....g	0.372		0	FLA	4		0.106	0.264
15:0.....g								
16:0.....g	3.403		0	FLA	4		0.965	2.416
17:0.....g								
18:0.....g	2.646		0	FLA	4		0.750	1.879
20:0.....g	0.005		0	FLA	4		0.001	0.003
22:0.....g	0.000		0	FLA	4		0.000	0.000
24:0.....g	0.000		0	FLA	4		0.000	0.000
Fatty acids, total monounsaturated.....g	11.313		0	FLA	4		3.207	8.032
14:1.....g	0.022		0	FLA	4		0.006	0.015
15:1.....g								
16:1 undifferentiated.....g	0.058		0	FLA	4		0.016	0.041
17:1.....g								
18:1 undifferentiated.....g	11.226		0	FLA	4		3.182	7.970
20:1.....g	0.004		0	FLA	4		0.001	0.003
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	2.575		0	FLA	4		0.730	1.828
18:2 undifferentiated.....g	2.410		0	FLA	4		0.683	1.711
18:3 undifferentiated.....g	0.139		0	FLA	4		0.040	0.099
18:4.....g	0.000		0	FLA	4		0.000	0.000
20:2 n-6 c,c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g	0.010		0	FLA	4		0.003	0.007
20:5 n-3 (EPA).....g	0.000		0	FLA	4		0.000	0.000
21:5.....g								
22:4.....g								
22:5 n-3 (DPA).....g	0.000		0	FLA	4		0.000	0.000
22:6 n-3 (DHA).....g	0.001		0	FLA	4		0.000	0.001
Fatty acids, total trans.....g								
Cholesterol.....mg	23		0	FLA	4		7	16
Phytosterols.....mg								
<b>Amino Acids:</b>								
Tryptophan.....g	0.089		0		1		0.025	0.063
Threonine.....g	0.293		0		1		0.083	0.208
Isoleucine.....g	0.371		0		1		0.105	0.263
Leucine.....g	0.644		0		1		0.183	0.457
Lysine.....g	0.430		0		1		0.122	0.305
Methionine.....g	0.174		0		1		0.049	0.124
Cystine.....g	0.137		0		1		0.039	0.097
Phenylalanine.....g	0.402		0		1		0.114	0.285
Tyrosine.....g	0.293		0		1		0.083	0.208
Valine.....g	0.412		0		1		0.117	0.293
Arginine.....g	0.324		0		1		0.092	0.230
Histidine.....g	0.205		0		1		0.058	0.146
Alanine.....g	0.292		0		1		0.083	0.207
Aspartic acid.....g	0.511		0		1		0.145	0.363
Glutamic acid.....g	2.021		0		1		0.573	1.435
Glycine.....g	0.239		0		1		0.068	0.170
Proline.....g	0.717		0		1		0.203	0.509
Serine.....g	0.428		0		1		0.121	0.304
Hydroxyproline.....g								
<b>Others:</b>								
Alcohol, ethyl.....g	0.0		0	FLA	4		0.0	0.0
Caffeine.....mg	0		0	FLA	4		0	0

**NDB No. 18245**  
**Danish pastry, cheese**

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			
Theobromine.....mg	0		0	FLA	4	0	0

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

**Common Measures:**

Measure 1 = 28.35g: 1 oz

Measure 2 = 71g: 1 pastry

**Calories Factors: Protein 4.1**

**Fat 8.8**

**Carbohydrate 4**

**Food Group: 18 Baked Products**

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## Danish pastry, cinnamon, enriched

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common			
	Mean	Std. Error	Number	Source	measures of food			
			of Data Points		Confidence Code	Measure 1	Measure 2	Measure 3
<b>Lipids:</b>								
Fatty acids, total saturated.....g	5.681		0	FLA	4	1.611	8.067	1.988
4:0.....g	0.000		0	FLA	4	0.000	0.000	0.000
6:0.....g	0.000		0	FLA	4	0.000	0.000	0.000
8:0.....g	0.000		0	FLA	4	0.000	0.000	0.000
10:0.....g	0.000		0	FLA	4	0.000	0.000	0.000
12:0.....g	0.000		0	FLA	4	0.000	0.000	0.000
13:0.....g								
14:0.....g	0.109		0	FLA	4	0.031	0.155	0.038
15:0.....g								
16:0.....g	2.961		0	FLA	4	0.839	4.205	1.036
17:0.....g								
18:0.....g	2.602		0	FLA	4	0.738	3.695	0.911
20:0.....g								
22:0.....g								
24:0.....g								
Fatty acids, total monounsaturated.....g	12.515		0	FLA	4	3.548	17.771	4.380
14:1.....g								
15:1.....g								
16:1 undifferentiated.....g	0.022		0	FLA	4	0.006	0.031	0.008
17:1.....g								
18:1 undifferentiated.....g	12.491		0	FLA	4	3.541	17.737	4.372
20:1.....g	0.001		0	FLA	4	0.000	0.001	0.000
22:1 undifferentiated.....g	0.000		0	FLA	4	0.000	0.000	0.000
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	2.933		0	FLA	4	0.832	4.165	1.027
18:2 undifferentiated.....g	2.772		0	FLA	4	0.786	3.936	0.970
18:3 undifferentiated.....g	0.148		0	FLA	4	0.042	0.210	0.052
18:4.....g	0.001		0	FLA	4	0.000	0.001	0.000
20:2 n-6 c,c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g	0.007		0	FLA	4	0.002	0.010	0.002
20:5 n-3 (EPA).....g	0.003		0	FLA	4	0.001	0.004	0.001
21:5.....g								
22:4.....g								
22:5 n-3 (DPA).....g	0.000		0	FLA	4	0.000	0.000	0.000
22:6 n-3 (DHA).....g	0.002		0	FLA	4	0.001	0.003	0.001
Fatty acids, total trans.....g								
Cholesterol.....mg	21		0	FLA	4	6	30	7
Phytosterols.....mg								
<b>Amino Acids:</b>								
Tryptophan.....g	0.084		0		1	0.024	0.119	0.029
Threonine.....g	0.245		0		1	0.069	0.348	0.086
Isoleucine.....g	0.310		0		1	0.088	0.440	0.109
Leucine.....g	0.532		0		1	0.151	0.755	0.186
Lysine.....g	0.296		0		1	0.084	0.420	0.104
Methionine.....g	0.139		0		1	0.039	0.197	0.049
Cystine.....g	0.139		0		1	0.039	0.197	0.049
Phenylalanine.....g	0.348		0		1	0.099	0.494	0.122
Tyrosine.....g	0.233		0		1	0.066	0.331	0.082
Valine.....g	0.344		0		1	0.098	0.488	0.120
Arginine.....g	0.312		0		1	0.088	0.443	0.109
Histidine.....g	0.160		0		1	0.045	0.227	0.056
Alanine.....g	0.274		0		1	0.078	0.389	0.096
Aspartic acid.....g	0.463		0		1	0.131	0.657	0.162
Glutamic acid.....g	1.882		0		1	0.534	2.672	0.659
Glycine.....g	0.245		0		1	0.069	0.348	0.086
Proline.....g	0.637		0		1	0.181	0.905	0.223
Serine.....g	0.376		0		1	0.107	0.534	0.132
Hydroxyproline.....g								
<b>Others:</b>								
Alcohol, ethyl.....g	0.0		0		7	0.0	0.0	0.0
Caffeine.....mg	0		0	FLA	4	0	0	0

NDB No. 18244

Danish pastry, cinnamon, enriched

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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	Source	Measure 1	Measure 2	Measure 3
				Code	Code			
Theobromine.....mg	0		0	FLA	4	0	0	0

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Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 = 142g: 1 large (approx 7" dia)

Measure 3 = 35g: 1 small or frozen (approx 3" dia)

**Calories Factors: Protein 4**

**Fat 8.8**

**Carbohydrate 4**

**Food Group: 18 Baked Products**

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

NDB No. 18430

Danish pastry, cinnamon, unenriched

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
<b>Proximates:</b>									
Water.....g	24.30	1.535	3		1		6.89	34.51	8.51
Energy.....kcal	403		0	NC	4		114	572	141
Energy.....kJ	1686				4		478	2394	590
Protein (N x 5.9).....g	7.00	0.511	3		1		1.98	9.94	2.45
Total lipid (fat).....g	22.40	1.634	3		1		6.35	31.81	7.84
Ash.....g	1.70	0.103	5		1		0.48	2.41	0.60
Carbohydrate, by difference.....g	44.60		0		4		12.64	63.33	15.61
Fiber, total dietary.....g	1.2		0		4		0.3	1.7	0.4
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	71	5.973	30		1		20	101	25
Iron, Fe.....mg	0.78		0		4		0.22	1.11	0.27
Magnesium, Mg.....mg	19	0.467	31		1		5	27	7
Phosphorus, P.....mg	107	3.843	30		1		30	152	37
Potassium, K.....mg	125	4.168	29		1		35	178	44
Sodium, Na.....mg	371	8.862	31		1		105	527	130
Zinc, Zn.....mg	0.72	0.027	31		1		0.20	1.02	0.25
Copper, Cu.....mg	0.100	0.005	30		1		0.028	0.142	0.035
Manganese, Mn.....mg	0.362	0.017	30		1		0.103	0.514	0.127
Selenium, Se.....µg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.2		0		4		0.1	0.3	0.1
Thiamin.....mg	0.180		0		4		0.051	0.256	0.063
Riboflavin.....mg	0.100		0		4		0.028	0.142	0.035
Niacin.....mg	1.100		0		4		0.312	1.562	0.385
Pantothenic acid.....mg	0.396		0	BFZN	4		0.112	0.562	0.139
Vitamin B-6.....mg	0.038		0	BFZN	4		0.011	0.054	0.013
Folate, total.....µg	33		0		4		9	47	12
Folic acid.....µg	0		0	Z	7		0	0	0
Folate, food.....µg	33		0		4		9	47	12
Folate, DFE.....µg	33		0	NC	4		9	47	12
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.10		0	BFZN	4		0.03	0.14	0.04
Vitamin A, RAE.....µg	4		0	NC	4		1	5	1
Retinol.....µg	4		0	NC	4		1	5	1
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	12		0	BFZN	4		3	17	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									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated.....g	5.681		0	BFZN	4				
4:0.....g	0.000		0	BFZN	4	1.611	8.067	1.988	
6:0.....g	0.000		0		4	0.000	0.000	0.000	
8:0.....g	0.000		0	BFZN	4	0.000	0.000	0.000	
10:0.....g	0.000		0	BFZN	4	0.000	0.000	0.000	
12:0.....g	0.000		0	BFZN	4	0.000	0.000	0.000	
13:0.....g									
14:0.....g	0.109		0		4	0.031	0.155	0.038	
15:0.....g									
16:0.....g	2.961		0	BFZN	4	0.839	4.205	1.036	
17:0.....g									
18:0.....g	2.602		0	BFZN	4	0.738	3.695	0.911	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	12.515		0	BFZN	4	3.548	17.771	4.380	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.022		0	BFZN	4	0.006	0.031	0.008	
17:1.....g									
18:1 undifferentiated.....g	12.491		0	BFZN	4	3.541	17.737	4.372	
20:1.....g	0.001		0	BFZN	4	0.000	0.001	0.000	
22:1 undifferentiated.....g	0.000		0		4	0.000	0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.933		0	BFZN	4	0.832	4.165	1.027	
18:2 undifferentiated.....g	2.772		0	BFZN	4	0.786	3.936	0.970	
18:3 undifferentiated.....g	0.148		0	BFZN	4	0.042	0.210	0.052	
18:4.....g	0.001		0	BFZN	4	0.000	0.001	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.007		0	BFZN	4	0.002	0.010	0.002	
20:5 n-3 (EPA).....g	0.003		0	BFZN	4	0.001	0.004	0.001	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g									
22:6 n-3 (DHA).....g	0.002		0	BFZN	4	0.001	0.003	0.001	
Fatty acids, total trans.....g									
Cholesterol.....mg	21		0	BFZN	4	6	30	7	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.084		0		4	0.024	0.119	0.029	
Threonine.....g	0.245		0		4	0.069	0.348	0.086	
Isoleucine.....g	0.310		0		4	0.088	0.440	0.109	
Leucine.....g	0.532		0		4	0.151	0.755	0.186	
Lysine.....g	0.296		0		4	0.084	0.420	0.104	
Methionine.....g	0.139		0		4	0.039	0.197	0.049	
Cystine.....g	0.139		0		4	0.039	0.197	0.049	
Phenylalanine.....g	0.348		0		4	0.099	0.494	0.122	
Tyrosine.....g	0.233		0		4	0.066	0.331	0.082	
Valine.....g	0.344		0		4	0.098	0.488	0.120	
Arginine.....g	0.312		0		4	0.088	0.443	0.109	
Histidine.....g	0.160		0		4	0.045	0.227	0.056	
Alanine.....g	0.274		0		4	0.078	0.389	0.096	
Aspartic acid.....g	0.463		0		4	0.131	0.657	0.162	
Glutamic acid.....g	1.882		0		4	0.534	2.672	0.659	
Glycine.....g	0.245		0		4	0.069	0.348	0.086	
Proline.....g	0.637		0		4	0.181	0.905	0.223	
Serine.....g	0.376		0		4	0.107	0.534	0.132	
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. 18430**

**Danish pastry, cinnamon, unenriched**

**Common Measures:**

Measure 1 = 28.35g: 1 oz

Measure 2 = 142g: 1 large (approx 7" dia)

Measure 3 = 35g: 1 small or frozen (approx 3" dia)

**Calories Factors: Protein 4**

**Fat 8.8**

**Carbohydrate4**

**Food Group: 18 Baked Products**

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



Danish pastry, fruit, enriched (includes apple, cinnamon, raisin, lemon, raspberry, strawberry)

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	measures of food				
					Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Lipids:</b>									
Fatty acids, total saturated.....g	4.860		0	FLA	4		1.378	6.901	1.701
4:0.....g	0.001		0	FLA	4		0.000	0.001	0.000
6:0.....g	0.000		0	FLA	4		0.000	0.000	0.000
8:0.....g	0.000		0	FLA	4		0.000	0.000	0.000
10:0.....g	0.000		0	FLA	4		0.000	0.000	0.000
12:0.....g	0.000		0	FLA	4		0.000	0.000	0.000
13:0.....g									
14:0.....g	0.088		0	FLA	4		0.025	0.125	0.031
15:0.....g									
16:0.....g	2.668		0	FLA	4		0.756	3.789	0.934
17:0.....g									
18:0.....g	2.096		0	FLA	4		0.594	2.976	0.734
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	10.026		0	FLA	4		2.842	14.237	3.509
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.069		0	FLA	4		0.020	0.098	0.024
17:1.....g									
18:1 undifferentiated.....g	9.947		0	FLA	4		2.820	14.125	3.481
20:1.....g	0.008		0	FLA	4		0.002	0.011	0.003
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.364		0	FLA	4		0.670	3.357	0.827
18:2 undifferentiated.....g	2.184		0	FLA	4		0.619	3.101	0.764
18:3 undifferentiated.....g	0.108		0	FLA	4		0.031	0.153	0.038
18:4.....g	0.004		0	FLA	4		0.001	0.006	0.001
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.038		0	FLA	4		0.011	0.054	0.013
20:5 n-3 (EPA).....g	0.019		0	FLA	4		0.005	0.027	0.007
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	FLA	4		0.000	0.000	0.000
22:6 n-3 (DHA).....g	0.012		0	FLA	4		0.003	0.017	0.004
Fatty acids, total trans.....g									
Cholesterol.....mg	114		0	FLA	4		32	162	40
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.064		0		4		0.018	0.091	0.022
Threonine.....g	0.171		0		4		0.048	0.243	0.060
Isoleucine.....g	0.224		0		4		0.064	0.318	0.078
Leucine.....g	0.398		0		4		0.113	0.565	0.139
Lysine.....g	0.177		0		4		0.050	0.251	0.062
Methionine.....g	0.110		0		4		0.031	0.156	0.039
Cystine.....g	0.118		0		4		0.033	0.168	0.041
Phenylalanine.....g	0.267		0		4		0.076	0.379	0.093
Tyrosine.....g	0.166		0		4		0.047	0.236	0.058
Valine.....g	0.252		0		4		0.071	0.358	0.088
Arginine.....g	0.209		0		4		0.059	0.297	0.073
Histidine.....g	0.118		0		4		0.033	0.168	0.041
Alanine.....g	0.191		0		4		0.054	0.271	0.067
Aspartic acid.....g	0.300		0		4		0.085	0.426	0.105
Glutamic acid.....g	1.603		0		4		0.454	2.276	0.561
Glycine.....g	0.178		0		4		0.050	0.253	0.062
Proline.....g	0.543		0		4		0.154	0.771	0.190
Serine.....g	0.285		0		4		0.081	0.405	0.100
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	FLA	4		0	0	0

NDB No. 18246

Danish pastry, fruit, enriched (includes apple, cinnamon, raisin, lemon, raspberry, strawberry)

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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
Theobromine.....mg	0		0	FLA	4		0	0	0

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Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 = 142g: 1 large (approx 7" dia)

Measure 3 = 35g: 1 small or frozen (approx 3" dia)

**Calories Factors: Protein 4.1**

**Fat 8.8**

**Carbohydrate 3.9**

**Food Group: 18 Baked Products**

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

NDB No. 18431

Danish pastry, fruit, unenriched (includes apple, cinnamon, raisin, strawberry)

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
<b>Proximates:</b>									
Water.....g	27.10	1.256	18		1		7.68	38.48	9.49
Energy.....kcal	371		0	NC	4		105	527	130
Energy.....kJ	1552				4		440	2204	543
Protein (N x 5.8).....g	5.40	0.230	18		1		1.53	7.67	1.89
Total lipid (fat).....g	18.50	0.710	15		1		5.24	26.27	6.48
Ash.....g	1.20	0.040	18		1		0.34	1.70	0.42
Carbohydrate, by difference.....g	47.80		0		4		13.55	67.88	16.73
Fiber, total dietary.....g	1.9		0		4		0.5	2.7	0.7
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	46	9.200	16		1		13	65	16
Iron, Fe.....mg	0.75		0		4		0.21	1.07	0.26
Magnesium, Mg.....mg	15	0.643	15		1		4	21	5
Phosphorus, P.....mg	89	8.600	15		1		25	126	31
Potassium, K.....mg	83	6.753	11		1		24	118	29
Sodium, Na.....mg	354	6.785	16		1		100	503	124
Zinc, Zn.....mg	0.54	0.020	6		1		0.15	0.77	0.19
Copper, Cu.....mg	0.065	0.005	6		1		0.018	0.092	0.023
Manganese, Mn.....mg	0.253	0.012	6		1		0.072	0.359	0.089
Selenium, Se.....µg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	3.9	1.837	15		1		1.1	5.5	1.4
Thiamin.....mg	0.065		0		4		0.018	0.092	0.023
Riboflavin.....mg	0.092		0		4		0.026	0.131	0.032
Niacin.....mg	0.769		0		4		0.218	1.092	0.269
Pantothenic acid.....mg	0.634	0.023	8		1		0.180	0.900	0.222
Vitamin B-6.....mg	0.040		0	BFZN	4		0.011	0.057	0.014
Folate, total.....µg	16	1.032	8		1		5	23	6
Folic acid.....µg	0		0	Z	7		0	0	0
Folate, food.....µg	16	1.032	8		1		5	23	6
Folate, DFE.....µg	16		0	NC	4		5	23	6
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.13		0	BFZN	4		0.04	0.18	0.05
Vitamin A, RAE.....µg	22		0	NC	4		6	32	8
Retinol.....µg	22		0	NC	4		6	32	8
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	74		0	BFZN	4		21	105	26
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									
<b>Lipids:</b>									

Danish pastry, fruit, unenriched (includes apple, cinnamon, raisin, strawberry)

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points			Measure 1	Measure 2	Measure 3
			Deriv Code	Source Code	Confidence Code			
Fatty acids, total saturated.....g	2.826		0	BFZN	4	0.801	4.013	0.989
4:0.....g	0.001		0		4	0.000	0.001	0.000
6:0.....g	0.000		0		4	0.000	0.000	0.000
8:0.....g	0.000		0		4	0.000	0.000	0.000
10:0.....g	0.001		0		4	0.000	0.001	0.000
12:0.....g	0.001		0		4	0.000	0.001	0.000
13:0.....g								
14:0.....g	0.053		0	BFZN	4	0.015	0.075	0.019
15:0.....g								
16:0.....g	1.527		0	BFZN	4	0.433	2.168	0.534
17:0.....g								
18:0.....g	1.233		0	BFZN	4	0.350	1.751	0.432
20:0.....g								
22:0.....g								
24:0.....g								
Fatty acids, total monounsaturated.....g	5.937		0	BFZN	4	1.683	8.431	2.078
14:1.....g								
15:1.....g								
16:1 undifferentiated.....g	0.031		0	BFZN	4	0.009	0.044	0.011
17:1.....g								
18:1 undifferentiated.....g	5.903		0	BFZN	4	1.674	8.382	2.066
20:1.....g	0.003		0	BFZN	4	0.001	0.004	0.001
22:1 undifferentiated.....g	0.000		0		4	0.000	0.000	0.000
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	1.508		0	BFZN	4	0.428	2.141	0.528
18:2 undifferentiated.....g	1.416		0	BFZN	4	0.401	2.011	0.496
18:3 undifferentiated.....g	0.075		0	BFZN	4	0.021	0.107	0.026
18:4.....g								
20:2 n-6 c,c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g	0.014		0	BFZN	4	0.004	0.020	0.005
20:5 n-3 (EPA).....g	0.000		0		4	0.000	0.000	0.000
21:5.....g								
22:4.....g								
22:5 n-3 (DPA).....g								
22:6 n-3 (DHA).....g	0.004		0	BFZN	4	0.001	0.006	0.001
Fatty acids, total trans.....g								
Cholesterol.....mg	40		0	BFZN	4	11	57	14
Phytosterols.....mg								
<b>Amino Acids:</b>								
Tryptophan.....g	0.064		0		4	0.018	0.091	0.022
Threonine.....g	0.171		0		4	0.048	0.243	0.060
Isoleucine.....g	0.224		0		4	0.064	0.318	0.078
Leucine.....g	0.398		0		4	0.113	0.565	0.139
Lysine.....g	0.177		0		4	0.050	0.251	0.062
Methionine.....g	0.110		0		4	0.031	0.156	0.039
Cystine.....g	0.118		0		4	0.033	0.168	0.041
Phenylalanine.....g	0.267		0		4	0.076	0.379	0.093
Tyrosine.....g	0.166		0		4	0.047	0.236	0.058
Valine.....g	0.252		0		4	0.071	0.358	0.088
Arginine.....g	0.209		0		4	0.059	0.297	0.073
Histidine.....g	0.118		0		4	0.033	0.168	0.041
Alanine.....g	0.191		0		4	0.054	0.271	0.067
Aspartic acid.....g	0.300		0		4	0.085	0.426	0.105
Glutamic acid.....g	1.603		0		4	0.454	2.276	0.561
Glycine.....g	0.178		0		4	0.050	0.253	0.062
Proline.....g	0.543		0		4	0.154	0.771	0.190
Serine.....g	0.285		0		4	0.081	0.405	0.100
Hydroxyproline.....g								

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

**NDB No. 18431**

**Danish pastry, fruit, unenriched (includes apple, cinnamon, raisin, strawberry)**

**Common Measures:**

Measure 1 = 28.35g: 1 oz

Measure 2 = 142g: 1 container (3 oz)

Measure 3 = 35g: 1 small or frozen (approx 3" dia)

**Calories Factors: Protein 4.1**

**Fat 8.8**

**Carbohydrate 3.9**

**Food Group: 18 Baked Products**

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

**NDB No. 18433**  
**Danish pastry, lemon, unenriched**

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
<b>Proximates:</b>									
Water.....g	27.10	1.256	18		1		7.68	19.24	
Energy.....kcal	371		0	NC	4		105	263	
Energy.....kJ	1552				4		440	1102	
Protein (N x 5.8).....g	5.40	0.230	18		1		1.53	3.83	
Total lipid (fat).....g	18.50	0.710	15		1		5.24	13.14	
Ash.....g	1.20	0.040	18		1		0.34	0.85	
Carbohydrate, by difference.....g	47.80		0		4		13.55	33.94	
Fiber, total dietary.....g	1.9		0		4		0.5	1.3	
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	46	9.200	16		1		13	33	
Iron, Fe.....mg	0.75		0		4		0.21	0.53	
Magnesium, Mg.....mg	15	0.643	15		1		4	11	
Phosphorus, P.....mg	89	8.600	15		1		25	63	
Potassium, K.....mg	83	6.753	11		1		24	59	
Sodium, Na.....mg	354	6.785	16		1		100	251	
Zinc, Zn.....mg	0.54	0.020	6		1		0.15	0.38	
Copper, Cu.....mg	0.065	0.005	6		1		0.018	0.046	
Manganese, Mn.....mg	0.253	0.012	6		1		0.072	0.180	
Selenium, Se.....µg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	3.9	1.837	15		1		1.1	2.8	
Thiamin.....mg	0.065		0		4		0.018	0.046	
Riboflavin.....mg	0.092		0		4		0.026	0.065	
Niacin.....mg	0.769		0		4		0.218	0.546	
Pantothenic acid.....mg	0.634	0.023	8		1		0.180	0.450	
Vitamin B-6.....mg	0.040		0	BFZN	4		0.011	0.028	
Folate, total.....µg	16	1.032	8		1		5	11	
Folic acid.....µg	0		0	Z	7		0	0	
Folate, food.....µg	16	1.032	8		1		5	11	
Folate, DFE.....µg	16		0	NC	4		5	11	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.09		0		4		0.03	0.06	
Vitamin A, RAE.....µg	53		0	NC	4		15	37	
Retinol.....µg	53		0	NC	4		15	37	
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	175		0		4		50	124	
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									
<b>Lipids:</b>									



**NDB No. 18433**  
**Danish pastry, lemon, unenriched**

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated.....g	2.826		0	BFZN	4		0.801	2.006	
4:0.....g	0.001		0		4		0.000	0.001	
6:0.....g	0.000		0		4		0.000	0.000	
8:0.....g	0.000		0		4		0.000	0.000	
10:0.....g	0.001		0		4		0.000	0.001	
12:0.....g	0.001		0		4		0.000	0.001	
13:0.....g									
14:0.....g	0.053		0	BFZN	4		0.015	0.038	
15:0.....g									
16:0.....g	1.527		0	BFZN	4		0.433	1.084	
17:0.....g									
18:0.....g	1.233		0	BFZN	4		0.350	0.875	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	5.937		0	BFZN	4		1.683	4.215	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.031		0	BFZN	4		0.009	0.022	
17:1.....g									
18:1 undifferentiated.....g	5.903		0	BFZN	4		1.674	4.191	
20:1.....g	0.003		0	BFZN	4		0.001	0.002	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.508		0	BFZN	4		0.428	1.071	
18:2 undifferentiated.....g	1.416		0	BFZN	4		0.401	1.005	
18:3 undifferentiated.....g	0.075		0	BFZN	4		0.021	0.053	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.014		0	BFZN	4		0.004	0.010	
20:5 n-3 (EPA).....g	0.000		0		4		0.000	0.000	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g									
22:6 n-3 (DHA).....g	0.004		0	BFZN	4		0.001	0.003	
Fatty acids, total trans.....g									
Cholesterol.....mg	40		0	BFZN	4		11	28	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.064		0		4		0.018	0.045	
Threonine.....g	0.171		0		4		0.048	0.121	
Isoleucine.....g	0.224		0		4		0.064	0.159	
Leucine.....g	0.398		0		4		0.113	0.283	
Lysine.....g	0.177		0		4		0.050	0.126	
Methionine.....g	0.110		0		4		0.031	0.078	
Cystine.....g	0.118		0		4		0.033	0.084	
Phenylalanine.....g	0.267		0		4		0.076	0.190	
Tyrosine.....g	0.166		0		4		0.047	0.118	
Valine.....g	0.252		0		4		0.071	0.179	
Arginine.....g	0.209		0		4		0.059	0.148	
Histidine.....g	0.118		0		4		0.033	0.084	
Alanine.....g	0.191		0		4		0.054	0.136	
Aspartic acid.....g	0.300		0		4		0.085	0.213	
Glutamic acid.....g	1.603		0		4		0.454	1.138	
Glycine.....g	0.178		0		4		0.050	0.126	
Proline.....g	0.543		0		4		0.154	0.386	
Serine.....g	0.285		0		4		0.081	0.202	
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. 18433**

**Danish pastry, lemon, unenriched**

**Common Measures:**

Measure 1 = 28.35g: 1 oz

Measure 2 = 71g: 1 pastry

**Calories Factors: Protein 4.1**

**Fat 8.8**

**Carbohydrate 3.9**

**Food Group: 18 Baked Products**

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



Danish pastry, nut (includes almond, raisin nut, cinnamon nut)

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	measures of food				
					Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Lipids:</b>									
Fatty acids, total saturated.....g	5.821		0	FLA	4		1.650	3.784	3.085
4:0.....g	0.001		0	FLA	4		0.000	0.001	0.001
6:0.....g	0.000		0	FLA	4		0.000	0.000	0.000
8:0.....g	0.000		0	FLA	4		0.000	0.000	0.000
10:0.....g	0.001		0	FLA	4		0.000	0.001	0.001
12:0.....g	0.002		0	FLA	4		0.001	0.001	0.001
13:0.....g									
14:0.....g	0.119		0	FLA	4		0.034	0.077	0.063
15:0.....g									
16:0.....g	3.128		0	FLA	4		0.887	2.033	1.658
17:0.....g									
18:0.....g	2.552		0	FLA	4		0.723	1.659	1.353
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	13.685		0	FLA	4		3.880	8.895	7.253
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.083		0	FLA	4		0.024	0.054	0.044
17:1.....g									
18:1 undifferentiated.....g	13.562		0	FLA	4		3.845	8.815	7.188
20:1.....g	0.024		0	FLA	4		0.007	0.016	0.013
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	4.281		0	FLA	4		1.214	2.783	2.269
18:2 undifferentiated.....g	3.903		0	FLA	4		1.107	2.537	2.069
18:3 undifferentiated.....g	0.342		0	FLA	4		0.097	0.222	0.181
18:4.....g	0.000		0	FLA	4		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.014		0	FLA	4		0.004	0.009	0.007
20:5 n-3 (EPA).....g	0.000		0	FLA	4		0.000	0.000	0.000
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	FLA	4		0.000	0.000	0.000
22:6 n-3 (DHA).....g	0.003		0	FLA	4		0.001	0.002	0.002
Fatty acids, total trans.....g									
Cholesterol.....mg	46		1		1		13	30	24
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.088		0		1		0.025	0.057	0.047
Threonine.....g	0.238		0		1		0.067	0.155	0.126
Isoleucine.....g	0.305		0		1		0.086	0.198	0.162
Leucine.....g	0.529		0		1		0.150	0.344	0.280
Lysine.....g	0.271		0		1		0.077	0.176	0.144
Methionine.....g	0.139		0		1		0.039	0.090	0.074
Cystine.....g	0.139		0		1		0.039	0.090	0.074
Phenylalanine.....g	0.337		0		1		0.096	0.219	0.179
Tyrosine.....g	0.235		0		1		0.067	0.153	0.125
Valine.....g	0.348		0		1		0.099	0.226	0.184
Arginine.....g	0.430		0		1		0.122	0.280	0.228
Histidine.....g	0.166		0		1		0.047	0.108	0.088
Alanine.....g	0.268		0		1		0.076	0.174	0.142
Aspartic acid.....g	0.479		0		1		0.136	0.311	0.254
Glutamic acid.....g	1.895		0		1		0.537	1.232	1.004
Glycine.....g	0.261		0		1		0.074	0.170	0.138
Proline.....g	0.614		0		1		0.174	0.399	0.325
Serine.....g	0.369		0		1		0.105	0.240	0.196
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	FLA	4		0	0	0

NDB No. 18247

Danish pastry, nut (includes almond, raisin nut, cinnamon nut)

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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
Theobromine.....mg	0		0	FLA	4		0	0	0

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Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 = 65g: 1 pastry (4-1/4" dia)

Measure 3 = 53g: 1 piece (1/8 of 15 oz ring)

**Calories Factors: Protein 3.9**

**Fat 8.7**

**Carbohydrate 4**

**Food Group: 18 Baked Products**

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

NDB No. 18435

Danish pastry, raspberry, unenriched

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
<b>Proximates:</b>									
Water.....g	27.10	1.256	18		1		7.68	19.24	
Energy.....kcal	371		0	NC	4		105	263	
Energy.....kJ	1552				4		440	1102	
Protein (N x 5.8).....g	5.40	0.230	18		1		1.53	3.83	
Total lipid (fat).....g	18.50	0.710	15		1		5.24	13.14	
Ash.....g	1.20	0.040	18		1		0.34	0.85	
Carbohydrate, by difference.....g	47.80		0		4		13.55	33.94	
Fiber, total dietary.....g	1.9		0		4		0.5	1.3	
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	46	9.200	16		1		13	33	
Iron, Fe.....mg	0.75		0		4		0.21	0.53	
Magnesium, Mg.....mg	15	0.643	15		1		4	11	
Phosphorus, P.....mg	89	8.600	15		1		25	63	
Potassium, K.....mg	83	6.753	11		1		24	59	
Sodium, Na.....mg	354	6.785	16		1		100	251	
Zinc, Zn.....mg	0.54	0.020	6		1		0.15	0.38	
Copper, Cu.....mg	0.065	0.005	6		1		0.018	0.046	
Manganese, Mn.....mg	0.253	0.012	6		1		0.072	0.180	
Selenium, Se.....µg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	3.9	1.837	15		1		1.1	2.8	
Thiamin.....mg	0.065		0		4		0.018	0.046	
Riboflavin.....mg	0.092		0		4		0.026	0.065	
Niacin.....mg	0.769		0		4		0.218	0.546	
Pantothenic acid.....mg	0.634	0.023	8		1		0.180	0.450	
Vitamin B-6.....mg	0.040		0	BFZN	4		0.011	0.028	
Folate, total.....µg	16	1.032	8		1		5	11	
Folic acid.....µg	0		0	Z	7		0	0	
Folate, food.....µg	16	1.032	8		1		5	11	
Folate, DFE.....µg	16		0	NC	4		5	11	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.09		0		4		0.03	0.06	
Vitamin A, RAE.....µg	60		0	NC	4		17	43	
Retinol.....µg	60		0	NC	4		17	43	
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	200		0		4		57	142	
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									
<b>Lipids:</b>									

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated.....g	2.826		0	BFZN	4		0.801	2.006	
4:0.....g	0.001		0		4		0.000	0.001	
6:0.....g	0.000		0		4		0.000	0.000	
8:0.....g	0.000		0		4		0.000	0.000	
10:0.....g	0.001		0		4		0.000	0.001	
12:0.....g	0.001		0		4		0.000	0.001	
13:0.....g									
14:0.....g	0.053		0	BFZN	4		0.015	0.038	
15:0.....g									
16:0.....g	1.527		0	BFZN	4		0.433	1.084	
17:0.....g									
18:0.....g	1.233		0	BFZN	4		0.350	0.875	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	5.937		0	BFZN	4		1.683	4.215	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.031		0	BFZN	4		0.009	0.022	
17:1.....g									
18:1 undifferentiated.....g	5.903		0	BFZN	4		1.674	4.191	
20:1.....g	0.003		0	BFZN	4		0.001	0.002	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.508		0	BFZN	4		0.428	1.071	
18:2 undifferentiated.....g	1.416		0	BFZN	4		0.401	1.005	
18:3 undifferentiated.....g	0.075		0	BFZN	4		0.021	0.053	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.014		0	BFZN	4		0.004	0.010	
20:5 n-3 (EPA).....g	0.000		0		4		0.000	0.000	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g									
22:6 n-3 (DHA).....g	0.004		0	BFZN	4		0.001	0.003	
Fatty acids, total trans.....g									
Cholesterol.....mg	40		0	BFZN	4		11	28	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.064		0		4		0.018	0.045	
Threonine.....g	0.171		0		4		0.048	0.121	
Isoleucine.....g	0.224		0		4		0.064	0.159	
Leucine.....g	0.398		0		4		0.113	0.283	
Lysine.....g	0.177		0		4		0.050	0.126	
Methionine.....g	0.110		0		4		0.031	0.078	
Cystine.....g	0.118		0		4		0.033	0.084	
Phenylalanine.....g	0.267		0		4		0.076	0.190	
Tyrosine.....g	0.166		0		4		0.047	0.118	
Valine.....g	0.252		0		4		0.071	0.179	
Arginine.....g	0.209		0		4		0.059	0.148	
Histidine.....g	0.118		0		4		0.033	0.084	
Alanine.....g	0.191		0		4		0.054	0.136	
Aspartic acid.....g	0.300		0		4		0.085	0.213	
Glutamic acid.....g	1.603		0		4		0.454	1.138	
Glycine.....g	0.178		0		4		0.050	0.126	
Proline.....g	0.543		0		4		0.154	0.386	
Serine.....g	0.285		0		4		0.081	0.202	
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. 18435**

**Danish pastry, raspberry, unenriched**

**Common Measures:**

Measure 1 = 28.35g: 1 oz

Measure 2 = 71g: 1 pastry (4-1/4" dia)

**Calories Factors: Protein 4.1**

**Fat 8.8**

**Carbohydrate 3.9**

**Food Group: 18 Baked Products**

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





NDB No. 18251

Doughnuts, cake-type, chocolate, sugared or glazed

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	measures of food				
					Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Lipids:</b>									
Fatty acids, total saturated.....g	5.132		0	FLA	4		1.455	3.079	2.155
4:0.....g	0.001		0	FLA	4		0.000	0.001	0.000
6:0.....g	0.000		0	FLA	4		0.000	0.000	0.000
8:0.....g	0.000		0	FLA	4		0.000	0.000	0.000
10:0.....g	0.001		0	FLA	4		0.000	0.001	0.000
12:0.....g	0.000		0	FLA	4		0.000	0.000	0.000
13:0.....g									
14:0.....g	0.099		0	FLA	4		0.028	0.059	0.042
15:0.....g									
16:0.....g	2.649		0	FLA	4		0.751	1.589	1.113
17:0.....g									
18:0.....g	2.376		0	FLA	4		0.674	1.426	0.998
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	11.278		0	FLA	4		3.197	6.767	4.737
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.013		0	FLA	4		0.004	0.008	0.005
17:1.....g									
18:1 undifferentiated.....g	11.263		0	FLA	4		3.193	6.758	4.730
20:1.....g	0.001		0	FLA	4		0.000	0.001	0.000
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.477		0	FLA	4		0.702	1.486	1.040
18:2 undifferentiated.....g	2.343		0	FLA	4		0.664	1.406	0.984
18:3 undifferentiated.....g	0.123		0	FLA	4		0.035	0.074	0.052
18:4.....g	0.001		0	FLA	4		0.000	0.001	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.007		0	FLA	4		0.002	0.004	0.003
20:5 n-3 (EPA).....g	0.002		0	FLA	4		0.001	0.001	0.001
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	FLA	4		0.000	0.000	0.000
22:6 n-3 (DHA).....g	0.002		0	FLA	4		0.001	0.001	0.001
Fatty acids, total trans.....g									
Cholesterol.....mg	57		0		4		16	34	24
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.058		0		1		0.016	0.035	0.024
Threonine.....g	0.170		0		1		0.048	0.102	0.071
Isoleucine.....g	0.205		0		1		0.058	0.123	0.086
Leucine.....g	0.339		0		1		0.096	0.203	0.142
Lysine.....g	0.234		0		1		0.066	0.140	0.098
Methionine.....g	0.096		0		1		0.027	0.058	0.040
Cystine.....g	0.091		0		1		0.026	0.055	0.038
Phenylalanine.....g	0.224		0		1		0.064	0.134	0.094
Tyrosine.....g	0.156		0		1		0.044	0.094	0.066
Valine.....g	0.234		0		1		0.066	0.140	0.098
Arginine.....g	0.227		0		1		0.064	0.136	0.095
Histidine.....g	0.100		0		1		0.028	0.060	0.042
Alanine.....g	0.190		0		1		0.054	0.114	0.080
Aspartic acid.....g	0.352		0		1		0.100	0.211	0.148
Glutamic acid.....g	0.998		0		1		0.283	0.599	0.419
Glycine.....g	0.159		0		1		0.045	0.095	0.067
Proline.....g	0.327		0		1		0.093	0.196	0.137
Serine.....g	0.263		0		1		0.075	0.158	0.110
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	1		0	FLA	4		0	1	0

NDB No. 18251

Doughnuts, cake-type, chocolate, sugared or 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 of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Theobromine.....mg	21		0	FLA	4		6	13	9

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 = 60g: 1 doughnut (3-3/4" dia)

Measure 3 = 42g: 1 doughnut, medium (approx 3" dia)

**Calories Factors: Protein 3.9**

**Fat 8.8**

**Carbohydrate 3.9**

**Food Group: 18 Baked Products**

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

NDB No. 18248

Doughnuts, cake-type, plain (includes unsugared, old-fashioned)

donut

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
<b>Proximates:</b>									
Water.....g	20.82	0.163	5	A	1		8.33	5.90	10.83
Energy.....kcal	434		0	NC	4		174	123	226
Energy.....kJ	1815		0	NC	4		726	515	944
Protein (N x 6.25).....g	5.31	0.072	5	A	1		2.12	1.51	2.76
Total lipid (fat).....g	24.93	0.082	5	A	1		9.97	7.07	12.96
Ash.....g	1.87	0.018	5	A	1		0.75	0.53	0.97
Carbohydrate, by difference.....g	47.06		0	NC	4		18.83	13.34	24.47
Fiber, total dietary.....g	1.7	0.154	4	A	1		0.7	0.5	0.9
Sugars, total.....g	18.15	0.570	4	A	1		7.26	5.15	9.44
Sucrose.....g	16.02	0.579	4	A	1		6.41	4.54	8.33
Glucose (dextrose).....g	0.67	0.020	4	A	1		0.27	0.19	0.35
Fructose.....g	0.00	0.000	4	A	1		0.00	0.00	0.00
Lactose.....g	0.93	0.044	4	A	1		0.37	0.26	0.48
Maltose.....g	0.54	0.038	4	A	1		0.22	0.15	0.28
Galactose.....g	0.00	0.000	4	A	1		0.00	0.00	0.00
Starch.....g	25.91	0.323	4	A	1		10.36	7.35	13.47
<b>Minerals:</b>									
Calcium, Ca.....mg	40	0.457	5	A	1		16	11	21
Iron, Fe.....mg	2.53	0.057	5	A	1		1.01	0.72	1.32
Magnesium, Mg.....mg	17	0.079	5	A	1		7	5	9
Phosphorus, P.....mg	260	5.350	5	A	1		104	74	135
Potassium, K.....mg	134	4.635	5	A	1		53	38	70
Sodium, Na.....mg	477	8.233	5	A	1		191	135	248
Zinc, Zn.....mg	0.50	0.004	5	A	1		0.20	0.14	0.26
Copper, Cu.....mg	0.090	0.001	5	A	1		0.036	0.026	0.047
Manganese, Mn.....mg	0.333	0.006	5	A	1		0.133	0.094	0.173
Selenium, Se.....µg	10.1	0.667	4	A	1		4.0	2.9	5.3
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0	FLA	4		0.0	0.0	0.0
Thiamin.....mg	0.390	0.009	4	A	1		0.156	0.111	0.203
Riboflavin.....mg	0.301	0.004	4	A	1		0.120	0.085	0.157
Niacin.....mg	2.910	0.020	4	A	1		1.164	0.825	1.513
Pantothenic acid.....mg	0.377		2	A	1		0.151	0.107	0.196
Vitamin B-6.....mg	0.050	0.000	4	A	1		0.020	0.014	0.026
Folate, total.....µg	92	1.574	4	A	1		37	26	48
Folic acid.....µg	76		0	FLA	4		30	22	40
Folate, food.....µg	16		0	FLA	4		6	4	8
Folate, DFE.....µg	145		0	NC	4		58	41	75
Choline, total.....mg	37.3		0	AS	1		14.9	10.6	19.4
Betaine.....mg	63.4		1	A	1		25.4	18.0	33.0
Vitamin B-12.....µg	0.06		0	FLA	4		0.02	0.02	0.03
Vitamin B-12, added.....µg	0.00		0	FLA	4		0.00	0.00	0.00
Vitamin A, RAE.....µg	4		0	FLA	4		1	1	2
Retinol.....µg	3		0	FLA	4		1	1	2
Carotene, beta.....µg	1		0	FLA	4		0	0	0
Carotene, alpha.....µg	0		0	FLA	4		0	0	0
Cryptoxanthin, beta.....µg	0		0	FLA	4		0	0	0
Vitamin A, IU.....IU	14		0	NC	4		6	4	7
Lycopene.....µg	0		0	FLA	4		0	0	0
Lutein + zeaxanthin.....µg	19		0	FLA	4		8	5	10
Vitamin E (alpha-tocopherol).....mg	1.99	0.131	4	A	1		0.80	0.56	1.03
Vitamin E, added.....mg	0.00		0	FLA	4		0.00	0.00	0.00
Tocopherol, beta.....mg	0.14	0.004	4	A	1		0.06	0.04	0.07
Tocopherol, gamma.....mg	2.45	0.379	4	A	1		0.98	0.70	1.28
Tocopherol, delta.....mg	0.77	0.035	4	A	1		0.31	0.22	0.40
Tocotrienol, alpha.....mg	1.23	0.045	4	A	1		0.49	0.35	0.64
Tocotrienol, beta.....mg	0.63	0.017	4	A	1		0.25	0.18	0.33

NDB No. 18248

Doughnuts, cake-type, plain (includes unsugared, old-fashioned)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	1.49	0.040	4	A	1	0.60	0.42	0.77	
Tocotrienol, delta.....mg	0.20	0.157	4	A	1	0.08	0.06	0.10	
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	9.8		2	A	1	3.9	2.8	5.1	
Dihydrophyloquinone.....µg	0.0		2	A	1	0.0	0.0	0.0	
Menaquinone-4.....µg	0.0		2	A	1	0.0	0.0	0.0	
<b>Lipids:</b>									
Fatty acids, total saturated.....g	11.105		0	NC	4	4.442	3.148	5.775	
4:0.....g	0.000	0.000	4	A	1	0.000	0.000	0.000	
6:0.....g	0.000	0.000	4	A	1	0.000	0.000	0.000	
8:0.....g	0.015	0.003	4	A	1	0.006	0.004	0.008	
10:0.....g	0.026	0.001	4	A	1	0.010	0.007	0.013	
12:0.....g	0.120	0.015	4	A	1	0.048	0.034	0.063	
13:0.....g									
14:0.....g	0.244	0.008	4	A	1	0.098	0.069	0.127	
15:0.....g	0.013	0.000	4	A	1	0.005	0.004	0.007	
16:0.....g	9.442	0.292	4	A	1	3.777	2.677	4.910	
17:0.....g	0.024	0.001	4	A	1	0.010	0.007	0.013	
18:0.....g	1.092	0.031	4	A	1	0.437	0.310	0.568	
20:0.....g	0.083	0.003	4	A	1	0.033	0.024	0.043	
22:0.....g	0.025	0.001	4	A	1	0.010	0.007	0.013	
24:0.....g	0.021	0.001	4	A	1	0.008	0.006	0.011	
Fatty acids, total monounsaturated.....g	8.544		0	NC	4	3.418	2.422	4.443	
14:1.....g	0.000	0.000	4	A	1	0.000	0.000	0.000	
15:1.....g	0.000	0.000	4	A	1	0.000	0.000	0.000	
16:1 undifferentiated.....g	0.044	0.002	4	AS	1	0.018	0.012	0.023	
16:1 c.....g	0.044	0.002	4	A	1	0.018	0.012	0.023	
16:1 t.....g	0.000	0.000	4	A	1	0.000	0.000	0.000	
17:1.....g	0.008	0.000	4	A	1	0.003	0.002	0.004	
18:1 undifferentiated.....g	8.444	0.308	4	AS	1	3.378	2.394	4.391	
18:1 c.....g	8.388	0.303	4	A	1	3.355	2.378	4.362	
18:1 t.....g	0.056	0.008	4	A	1	0.023	0.016	0.029	
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.048	0.004	4	A	1	0.019	0.014	0.025	
22:1 undifferentiated.....g	0.000	0.000	4	AS	1	0.000	0.000	0.000	
22:1 c.....g	0.000	0.000	4	A	1	0.000	0.000	0.000	
22:1 t.....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	3.915		0	NC	4	1.566	1.110	2.036	
18:2 undifferentiated.....g	3.637	0.121	4	AS	1	1.455	1.031	1.891	
18:2 n-6 c,c.....g	3.573	0.120	4	A	1	1.429	1.013	1.858	
18:2 CLAs.....g	0.011	0.001	4	A	1	0.004	0.003	0.006	
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.053	0.002	4	A	1	0.021	0.015	0.028	
18:3 undifferentiated.....g	0.256	0.014	4	AS	1	0.103	0.073	0.133	
18:3 n-3 c,c,c (ALA).....g	0.239	0.013	4	A	1	0.096	0.068	0.124	
18:3 n-6 c,c,c.....g	0.017	0.001	4	A	1	0.007	0.005	0.009	
18:3i.....g	0.000	0.000	4	A	1	0.000	0.000	0.000	
18:4.....g	0.000	0.000	4	A	1	0.000	0.000	0.000	
20:2 n-6 c,c.....g	0.006	0.000	4	A	1	0.002	0.002	0.003	
20:3 undifferentiated.....g	0.001	0.001	4	AS	1	0.000	0.000	0.000	
20:3 n-3.....g	0.001	0.001	4	A	1	0.000	0.000	0.000	
20:3 n-6.....g	0.000	0.000	4	A	1	0.000	0.000	0.000	
20:4 undifferentiated.....g	0.014	0.000	4	A	1	0.006	0.004	0.007	
20:4 n-6.....g									
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	0.000	0.000	4	A	1	0.000	0.000	0.000	
22:5 n-3 (DPA).....g	0.000	0.000	4	A	1	0.000	0.000	0.000	

NDB No. 18248

Doughnuts, cake-type, plain (includes unsugared, old-fashioned)

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 Code			
22:6 n-3 (DHA).....g	0.001	0.001	4	A	1	0.000	0.000	0.001
Fatty acids, total trans.....g								
Fatty acids, total trans-monoenoic.....g	0.056		0	NC	4	0.023	0.016	0.029
Fatty acids, total trans-polyenoic.....g	0.053		0	NC	4	0.021	0.015	0.028
Cholesterol.....mg	10		0	FLA	4	4	3	5
Phytosterols.....mg								
<b>Others:</b>								
Alcohol, ethyl.....g	0.0		0	FLA	4	0.0	0.0	0.0
Caffeine.....mg	0		0	FLA	4	0	0	0
Theobromine.....mg	0		0	FLA	4	0	0	0

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

**Common Measures:**

- Measure 1 = 40g: 1 donut
- Measure 2 = 28.35g: 1 oz
- Measure 3 = 52g: 1 doughnut stick

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked 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 of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Lipids:</b>									
Fatty acids, total saturated.....g	13.470		0	NC	4		3.819	2.425	5.792
4:0.....g	0.000		2	A	1		0.000	0.000	0.000
6:0.....g	0.025		2	A	1		0.007	0.005	0.011
8:0.....g	0.379		2	A	1		0.107	0.068	0.163
10:0.....g	0.294		2	A	1		0.083	0.053	0.127
12:0.....g	3.710		2	A	1		1.052	0.668	1.595
13:0.....g	0.000		2	A	1		0.000	0.000	0.000
14:0.....g	1.358		2	A	1		0.385	0.244	0.584
15:0.....g	0.027		2	A	1		0.008	0.005	0.012
16:0.....g	3.675		2	A	1		1.042	0.662	1.580
17:0.....g	0.099		2	A	1		0.028	0.018	0.043
18:0.....g	3.792		2	A	1		1.075	0.683	1.631
20:0.....g	0.078		2	A	1		0.022	0.014	0.033
22:0.....g	0.032		2	A	1		0.009	0.006	0.014
24:0.....g	0.000		2	A	1		0.000	0.000	0.000
Fatty acids, total monounsaturated.....g	8.618		0	NC	4		2.443	1.551	3.706
14:1.....g	0.051		2	A	1		0.014	0.009	0.022
15:1.....g	0.000		2	A	1		0.000	0.000	0.000
16:1 undifferentiated.....g	0.164		2	A	1		0.046	0.029	0.070
17:1.....g	0.051		2	A	1		0.014	0.009	0.022
18:1 undifferentiated.....g	8.352		0	AS	1		2.368	1.503	3.592
18:1 c.....g	8.352		2	A	1		2.368	1.503	3.592
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	0.000		2	A	1		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		2	A	1		0.000	0.000	0.000
24:1 c.....g	0.000		2	A	1		0.000	0.000	0.000
Fatty acids, total polyunsaturated.....g	1.960		0	NC	4		0.556	0.353	0.843
18:2 undifferentiated.....g	1.794		2	A	1		0.509	0.323	0.771
18:3 undifferentiated.....g	0.166		0	AS	1		0.047	0.030	0.071
18:3 n-3 c,c,c (ALA).....g	0.166		2	A	1		0.047	0.030	0.071
18:3 n-6 c,c,c.....g	0.000		2	A	1		0.000	0.000	0.000
18:3i.....g									
18:4.....g	0.000		0	FLA	4		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
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.000		2	A	1		0.000	0.000	0.000
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.000		2	A	1		0.000	0.000	0.000
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	FLA	4		0.000	0.000	0.000
22:6 n-3 (DHA).....g	0.000		2	A	1		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	19		0	FLA	4		5	3	8
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.061		0	FLA	4		0.017	0.011	0.026
Threonine.....g	0.170		0	FLA	4		0.048	0.031	0.073
Isoleucine.....g	0.208		0	FLA	4		0.059	0.037	0.089
Leucine.....g	0.366		0	FLA	4		0.104	0.066	0.157
Lysine.....g	0.231		0	FLA	4		0.065	0.042	0.099
Methionine.....g	0.079		0	FLA	4		0.022	0.014	0.034
Cystine.....g	0.098		0	FLA	4		0.028	0.018	0.042
Phenylalanine.....g	0.223		0	FLA	4		0.063	0.040	0.096
Tyrosine.....g	0.130		0	FLA	4		0.037	0.023	0.056
Valine.....g	0.240		0	FLA	4		0.068	0.043	0.103
Arginine.....g	0.232		0	FLA	4		0.066	0.042	0.100
Histidine.....g	0.111		0	FLA	4		0.031	0.020	0.048
Alanine.....g	0.177		0	FLA	4		0.050	0.032	0.076



NDB No. 18249

Doughnuts, cake-type, plain, chocolate-coated or frosted

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					
Aspartic acid.....g	0.343		0	FLA	4		0.097	0.062	0.147
Glutamic acid.....g	1.230		0	FLA	4		0.349	0.221	0.529
Glycine.....g	0.171		0	FLA	4		0.048	0.031	0.074
Proline.....g	0.427		0	FLA	4		0.121	0.077	0.184
Serine.....g	0.244		0	FLA	4		0.069	0.044	0.105
Hydroxyproline.....g	0.000		2	A	1		0.000	0.000	0.000
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	FLA	4		0.0	0.0	0.0
Caffeine.....mg	2		0	FLA	4		0	0	1
Theobromine.....mg	53		0	FLA	4		15	9	23

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 = 18g: 1 donettes (2" dia)

Measure 3 = 43g: 1 doughnut, medium (approx 3" dia)

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

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

**NDB No. 18250**  
**Doughnuts, cake-type, plain, sugared or glazed**

donut  
 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
<b>Proximates:</b>									
Water.....g	19.60	0.398	21		1		5.56	8.82	
Energy.....kcal	426		0	NC	4		121	192	
Energy.....kJ	1782				4		505	802	
Protein (N x 5.9).....g	5.20	0.332	15		1		1.47	2.34	
Total lipid (fat).....g	22.90	0.905	20		1		6.49	10.31	
Ash.....g	1.50	0.056	13		1		0.43	0.68	
Carbohydrate, by difference.....g	50.80		0	NC	4		14.40	22.86	
Fiber, total dietary.....g	1.5		0		4		0.4	0.7	
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	60	12.663	15		1		17	27	
Iron, Fe.....mg	1.06	0.072	11		1		0.30	0.48	
Magnesium, Mg.....mg	17	0.517	7		1		5	8	
Phosphorus, P.....mg	117	19.229	6		1		33	53	
Potassium, K.....mg	102	5.941	6		1		29	46	
Sodium, Na.....mg	402	22.793	19		1		114	181	
Zinc, Zn.....mg	0.44	0.028	7		1		0.12	0.20	
Copper, Cu.....mg	0.101	0.010	7		1		0.029	0.045	
Manganese, Mn.....mg	0.334	0.016	3		1		0.095	0.150	
Selenium, Se.....µg	9.6		0	FLA	4		2.7	4.3	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.1		0	FLA	4		0.0	0.0	
Thiamin.....mg	0.233	0.038	12		1		0.066	0.105	
Riboflavin.....mg	0.198	0.032	13		1		0.056	0.089	
Niacin.....mg	1.512	0.067	12		1		0.429	0.680	
Pantothenic acid.....mg	0.435		0	FLA	4		0.123	0.196	
Vitamin B-6.....mg	0.027		1		1		0.008	0.012	
Folate, total.....µg	46		0	FLA	4		13	21	
Folic acid.....µg	34		0	NC	4		10	15	
Folate, food.....µg	12		0		4		3	5	
Folate, DFE.....µg	70		0	NC	4		20	31	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.24		0	FLA	4		0.07	0.11	
Vitamin A, RAE.....µg	3		0	NC	4		1	1	
Retinol.....µg	3		0	NC	4		1	1	
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	10		2		1		3	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									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									

Doughnuts, cake-type, plain, sugared or glazed

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated.....g	5.926		0	FLA	4		1.680	2.667	
4:0.....g	0.001		0	FLA	4		0.000	0.000	
6:0.....g	0.000		0	FLA	4		0.000	0.000	
8:0.....g	0.001		0	FLA	4		0.000	0.000	
10:0.....g	0.001		0	FLA	4		0.000	0.000	
12:0.....g	0.001		0	FLA	4		0.000	0.000	
13:0.....g									
14:0.....g	0.112		0	FLA	4		0.032	0.050	
15:0.....g									
16:0.....g	3.153		0	FLA	4		0.894	1.419	
17:0.....g									
18:0.....g	2.643		0	FLA	4		0.749	1.189	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	12.697		0	FLA	4		3.600	5.714	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.057		0	FLA	4		0.016	0.026	
17:1.....g									
18:1 undifferentiated.....g	12.632		0	FLA	4		3.581	5.684	
20:1.....g	0.005		0	FLA	4		0.001	0.002	
22:1 undifferentiated.....g	0.001		0	FLA	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.909		0	FLA	4		0.825	1.309	
18:2 undifferentiated.....g	2.735		0	FLA	4		0.775	1.231	
18:3 undifferentiated.....g	0.141		0	FLA	4		0.040	0.063	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.026		0	FLA	4		0.007	0.012	
20:5 n-3 (EPA).....g	0.001		0	FLA	4		0.000	0.000	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	FLA	4		0.000	0.000	
22:6 n-3 (DHA).....g	0.007		0	FLA	4		0.002	0.003	
Fatty acids, total trans.....g									
Cholesterol.....mg	32	4.623	15		1		9	14	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.069		0		1		0.020	0.031	
Threonine.....g	0.189		0		1		0.054	0.085	
Isoleucine.....g	0.231		0		1		0.065	0.104	
Leucine.....g	0.405		0		1		0.115	0.182	
Lysine.....g	0.256		0		1		0.073	0.115	
Methionine.....g	0.105		0		1		0.030	0.047	
Cystine.....g	0.100		0		1		0.028	0.045	
Phenylalanine.....g	0.244		0		1		0.069	0.110	
Tyrosine.....g	0.183		0		1		0.052	0.082	
Valine.....g	0.261		0		1		0.074	0.117	
Arginine.....g	0.238		0		1		0.067	0.107	
Histidine.....g	0.120		0		1		0.034	0.054	
Alanine.....g	0.189		0		1		0.054	0.085	
Aspartic acid.....g	0.316		0		1		0.090	0.142	
Glutamic acid.....g	1.392		0		1		0.395	0.626	
Glycine.....g	0.164		0		1		0.046	0.074	
Proline.....g	0.488		0		1		0.138	0.220	
Serine.....g	0.314		0		1		0.089	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. 18250**

**Doughnuts, cake-type, plain, sugared or glazed**

**Common Measures:**

Measure 1 = 28.35g: 1 oz

Measure 2 = 45g: 1 doughnut, medium (approx 3" dia)

**Calories Factors: Protein 4.2**

**Fat 8.8**

**Carbohydrate4**

**Food Group: 18 Baked Products**

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NDB No. 18253

Doughnuts, french crullers, glazed

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
<b>Lipids:</b>								
Fatty acids, total saturated.....g	4.667		0	FLA	4		1.323	1.913
4:0.....g	0.000		0	FLA	4		0.000	0.000
6:0.....g	0.000		0	FLA	4		0.000	0.000
8:0.....g	0.000		0	FLA	4		0.000	0.000
10:0.....g	0.000		0	FLA	4		0.000	0.000
12:0.....g	0.000		0	FLA	4		0.000	0.000
13:0.....g								
14:0.....g	0.091		0	FLA	4		0.026	0.037
15:0.....g								
16:0.....g	2.395		0	FLA	4		0.679	0.982
17:0.....g								
18:0.....g	2.176		0	FLA	4		0.617	0.892
20:0.....g								
22:0.....g								
24:0.....g								
Fatty acids, total monounsaturated.....g	10.446		0	FLA	4		2.961	4.283
14:1.....g								
15:1.....g								
16:1 undifferentiated.....g	0.006		0	FLA	4		0.002	0.002
17:1.....g								
18:1 undifferentiated.....g	10.440		0	FLA	4		2.960	4.280
20:1.....g	0.000		0	FLA	4		0.000	0.000
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	2.285		0	FLA	4		0.648	0.937
18:2 undifferentiated.....g	2.167		0	FLA	4		0.614	0.888
18:3 undifferentiated.....g	0.115		0	FLA	4		0.033	0.047
18:4.....g	0.000		0	FLA	4		0.000	0.000
20:2 n-6 c,c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g	0.002		0	FLA	4		0.001	0.001
20:5 n-3 (EPA).....g	0.000		0	FLA	4		0.000	0.000
21:5.....g								
22:4.....g								
22:5 n-3 (DPA).....g	0.000		0	FLA	4		0.000	0.000
22:6 n-3 (DHA).....g	0.001		0	FLA	4		0.000	0.000
Fatty acids, total trans.....g								
Cholesterol.....mg	11		1		1		3	5
Phytosterols.....mg								
<b>Amino Acids:</b>								
Tryptophan.....g	0.045		0		4		0.013	0.018
Threonine.....g	0.106		0		4		0.030	0.043
Isoleucine.....g	0.132		0		4		0.037	0.054
Leucine.....g	0.232		0		4		0.066	0.095
Lysine.....g	0.146		0		4		0.041	0.060
Methionine.....g	0.055		0		4		0.016	0.023
Cystine.....g	0.060		0		4		0.017	0.025
Phenylalanine.....g	0.147		0		4		0.042	0.060
Tyrosine.....g	0.101		0		4		0.029	0.041
Valine.....g	0.149		0		4		0.042	0.061
Arginine.....g	0.137		0		4		0.039	0.056
Histidine.....g	0.068		0		4		0.019	0.028
Alanine.....g	0.107		0		4		0.030	0.044
Aspartic acid.....g	0.189		0		4		0.054	0.077
Glutamic acid.....g	0.891		0		4		0.253	0.365
Glycine.....g	0.105		0		4		0.030	0.043
Proline.....g	0.305		0		4		0.086	0.125
Serine.....g	0.171		0		4		0.048	0.070
Hydroxyproline.....g								
<b>Others:</b>								
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0
Caffeine.....mg	0		0	FLA	4		0	0

NDB No. 18253

Doughnuts, french crullers, glazed

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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 Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Code					
Theobromine.....mg	0		0	FLA	4	0		0	

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Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 = 41g: 1 cruller (3" dia)

**Calories Factors: Protein 4**

**Fat 8.8**

**Carbohydrate 4**

**Food Group:** 18 Baked Products

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Doughnuts, yeast-leavened, glazed, enriched (includes honey buns)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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, delta.....									
Vitamin D (D2 + D3).....	0.1		0	NR	4		0.0	0.0	0.0
Vitamin D.....	3		0	FLA	4		1	0	2
Vitamin K (phylloquinone).....	11.5		2	A	1		3.2	1.5	6.4
Dihydrophyloquinone.....	34.4		2	A	1		9.7	4.5	19.2
Menaquinone-4.....									
<b>Lipids:</b>									
Fatty acids, total saturated.....	9.453		0	NC	4		2.680	1.229	5.293
4:0.....	0.000	0.000	6	A	1		0.000	0.000	0.000
6:0.....	0.000	0.000	6	A	1		0.000	0.000	0.000
8:0.....	0.010	0.006	6	A	1		0.003	0.001	0.006
10:0.....	0.011	0.005	6	A	1		0.003	0.001	0.006
12:0.....	0.115	0.059	6	A	1		0.033	0.015	0.064
13:0.....	0.000		2	A	1		0.000	0.000	0.000
14:0.....	0.200	0.016	6	A	1		0.057	0.026	0.112
15:0.....	0.010	0.001	6	A	1		0.003	0.001	0.006
16:0.....	7.338	0.616	6	A	1		2.080	0.954	4.109
17:0.....	0.022	0.001	6	A	1		0.006	0.003	0.012
18:0.....	1.628	0.054	6	A	1		0.462	0.212	0.912
20:0.....	0.071	0.003	6	A	1		0.020	0.009	0.040
22:0.....	0.027	0.002	6	A	1		0.008	0.004	0.015
24:0.....	0.018	0.001	6	A	1		0.005	0.002	0.010
Fatty acids, total monounsaturated.....	7.248		0	NC	4		2.055	0.942	4.059
14:1.....	0.000	0.000	6	A	1		0.000	0.000	0.000
15:1.....	0.000	0.000	6	A	1		0.000	0.000	0.000
16:1 undifferentiated.....	0.046	0.003	6	AS	1		0.013	0.006	0.026
16:1 c.....	0.046	0.003	6	A	1		0.013	0.006	0.026
16:1 t.....	0.000	0.000	6	A	1		0.000	0.000	0.000
17:1.....	0.007	0.000	6	A	1		0.002	0.001	0.004
18:1 undifferentiated.....	7.148	0.193	6	AS	1		2.027	0.929	4.003
18:1 c.....	6.810	0.292	6	A	1		1.931	0.885	3.813
18:1 t.....	0.338	0.136	6	A	1		0.096	0.044	0.190
18:1-11 t (18:1t n-7).....									
20:1.....	0.047	0.008	6	A	1		0.013	0.006	0.026
22:1 undifferentiated.....	0.001	0.001	6	AS	1		0.000	0.000	0.001
22:1 c.....	0.001	0.001	6	A	1		0.000	0.000	0.001
22:1 t.....	0.000	0.000	6	A	1		0.000	0.000	0.000
24:1 c.....	0.000	0.000	6	A	1		0.000	0.000	0.000
Fatty acids, total polyunsaturated.....	3.588		0	NC	4		1.017	0.466	2.009
18:2 undifferentiated.....	3.360	0.155	6	AS	1		0.953	0.437	1.882
18:2 n-6 c,c.....	3.233	0.163	6	A	1		0.916	0.420	1.810
18:2 CLAs.....	0.011	0.001	6	A	1		0.003	0.001	0.006
18:2 t,t.....									
18:2 i.....									
18:2 t not further defined.....	0.117	0.013	6	A	1		0.033	0.015	0.065
18:3 undifferentiated.....	0.210	0.024	6	AS	1		0.060	0.027	0.118
18:3 n-3 c,c,c (ALA).....	0.196	0.024	6	A	1		0.056	0.025	0.110
18:3 n-6 c,c,c.....	0.014	0.001	6	A	1		0.004	0.002	0.008
18:3i.....									
18:4.....	0.000	0.000	6	A	1		0.000	0.000	0.000
20:2 n-6 c,c.....	0.004	0.001	6	A	1		0.001	0.001	0.002
20:3 undifferentiated.....	0.000	0.000	6	AS	1		0.000	0.000	0.000
20:3 n-3.....	0.000	0.000	6	A	1		0.000	0.000	0.000
20:3 n-6.....	0.000	0.000	6	A	1		0.000	0.000	0.000
20:4 undifferentiated.....	0.002	0.001	6	A	1		0.000	0.000	0.001
20:4 n-6.....									
20:5 n-3 (EPA).....	0.000	0.000	6	A	1		0.000	0.000	0.000
21:5.....									
22:4.....	0.004	0.001	6	A	1		0.001	0.000	0.002
22:5 n-3 (DPA).....	0.000	0.000	6	A	1		0.000	0.000	0.000
22:6 n-3 (DHA).....	0.008	0.008	6	A	1		0.002	0.001	0.005
Fatty acids, total trans.....	0.455		0	NC	4		0.129	0.059	0.255
Fatty acids, total trans-monoenoic.....	0.338		0	NC	4		0.096	0.044	0.190

NDB No. 18255

Doughnuts, yeast-leavened, glazed, enriched (includes honey buns)

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
Fatty acids, total trans-polyenoic.....g	0.117		0	NC	4	0.033	0.015	0.065
Cholesterol.....mg	30		0	FLA	4	8	4	17
Phytosterols.....mg								
<b>Amino Acids:</b>								
Tryptophan.....g	0.044		0	A	1	0.013	0.006	0.025
Threonine.....g	0.173		0	A	1	0.049	0.023	0.097
Isoleucine.....g	0.237		0	A	1	0.067	0.031	0.132
Leucine.....g	0.439		0	A	1	0.124	0.057	0.246
Lysine.....g	0.188		0	A	1	0.053	0.024	0.105
Methionine.....g	0.093		0	A	1	0.026	0.012	0.052
Cystine.....g	0.113		0	A	1	0.032	0.015	0.063
Phenylalanine.....g	0.281		0	A	1	0.080	0.037	0.157
Tyrosine.....g	0.193		0	A	1	0.055	0.025	0.108
Valine.....g	0.291		0	A	1	0.083	0.038	0.163
Arginine.....g	0.247		0	A	1	0.070	0.032	0.138
Histidine.....g	0.123		0	A	1	0.035	0.016	0.069
Alanine.....g	0.207		0	A	1	0.059	0.027	0.116
Aspartic acid.....g	0.465		0	A	1	0.132	0.060	0.260
Glutamic acid.....g	2.110		0	A	1	0.598	0.274	1.182
Glycine.....g	0.242		0	A	1	0.069	0.031	0.135
Proline.....g	0.705		0	A	1	0.200	0.092	0.395
Serine.....g	0.340		0	A	1	0.096	0.044	0.190
Hydroxyproline.....g	0.000		2	A	1	0.000	0.000	0.000
<b>Others:</b>								
Alcohol, ethyl.....g	0.0		0	FLA	4	0.0	0.0	0.0
Caffeine.....mg	0		0	FLA	4	0	0	0
Theobromine.....mg	0		0	FLA	4	0	0	0

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

**Common Measures:**

Measure 1 = 28.35g: 1 oz

Measure 2 = 13.0g: 1 doughnut hole

Measure 3 = 56g: 1 doughnut stick

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

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

NDB No. 18436

Doughnuts, yeast-leavened, glazed, unenriched (includes honey buns)

donut

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
<b>Proximates:</b>									
Water.....g	25.40	0.945	23		1		7.20	15.24	
Energy.....kcal	403		0	NC	4		114	242	
Energy.....kJ	1686				4		478	1012	
Protein (N x 5.8).....g	6.40	0.287	20		1		1.81	3.84	
Total lipid (fat).....g	22.80	0.973	20		1		6.46	13.68	
Ash.....g	1.10	0.083	19		1		0.31	0.66	
Carbohydrate, by difference.....g	44.30		0		4		12.56	26.58	
Fiber, total dietary.....g	1.2		0	BFZN	4		0.3	0.7	
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	43	9.647	13		1		12	26	
Iron, Fe.....mg	0.60		0		4		0.17	0.36	
Magnesium, Mg.....mg	22	0.749	7		1		6	13	
Phosphorus, P.....mg	93	2.900	7		1		26	56	
Potassium, K.....mg	108	6.546	7		1		31	65	
Sodium, Na.....mg	342	30.988	14		1		97	205	
Zinc, Zn.....mg	0.77	0.146	6		1		0.22	0.46	
Copper, Cu.....mg	0.169	0.032	6		1		0.048	0.101	
Manganese, Mn.....mg	0.263	0.004	3		1		0.075	0.158	
Selenium, Se.....µg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.1		0	BFZN	4		0.0	0.1	
Thiamin.....mg	0.890		0		4		0.252	0.534	
Riboflavin.....mg	0.067		0		4		0.019	0.040	
Niacin.....mg	0.650		0		4		0.184	0.390	
Pantothenic acid.....mg	0.473	0.029	12		1		0.134	0.284	
Vitamin B-6.....mg	0.057		2		1		0.016	0.034	
Folate, total.....µg	22	3.819	3		1		6	13	
Folic acid.....µg	0		0	Z	7		0	0	
Folate, food.....µg	22	3.819	3		1		6	13	
Folate, DFE.....µg	22		0	NC	4		6	13	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.09		0	BFZN	4		0.03	0.05	
Vitamin A, RAE.....µg	4		0	NC	4		1	3	
Retinol.....µg	4		0	NC	4		1	3	
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	14		0	BFZN	4		4	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									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									

Doughnuts, yeast-leavened, glazed, unenriched (includes honey buns)

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated.....g	5.813		0	BFZN	4		1.648	3.488	
4:0.....g									
6:0.....g									
8:0.....g	0.000		0		4		0.000	0.000	
10:0.....g	0.000		0		4		0.000	0.000	
12:0.....g	0.000		0		4		0.000	0.000	
13:0.....g									
14:0.....g	0.112		0	BFZN	4		0.032	0.067	
15:0.....g									
16:0.....g	3.018		0	BFZN	4		0.856	1.811	
17:0.....g									
18:0.....g	2.676		0	BFZN	4		0.759	1.606	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	12.865		0	BFZN	4		3.647	7.719	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.021		0	BFZN	4		0.006	0.013	
17:1.....g									
18:1 undifferentiated.....g	12.841		0	BFZN	4		3.640	7.705	
20:1.....g	0.001		0	BFZN	4		0.000	0.001	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.902		0	BFZN	4		0.823	1.741	
18:2 undifferentiated.....g	2.744		0	BFZN	4		0.778	1.646	
18:3 undifferentiated.....g	0.145		0	BFZN	4		0.041	0.087	
18:4.....g	0.001		0	BFZN	4		0.000	0.001	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.008		0	BFZN	4		0.002	0.005	
20:5 n-3 (EPA).....g	0.002		0	BFZN	4		0.001	0.001	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g									
22:6 n-3 (DHA).....g	0.002		0	BFZN	4		0.001	0.001	
Fatty acids, total trans.....g									
Cholesterol.....mg	6	2.381	8		1		2	4	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.077		0		4		0.022	0.046	
Threonine.....g	0.213		0		4		0.060	0.128	
Isoleucine.....g	0.266		0		4		0.075	0.160	
Leucine.....g	0.468		0		4		0.133	0.281	
Lysine.....g	0.231		0		4		0.065	0.139	
Methionine.....g	0.114		0		4		0.032	0.068	
Cystine.....g	0.130		0		4		0.037	0.078	
Phenylalanine.....g	0.310		0		4		0.088	0.186	
Tyrosine.....g	0.200		0		4		0.057	0.120	
Valine.....g	0.295		0		4		0.084	0.177	
Arginine.....g	0.271		0		4		0.077	0.163	
Histidine.....g	0.144		0		4		0.041	0.086	
Alanine.....g	0.235		0		4		0.067	0.141	
Aspartic acid.....g	0.380		0		4		0.108	0.228	
Glutamic acid.....g	1.873		0		4		0.531	1.124	
Glycine.....g	0.227		0		4		0.064	0.136	
Proline.....g	0.626		0		4		0.177	0.376	
Serine.....g	0.330		0		4		0.094	0.198	
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero 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. 18436**

**Doughnuts, yeast-leavened, glazed, unenriched (includes honey buns)**

**Common Measures:**

Measure 1 = 28.35g: 1 oz

Measure 2 = 60g: 1 doughnut, medium (3-1/4" dia)

**Calories Factors: Protein 3.9**

**Fat 8.8**

**Carbohydrate4**

**Food Group: 18 Baked Products**

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



Doughnuts, yeast-leavened, with creme filling

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
<b>Lipids:</b>								
Fatty acids, total saturated.....g	5.430		0	FLA	4		1.539	4.616
4:0.....g	0.000		0	FLA	4		0.000	0.000
6:0.....g	0.000		0	FLA	4		0.000	0.000
8:0.....g	0.000		0	FLA	4		0.000	0.000
10:0.....g	0.000		0	FLA	4		0.000	0.000
12:0.....g	0.001		0	FLA	4		0.000	0.001
13:0.....g								
14:0.....g	0.103		0	FLA	4		0.029	0.088
15:0.....g								
16:0.....g	2.867		0	FLA	4		0.813	2.437
17:0.....g								
18:0.....g	2.452		0	FLA	4		0.695	2.084
20:0.....g								
22:0.....g								
24:0.....g								
Fatty acids, total monounsaturated.....g	12.080		0	FLA	4		3.425	10.268
14:1.....g								
15:1.....g								
16:1 undifferentiated.....g	0.073		0	FLA	4		0.021	0.062
17:1.....g								
18:1 undifferentiated.....g	12.008		0	FLA	4		3.404	10.207
20:1.....g	0.002		0	FLA	4		0.001	0.002
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	3.082		0	FLA	4		0.874	2.620
18:2 undifferentiated.....g	2.900		0	FLA	4		0.822	2.465
18:3 undifferentiated.....g	0.162		0	FLA	4		0.046	0.138
18:4.....g	0.000		0	FLA	4		0.000	0.000
20:2 n-6 c,c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g	0.012		0	FLA	4		0.003	0.010
20:5 n-3 (EPA).....g	0.000		0	FLA	4		0.000	0.000
21:5.....g								
22:4.....g								
22:5 n-3 (DPA).....g	0.000		0	FLA	4		0.000	0.000
22:6 n-3 (DHA).....g	0.003		0	FLA	4		0.001	0.003
Fatty acids, total trans.....g								
Cholesterol.....mg	24		2		1		7	20
Phytosterols.....mg								
<b>Amino Acids:</b>								
Tryptophan.....g	0.078		0		1		0.022	0.066
Threonine.....g	0.214		0		1		0.061	0.182
Isoleucine.....g	0.271		0		1		0.077	0.230
Leucine.....g	0.479		0		1		0.136	0.407
Lysine.....g	0.241		0		1		0.068	0.205
Methionine.....g	0.118		0		1		0.033	0.100
Cystine.....g	0.127		0		1		0.036	0.108
Phenylalanine.....g	0.311		0		1		0.088	0.264
Tyrosine.....g	0.204		0		1		0.058	0.173
Valine.....g	0.301		0		1		0.085	0.256
Arginine.....g	0.270		0		1		0.077	0.230
Histidine.....g	0.147		0		1		0.042	0.125
Alanine.....g	0.236		0		1		0.067	0.201
Aspartic acid.....g	0.382		0		1		0.108	0.325
Glutamic acid.....g	1.865		0		1		0.529	1.585
Glycine.....g	0.223		0		1		0.063	0.190
Proline.....g	0.632		0		1		0.179	0.537
Serine.....g	0.329		0		1		0.093	0.280
Hydroxyproline.....g								
<b>Others:</b>								
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0
Caffeine.....mg	0		0	FLA	4		0	0

NDB No. 18254

Doughnuts, yeast-leavened, with creme filling

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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				
Theobromine.....mg	0		0	FLA	4		0		0

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Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 = 85g: 1 doughnut oval (3-1/2" x 2-1/2")

**Calories Factors: Protein 3.9**

**Fat 8.8**

**Carbohydrate 4**

**Food Group:** 18 Baked Products

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





NDB No. 18256

Doughnuts, yeast-leavened, with jelly filling

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
<b>Lipids:</b>									
Fatty acids, total saturated.....g	4.843		0	FLA	4		1.373	4.117	
4:0.....g	0.000		0	FLA	4		0.000	0.000	
6:0.....g	0.000		0	FLA	4		0.000	0.000	
8:0.....g	0.000		0	FLA	4		0.000	0.000	
10:0.....g	0.000		0	FLA	4		0.000	0.000	
12:0.....g	0.000		0	FLA	4		0.000	0.000	
13:0.....g									
14:0.....g	0.087		0	FLA	4		0.025	0.074	
15:0.....g									
16:0.....g	2.637		0	FLA	4		0.748	2.241	
17:0.....g									
18:0.....g	2.111		0	FLA	4		0.598	1.794	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	10.226		0	FLA	4		2.899	8.692	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.110		0	FLA	4		0.031	0.094	
17:1.....g									
18:1 undifferentiated.....g	10.107		0	FLA	4		2.865	8.591	
20:1.....g	0.006		0	FLA	4		0.002	0.005	
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.377		0	FLA	4		0.674	2.020	
18:2 undifferentiated.....g	2.214		0	FLA	4		0.628	1.882	
18:3 undifferentiated.....g	0.110		0	FLA	4		0.031	0.094	
18:4.....g	0.003		0	FLA	4		0.001	0.003	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.033		0	FLA	4		0.009	0.028	
20:5 n-3 (EPA).....g	0.008		0	FLA	4		0.002	0.007	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	FLA	4		0.000	0.000	
22:6 n-3 (DHA).....g	0.010		0	FLA	4		0.003	0.009	
Fatty acids, total trans.....g									
Cholesterol.....mg	26		2		1		7	22	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.070		0		1		0.020	0.060	
Threonine.....g	0.194		0		1		0.055	0.165	
Isoleucine.....g	0.244		0		1		0.069	0.207	
Leucine.....g	0.431		0		1		0.122	0.366	
Lysine.....g	0.209		0		1		0.059	0.178	
Methionine.....g	0.105		0		1		0.030	0.089	
Cystine.....g	0.118		0		1		0.033	0.100	
Phenylalanine.....g	0.284		0		1		0.081	0.241	
Tyrosine.....g	0.183		0		1		0.052	0.156	
Valine.....g	0.269		0		1		0.076	0.229	
Arginine.....g	0.249		0		1		0.071	0.212	
Histidine.....g	0.132		0		1		0.037	0.112	
Alanine.....g	0.219		0		1		0.062	0.186	
Aspartic acid.....g	0.346		0		1		0.098	0.294	
Glutamic acid.....g	1.733		0		1		0.491	1.473	
Glycine.....g	0.213		0		1		0.060	0.181	
Proline.....g	0.583		0		1		0.165	0.496	
Serine.....g	0.304		0		1		0.086	0.258	
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	FLA	4		0	0	

NDB No. 18256

Doughnuts, yeast-leavened, with jelly filling

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
Theobromine.....mg	0		0	FLA	4		0	0	

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

**Common Measures:**

Measure 1 = 28.35g: 1 oz

Measure 2 = 85g: 1 doughnut oval (3-1/2" x 2-1/2")

**Calories Factors: Protein 3.9**

**Fat 8.8**

**Carbohydrate 3.9**

**Food Group: 18 Baked 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			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	measures of food		
						Confidence Code	Measure 1	Measure 2
<b>Lipids:</b>								
Fatty acids, total saturated.....g	0.230		0		4		0.065	0.152
4:0.....g	0.000		0		4		0.000	0.000
6:0.....g	0.000		0		4		0.000	0.000
8:0.....g	0.000		0		4		0.000	0.000
10:0.....g	0.000		0		4		0.000	0.000
12:0.....g	0.001		0		4		0.000	0.001
13:0.....g								
14:0.....g	0.005		0		4		0.001	0.003
15:0.....g								
16:0.....g	0.172		0		4		0.049	0.114
17:0.....g								
18:0.....g	0.048		0		4		0.014	0.032
20:0.....g								
22:0.....g								
24:0.....g								
Fatty acids, total monounsaturated.....g	0.827		0		4		0.234	0.546
14:1.....g								
15:1.....g								
16:1 undifferentiated.....g	0.014		0		4		0.004	0.009
17:1.....g								
18:1 undifferentiated.....g	0.813		0		4		0.230	0.537
20:1.....g	0.001		0		4		0.000	0.001
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	0.559		0		4		0.158	0.369
18:2 undifferentiated.....g	0.531		0		4		0.151	0.350
18:3 undifferentiated.....g	0.029		0		4		0.008	0.019
18:4.....g	0.000		0		4		0.000	0.000
20:2 n-6 c,c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000
20:5 n-3 (EPA).....g	0.000		0		4		0.000	0.000
21:5.....g								
22:4.....g								
22:5 n-3 (DPA).....g	0.000		0		4		0.000	0.000
22:6 n-3 (DHA).....g	0.000		0		4		0.000	0.000
Fatty acids, total trans.....g								
Cholesterol.....mg	0	0.000	4		1		0	0
Phytosterols.....mg								
<b>Amino Acids:</b>								
Tryptophan.....g	0.118		0		1		0.033	0.078
Threonine.....g	0.279		0		1		0.079	0.184
Isoleucine.....g	0.361		0		1		0.102	0.238
Leucine.....g	0.649		0		1		0.184	0.428
Lysine.....g	0.291		0		1		0.082	0.192
Methionine.....g	0.158		0		1		0.045	0.104
Cystine.....g	0.199		0		1		0.056	0.131
Phenylalanine.....g	0.449		0		1		0.127	0.296
Tyrosine.....g	0.280		0		1		0.079	0.185
Valine.....g	0.422		0		1		0.120	0.279
Arginine.....g	0.441		0		1		0.125	0.291
Histidine.....g	0.202		0		1		0.057	0.133
Alanine.....g	0.353		0		1		0.100	0.233
Aspartic acid.....g	0.549		0		1		0.156	0.362
Glutamic acid.....g	2.671		0		1		0.757	1.763
Glycine.....g	0.368		0		1		0.104	0.243
Proline.....g	0.850		0		1		0.241	0.561
Serine.....g	0.435		0		1		0.123	0.287
Hydroxyproline.....g								
<b>Others:</b>								
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0
Caffeine.....mg	0		0	FLC	4		0	0

NDB No. 18260

English muffins, mixed-grain (includes granola)

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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
Theobromine.....mg	0		0	FLC	4		0	0	

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Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 = 66g: 1 muffin

**Calories Factors: Protein 3.7**

**Fat 8.5**

**Carbohydrate 4**

**Food Group: 18 Baked 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		
	Mean	Std. Error	Number		Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code			
<b>Lipids:</b>							
Fatty acids, total saturated.....g	0.250		0		1	0.071	0.153
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	0.001		0		1	0.000	0.001
13:0.....g							
14:0.....g	0.006		0		1	0.002	0.004
15:0.....g							
16:0.....g	0.187		0		1	0.053	0.114
17:0.....g							
18:0.....g	0.052		0		1	0.015	0.032
20:0.....g							
22:0.....g							
24:0.....g							
Fatty acids, total monounsaturated.....g	0.899		0		1	0.255	0.548
14:1.....g							
15:1.....g							
16:1 undifferentiated.....g	0.015		0		1	0.004	0.009
17:1.....g							
18:1 undifferentiated.....g	0.884		0		1	0.251	0.539
20:1.....g	0.001		0		1	0.000	0.001
22:1 undifferentiated.....g	0.000		0		1	0.000	0.000
24:1 c.....g							
Fatty acids, total polyunsaturated.....g	0.608		0		1	0.172	0.371
18:2 undifferentiated.....g	0.577		0		1	0.164	0.352
18:3 undifferentiated.....g	0.031		0		1	0.009	0.019
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		1	0	0
Phytosterols.....mg							
<b>Amino Acids:</b>							
Tryptophan.....g	0.128		0		1	0.036	0.078
Threonine.....g	0.303		0		1	0.086	0.185
Isoleucine.....g	0.393		0		1	0.111	0.240
Leucine.....g	0.706		0		1	0.200	0.431
Lysine.....g	0.317		0		1	0.090	0.193
Methionine.....g	0.171		0		1	0.048	0.104
Cystine.....g	0.216		0		1	0.061	0.132
Phenylalanine.....g	0.488		0		1	0.138	0.298
Tyrosine.....g	0.305		0		1	0.086	0.186
Valine.....g	0.458		0		1	0.130	0.279
Arginine.....g	0.479		0		1	0.136	0.292
Histidine.....g	0.220		0		1	0.062	0.134
Alanine.....g	0.384		0		1	0.109	0.234
Aspartic acid.....g	0.597		0		1	0.169	0.364
Glutamic acid.....g	2.903		0		1	0.823	1.771
Glycine.....g	0.400		0		1	0.113	0.244
Proline.....g	0.924		0		1	0.262	0.564
Serine.....g	0.472		0		1	0.134	0.288
Hydroxyproline.....g							
<b>Others:</b>							
Alcohol, ethyl.....g	0.0		0		7	0.0	0.0
Caffeine.....mg	0		0	RA	4	0	0



NDB No. 18261

English muffins, mixed-grain, toasted (includes granola)

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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 Code			
Theobromine.....mg	0		0	RA	4	0		0

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Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 = 61g: 1 muffin

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked 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		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code					
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	1.2		2	A	1		0.3	0.7	
Dihydrophyloquinone.....µg	0.2		2	A	1		0.0	0.1	
Menaquinone-4.....µg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.733		0	NC	4		0.208	0.418	
4:0.....g	0.000		2	A	1		0.000	0.000	
6:0.....g	0.000		2	A	1		0.000	0.000	
8:0.....g	0.002		2	A	1		0.001	0.001	
10:0.....g	0.000		2	A	1		0.000	0.000	
12:0.....g	0.083		2	A	1		0.023	0.047	
13:0.....g	0.000		2	A	1		0.000	0.000	
14:0.....g	0.034		2	A	1		0.010	0.019	
15:0.....g	0.000		2	A	1		0.000	0.000	
16:0.....g	0.292		2	A	1		0.083	0.167	
17:0.....g	0.000		2	A	1		0.000	0.000	
18:0.....g	0.317		2	A	1		0.090	0.180	
20:0.....g	0.005		2	A	1		0.002	0.003	
22:0.....g	0.000		2	A	1		0.000	0.000	
24:0.....g	0.000		2	A	1		0.000	0.000	
Fatty acids, total monounsaturated.....g	0.383		0	NC	4		0.109	0.218	
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	0.000		2	A	1		0.000	0.000	
17:1.....g	0.000		2	A	1		0.000	0.000	
18:1 undifferentiated.....g	0.383		0	AS	1		0.109	0.218	
18:1 c.....g	0.383		2	A	1		0.109	0.218	
18:1 t.....g	0.000		2	A	1		0.000	0.000	
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.000		2	A	1		0.000	0.000	
22:1 undifferentiated.....g	0.000		2	A	1		0.000	0.000	
24:1 c.....g	0.000		2	A	1		0.000	0.000	
Fatty acids, total polyunsaturated.....g	0.498		0	NC	4		0.141	0.284	
18:2 undifferentiated.....g	0.449		2	A	1		0.127	0.256	
18:3 undifferentiated.....g	0.048		0	AS	1		0.014	0.028	
18:3 n-3 c,c,c (ALA).....g	0.048		2	A	1		0.014	0.028	
18:3 n-6 c,c,c.....g	0.000		2	A	1		0.000	0.000	
18:3i.....g									
18:4.....g	0.000		0		4		0.000	0.000	
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	
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.000		2	A	1		0.000	0.000	
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.000		2	A	1		0.000	0.000	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	FLA	4		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		2	A	1		0.000	0.000	
Fatty acids, total trans.....g	0.000		0	NC	4		0.000	0.000	
Fatty acids, total trans-monoenoic.....g	0.000		0	NC	4		0.000	0.000	
Fatty acids, total trans-polyenoic.....g									
Cholesterol.....mg	0	0.016	4		1		0	0	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.108		0	FLA	4		0.031	0.062	
Threonine.....g	0.331		0	FLA	4		0.094	0.189	
Isoleucine.....g	0.404		0	FLA	4		0.115	0.230	
Leucine.....g	0.652		0	FLA	4		0.185	0.372	

NDB No. 18258

English muffins, plain, enriched, with ca prop (includes sourdough)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lysine.....g	0.450		0	FLA	4		0.127	0.256	
Methionine.....g	0.153		0	FLA	4		0.043	0.087	
Cystine.....g	0.182		0	FLA	4		0.051	0.104	
Phenylalanine.....g	0.417		0	FLA	4		0.118	0.238	
Tyrosine.....g	0.258		0	FLA	4		0.073	0.147	
Valine.....g	0.454		0	FLA	4		0.129	0.259	
Arginine.....g	0.408		0	FLA	4		0.116	0.233	
Histidine.....g	0.201		0	FLA	4		0.057	0.114	
Alanine.....g	0.401		0	FLA	4		0.114	0.229	
Aspartic acid.....g	0.606		0	FLA	4		0.172	0.345	
Glutamic acid.....g	2.211		0	FLA	4		0.627	1.260	
Glycine.....g	0.347		0	FLA	4		0.098	0.198	
Proline.....g	0.710		0	FLA	4		0.201	0.405	
Serine.....g	0.415		0	FLA	4		0.118	0.237	
Hydroxyproline.....g	0.000		2	A	1		0.000	0.000	
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	FLA	4		0.0	0.0	
Caffeine.....mg	0		0	FLA	4		0	0	
Theobromine.....mg	0		0	FLA	4		0	0	

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

**Common Measures:**

Measure 1 = 28.35g: 1 oz

Measure 2 = 57g: 1 muffin

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

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

NDB No. 18437

English muffins, plain, enriched, without calcium propionate(includes sourdough)

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
<b>Proximates:</b>									
Water.....g	42.10	0.221	140		1		11.94	24.00	
Energy.....kcal	235		0	NC	4		67	134	
Energy.....kJ	983				4		279	560	
Protein (N x 5.8).....g	7.70	0.039	142		1		2.18	4.39	
Total lipid (fat).....g	1.80	0.031	141		1		0.51	1.03	
Ash.....g	2.20	0.107	37		1		0.62	1.25	
Carbohydrate, by difference.....g	46.00		0		4		13.04	26.22	
Fiber, total dietary.....g	2.7		0		4		0.8	1.5	
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	52		0		4		15	30	
Iron, Fe.....mg	2.50	0.098	42		1		0.71	1.43	
Magnesium, Mg.....mg	21	0.921	16		1		6	12	
Phosphorus, P.....mg	133	16.347	11		1		38	76	
Potassium, K.....mg	131	10.979	14		1		37	75	
Sodium, Na.....mg	464	21.312	20		1		132	264	
Zinc, Zn.....mg	0.70	0.039	28		1		0.20	0.40	
Copper, Cu.....mg	0.129	0.016	11		1		0.037	0.074	
Manganese, Mn.....mg	0.357	0.031	10		1		0.101	0.203	
Selenium, Se.....µg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0	BFZN	4		0.0	0.0	
Thiamin.....mg	0.442	0.006	129		1		0.125	0.252	
Riboflavin.....mg	0.281	0.013	33		1		0.080	0.160	
Niacin.....mg	3.884	0.125	33		1		1.101	2.214	
Pantothenic acid.....mg	0.446	0.041	9		1		0.126	0.254	
Vitamin B-6.....mg	0.043	0.004	4		1		0.012	0.025	
Folate, total.....µg	74		0	FLA	4		21	42	
Folic acid.....µg	37		0	NC	4		10	21	
Folate, food.....µg	37		0		4		10	21	
Folate, DFE.....µg	100		0	NC	4		28	57	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.04		0	BFZN	4		0.01	0.02	
Vitamin A, RAE.....µg	0		0	NC	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									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion 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	0.259		0		4		0.073	0.148	
4:0.....g	0.000		0		4		0.000	0.000	
6:0.....g	0.000		0		4		0.000	0.000	
8:0.....g	0.000		0		4		0.000	0.000	
10:0.....g	0.000		0		4		0.000	0.000	
12:0.....g	0.001		0		4		0.000	0.001	
13:0.....g									
14:0.....g	0.002		0		4		0.001	0.001	
15:0.....g									
16:0.....g	0.212		0		4		0.060	0.121	
17:0.....g									
18:0.....g	0.041		0		4		0.012	0.023	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.302		0		4		0.086	0.172	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.027		0		4		0.008	0.015	
17:1.....g									
18:1 undifferentiated.....g	0.274		0		4		0.078	0.156	
20:1.....g	0.002		0		4		0.001	0.001	
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.888		0		4		0.252	0.506	
18:2 undifferentiated.....g	0.813		0		4		0.230	0.463	
18:3 undifferentiated.....g	0.075		0		4		0.021	0.043	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3 (EPA).....g									
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	0.016	4		1		0	0	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.092		0		4		0.026	0.052	
Threonine.....g	0.242		0		4		0.069	0.138	
Isoleucine.....g	0.315		0		4		0.089	0.180	
Leucine.....g	0.553		0		4		0.157	0.315	
Lysine.....g	0.241		0		4		0.068	0.137	
Methionine.....g	0.139		0		4		0.039	0.079	
Cystine.....g	0.160		0		4		0.045	0.091	
Phenylalanine.....g	0.379		0		4		0.107	0.216	
Tyrosine.....g	0.233		0		4		0.066	0.133	
Valine.....g	0.353		0		4		0.100	0.201	
Arginine.....g	0.295		0		4		0.084	0.168	
Histidine.....g	0.170		0		4		0.048	0.097	
Alanine.....g	0.281		0		4		0.080	0.160	
Aspartic acid.....g	0.398		0		4		0.113	0.227	
Glutamic acid.....g	2.419		0		4		0.686	1.379	
Glycine.....g	0.280		0		4		0.079	0.160	
Proline.....g	0.809		0		4		0.229	0.461	
Serine.....g	0.376		0		4		0.107	0.214	
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. 18437**

**English muffins, plain, enriched, without calcium propionate(includes sourdough)**

**Common Measures:**

Measure 1 = 28.35g: 1 oz

Measure 2 = 57g: 1 muffin

**Calories Factors: Protein 3.9**

**Fat 8.6**

**Carbohydrate 4.1**

**Food Group: 18 Baked Products**

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





English muffins, plain, toasted, enriched, with calcium propionate (includes sourdough)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.533		0	NC	4		0.151	0.277	
4:0.....g	0.000		2	A	1		0.000	0.000	
6:0.....g	0.000		2	A	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	0.000		2	A	1		0.000	0.000	
14:0.....g	0.000		2	A	1		0.000	0.000	
15:0.....g	0.000		2	A	1		0.000	0.000	
16:0.....g	0.308		2	A	1		0.087	0.160	
17:0.....g	0.000		2	A	1		0.000	0.000	
18:0.....g	0.224		2	A	1		0.064	0.117	
20:0.....g	0.000		2	A	1		0.000	0.000	
22:0.....g	0.000		2	A	1		0.000	0.000	
24:0.....g	0.000		2	A	1		0.000	0.000	
Fatty acids, total monounsaturated.....g	0.478		0	NC	4		0.135	0.248	
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	0.000		2	A	1		0.000	0.000	
17:1.....g	0.000		2	A	1		0.000	0.000	
18:1 undifferentiated.....g	0.478		0	AS	1		0.135	0.248	
18:1 c.....g	0.478		2	A	1		0.135	0.248	
18:1 t.....g	0.000		2	A	1		0.000	0.000	
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.000		2	A	1		0.000	0.000	
22:1 undifferentiated.....g	0.000		2	A	1		0.000	0.000	
24:1 c.....g	0.000		2	A	1		0.000	0.000	
Fatty acids, total polyunsaturated.....g	0.921		0	NC	4		0.261	0.479	
18:2 undifferentiated.....g	0.832		2	A	1		0.236	0.433	
18:3 undifferentiated.....g	0.089		0	AS	1		0.025	0.046	
18:3 n-3 c,c,c (ALA).....g	0.089		2	A	1		0.025	0.046	
18:3 n-6 c,c,c.....g	0.000		2	A	1		0.000	0.000	
18:3i.....g									
18:4.....g	0.000		0	RK	4		0.000	0.000	
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	
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.000		2	A	1		0.000	0.000	
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.000		2	A	1		0.000	0.000	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	RK	4		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		2	A	1		0.000	0.000	
Fatty acids, total trans.....g	0.000		0	NC	4		0.000	0.000	
Cholesterol.....mg	0		0	RK	4		0	0	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.127		0	RK	4		0.036	0.066	
Threonine.....g	0.389		0	RK	4		0.110	0.202	
Isoleucine.....g	0.475		0	RK	4		0.135	0.247	
Leucine.....g	0.767		0	RK	4		0.218	0.399	
Lysine.....g	0.529		0	RK	4		0.150	0.275	
Methionine.....g	0.181		0	RK	4		0.051	0.094	
Cystine.....g	0.214		0	RK	4		0.061	0.111	
Phenylalanine.....g	0.491		0	RK	4		0.139	0.255	
Tyrosine.....g	0.304		0	RK	4		0.086	0.158	
Valine.....g	0.534		0	RK	4		0.151	0.278	
Arginine.....g	0.480		0	RK	4		0.136	0.250	
Histidine.....g	0.236		0	RK	4		0.067	0.123	
Alanine.....g	0.472		0	RK	4		0.134	0.245	

NDB No. 18259

English muffins, plain, toasted, enriched, with calcium propionate (includes sourdough)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Aspartic acid.....g	0.713		0	RK	4		0.202	0.371	
Glutamic acid.....g	2.601		0	RK	4		0.737	1.352	
Glycine.....g	0.408		0	RK	4		0.116	0.212	
Proline.....g	0.835		0	RK	4		0.237	0.434	
Serine.....g	0.489		0	RK	4		0.139	0.254	
Hydroxyproline.....g	0.000		2	A	1		0.000	0.000	
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	RK	4		0.0	0.0	
Caffeine.....mg	0		0	RK	4		0	0	
Theobromine.....mg	0		0	RK	4		0	0	

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

**Common Measures:**

Measure 1 = 28.35g: 1 oz

Measure 2 = 52g: 1 muffin

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

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

NDB No. 18438

English muffins, plain, unenriched, with calcium propionate (includes sourdough)

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
<b>Proximates:</b>									
Water.....g	42.10	0.221	140		1		11.94	24.00	
Energy.....kcal	235		0	NC	4		67	134	
Energy.....kJ	983				4		279	560	
Protein (N x 5.8).....g	7.70	0.039	142		1		2.18	4.39	
Total lipid (fat).....g	1.80	0.031	141		1		0.51	1.03	
Ash.....g	2.20	0.107	37		1		0.62	1.25	
Carbohydrate, by difference.....g	46.00		0		4		13.04	26.22	
Fiber, total dietary.....g	2.7		0	BFZN	4		0.8	1.5	
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	174	10.922	28		1		49	99	
Iron, Fe.....mg	0.89		0		4		0.25	0.51	
Magnesium, Mg.....mg	21	0.921	16		1		6	12	
Phosphorus, P.....mg	133	16.347	11		1		38	76	
Potassium, K.....mg	131	10.979	14		1		37	75	
Sodium, Na.....mg	464	21.312	20		1		132	264	
Zinc, Zn.....mg	0.70	0.039	28		1		0.20	0.40	
Copper, Cu.....mg	0.129	0.016	11		1		0.037	0.074	
Manganese, Mn.....mg	0.357	0.031	10		1		0.101	0.203	
Selenium, Se.....µg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0	BFZN	4		0.0	0.0	
Thiamin.....mg	0.181		0		4		0.051	0.103	
Riboflavin.....mg	0.154		0		4		0.044	0.088	
Niacin.....mg	1.566		0		4		0.444	0.893	
Pantothenic acid.....mg	0.446	0.041	9		1		0.126	0.254	
Vitamin B-6.....mg	0.043	0.004	4		1		0.012	0.025	
Folate, total.....µg	37		0		4		10	21	
Folic acid.....µg	0		0	Z	7		0	0	
Folate, food.....µg	37		0		4		10	21	
Folate, DFE.....µg	37		0	NC	4		10	21	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.04		0	BFZN	4		0.01	0.02	
Vitamin A, RAE.....µg	0		0	NC	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									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion 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	0.259		0		4		0.073	0.148	
4:0.....g	0.000		0		4		0.000	0.000	
6:0.....g	0.000		0		4		0.000	0.000	
8:0.....g	0.000		0		4		0.000	0.000	
10:0.....g	0.000		0		4		0.000	0.000	
12:0.....g	0.001		0		4		0.000	0.001	
13:0.....g									
14:0.....g	0.002		0		4		0.001	0.001	
15:0.....g									
16:0.....g	0.212		0		4		0.060	0.121	
17:0.....g									
18:0.....g	0.041		0		4		0.012	0.023	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.302		0		4		0.086	0.172	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.027		0		4		0.008	0.015	
17:1.....g									
18:1 undifferentiated.....g	0.274		0		4		0.078	0.156	
20:1.....g	0.002		0		4		0.001	0.001	
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.888		0		4		0.252	0.506	
18:2 undifferentiated.....g	0.813		0		4		0.230	0.463	
18:3 undifferentiated.....g	0.075		0		4		0.021	0.043	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3 (EPA).....g									
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	0.016	4		1		0	0	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.092		0		4		0.026	0.052	
Threonine.....g	0.242		0		4		0.069	0.138	
Isoleucine.....g	0.315		0		4		0.089	0.180	
Leucine.....g	0.553		0		4		0.157	0.315	
Lysine.....g	0.241		0		4		0.068	0.137	
Methionine.....g	0.139		0		4		0.039	0.079	
Cystine.....g	0.160		0		4		0.045	0.091	
Phenylalanine.....g	0.379		0		4		0.107	0.216	
Tyrosine.....g	0.233		0		4		0.066	0.133	
Valine.....g	0.353		0		4		0.100	0.201	
Arginine.....g	0.295		0		4		0.084	0.168	
Histidine.....g	0.170		0		4		0.048	0.097	
Alanine.....g	0.281		0		4		0.080	0.160	
Aspartic acid.....g	0.398		0		4		0.113	0.227	
Glutamic acid.....g	2.419		0		4		0.686	1.379	
Glycine.....g	0.280		0		4		0.079	0.160	
Proline.....g	0.809		0		4		0.229	0.461	
Serine.....g	0.376		0		4		0.107	0.214	
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. 18438**

**English muffins, plain, unenriched, with calcium propionate (includes sourdough)**

**Common Measures:**

Measure 1 = 28.35g: 1 oz

Measure 2 = 57g: 1 muffin

**Calories Factors: Protein 3.9**

**Fat 8.6**

**Carbohydrate 4.1**

**Food Group: 18 Baked Products**

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

NDB No. 18439

English muffins, plain, unenriched, without calcium propionate (includes sourdough)

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
<b>Proximates:</b>									
Water.....g	42.10	0.221	140		1		11.94	24.00	
Energy.....kcal	235		0	NC	4		67	134	
Energy.....kJ	983				4		279	560	
Protein (N x 5.8).....g	7.70	0.039	142		1		2.18	4.39	
Total lipid (fat).....g	1.80	0.031	141		1		0.51	1.03	
Ash.....g	2.20	0.107	37		1		0.62	1.25	
Carbohydrate, by difference.....g	46.00		0		4		13.04	26.22	
Fiber, total dietary.....g	2.7		0	BFZN	4		0.8	1.5	
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	52		0		4		15	30	
Iron, Fe.....mg	0.89		0	BFZN	4		0.25	0.51	
Magnesium, Mg.....mg	21	0.921	16		1		6	12	
Phosphorus, P.....mg	133	16.347	11		1		38	76	
Potassium, K.....mg	131	10.979	14		1		37	75	
Sodium, Na.....mg	464	21.312	20		1		132	264	
Zinc, Zn.....mg	0.70	0.039	28		1		0.20	0.40	
Copper, Cu.....mg	0.129	0.016	11		1		0.037	0.074	
Manganese, Mn.....mg	0.357	0.031	10		1		0.101	0.203	
Selenium, Se.....µg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.1		0		4		0.0	0.1	
Thiamin.....mg	0.181		0		4		0.051	0.103	
Riboflavin.....mg	0.154		0		4		0.044	0.088	
Niacin.....mg	1.566		0		4		0.444	0.893	
Pantothenic acid.....mg	0.446	0.041	9		1		0.126	0.254	
Vitamin B-6.....mg	0.043	0.004	4		1		0.012	0.025	
Folate, total.....µg	37		0		4		10	21	
Folic acid.....µg	0		0	Z	7		0	0	
Folate, food.....µg	37		0		4		10	21	
Folate, DFE.....µg	37		0	NC	4		10	21	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.04		0	BFZN	4		0.01	0.02	
Vitamin A, RAE.....µg	0		0	NC	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									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data Points					
Fatty acids, total saturated.....g	0.259		0	4		0.073	0.148	
4:0.....g	0.000		0	4		0.000	0.000	
6:0.....g	0.000		0	4		0.000	0.000	
8:0.....g	0.000		0	4		0.000	0.000	
10:0.....g	0.000		0	4		0.000	0.000	
12:0.....g	0.001		0	4		0.000	0.001	
13:0.....g								
14:0.....g	0.002		0	4		0.001	0.001	
15:0.....g								
16:0.....g	0.212		0	4		0.060	0.121	
17:0.....g								
18:0.....g	0.041		0	4		0.012	0.023	
20:0.....g								
22:0.....g								
24:0.....g								
Fatty acids, total monounsaturated.....g	0.302		0	4		0.086	0.172	
14:1.....g								
15:1.....g								
16:1 undifferentiated.....g	0.027		0	4		0.008	0.015	
17:1.....g								
18:1 undifferentiated.....g	0.274		0	4		0.078	0.156	
20:1.....g	0.002		0	4		0.001	0.001	
22:1 undifferentiated.....g								
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	0.888		0	4		0.252	0.506	
18:2 undifferentiated.....g	0.813		0	4		0.230	0.463	
18:3 undifferentiated.....g	0.075		0	4		0.021	0.043	
18:4.....g								
20:2 n-6 c,c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g								
20:5 n-3 (EPA).....g								
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	0.016	4	1		0	0	
Phytosterols.....mg								
<b>Amino Acids:</b>								
Tryptophan.....g	0.092		0	4		0.026	0.052	
Threonine.....g	0.242		0	4		0.069	0.138	
Isoleucine.....g	0.315		0	4		0.089	0.180	
Leucine.....g	0.553		0	4		0.157	0.315	
Lysine.....g	0.241		0	4		0.068	0.137	
Methionine.....g	0.139		0	4		0.039	0.079	
Cystine.....g	0.160		0	4		0.045	0.091	
Phenylalanine.....g	0.379		0	4		0.107	0.216	
Tyrosine.....g	0.233		0	4		0.066	0.133	
Valine.....g	0.353		0	4		0.100	0.201	
Arginine.....g	0.295		0	4		0.084	0.168	
Histidine.....g	0.170		0	4		0.048	0.097	
Alanine.....g	0.281		0	4		0.080	0.160	
Aspartic acid.....g	0.398		0	4		0.113	0.227	
Glutamic acid.....g	2.419		0	4		0.686	1.379	
Glycine.....g	0.280		0	4		0.079	0.160	
Proline.....g	0.809		0	4		0.229	0.461	
Serine.....g	0.376		0	4		0.107	0.214	
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. 18439**

**English muffins, plain, unenriched, without calcium propionate (includes sourdough)**

**Common Measures:**

Measure 1 = 28.35g: 1 oz

Measure 2 = 57g: 1 muffin

**Calories Factors: Protein 3.9**

**Fat 8.6**

**Carbohydrate 4.1**

**Food Group: 18 Baked Products**

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





NDB No. 18262

English muffins, raisin-cinnamon (includes apple-cinnamon)

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 Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Code					
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	2.5		2	A	1		0.7	1.4	
Dihydrophyloquinone.....µg	0.5		2	A	1		0.1	0.3	
Menaquinone-4.....µg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.540		0	NC	4		0.153	0.308	
4:0.....g	0.000		2	A	1		0.000	0.000	
6:0.....g	0.000		2	A	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	0.013		2	A	1		0.004	0.007	
13:0.....g	0.000		2	A	1		0.000	0.000	
14:0.....g	0.014		2	A	1		0.004	0.008	
15:0.....g	0.000		2	A	1		0.000	0.000	
16:0.....g	0.265		2	A	1		0.075	0.151	
17:0.....g	0.000		2	A	1		0.000	0.000	
18:0.....g	0.243		2	A	1		0.069	0.139	
20:0.....g	0.005		2	A	1		0.001	0.003	
22:0.....g	0.000		2	A	1		0.000	0.000	
24:0.....g	0.000		2	A	1		0.000	0.000	
Fatty acids, total monounsaturated.....g	0.846		0	NC	4		0.240	0.482	
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	0.007		2	A	1		0.002	0.004	
17:1.....g	0.000		2	A	1		0.000	0.000	
18:1 undifferentiated.....g	0.840		0	AS	1		0.238	0.479	
18:1 c.....g	0.840		2	A	1		0.238	0.479	
18:1 t.....g	0.000		2	A	1		0.000	0.000	
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.000		2	A	1		0.000	0.000	
22:1 undifferentiated.....g	0.000		2	A	1		0.000	0.000	
24:1 c.....g	0.000		2	A	1		0.000	0.000	
Fatty acids, total polyunsaturated.....g	0.339		0	NC	4		0.096	0.193	
18:2 undifferentiated.....g	0.309		2	A	1		0.088	0.176	
18:3 undifferentiated.....g	0.030		0	AS	1		0.009	0.017	
18:3 n-3 c,c,c (ALA).....g	0.030		2	A	1		0.009	0.017	
18:3 n-6 c,c,c.....g	0.000		2	A	1		0.000	0.000	
18:3i.....g									
18:4.....g	0.000		0		4		0.000	0.000	
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	
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.000		2	A	1		0.000	0.000	
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.000		2	A	1		0.000	0.000	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0		4		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		2	A	1		0.000	0.000	
Fatty acids, total trans.....g	0.000		0	NC	4		0.000	0.000	
Fatty acids, total trans-monoenoic.....g	0.000		0	NC	4		0.000	0.000	
Fatty acids, total trans-polyenoic.....g									
Cholesterol.....mg	0		2		1		0	0	
Phytosterols.....mg	2		0	FLA	4		1	1	
<b>Amino Acids:</b>									
Tryptophan.....g	0.090		0	FLA	4		0.026	0.051	
Threonine.....g	0.268		0	FLA	4		0.076	0.153	
Isoleucine.....g	0.318		0	FLA	4		0.090	0.182	
Leucine.....g	0.517		0	FLA	4		0.146	0.294	
Lysine.....g	0.346		0	FLA	4		0.098	0.197	

NDB No. 18262

English muffins, raisin-cinnamon (includes apple-cinnamon)

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			
Methionine.....g	0.121		0	FLA	4	0.034	0.069
Cystine.....g	0.145		0	FLA	4	0.041	0.082
Phenylalanine.....g	0.343		0	FLA	4	0.097	0.196
Tyrosine.....g	0.191		0	FLA	4	0.054	0.109
Valine.....g	0.363		0	FLA	4	0.103	0.207
Arginine.....g	0.365		0	FLA	4	0.104	0.208
Histidine.....g	0.165		0	FLA	4	0.047	0.094
Alanine.....g	0.325		0	FLA	4	0.092	0.185
Aspartic acid.....g	0.471		0	FLA	4	0.134	0.268
Glutamic acid.....g	1.830		0	FLA	4	0.519	1.043
Glycine.....g	0.289		0	FLA	4	0.082	0.165
Proline.....g	0.603		0	FLA	4	0.171	0.344
Serine.....g	0.332		0	FLA	4	0.094	0.189
Hydroxyproline.....g	0.000		2	A	1	0.000	0.000
<b>Others:</b>							
Alcohol, ethyl.....g	0.0		0		7	0.0	0.0
Caffeine.....mg	0		0	FLA	4	0	0
Theobromine.....mg	0		0	FLC	4	0	0

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

**Common Measures:**

Measure 1 = 28.35g: 1 oz

Measure 2 = 57g: 1 muffin

**Calories Factors: Protein 4**

**Fat 9**

**Carbohydrate4**

**Food Group: 18 Baked Products**

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



English muffins, raisin-cinnamon, toasted (includes apple-cinnamon)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.579		0	NC	4		0.164	0.301	
4:0.....g	0.000		2	A	1		0.000	0.000	
6:0.....g	0.000		2	A	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	0.000		2	A	1		0.000	0.000	
14:0.....g	0.008		2	A	1		0.002	0.004	
15:0.....g	0.000		2	A	1		0.000	0.000	
16:0.....g	0.320		2	A	1		0.091	0.167	
17:0.....g	0.000		2	A	1		0.000	0.000	
18:0.....g	0.251		2	A	1		0.071	0.130	
20:0.....g	0.000		2	A	1		0.000	0.000	
22:0.....g	0.000		2	A	1		0.000	0.000	
24:0.....g	0.000		2	A	1		0.000	0.000	
Fatty acids, total monounsaturated.....g	1.065		0	NC	4		0.302	0.554	
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	0.000		2	A	1		0.000	0.000	
17:1.....g	0.000		2	A	1		0.000	0.000	
18:1 undifferentiated.....g	1.065		0	AS	1		0.302	0.554	
18:1 c.....g	1.065		2	A	1		0.302	0.554	
18:1 t.....g	0.000		2	A	1		0.000	0.000	
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.000		2	A	1		0.000	0.000	
22:1 undifferentiated.....g	0.000		2	A	1		0.000	0.000	
24:1 c.....g	0.000		2	A	1		0.000	0.000	
Fatty acids, total polyunsaturated.....g	0.469		0	NC	4		0.133	0.244	
18:2 undifferentiated.....g	0.424		2	A	1		0.120	0.220	
18:3 undifferentiated.....g	0.046		0	AS	1		0.013	0.024	
18:3 n-3 c,c,c (ALA).....g	0.046		2	A	1		0.013	0.024	
18:3 n-6 c,c,c.....g	0.000		2	A	1		0.000	0.000	
18:3i.....g									
18:4.....g	0.000		0	RA	4		0.000	0.000	
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	
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.000		2	A	1		0.000	0.000	
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.000		2	A	1		0.000	0.000	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	RA	4		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		2	A	1		0.000	0.000	
Fatty acids, total trans.....g	0.000		0	NC	4		0.000	0.000	
Fatty acids, total trans-monoenoic.....g	0.000		0	NC	4		0.000	0.000	
Fatty acids, total trans-polyenoic.....g									
Cholesterol.....mg	0		0	RA	4		0	0	
Phytosterols.....mg	2		0	RA	4		1	1	
<b>Amino Acids:</b>									
Tryptophan.....g	0.102		0	RA	4		0.029	0.053	
Threonine.....g	0.305		0	RA	4		0.086	0.159	
Isoleucine.....g	0.362		0	RA	4		0.103	0.188	
Leucine.....g	0.587		0	RA	4		0.166	0.305	
Lysine.....g	0.393		0	RA	4		0.111	0.204	
Methionine.....g	0.138		0	RA	4		0.039	0.072	
Cystine.....g	0.164		0	RA	4		0.047	0.085	
Phenylalanine.....g	0.390		0	RA	4		0.111	0.203	
Tyrosine.....g	0.217		0	RA	4		0.061	0.113	
Valine.....g	0.412		0	RA	4		0.117	0.214	
Arginine.....g	0.415		0	RA	4		0.118	0.216	

NDB No. 18263

English muffins, raisin-cinnamon, toasted (includes apple-cinnamon)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Histidine.....g	0.187		0	RA	4		0.053	0.097	
Alanine.....g	0.369		0	RA	4		0.105	0.192	
Aspartic acid.....g	0.535		0	RA	4		0.152	0.278	
Glutamic acid.....g	2.080		0	RA	4		0.590	1.082	
Glycine.....g	0.328		0	RA	4		0.093	0.171	
Proline.....g	0.686		0	RA	4		0.194	0.356	
Serine.....g	0.377		0	RA	4		0.107	0.196	
Hydroxyproline.....g	0.000		2	A	1		0.000	0.000	
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	RA	4		0.0	0.0	
Caffeine.....mg	0		0	RA	4		0	0	
Theobromine.....mg	0		0	RA	4		0	0	

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

**Common Measures:**

Measure 1 = 28.35g: 1 oz

Measure 2 = 52g: 1 muffin

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

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



NDB No. 18264  
English muffins, wheat

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common		
	Mean	Std. Error	Number		Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code			
<b>Lipids:</b>							
Fatty acids, total saturated.....g	0.287		0		4	0.081	0.164
4:0.....g	0.000		0		4	0.000	0.000
6:0.....g	0.000		0		4	0.000	0.000
8:0.....g	0.000		0		4	0.000	0.000
10:0.....g	0.000		0		4	0.000	0.000
12:0.....g	0.001		0		4	0.000	0.001
13:0.....g							
14:0.....g	0.002		0		4	0.001	0.001
15:0.....g							
16:0.....g	0.254		0		4	0.072	0.145
17:0.....g							
18:0.....g	0.024		0		4	0.007	0.014
20:0.....g							
22:0.....g							
24:0.....g							
Fatty acids, total monounsaturated.....g	0.280		0		4	0.079	0.160
14:1.....g							
15:1.....g							
16:1 undifferentiated.....g	0.037		0		4	0.010	0.021
17:1.....g							
18:1 undifferentiated.....g	0.243		0		4	0.069	0.139
20:1.....g	0.000		0		4	0.000	0.000
22:1 undifferentiated.....g	0.000		0		4	0.000	0.000
24:1 c.....g							
Fatty acids, total polyunsaturated.....g	0.834		0		4	0.236	0.475
18:2 undifferentiated.....g	0.785		0		4	0.223	0.447
18:3 undifferentiated.....g	0.048		0		4	0.014	0.027
18:4.....g	0.000		0		4	0.000	0.000
20:2 n-6 c,c.....g							
20:3 undifferentiated.....g							
20:4 undifferentiated.....g	0.001		0		4	0.000	0.001
20:5 n-3 (EPA).....g	0.000		0		4	0.000	0.000
21:5.....g							
22:4.....g							
22:5 n-3 (DPA).....g	0.000		0		4	0.000	0.000
22:6 n-3 (DHA).....g	0.000		0		4	0.000	0.000
Fatty acids, total trans.....g							
Cholesterol.....mg	0		1		1	0	0
Phytosterols.....mg							
<b>Amino Acids:</b>							
Tryptophan.....g	0.112		0		1	0.032	0.064
Threonine.....g	0.266		0		1	0.075	0.152
Isoleucine.....g	0.341		0		1	0.097	0.194
Leucine.....g	0.596		0		1	0.169	0.340
Lysine.....g	0.270		0		1	0.077	0.154
Methionine.....g	0.145		0		1	0.041	0.083
Cystine.....g	0.181		0		1	0.051	0.103
Phenylalanine.....g	0.412		0		1	0.117	0.235
Tyrosine.....g	0.255		0		1	0.072	0.145
Valine.....g	0.391		0		1	0.111	0.223
Arginine.....g	0.359		0		1	0.102	0.205
Histidine.....g	0.193		0		1	0.055	0.110
Alanine.....g	0.321		0		1	0.091	0.183
Aspartic acid.....g	0.456		0		1	0.129	0.260
Glutamic acid.....g	2.612		0		1	0.741	1.489
Glycine.....g	0.327		0		1	0.093	0.186
Proline.....g	0.862		0		1	0.244	0.491
Serine.....g	0.409		0		1	0.116	0.233
Hydroxyproline.....g							
<b>Others:</b>							
Alcohol, ethyl.....g	0.0		0		7	0.0	0.0
Caffeine.....mg	0		0	FLC	4	0	0



**NDB No. 18264**  
**English muffins, wheat**

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			
Theobromine.....mg	0		0	FLC	4	0	0

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

**Common Measures:**

Measure 1 = 28.35g: 1 oz  
 Measure 2 = 57g: 1 muffin

**Calories Factors: Protein 3.7                      Fat 8.4                      Carbohydrate 3.9**

**Food Group:** 18 Baked Products  
 USDA National Nutrient Database for Standard Reference, Release 27 (2014)



**NDB No. 18265**  
**English muffins, wheat, toasted**

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common			
	Mean	Std. Error	Number	Deriv Code	Source Code	measures of food		
			of Data Points			Confidence Code	Measure 1	Measure 2
<b>Lipids:</b>								
Fatty acids, total saturated.....g	0.312		0		1		0.088	0.162
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	0.001		0		1		0.000	0.001
13:0.....g								
14:0.....g	0.002		0		1		0.001	0.001
15:0.....g								
16:0.....g	0.276		0		1		0.078	0.144
17:0.....g								
18:0.....g	0.026		0		1		0.007	0.014
20:0.....g								
22:0.....g								
24:0.....g								
Fatty acids, total monounsaturated.....g	0.305		0		1		0.086	0.159
14:1.....g								
15:1.....g								
16:1 undifferentiated.....g	0.040		0		1		0.011	0.021
17:1.....g								
18:1 undifferentiated.....g	0.264		0		1		0.075	0.137
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	0.906		0		1		0.257	0.471
18:2 undifferentiated.....g	0.853		0		1		0.242	0.444
18:3 undifferentiated.....g	0.052		0		1		0.015	0.027
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	0.001		0		1		0.000	0.001
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		1		0	0
Phytosterols.....mg								
<b>Amino Acids:</b>								
Tryptophan.....g	0.122		0		1		0.035	0.063
Threonine.....g	0.289		0		1		0.082	0.150
Isoleucine.....g	0.370		0		1		0.105	0.192
Leucine.....g	0.648		0		1		0.184	0.337
Lysine.....g	0.294		0		1		0.083	0.153
Methionine.....g	0.158		0		1		0.045	0.082
Cystine.....g	0.197		0		1		0.056	0.102
Phenylalanine.....g	0.448		0		1		0.127	0.233
Tyrosine.....g	0.278		0		1		0.079	0.145
Valine.....g	0.425		0		1		0.120	0.221
Arginine.....g	0.390		0		1		0.111	0.203
Histidine.....g	0.209		0		1		0.059	0.109
Alanine.....g	0.349		0		1		0.099	0.181
Aspartic acid.....g	0.495		0		1		0.140	0.257
Glutamic acid.....g	2.839		0		1		0.805	1.476
Glycine.....g	0.356		0		1		0.101	0.185
Proline.....g	0.937		0		1		0.266	0.487
Serine.....g	0.445		0		1		0.126	0.231
Hydroxyproline.....g								
<b>Others:</b>								
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0
Caffeine.....mg	0		0	RA	4		0	0

**NDB No. 18265**  
**English muffins, wheat, toasted**

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			
Theobromine.....mg	0		0	RA	4	0	0

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

**Common Measures:**

Measure 1 = 28.35g: 1 oz

Measure 2 = 52g: 1 muffin

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

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



NDB No. 18266  
English muffins, whole-wheat

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
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.334		0	FLA	4		0.095	0.220	
4:0.....g	0.000		0		4		0.000	0.000	
6:0.....g	0.000		0		4		0.000	0.000	
8:0.....g	0.000		0		4		0.000	0.000	
10:0.....g	0.000		0		4		0.000	0.000	
12:0.....g	0.001		0		4		0.000	0.001	
13:0.....g									
14:0.....g	0.003		0		4		0.001	0.002	
15:0.....g									
16:0.....g	0.276		0		4		0.078	0.182	
17:0.....g									
18:0.....g	0.049		0		4		0.014	0.032	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.513		0	FLA	4		0.145	0.339	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.034		0		4		0.010	0.022	
17:1.....g									
18:1 undifferentiated.....g	0.479		0		4		0.136	0.316	
20:1.....g	0.000		0		4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.835		0	FLA	4		0.237	0.551	
18:2 undifferentiated.....g	0.787		0		4		0.223	0.519	
18:3 undifferentiated.....g	0.046		0		4		0.013	0.030	
18:4.....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.002		0		4		0.001	0.001	
20:5 n-3 (EPA).....g	0.000		0		4		0.000	0.000	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0		4		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		1		1		0	0	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.129		0		1		0.037	0.085	
Threonine.....g	0.283		0		1		0.080	0.187	
Isoleucine.....g	0.351		0		1		0.100	0.232	
Leucine.....g	0.610		0		1		0.173	0.403	
Lysine.....g	0.309		0		1		0.088	0.204	
Methionine.....g	0.141		0		1		0.040	0.093	
Cystine.....g	0.190		0		1		0.054	0.125	
Phenylalanine.....g	0.417		0		1		0.118	0.275	
Tyrosine.....g	0.272		0		1		0.077	0.180	
Valine.....g	0.414		0		1		0.117	0.273	
Arginine.....g	0.417		0		1		0.118	0.275	
Histidine.....g	0.205		0		1		0.058	0.135	
Alanine.....g	0.350		0		1		0.099	0.231	
Aspartic acid.....g	0.510		0		1		0.145	0.337	
Glutamic acid.....g	2.560		0		1		0.726	1.690	
Glycine.....g	0.362		0		1		0.103	0.239	
Proline.....g	0.841		0		1		0.238	0.555	
Serine.....g	0.415		0		1		0.118	0.274	
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	FLC	4		0	0	

**NDB No. 18266**  
**English muffins, whole-wheat**

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	FLC	4		0		0

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

**Common Measures:**

Measure 1 = 28.35g: 1 oz

Measure 2 = 66g: 1 muffin

**Calories Factors: Protein 3.5**

**Fat 8.5**

**Carbohydrate 3.8**

**Food Group: 18 Baked 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 of Data		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			Points	Deriv Code					
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.363		0		1		0.103	0.221	
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	0.001		0		1		0.000	0.001	
13:0.....g									
14:0.....g	0.004		0		1		0.001	0.002	
15:0.....g									
16:0.....g	0.299		0		1		0.085	0.182	
17:0.....g									
18:0.....g	0.053		0		1		0.015	0.032	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.557		0		1		0.158	0.340	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.037		0		1		0.010	0.023	
17:1.....g									
18:1 undifferentiated.....g	0.521		0		1		0.148	0.318	
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	0.908		0		1		0.257	0.554	
18:2 undifferentiated.....g	0.856		0		1		0.243	0.522	
18:3 undifferentiated.....g	0.050		0		1		0.014	0.031	
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	0.002		0		1		0.001	0.001	
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		1		0	0	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.141		0		1		0.040	0.086	
Threonine.....g	0.308		0		1		0.087	0.188	
Isoleucine.....g	0.382		0		1		0.108	0.233	
Leucine.....g	0.663		0		1		0.188	0.404	
Lysine.....g	0.336		0		1		0.095	0.205	
Methionine.....g	0.154		0		1		0.044	0.094	
Cystine.....g	0.207		0		1		0.059	0.126	
Phenylalanine.....g	0.453		0		1		0.128	0.276	
Tyrosine.....g	0.296		0		1		0.084	0.181	
Valine.....g	0.450		0		1		0.128	0.275	
Arginine.....g	0.453		0		1		0.128	0.276	
Histidine.....g	0.223		0		1		0.063	0.136	
Alanine.....g	0.380		0		1		0.108	0.232	
Aspartic acid.....g	0.554		0		1		0.157	0.338	
Glutamic acid.....g	2.782		0		1		0.789	1.697	
Glycine.....g	0.393		0		1		0.111	0.240	
Proline.....g	0.914		0		1		0.259	0.558	
Serine.....g	0.451		0		1		0.128	0.275	
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	RA	4		0	0	

NDB No. 18267

English muffins, whole-wheat, toasted

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			
Theobromine.....mg	0		0	RA	4	0	0

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

**Common Measures:**

Measure 1 = 28.35g: 1 oz

Measure 2 = 61g: 1 muffin

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

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



NDB No. 28027

**FAMOUS AMOS, Chocolate Chip Cookies**

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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

---

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

**Common Measures:**

Measure 1 = 29g: 4 cookies

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

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



NDB No. 28028

**FAMOUS AMOS, Chocolate Chip Pecan Cookies**

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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

---

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

**Common Measures:**

Measure 1 = 29g: 4 cookies

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

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



NDB No. 28261

**FAMOUS AMOS, Chocolate Sandwich Creme Cookies**

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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

---

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

**Common Measures:**

Measure 1 = 34g: 3 cookies

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

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





NDB No. 28262

**FAMOUS AMOS, Vanilla Sandwich Creme Cookies**

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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	Measure 1	Measure 2	Measure 3
			of Data Points	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 = 34g: 3 cookies

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

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



NDB No. 18973  
Focaccia, Italian flatbread, plain

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.877		1	LC	8		0.500		
4:0.....g	0.000		0	FLC	4		0.000		
6:0.....g	0.000		0	FLC	4		0.000		
8:0.....g	0.000		0	FLC	4		0.000		
10:0.....g	0.000		0	FLC	4		0.000		
12:0.....g	0.001		0	FLC	4		0.001		
13:0.....g									
14:0.....g	0.001		0	FLC	4		0.000		
15:0.....g									
16:0.....g	0.723		0	FLC	4		0.412		
17:0.....g	0.001		0	FLC	4		0.001		
18:0.....g	0.120		0	FLC	4		0.068		
20:0.....g	0.024		0	FLC	4		0.014		
22:0.....g	0.008		0	FLC	4		0.004		
24:0.....g	0.000		0	FLC	4		0.000		
Fatty acids, total monounsaturated.....g	5.670		0	FLC	4		3.232		
14:1.....g	0.000		0	FLC	4		0.000		
15:1.....g									
16:1 undifferentiated.....g	0.138		0	FLC	4		0.079		
17:1.....g	0.009		0	FLC	4		0.005		
18:1 undifferentiated.....g	5.495		0	FLC	4		3.132		
20:1.....g	0.024		0	FLC	4		0.013		
22:1 undifferentiated.....g	0.000		0	FLC	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.994		0	FLC	4		0.567		
18:2 undifferentiated.....g	0.923		0	FLC	4		0.526		
18:3 undifferentiated.....g	0.072		0	FLC	4		0.041		
18:4.....g	0.000		0	FLC	4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLC	4		0.000		
20:5 n-3 (EPA).....g	0.000		0	FLC	4		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	FLC	4		0.000		
22:6 n-3 (DHA).....g	0.000		0	FLC	4		0.000		
Fatty acids, total trans.....g	0.000		1	LC	8		0.000		
Cholesterol.....mg	0		1	LC	8		0		
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	FLC	4		0.0		
Caffeine.....mg	0		1	LC	8		0		
Theobromine.....mg	0		0	FLC	4		0		

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

**Common Measures:**

Measure 1 = 57g: 1 piece

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

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

NDB No. 18268

French toast, frozen, ready-to-heat

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
<b>Proximates:</b>									
Water.....g	52.60	0.330	66		1		14.91	31.03	
Energy.....kcal	213		0	NC	4		60	126	
Energy.....kJ	891				4		253	526	
Protein (N x 6).....g	7.40	0.058	54		1		2.10	4.37	
Total lipid (fat).....g	6.10	0.148	54		1		1.73	3.60	
Ash.....g	1.80	0.028	54		1		0.51	1.06	
Carbohydrate, by difference.....g	32.10		0	NC	4		9.10	18.94	
Fiber, total dietary.....g	1.1		0		4		0.3	0.7	
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	107	2.773	52		1		30	63	
Iron, Fe.....mg	2.21	0.060	63		1		0.63	1.30	
Magnesium, Mg.....mg	17	0.839	26		1		5	10	
Phosphorus, P.....mg	139	2.965	24		1		39	82	
Potassium, K.....mg	134	3.480	46		1		38	79	
Sodium, Na.....mg	495	8.699	46		1		140	292	
Zinc, Zn.....mg	0.77	0.016	15		1		0.22	0.45	
Copper, Cu.....mg	0.084	0.008	24		1		0.024	0.050	
Manganese, Mn.....mg	0.245	0.023	4		1		0.069	0.145	
Selenium, Se.....µg	16.7		1	A	1		4.7	9.9	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.3		0	FLA	4		0.1	0.2	
Thiamin.....mg	0.277	0.007	76		1		0.079	0.163	
Riboflavin.....mg	0.381	0.011	76		1		0.108	0.225	
Niacin.....mg	2.722	0.076	70		1		0.772	1.606	
Pantothenic acid.....mg	0.940	0.072	32		1		0.266	0.555	
Vitamin B-6.....mg	0.496	0.021	61		1		0.141	0.293	
Folate, total.....µg	52		0	FLA	4		15	31	
Folic acid.....µg	28		0	NC	4		8	17	
Folate, food.....µg	24	0.760	8		1		7	14	
Folate, DFE.....µg	72		0	NC	4		20	42	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	1.68	0.087	64		1		0.48	0.99	
Vitamin A, RAE.....µg	54		0	NC	4		15	32	
Retinol.....µg	53		0	NC	4		15	31	
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	187	12.939	39		1		53	110	
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									
<b>Lipids:</b>									



NDB No. 18268

French toast, frozen, ready-to-heat

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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						

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Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 = 59g: 1 piece

**Calories Factors: Protein** 4.1

**Fat** 8.9

**Carbohydrate**4

**Food Group:** 18 Baked Products

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

NDB No. 18269

French toast, prepared from recipe, made with low fat (2%) milk

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
<b>Proximates:</b>									
Water.....g	54.70		0		1		15.51	35.56	
Energy.....kcal	229		0	NC	4		65	149	
Energy.....kJ	958				4		272	623	
Protein (N x 0).....g	7.70		0		1		2.18	5.01	
Total lipid (fat).....g	10.80		0		1		3.06	7.02	
Ash.....g	1.80		0		1		0.51	1.17	
Carbohydrate, by difference.....g	25.00		0	NC	4		7.09	16.25	
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	100		0		1		28	65	
Iron, Fe.....mg	1.67		0		1		0.47	1.09	
Magnesium, Mg.....mg	17		0		1		5	11	
Phosphorus, P.....mg	117		0		1		33	76	
Potassium, K.....mg	134		0		1		38	87	
Sodium, Na.....mg	479		0		1		136	311	
Zinc, Zn.....mg	0.67		0		1		0.19	0.44	
Copper, Cu.....mg	0.058		0		1		0.016	0.038	
Manganese, Mn.....mg	0.188		0		1		0.053	0.122	
Selenium, Se.....µg	20.1		0	RK	4		5.7	13.1	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.3		0		1		0.1	0.2	
Thiamin.....mg	0.204		0		1		0.058	0.133	
Riboflavin.....mg	0.321		0		1		0.091	0.209	
Niacin.....mg	1.628		0		1		0.462	1.058	
Pantothenic acid.....mg	0.549		0		1		0.156	0.357	
Vitamin B-6.....mg	0.074		0		1		0.021	0.048	
Folate, total.....µg	43		0	RK	4		12	28	
Folic acid.....µg	20		0	NC	4		6	13	
Folate, food.....µg	23		0		1		7	15	
Folate, DFE.....µg	57		0	NC	4		16	37	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.31		0		1		0.09	0.20	
Vitamin A, RAE.....µg	124		0	NC	4		35	80	
Retinol.....µg	118		0		4		33	77	
Carotene, beta.....µg	66		0	RK	4		19	43	
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	503		0	NC	4		143	327	
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									
<b>Lipids:</b>									



French toast, prepared from recipe, made with low fat (2%) milk

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			
Fatty acids, total saturated.....g	2.723		0	1	0.772	1.770	
4:0.....g	0.021		0	1	0.006	0.014	
6:0.....g	0.012		0	1	0.003	0.008	
8:0.....g	0.008		0	1	0.002	0.005	
10:0.....g	0.017		0	1	0.005	0.011	
12:0.....g	0.019		0	1	0.005	0.012	
13:0.....g							
14:0.....g	0.094		0	1	0.027	0.061	
15:0.....g							
16:0.....g	1.677		0	1	0.475	1.090	
17:0.....g							
18:0.....g	0.860		0	1	0.244	0.559	
20:0.....g							
22:0.....g							
24:0.....g							
Fatty acids, total monounsaturated.....g	4.524		0	1	1.283	2.941	
14:1.....g							
15:1.....g							
16:1 undifferentiated.....g	0.099		0	1	0.028	0.064	
17:1.....g							
18:1 undifferentiated.....g	4.414		0	1	1.251	2.869	
20:1.....g	0.007		0	1	0.002	0.005	
22:1 undifferentiated.....g	0.001		0	1	0.000	0.001	
24:1 c.....g							
Fatty acids, total polyunsaturated.....g	2.594		0	1	0.735	1.686	
18:2 undifferentiated.....g	2.431		0	1	0.689	1.580	
18:3 undifferentiated.....g	0.115		0	1	0.033	0.075	
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	0.038		0	1	0.011	0.025	
20:5 n-3 (EPA).....g	0.001		0	1	0.000	0.001	
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	0.010		0	1	0.003	0.007	
Fatty acids, total trans.....g							
Cholesterol.....mg	116		0	1	33	75	
Phytosterols.....mg							
<b>Amino Acids:</b>							
Tryptophan.....g	0.094		0	1	0.027	0.061	
Threonine.....g	0.305		0	1	0.086	0.198	
Isoleucine.....g	0.375		0	1	0.106	0.244	
Leucine.....g	0.621		0	1	0.176	0.404	
Lysine.....g	0.413		0	1	0.117	0.268	
Methionine.....g	0.188		0	1	0.053	0.122	
Cystine.....g	0.156		0	1	0.044	0.101	
Phenylalanine.....g	0.389		0	1	0.110	0.253	
Tyrosine.....g	0.282		0	1	0.080	0.183	
Valine.....g	0.419		0	1	0.119	0.272	
Arginine.....g	0.364		0	1	0.103	0.237	
Histidine.....g	0.179		0	1	0.051	0.116	
Alanine.....g	0.334		0	1	0.095	0.217	
Aspartic acid.....g	0.578		0	1	0.164	0.376	
Glutamic acid.....g	1.718		0	1	0.487	1.117	
Glycine.....g	0.251		0	1	0.071	0.163	
Proline.....g	0.588		0	1	0.167	0.382	
Serine.....g	0.465		0	1	0.132	0.302	
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. 18269**

**French toast, prepared from recipe, made with low fat (2%) milk**

**Common Measures:**

Measure 1 = 28.35g: 1 oz

Measure 2 = 65g: 1 slice

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

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

NDB No. 18642  
**GENERAL MILLS, BETTY CROCKER SUPERMOIST Yellow Cake Mix, dry**  
 General Mills Inc.

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	4.20		1	A	1		1.81		
Energy.....kcal	413		0	NC	4		178		
Energy.....kJ	1729				4		744		
Protein.....g	3.80		1	A	1		1.63		
Total lipid (fat).....g	8.10		1	A	1		3.48		
Ash.....g	2.60		1	A	1		1.12		
Carbohydrate, by difference.....g	81.30		0	NC	4		34.96		
Fiber, total dietary.....g									
Sugars, total.....g	43.90		1	A	1		18.88		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	161		1	A	1		69		
Iron, Fe.....mg									
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg									
Sodium, Na.....mg	672		1	A	1		289		
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....µg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	2.280		1	A	1		0.980		
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg									
Phytosterols.....mg									

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

**Common Measures:**

Measure 1 = 43g: 1 serving

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

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



NDB No. 18603

GEORGE WESTON BAKERIES, Brownberry Sage and Onion Stuffing Mix, dry

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Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common</u>				
	Mean	Std. Error	Number			<u>measures of food</u>			
			of Data	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			Points	Code	Code	Code			
Fatty acids, total trans.....g									
Cholesterol.....mg									
Phytosterols.....mg									

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

**Common Measures:**

Measure 1 = 67g: 1 serving

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked 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 of Data Points			Measure 1	Measure 2	Measure 3
			Deriv Code	Source Code	Confidence Code			
14:0.....g								
15:0.....g								
16:0.....g	0.308		1	MC	9		0.176	
17:0.....g								
18:0.....g								
20:0.....g								
22:0.....g								
24:0.....g								
Fatty acids, total monounsaturated.....g	0.303		0	NC	4		0.173	
14:1.....g								
15:1.....g								
16:1 undifferentiated.....g								
17:1.....g								
18:1 undifferentiated.....g	0.303		1	MC	9		0.173	
20:1.....g								
22:1 undifferentiated.....g								
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	0.920		0	NC	4		0.524	
18:2 undifferentiated.....g	0.841		1	MC	9		0.479	
18:3 undifferentiated.....g	0.079		1	MC	9		0.045	
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	0.082		1	MC	9		0.047	
Cholesterol.....mg								
Phytosterols.....mg								

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

**Common Measures:**

Measure 1 = 57g: 1 serving

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

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





NDB No. 28029

**GIRL SCOUTS, Caramel Dulce De Leche Cookies**

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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

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

**Common Measures:**

Measure 1 = 30g: 4 cookies

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

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



NDB No. 28030  
GIRL SCOUTS, Chalet Cookies

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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 Points	Code	Code	Code			

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

**Common Measures:**

Measure 1 = 36g: 3 cookies

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

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



NDB No. 28031  
GIRL SCOUTS, Do-si-dos Cookies

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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

---

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

**Common Measures:**

Measure 1 = 24g: 2 cookies

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

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



NDB No. 28032  
GIRL SCOUTS, Samoas Cookies

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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

---

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

**Common Measures:**

Measure 1 = 29g: 2 cookies

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

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





NDB No. 28033  
GIRL SCOUTS, Tagalongs Cookies

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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

---

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

**Common Measures:**

Measure 1 = 25g: 2 cookies

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

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



NDB No. 28034

**GIRL SCOUTS, Thank U Berry Munch Cookies**

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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

---

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

**Common Measures:**

Measure 1 = 25g: 2 cookies

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

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



NDB No. 28035  
GIRL SCOUTS, Thin Mints Cookies

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

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

**Common Measures:**

Measure 1 = 32g: 4 cookies

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

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



NDB No. 28036  
GIRL SCOUTS, Trefoils Cookies

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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

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

**Common Measures:**

Measure 1 = 33g: 5 cookies

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

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

NDB No. 18963  
Garlic bread, frozen

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
<b>Proximates:</b>									
Water.....g	31.78	0.254	10	A	1		13.67	18.75	
Energy.....kcal	350		0	NC	4		150	206	
Energy.....kJ	1464		0	NC	4		630	864	
Protein.....g	8.36	0.152	10	A	1		3.59	4.93	
Total lipid (fat).....g	16.61	0.434	10	A	1		7.14	9.80	
Ash.....g	1.54	0.024	10	A	1		0.66	0.91	
Carbohydrate, by difference.....g	41.72		0	NC	4		17.94	24.61	
Fiber, total dietary.....g	2.5	0.048	4	A	1		1.1	1.5	
Sugars, total.....g	3.69	0.120	5	A	1		1.59	2.18	
Sucrose.....g	0.00	0.000	5	A	1		0.00	0.00	
Glucose (dextrose).....g	0.42	0.066	5	A	1		0.18	0.25	
Fructose.....g	0.62	0.033	5	A	1		0.27	0.37	
Lactose.....g	0.00	0.000	5	A	1		0.00	0.00	
Maltose.....g	2.64	0.083	5	A	1		1.14	1.56	
Galactose.....g	0.00	0.000	5	A	1		0.00	0.00	
Starch.....g	34.84	0.260	5	A	1		14.98	20.56	
<b>Minerals:</b>									
Calcium, Ca.....mg	27	3.065	10	A	1		12	16	
Iron, Fe.....mg	3.05	0.103	10	A	1		1.31	1.80	
Magnesium, Mg.....mg	23	0.582	10	A	1		10	13	
Phosphorus, P.....mg	87	2.090	10	A	1		38	52	
Potassium, K.....mg	103	3.533	10	A	1		44	61	
Sodium, Na.....mg	544	3.810	10	A	1		234	321	
Zinc, Zn.....mg	0.87	0.056	10	A	1		0.37	0.51	
Copper, Cu.....mg	0.108	0.003	10	A	1		0.046	0.063	
Manganese, Mn.....mg	0.441	0.018	10	A	1		0.190	0.260	
Selenium, Se.....µg	16.6	2.942	6	A	1		7.2	9.8	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.2		0	FLC	4		0.1	0.1	
Thiamin.....mg	0.462	0.027	4	A	1		0.199	0.273	
Riboflavin.....mg	0.184	0.004	5	A	1		0.079	0.109	
Niacin.....mg	4.142	0.146	6	A	1		1.781	2.444	
Pantothenic acid.....mg	0.660	0.149	4	A	1		0.284	0.389	
Vitamin B-6.....mg	0.083	0.006	4	A	1		0.036	0.049	
Folate, total.....µg	186		0	FLC	4		80	110	
Folic acid.....µg	50		0	FLC	4		21	29	
Folate, food.....µg	136		0	FLC	4		58	80	
Folate, DFE.....µg	221		0	NC	4		95	130	
Choline, total.....mg	8.5		0	FLC	4		3.7	5.0	
Betaine.....mg	0.0		0	FLC	4		0.0	0.0	
Vitamin B-12.....µg	0.08	0.005	4	A	1		0.04	0.05	
Vitamin B-12, added.....µg	0.00		0	FLC	4		0.00	0.00	
Vitamin A, RAE.....µg	13		0	FLC	4		6	8	
Retinol.....µg	13		0	FLC	4		6	8	
Carotene, beta.....µg	0		0	FLC	4		0	0	
Carotene, alpha.....µg	0		0	FLC	4		0	0	
Cryptoxanthin, beta.....µg	0		0	FLC	4		0	0	
Vitamin A, IU.....IU	44		0	NC	4		19	26	
Lycopene.....µg	0		0	FLC	4		0	0	
Lutein + zeaxanthin.....µg	25		0	FLC	4		11	15	
Vitamin E (alpha-tocopherol).....mg	1.18	0.086	6	A	1		0.51	0.70	
Vitamin E, added.....mg	0.00		0	FLC	4		0.00	0.00	
Tocopherol, beta.....mg	0.25	0.024	6	A	1		0.11	0.15	
Tocopherol, gamma.....mg	7.88	0.258	6	A	1		3.39	4.65	
Tocopherol, delta.....mg	2.63	0.128	6	A	1		1.13	1.55	
Tocotrienol, alpha.....mg	0.39	0.104	6	A	1		0.17	0.23	
Tocotrienol, beta.....mg	0.74	0.066	6	A	1		0.32	0.44	



**NDB No. 18963**  
**Garlic bread, frozen**

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	0.43	0.159	6	A	1		0.18	0.25	
Tocotrienol, delta.....mg	0.18	0.081	6	A	1		0.08	0.11	
Vitamin D (D2 + D3).....µg	0.2		0	FLC	4		0.1	0.1	
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	9		0	FLC	4		4	5	
Vitamin K (phylloquinone).....µg	29.5		0	FLC	4		12.7	17.4	
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	5.281		0	NC	4		2.271	3.116	
4:0.....g	0.008	0.003	6	A	1		0.003	0.005	
6:0.....g	0.006	0.002	6	A	1		0.003	0.004	
8:0.....g	0.027	0.008	6	A	1		0.012	0.016	
10:0.....g	0.042	0.011	6	A	1		0.018	0.025	
12:0.....g	0.652	0.270	6	A	1		0.280	0.385	
13:0.....g									
14:0.....g	0.334	0.093	6	A	1		0.144	0.197	
15:0.....g	0.008	0.001	6	A	1		0.004	0.005	
16:0.....g	3.350	0.128	6	A	1		1.440	1.976	
17:0.....g	0.017	0.001	6	A	1		0.007	0.010	
18:0.....g	0.737	0.054	6	A	1		0.317	0.435	
20:0.....g	0.047	0.002	6	A	1		0.020	0.028	
22:0.....g	0.036	0.001	6	A	1		0.015	0.021	
24:0.....g	0.015	0.001	6	A	1		0.007	0.009	
Fatty acids, total monounsaturated.....g	4.669		0	NC	4		2.008	2.755	
14:1.....g	0.002	0.001	6	A	1		0.001	0.001	
15:1.....g	0.000	0.000	6	A	1		0.000	0.000	
16:1 undifferentiated.....g	0.032	0.005	6	AS	1		0.014	0.019	
16:1 c.....g	0.030	0.006	6	A	1		0.013	0.018	
16:1 t.....g	0.002	0.001	6	A	1		0.001	0.001	
17:1.....g	0.007	0.001	6	A	1		0.003	0.004	
18:1 undifferentiated.....g	3.882	0.387	6	AS	1		1.669	2.290	
18:1 c.....g	3.698	0.282	6	A	1		1.590	2.182	
18:1 t.....g	0.184	0.142	6	A	1		0.079	0.108	
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.735	0.053	6	A	1		0.316	0.434	
22:1 undifferentiated.....g	0.002	0.000	6	AS	1		0.001	0.001	
22:1 c.....g	0.002	0.000	6	A	1		0.001	0.001	
22:1 t.....g	0.000	0.000	6	A	1		0.000	0.000	
24:1 c.....g	0.008	0.002	6	A	1		0.003	0.005	
Fatty acids, total polyunsaturated.....g	5.437		0	NC	4		2.338	3.208	
18:2 undifferentiated.....g	5.382	0.307	6	AS	1		2.314	3.175	
18:2 n-6 c,c.....g	5.317	0.309	6	A	1		2.286	3.137	
18:2 CLAs.....g	0.011	0.001	6	A	1		0.005	0.006	
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.054	0.006	6	A	1		0.023	0.032	
18:3 undifferentiated.....g	0.038	0.012	6	AS	1		0.016	0.023	
18:3 n-3 c,c,c (ALA).....g	0.010	0.010	6	A	1		0.004	0.006	
18:3 n-6 c,c,c.....g	0.029	0.004	6	A	1		0.012	0.017	
18:3i.....g									
18:4.....g	0.000	0.000	6	A	1		0.000	0.000	
20:2 n-6 c,c.....g	0.004	0.000	6	A	1		0.002	0.003	
20:3 undifferentiated.....g	0.003	0.001	6	AS	1		0.001	0.002	
20:3 n-3.....g	0.000	0.000	6	A	1		0.000	0.000	
20:3 n-6.....g	0.003	0.001	6	A	1		0.001	0.002	
20:4 undifferentiated.....g	0.000	0.000	6	A	1		0.000	0.000	
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.002	0.001	6	A	1		0.001	0.001	
21:5.....g									
22:4.....g	0.004	0.000	6	A	1		0.002	0.003	
22:5 n-3 (DPA).....g	0.002	0.001	6	A	1		0.001	0.001	

**NDB No. 18963**  
**Garlic bread, frozen**

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>						<u>Amount in edible portion of common</u>		
	Mean	Std. Error	Number			measures of food			
			of Data	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			Points	Code	Code	Code			
22:6 n-3 (DHA).....g	0.001	0.000	6	A	1		0.000	0.000	
Fatty acids, total trans.....g	0.240		0	NC	4		0.103	0.141	
Fatty acids, total trans-monoenoic.....g	0.185		0	NC	4		0.080	0.109	
Fatty acids, total trans-polyenoic.....g	0.054		0	NC	4		0.023	0.032	
Cholesterol.....mg	0		0	FLC	4		0	0	
Phytosterols.....mg									
<b><u>Amino Acids:</u></b>									
Tryptophan.....g	0.068		0	FLC	4		0.029	0.040	
Threonine.....g	0.193		0	FLC	4		0.083	0.114	
Isoleucine.....g	0.235		0	FLC	4		0.101	0.139	
Leucine.....g	0.407		0	FLC	4		0.175	0.240	
Lysine.....g	0.241		0	FLC	4		0.104	0.142	
Methionine.....g	0.104		0	FLC	4		0.045	0.061	
Cystine.....g	0.095		0	FLC	4		0.041	0.056	
Phenylalanine.....g	0.268		0	FLC	4		0.115	0.158	
Tyrosine.....g	0.191		0	FLC	4		0.082	0.113	
Valine.....g	0.264		0	FLC	4		0.114	0.156	
Arginine.....g	0.235		0	FLC	4		0.101	0.139	
Histidine.....g	0.129		0	FLC	4		0.055	0.076	
Alanine.....g	0.221		0	FLC	4		0.095	0.130	
Aspartic acid.....g	0.332		0	FLC	4		0.143	0.196	
Glutamic acid.....g	1.474		0	FLC	4		0.634	0.870	
Glycine.....g	0.200		0	FLC	4		0.086	0.118	
Proline.....g	0.515		0	FLC	4		0.221	0.304	
Serine.....g	0.272		0	FLC	4		0.117	0.161	
Hydroxyproline.....g									
<b><u>Others:</u></b>									
Alcohol, ethyl.....g	0.0		0	FLC	4		0.0	0.0	
Caffeine.....mg	0		0	FLC	4		0	0	
Theobromine.....mg	0		0	FLC	4		0	0	

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

**Common Measures:**

Measure 1 = 43g: 1 slice presliced

Measure 2 = 59g: 1 slice

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group: 18 Baked Products**

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



NDB No. 18640

HEINZ, WEIGHT WATCHER, Chocolate Eclair, frozen

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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

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

**Common Measures:**

Measure 1 = 59g: 1 eclair, frozen

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

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



NDB No. 18270

Hush puppies, prepared from recipe

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common				
	Mean	Std. Error	Number	Source	measures of food				
			of Data Points		Confidence Code	Measure 1	Measure 2	Measure 3	
<b>Lipids:</b>									
Fatty acids, total saturated.....g	2.108		0	1		0.598	3.204	0.464	
4:0.....g	0.001		0	1		0.000	0.002	0.000	
6:0.....g	0.000		0	1		0.000	0.000	0.000	
8:0.....g	0.001		0	1		0.000	0.002	0.000	
10:0.....g	0.001		0	1		0.000	0.002	0.000	
12:0.....g	0.001		0	1		0.000	0.002	0.000	
13:0.....g									
14:0.....g	0.018		0	1		0.005	0.027	0.004	
15:0.....g									
16:0.....g	1.540		0	1		0.437	2.341	0.339	
17:0.....g									
18:0.....g	0.538		0	1		0.153	0.818	0.118	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	3.263		0	1		0.925	4.960	0.718	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.057		0	1		0.016	0.087	0.013	
17:1.....g									
18:1 undifferentiated.....g	3.178		0	1		0.901	4.831	0.699	
20:1.....g	0.026		0	1		0.007	0.040	0.006	
22:1 undifferentiated.....g	0.000		0	1		0.000	0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	7.219		0	1		2.047	10.973	1.588	
18:2 undifferentiated.....g	6.390		0	1		1.812	9.713	1.406	
18:3 undifferentiated.....g	0.811		0	1		0.230	1.233	0.178	
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	0.015		0	1		0.004	0.023	0.003	
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	0.004		0	1		0.001	0.006	0.001	
Fatty acids, total trans.....g									
Cholesterol.....mg	45		0	1		13	68	10	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.082		0	1		0.023	0.125	0.018	
Threonine.....g	0.279		0	1		0.079	0.424	0.061	
Isoleucine.....g	0.321		0	1		0.091	0.488	0.071	
Leucine.....g	0.710		0	1		0.201	1.079	0.156	
Lysine.....g	0.310		0	1		0.088	0.471	0.068	
Methionine.....g	0.169		0	1		0.048	0.257	0.037	
Cystine.....g	0.144		0	1		0.041	0.219	0.032	
Phenylalanine.....g	0.382		0	1		0.108	0.581	0.084	
Tyrosine.....g	0.289		0	1		0.082	0.439	0.064	
Valine.....g	0.388		0	1		0.110	0.590	0.085	
Arginine.....g	0.352		0	1		0.100	0.535	0.077	
Histidine.....g	0.197		0	1		0.056	0.299	0.043	
Alanine.....g	0.383		0	1		0.109	0.582	0.084	
Aspartic acid.....g	0.501		0	1		0.142	0.762	0.110	
Glutamic acid.....g	1.793		0	1		0.508	2.725	0.394	
Glycine.....g	0.268		0	1		0.076	0.407	0.059	
Proline.....g	0.693		0	1		0.196	1.053	0.152	
Serine.....g	0.412		0	1		0.117	0.626	0.091	
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	7		0.0	0.0	0.0	
Caffeine.....mg	0		0	RA 4		0	0	0	

NDB No. 18270

Hush puppies, prepared from recipe

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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
Theobromine.....mg	0		0	RA	4		0	0	0

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Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 = 152g: 1 cup

Measure 3 = 22g: 1 hush puppy

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

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





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 Code			
Fatty acids, total trans.....g								
Cholesterol.....mg								
Phytosterols.....mg								

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

**Common Measures:**  
 Measure 1 = 43g: 1 serving

**Calories Factors: Protein                      Fat                      Carbohydrate**

**Food Group:** 18 Baked Products  
 USDA National Nutrient Database for Standard Reference, Release 27 (2014)



Ice cream cones, cake or wafer-type

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Lipids:</b>									
Fatty acids, total saturated.....g	1.222		0	FLA	4		0.346	0.049	0.354
4:0.....g	0.000		0	FLA	4		0.000	0.000	0.000
6:0.....g	0.000		0	FLA	4		0.000	0.000	0.000
8:0.....g	0.000		0	FLA	4		0.000	0.000	0.000
10:0.....g	0.000		0	FLA	4		0.000	0.000	0.000
12:0.....g	0.000		0	FLA	4		0.000	0.000	0.000
13:0.....g									
14:0.....g	0.018		0	FLA	4		0.005	0.001	0.005
15:0.....g									
16:0.....g	0.976		0	FLA	4		0.277	0.039	0.283
17:0.....g									
18:0.....g	0.228		0	FLA	4		0.065	0.009	0.066
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	1.845		0	FLA	4		0.523	0.074	0.535
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.012		0	FLA	4		0.003	0.000	0.003
17:1.....g									
18:1 undifferentiated.....g	1.833		0	FLA	4		0.520	0.073	0.532
20:1.....g	0.000		0	FLA	4		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	3.264		0	FLA	4		0.925	0.131	0.947
18:2 undifferentiated.....g	3.076		0	FLA	4		0.872	0.123	0.892
18:3 undifferentiated.....g	0.188		0	FLA	4		0.053	0.008	0.055
18:4.....g	0.000		0	FLA	4		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	0.000
20:5 n-3 (EPA).....g	0.000		0	FLA	4		0.000	0.000	0.000
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	FLA	4		0.000	0.000	0.000
22:6 n-3 (DHA).....g	0.000		0	FLA	4		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		1		0	0	0
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.094		0		1		0.027	0.004	0.027
Threonine.....g	0.217		0		1		0.062	0.009	0.063
Isoleucine.....g	0.301		0		1		0.085	0.012	0.087
Leucine.....g	0.561		0		1		0.159	0.022	0.163
Lysine.....g	0.157		0		1		0.045	0.006	0.046
Methionine.....g	0.142		0		1		0.040	0.006	0.041
Cystine.....g	0.182		0		1		0.052	0.007	0.053
Phenylalanine.....g	0.400		0		1		0.113	0.016	0.116
Tyrosine.....g	0.222		0		1		0.063	0.009	0.064
Valine.....g	0.340		0		1		0.096	0.014	0.099
Arginine.....g	0.282		0		1		0.080	0.011	0.082
Histidine.....g	0.172		0		1		0.049	0.007	0.050
Alanine.....g	0.248		0		1		0.070	0.010	0.072
Aspartic acid.....g	0.328		0		1		0.093	0.013	0.095
Glutamic acid.....g	2.845		0		1		0.807	0.114	0.825
Glycine.....g	0.278		0		1		0.079	0.011	0.081
Proline.....g	0.954		0		1		0.270	0.038	0.277
Serine.....g	0.393		0		1		0.111	0.016	0.114
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	FLC	4		0	0	0

NDB No. 18271

Ice cream cones, cake or wafer-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	FLC	4		0	0	0

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

**Common Measures:**

Measure 1 = 28.35g: 1 oz

Measure 2 = 4.0g: 1 cone

Measure 3 = 29g: 1 large waffle cone

**Calories Factors: Protein 4**

**Fat 8.8**

**Carbohydrate 4.1**

**Food Group:** 18 Baked Products

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



Ice cream cones, sugar, rolled-type

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common		
	Mean	Std. Error	Number	Source	measures of food		
			of Data Points		Confidence Code	Measure 1	Measure 2
<b>Lipids:</b>							
Fatty acids, total saturated.....g	0.573		0	1		0.162	0.057
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	0.003		0	1		0.001	0.000
15:0.....g							
16:0.....g	0.400		0	1		0.113	0.040
17:0.....g							
18:0.....g	0.170		0	1		0.048	0.017
20:0.....g							
22:0.....g							
24:0.....g							
Fatty acids, total monounsaturated.....g	1.470		0	1		0.417	0.147
14:1.....g							
15:1.....g							
16:1 undifferentiated.....g	0.013		0	1		0.004	0.001
17:1.....g							
18:1 undifferentiated.....g	1.457		0	1		0.413	0.146
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	1.452		0	1		0.412	0.145
18:2 undifferentiated.....g	1.355		0	1		0.384	0.136
18:3 undifferentiated.....g	0.097		0	1		0.027	0.010
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	1		0	0
Phytosterols.....mg							
<b>Amino Acids:</b>							
Tryptophan.....g	0.092		0	1		0.026	0.009
Threonine.....g	0.211		0	1		0.060	0.021
Isoleucine.....g	0.293		0	1		0.083	0.029
Leucine.....g	0.547		0	1		0.155	0.055
Lysine.....g	0.153		0	1		0.043	0.015
Methionine.....g	0.139		0	1		0.039	0.014
Cystine.....g	0.178		0	1		0.050	0.018
Phenylalanine.....g	0.390		0	1		0.111	0.039
Tyrosine.....g	0.217		0	1		0.062	0.022
Valine.....g	0.332		0	1		0.094	0.033
Arginine.....g	0.275		0	1		0.078	0.028
Histidine.....g	0.168		0	1		0.048	0.017
Alanine.....g	0.242		0	1		0.069	0.024
Aspartic acid.....g	0.319		0	1		0.090	0.032
Glutamic acid.....g	2.774		0	1		0.786	0.277
Glycine.....g	0.271		0	1		0.077	0.027
Proline.....g	0.931		0	1		0.264	0.093
Serine.....g	0.383		0	1		0.109	0.038
Hydroxyproline.....g							
<b>Others:</b>							
Alcohol, ethyl.....g	0.0		0	7		0.0	0.0
Caffeine.....mg	0		0	FLC 4		0	0

NDB No. 18272

Ice cream cones, sugar, rolled-type

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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	measures of food		
						Confidence Code	Measure 1	Measure 2
Theobromine.....mg	0		0	FLC	4	0		0

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

**Calories Factors: Protein 4**

**Fat 8.8**

**Carbohydrate 4**

**Food Group:** 18 Baked Products

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





NDB No. 28037

**JACKSON'S, Old Fashioned Lemon Jumble Cookies**

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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

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

**Common Measures:**

Measure 1 = 32g: 3 cookies

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

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



NDB No. 28038

JACKSON'S, Old Fashioned Vanilla Wafers

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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 Points	Code	Code	Code			

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

**Common Measures:**

Measure 1 = 30g: 8 cookies

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

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



NDB No. 18978  
KASHI, Blueberry Waffle

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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

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

**Common Measures:**

Measure 1 = 72g: 2 pieces

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

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



NDB No. 18979

KASHI, H2H Woven Wheat Cracker, Original

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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

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

**Common Measures:**

Measure 1 = 30g: 7 cracker

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

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





NDB No. 18982

KASHI, H2H Woven Wheat Cracker, Roasted Garlic

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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

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

**Common Measures:**

Measure 1 = 30g: 7 cracker

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

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



NDB No. 18980  
KASHI, Original Waffle

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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

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

**Common Measures:**

Measure 1 = 72g: 2 pieces

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

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



NDB No. 18976

KASHI, TLC, Country Cheddar Crackers

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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

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

**Common Measures:**

Measure 1 = 30g: 18 cracker

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

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



NDB No. 18981

**KASHI, TLC, Fire Roasted Vegetable Crackers**

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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

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

**Common Measures:**

Measure 1 = 30g: 15 crackers

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

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

NDB No. 28039

KASHI, TLC, Happy Trail Mix Cookies

Kellogg, Co.

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
<b>Proximates:</b>									
Water.....g									
Energy.....kcal	453		0	MC	9		136		
Energy.....kJ	1895		0	MC	9		569		
Protein (N x 6.25).....g	8.10		0	MC	9		2.43		
Total lipid (fat).....g	18.10		0	MC	9		5.43		
Ash.....g									
Carbohydrate, by difference.....g	69.40		0	MC	9		20.82		
Fiber, total dietary.....g	13.7		0	MC	9		4.1		
Sugars, total.....g	26.60		0	MC	9		7.98		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg									
Iron, Fe.....mg									
Magnesium, Mg.....mg	60		0	MC	9		18		
Phosphorus, P.....mg	186		0	MC	9		56		
Potassium, K.....mg	241		0	MC	9		72		
Sodium, Na.....mg	249		0	MC	9		75		
Zinc, Zn.....mg	1.10		0	MC	9		0.33		
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....µg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg									
Thiamin.....mg	0.200		0	MC	9		0.060		
Riboflavin.....mg	0.070		0	MC	9		0.021		
Niacin.....mg	1.400		0	MC	9		0.420		
Pantothenic acid.....mg									
Vitamin B-6.....mg	0.060		0	MC	9		0.018		
Folate, total.....µg	9		0	MC	9		3		
Folic acid.....µg									
Folate, food.....µg	9		0	MC	9		3		
Folate, DFE.....µg									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		0	MC	9		0.00		
Vitamin A, RAE.....µg									
Retinol.....µg									
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU									
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	NR	4		0.0		
Vitamin D.....IU	0		0	MC	9		0		
Vitamin K (phylloquinone).....µg									
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	4.100		0	MC	9		1.230		



NDB No. 28039

KASHI, TLC, Happy Trail Mix Cookies

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Nutrients and Units	<u>Amount in 100 grams of edible portion</u>					<u>Amount in edible portion of common</u>			
	Mean	Std. Error	Number			measures of food			
			of Data	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			Points	Code	Code	Code			
Fatty acids, total monounsaturated.....g	7.800		0	MC	9		2.340		
Fatty acids, total polyunsaturated.....g	5.600		0	MC	9		1.680		
Fatty acids, total trans.....g	0.010		0	MC	9		0.003		
Cholesterol.....mg	0		0	MC	9		0		
Phytosterols.....mg									

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

**Common Measures:**

Measure 1 = 30g: 1 cookie

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

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



NDB No. 18974  
KASHI, TLC, Honey Sesame Crackers

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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 Points	Code	Code	Code			

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

**Common Measures:**

Measure 1 = 30g: 15 cracker

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

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

NDB No. 28040

KASHI, TLC, Oatmeal Dark Chocolate Cookies

Kellogg, Co.

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
<b>Proximates:</b>									
Water.....g	8.00		0	MC	9		2.40		
Energy.....kcal	426		0	MC	9		128		
Energy.....kJ	1782		0	MC	9		535		
Protein (N x 6.25).....g	7.20		0	MC	9		2.16		
Total lipid (fat).....g	16.30		0	MC	9		4.89		
Ash.....g									
Carbohydrate, by difference.....g	67.00		0	MC	9		20.10		
Fiber, total dietary.....g	12.2		0	MC	9		3.7		
Sugars, total.....g	27.20		0	MC	9		8.16		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg									
Iron, Fe.....mg									
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg	216		0	MC	9		65		
Sodium, Na.....mg	222		0	MC	9		67		
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....µg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	4.200		0	MC	9		1.260		
Fatty acids, total monounsaturated.....g	7.800		0	MC	9		2.340		
Fatty acids, total polyunsaturated.....g	4.000		0	MC	9		1.200		
Fatty acids, total trans.....g	0.000		0	MC	9		0.000		
Cholesterol.....mg	0		0	MC	9		0		
Phytosterols.....mg									

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

**Common Measures:**

Measure 1 = 30g: 1 cookie

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group: 18 Baked Products**

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

NDB No. 28041

KASHI, TLC, Oatmeal Raisin Flax Cookies

Kellogg, Co.

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
<b>Proximates:</b>									
Water.....g	8.50		0	MC	9		2.55		
Energy.....kcal	414		0	MC	9		124		
Energy.....kJ	1732		0	MC	9		520		
Protein (N x 6.25).....g	7.70		0	MC	9		2.31		
Total lipid (fat).....g	15.20		0	MC	9		4.56		
Ash.....g									
Carbohydrate, by difference.....g	67.00		0	MC	9		20.10		
Fiber, total dietary.....g	12.8		0	MC	9		3.8		
Sugars, total.....g	24.80		0	MC	9		7.44		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg									
Iron, Fe.....mg									
Magnesium, Mg.....mg	62		0	MC	9		19		
Phosphorus, P.....mg	200		0	MC	9		60		
Potassium, K.....mg	273		0	MC	9		82		
Sodium, Na.....mg	236		0	MC	9		71		
Zinc, Zn.....mg	1.00		0	MC	9		0.30		
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....µg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg									
Thiamin.....mg	0.160		0	MC	9		0.048		
Riboflavin.....mg	0.080		0	MC	9		0.024		
Niacin.....mg	0.900		0	MC	9		0.270		
Pantothenic acid.....mg									
Vitamin B-6.....mg	0.080		0	MC	9		0.024		
Folate, total.....µg	12		0	MC	9		4		
Folic acid.....µg									
Folate, food.....µg	12		0	MC	9		4		
Folate, DFE.....µg									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		0	MC	9		0.00		
Vitamin A, RAE.....µg									
Retinol.....µg									
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU									
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	NR	4		0.0		
Vitamin D.....IU	0		0	MC	9		0		
Vitamin K (phylloquinone).....µg									
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	1.600		0	MC	9		0.480		

NDB No. 28041

KASHI, TLC, Oatmeal Raisin Flax Cookies

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Nutrients and Units	<u>Amount in 100 grams of edible portion</u>						<u>Amount in edible portion of common</u>			
	Mean	Std. Error	Number			Source Code	Confidence Code	measures of food		
			of Data Points	Deriv Code				Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	6.700		0	MC	9		2.010			
Fatty acids, total polyunsaturated.....g	6.400		0	MC	9		1.920			
Fatty acids, total trans.....g	0.000		0	MC	9		0.000			
Cholesterol.....mg	0		0	MC	9		0			
Phytosterols.....mg										

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

**Common Measures:**

Measure 1 = 30g: 1 cookie

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

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



NDB No. 18975  
KASHI, TLC, Original 7-Grain Crackers

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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

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

**Common Measures:**

Measure 1 = 30g: 15 crackers

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

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





NDB No. 28017  
KASHI, TLC, Pita Crisps, Sea Salt

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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	Measure 1	Measure 2	Measure 3
			of Data Points	Confidence Code			

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

**Common Measures:**

Measure 1 = 31g: 11 crisps

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

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



NDB No. 28020

KASHI, TLC, Pita Crisps, Zesty Salsa

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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

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

**Common Measures:**

Measure 1 = 31g: 11 crisps

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

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



NDB No. 18977

**KASHI, TLC, Toasted Asiago Crackers**

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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 Points	Code	Code	Code			

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

**Common Measures:**

Measure 1 = 31g: 15 crackers

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

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



NDB No. 28113

KEEBLER, 100 Calorie RIGHT BITES, CHIPS DELUXE, Chocolate Chip Cookies

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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

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

**Common Measures:**

Measure 1 = 21g: 1 pouch

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

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





NDB No. 28116

KEEBLER, 100 Calorie RIGHT BITES, FUDGE SHOPPE, Cookies 'N Creme

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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

---

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

**Common Measures:**

Measure 1 = 20g: 1 pouch

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

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



NDB No. 28114

KEEBLER, 100 Calorie RIGHT BITES, FUDGE SHOPPE, Dark Chocolate Fudge Stripes Cookies

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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

---

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

**Common Measures:**

Measure 1 = 21g: 1 pouch

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

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



NDB No. 28115

KEEBLER, 100 Calorie RIGHT BITES, FUDGE SHOPPE, Fudge Covered Pretzels

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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

---

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

**Common Measures:**

Measure 1 = 21g: 1 package

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

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



NDB No. 28117

KEEBLER, 100 Calorie RIGHT BITES, FUDGE SHOPPE, Mini Brownies

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

---

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

**Common Measures:**

Measure 1 = 21g: 1 package

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

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





NDB No. 28118

KEEBLER, 100 Calorie RIGHT BITES, FUDGE SHOPPE, Mini Fudge Grahams Cookies

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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

---

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

**Common Measures:**

Measure 1 = 20g: 1 pouch

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

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



NDB No. 28119

KEEBLER, 100 Calorie RIGHT BITES, FUDGE SHOPPE, Mini Fudge Stripes Cookies

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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

---

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

**Common Measures:**

Measure 1 = 21g: 1 pouch

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

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



NDB No. 28120

KEEBLER, 100 Calorie RIGHT BITES, FUDGE SHOPPE, Mini Mints Grasshopper Cookies

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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	Measure 1	Measure 2	Measure 3
			of Data Points	Code	Code			

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

**Common Measures:**

Measure 1 = 21g: 1 pouch

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

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



NDB No. 28122

KEEBLER, 100 Calorie RIGHT BITES, Sandies Shortbread Cookies

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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

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

**Common Measures:**

Measure 1 = 21g: 1 pouch

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

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





NDB No. 28121

KEEBLER, 100 Calorie RIGHT BITES, Sandies Shortbread Cookies, Fudge Dipped

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

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

**Common Measures:**

Measure 1 = 21g: 1 package

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

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



NDB No. 28123

KEEBLER, 100 Calorie RIGHT BITES, White Fudge Dipped Pretzels

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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

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

**Common Measures:**

Measure 1 = 21g: 1 pouch

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

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



NDB No. 28043  
KEEBLER, ANIMALS, Cookies

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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
			Points	Code	Code					

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

**Common Measures:**

Measure 1 = 40g: 1 package 1 serving

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

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



NDB No. 28046  
KEEBLER, ANIMALS, Crackers

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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

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

**Common Measures:**

Measure 1 = 29g: 8 crackers 1 serving

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

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





NDB No. 28044

KEEBLER, ANIMALS, Frosted Cookies

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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					

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

**Common Measures:**

Measure 1 = 31g: 8 cookies 1 serving

Measure 2 = 40g: 1 package 40 g package

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

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



NDB No. 28045  
KEEBLER, ANIMALS, Iced Cookies

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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					

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

**Common Measures:**

Measure 1 = 30g: 6 cookies 1 serving

Measure 2 = 40g: 1 package 1 40 g package

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

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



NDB No. 28106

KEEBLER, Almond Crescents Cookies, Holiday

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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	Measure 1	Measure 2	Measure 3
			of Data Points	Code	Code			
Confidence	Code	Code	Code	Code	Code	Code	Code	

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Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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: 4 cookies

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

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



NDB No. 28047

KEEBLER, BAKER'S TREASURES, Chocolate Chip Cookie, soft

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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	<u>measures of food</u>		
						Confidence Code	Measure 1	Measure 2

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

**Common Measures:**

Measure 1 = 32g: 2 cookies

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

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





NDB No. 28048

KEEBLER, BAKER'S TREASURES, Oatmeal Raisin Cookie, soft

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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

---

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

**Common Measures:**

Measure 1 = 32g: 2 cookies

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

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



NDB No. 28052

KEEBLER, CHIPS DELUXE, Chocolate Lovers Cookies

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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	Measure 1	Measure 2	Measure 3
			of Data Points	Confidence Code			

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

**Common Measures:**

Measure 1 = 32g: 2 cookies

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

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



NDB No. 28053

KEEBLER, CHIPS DELUXE, Chocolate Malt Chunk Cookies

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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

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

**Common Measures:**

Measure 1 = 31g: 2 cookies

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

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



NDB No. 28054

KEEBLER, CHIPS DELUXE, Coconut Cookies

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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

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

**Common Measures:**

Measure 1 = 30g: 2 cookies

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

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





NDB No. 28055

KEEBLER, CHIPS DELUXE, Dark Chocolate Chunk Cookies

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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

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

**Common Measures:**

Measure 1 = 32g: 2 cookies

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

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



NDB No. 28056

KEEBLER, CHIPS DELUXE, Mini Chocolate Chip Cookies

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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	Measure 1	Measure 2	Measure 3
			of Data Points	Code	Code			

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

**Common Measures:**

Measure 1 = 34g: 1 pouch

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

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



NDB No. 28057

KEEBLER, CHIPS DELUXE, Oatmeal Chocolate Chip Cookies

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

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

**Common Measures:**

Measure 1 = 31g: 2 cookies

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

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



NDB No. 28058

KEEBLER, CHIPS DELUXE, Original Chocolate Chip Cookies

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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	<u>measures of food</u>		
					Source Code	Confidence Code	Measure 1

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

**Common Measures:**

Measure 1 = 30g: 2 cookies

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

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





NDB No. 28059

**KEEBLER, CHIPS DELUXE, Peanut Butter Cups Cookies**

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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

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

**Common Measures:**

Measure 1 = 32g: 2 cookies

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

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



NDB No. 28060

**KEEBLER, CHIPS DELUXE, Rainbow Chocolate Chip Cookies**

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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

---

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

**Common Measures:**

Measure 1 = 31g: 2 cookies

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

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



NDB No. 28061

KEEBLER, CHIPS DELUXE, Rainbow Chocolate Chip Cookies, bite size

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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						

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Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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: 5 cookies 1 serving

Measure 2 = 40g: 1 package 1 40 g package

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

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



NDB No. 28062

KEEBLER, CHIPS DELUXE, Soft 'n Chewy Chocolate Chip Cookies

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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

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

**Common Measures:**

Measure 1 = 31g: 2 cookies

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

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





NDB No. 28070

KEEBLER, CLUB Crackers, Snack Sticks, Honey Wheat

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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

---

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

**Common Measures:**

Measure 1 = 29g: 12 crackers

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

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



NDB No. 28071

KEEBLER, CLUB Crackers, Snack Sticks, Original

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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

---

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

**Common Measures:**

Measure 1 = 29g: 12 crackers

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

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



NDB No. 28063

KEEBLER, CLUB, Buttery Garlic Crackers

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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	Code			

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

**Common Measures:**

Measure 1 = 14.0g: 4 crackers

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

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



NDB No. 28064

KEEBLER, CLUB, Dash of Salt Crackers

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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

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

**Common Measures:**

Measure 1 = 14.0g: 4 crackers

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

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





NDB No. 28066

**KEEBLER, CLUB, Minis Multigrain Crackers**

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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

---

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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: 17 crackers

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

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



NDB No. 28065

KEEBLER, CLUB, Minis Original Crackers

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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

---

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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: 17 crackers

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

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



NDB No. 28067

KEEBLER, CLUB, Multigrain Crackers

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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

---

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

**Common Measures:**

Measure 1 = 14.0g: 4 crackers

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

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



NDB No. 28068  
KEEBLER, CLUB, Original Crackers

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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	Code			

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

**Common Measures:**

Measure 1 = 14.0g: 4 crackers

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

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





NDB No. 28069

KEEBLER, CLUB, Reduced Fat Crackers

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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

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Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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: 5 crackers

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

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



NDB No. 28049

**KEEBLER, Cheese & Cheddar Sandwich Crackers**

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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 Points	Code	Code	Code			

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

**Common Measures:**

Measure 1 = 39g: 1 package

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

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



NDB No. 28265

**KEEBLER, Cheese & Peanut Butter Sandwich Crackers**

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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

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

**Common Measures:**

Measure 1 = 39g: 1 package

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

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



NDB No. 28051

**KEEBLER, Cheese on Wheat Sandwich Crackers**

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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

---

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

**Common Measures:**

Measure 1 = 39g: 1 package

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

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





NDB No. 28101

KEEBLER, Cinnamon Toast Graham s

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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

---

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

**Common Measures:**

Measure 1 = 37g: 1 package

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

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



NDB No. 28050

KEEBLER, Club & Cheddar Sandwich Crackers

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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

---

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

**Common Measures:**

Measure 1 = 39g: 1 package

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

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



NDB No. 28072

KEEBLER, Country Style Oatmeal Cookies with Raisins

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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

---

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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: 2 cookies

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

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



NDB No. 28073  
KEEBLER, Danish Wedding Cookies

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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

---

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

**Common Measures:**

Measure 1 = 26g: 4 cookies

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

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





NDB No. 28074

KEEBLER, E.L. FUDGE, Butter Flavored Cookies

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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

---

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

**Common Measures:**

Measure 1 = 36g: 2 cookies

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

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



NDB No. 28075

KEEBLER, E.L. FUDGE, Double Stuffed Cookies

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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

---

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

**Common Measures:**

Measure 1 = 35g: 2 cookies

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

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



NDB No. 28081

KEEBLER, FUDGE SHOPPE, Caramel Filled Cookies

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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

---

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

**Common Measures:**

Measure 1 = 30g: 2 cookies

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

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



NDB No. 28076

KEEBLER, FUDGE SHOPPE, Cheesecake Middles, Dark Chocolate

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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

---

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

**Common Measures:**

Measure 1 = 26g: 3 cookies

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

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





NDB No. 28077

**KEEBLER, FUDGE SHOPPE, Cheesecake Middles, Original Graham Cookies**

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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 Points	Code	Code	Code			

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

**Common Measures:**

Measure 1 = 26g: 3 cookies

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

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



NDB No. 28079

KEEBLER, FUDGE SHOPPE, Coconut Dreams Cookies

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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

---

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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: 2 cookies

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

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



NDB No. 28080

KEEBLER, FUDGE SHOPPE, Deluxe Graham's Cookies

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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

---

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

**Common Measures:**

Measure 1 = 27g: 3 pieces

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

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



NDB No. 28085

KEEBLER, FUDGE SHOPPE, Fudge Graham s, 1/2 Dipped, Reduced Fat

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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

---

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

**Common Measures:**

Measure 1 = 27g: 4 cookies

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

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





NDB No. 28086

KEEBLER, FUDGE SHOPPE, Fudge Sticks

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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

---

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

**Common Measures:**

Measure 1 = 29g: 3 cookies

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

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



NDB No. 28100

KEEBLER, FUDGE SHOPPE, Fudge Sticks, Peanut Butter

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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	measures of food		
						Confidence Code	Measure 1	Measure 2

---

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

**Common Measures:**

Measure 1 = 29g: 3 cookies

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

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



NDB No. 28087

KEEBLER, FUDGE SHOPPE, Fudge Stripes, Dark Chocolate

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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

---

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

**Common Measures:**

Measure 1 = 31g: 3 cookies

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

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



NDB No. 28088

KEEBLER, FUDGE SHOPPE, Fudge Stripes, Holiday/Spiderman

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

---

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

**Common Measures:**

Measure 1 = 31g: 3 cookies

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

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





NDB No. 28089

KEEBLER, FUDGE SHOPPE, Fudge Stripes, Mini

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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

---

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

**Common Measures:**

Measure 1 = 40g: 1 package

Measure 2 = 30g: 14 cookie

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

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



NDB No. 28091

KEEBLER, FUDGE SHOPPE, Fudge Stripes, Oatmeal

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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

---

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

**Common Measures:**

Measure 1 = 31g: 3 cookies

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

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



NDB No. 28092

KEEBLER, FUDGE SHOPPE, Fudge Stripes, Original

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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

---

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

**Common Measures:**

Measure 1 = 31g: 3 cookies

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

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



NDB No. 28084

KEEBLER, FUDGE SHOPPE, Fudge-Dipped Ice Cream Cups

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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	Measure 1	Measure 2	Measure 3
			of Data Points	Confidence Code			

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

**Common Measures:**

Measure 1 = 8.0g: 1 cup

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

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





NDB No. 28093

KEEBLER, FUDGE SHOPPE, Grasshopper Cookies, Fudge Mint

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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

---

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

**Common Measures:**

Measure 1 = 29g: 4 cookies

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

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

NDB No. 28099

KEEBLER, FUDGE SHOPPE, Jumbo Fudge Sticks, Mint

Kellogg, Co.

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
<b>Proximates:</b>									
Water.....g	1.70		0	MC	9		0.53		
Energy.....kcal	525		0	MC	9		163		
Energy.....kJ	2197		0	MC	9		681		
Protein (N x 6.25).....g	2.60		0	MC	9		0.81		
Total lipid (fat).....g	27.20		0	MC	9		8.43		
Ash.....g									
Carbohydrate, by difference.....g	67.60		0	MC	9		20.96		
Fiber, total dietary.....g	1.8		0	MC	9		0.6		
Sugars, total.....g	50.10		0	MC	9		15.53		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg									
Iron, Fe.....mg	1.60		0	MC	9		0.50		
Magnesium, Mg.....mg	0		0	MC	9		0		
Phosphorus, P.....mg	3		0	MC	9		1		
Potassium, K.....mg	67		0	MC	9		21		
Sodium, Na.....mg	93		0	MC	9		29		
Zinc, Zn.....mg	0.00		0	MC	9		0.00		
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....µg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg									
Thiamin.....mg	0.000		0	MC	9		0.000		
Riboflavin.....mg	0.010		0	MC	9		0.003		
Niacin.....mg	0.000		0	MC	9		0.000		
Pantothenic acid.....mg									
Vitamin B-6.....mg	0.000		0	MC	9		0.000		
Folate, total.....µg	0		0	MC	9		0		
Folic acid.....µg									
Folate, food.....µg	0		0	MC	9		0		
Folate, DFE.....µg									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		0	MC	9		0.00		
Vitamin A, RAE.....µg									
Retinol.....µg									
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU									
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg	0.00		0	MC	9		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	NR	4		0.0		
Vitamin D.....IU	0		0	MC	9		0		
Vitamin K (phylloquinone).....µg									
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	16.900		0	MC	9				

NDB No. 28099

KEEBLER, FUDGE SHOPPE, Jumbo Fudge Sticks, Mint

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Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common</u>				
	Mean	Std. Error	Number	Deriv	Source Code	measures of food			
			of Data Points	Code		Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated.....g	16.900			MC	9		5.239		
Fatty acids, total monounsaturated.....g	7.300		0	MC	9		2.263		
Fatty acids, total polyunsaturated.....g	2.000		0	MC	9		0.620		
Fatty acids, total trans.....g	0.500		0	MC	9		0.155		
Cholesterol.....mg	0		0	MC	9		0		
Phytosterols.....mg									

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

**Common Measures:**

Measure 1 = 31g: 1 cookie

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

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



NDB No. 28095

KEEBLER, FUDGE SHOPPE, Jumbo Fudge Sticks, Peanut Butter

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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

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

**Common Measures:**

Measure 1 = 31g: 1 cookie

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

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



NDB No. 28094

KEEBLER, FUDGE SHOPPE, Jumbo Fudge Sticks, Vanilla

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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

---

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

**Common Measures:**

Measure 1 = 31g: 1 cookie

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

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





NDB No. 28096

KEEBLER, FUDGE SHOPPE, Magic Middles Fudge Filled Cookies, Original

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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

---

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

**Common Measures:**

Measure 1 = 30g: 2 cookies

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

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



NDB No. 28098

KEEBLER, FUDGE SHOPPE, Magic Middles Fudge Filled Cookies, Peanut Butter

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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

---

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

**Common Measures:**

Measure 1 = 30g: 2 cookies

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

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



NDB No. 28097

KEEBLER, FUDGE SHOPPE, Merry Mint Patties, Holiday

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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

---

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

**Common Measures:**

Measure 1 = 26g: 2 cookies

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

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



NDB No. 28078

KEEBLER, FUDGE SHOPPE, Mint Creme Middles, Chocolate Graham Cookies

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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

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

**Common Measures:**

Measure 1 = 26g: 3 cookies

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

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





NDB No. 28082

KEEBLER, FUDGE SHOPPE, Peanut Creme Filled Cookies

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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

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

**Common Measures:**

Measure 1 = 30g: 2 cookies

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

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



NDB No. 28083

KEEBLER, FUDGE SHOPPE, Triple Fudge Filled Cookies

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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

---

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

**Common Measures:**

Measure 1 = 31g: 2 cookies

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

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



NDB No. 28102

KEEBLER, GRIPZ, CHIPS DELUXE, Chocolate Chip Cookies, bite-size

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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	Measure 1	Measure 2	Measure 3
			of Data Points	Confidence Code			

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

**Common Measures:**

Measure 1 = 25g: 1 pouch

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

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



NDB No. 28103

KEEBLER, GRIPZ, CHIPS DELUXE, Rainbow Chocolate Chip Cookies, bite-size

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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	Measure 1	Measure 2	Measure 3
			of Data Points	Confidence Code			

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

**Common Measures:**

Measure 1 = 25g: 1 pouch

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

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





NDB No. 28104

KEEBLER, GRIPZ, Chocolate Chip Grahams, bite-size

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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	Measure 1	Measure 2	Measure 3
			of Data Points	Code	Code			

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

**Common Measures:**

Measure 1 = 25g: 1 pouch

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

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



NDB No. 28105

KEEBLER, GRIPZ, Cinnamon Grahams, bite-size

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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

---

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

**Common Measures:**

Measure 1 = 25g: 1 pouch

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

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



NDB No. 28107

KEEBLER, Gingerbread Men Cookies, Holiday

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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

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

**Common Measures:**

Measure 1 = 33g: 5 cookies

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

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



NDB No. 28263

KEEBLER, Grahams, Cinnamon Crisp

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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

---

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

**Common Measures:**

Measure 1 = 30g: 8 crackers

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

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





NDB No. 28108  
KEEBLER, Holiday Jingles Cookies

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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 Points	Code	Code	Code			

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

**Common Measures:**

Measure 1 = 29g: 6 cookies

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

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



NDB No. 28109  
KEEBLER, Iced Oatmeal Cookies

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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

---

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

**Common Measures:**

Measure 1 = 29g: 2 cookies

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

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



NDB No. 18608

KEEBLER, KEEBLER Chocolate Graham SELECTS

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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 Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Code					
Fatty acids, total trans.....g									
Cholesterol.....mg									
Phytosterols.....mg									

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

**Common Measures:**

Measure 1 = 31g: 1 serving

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

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



NDB No. 28264  
KEEBLER, Oatmeal Cookies

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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

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

**Common Measures:**

Measure 1 = 29g: 2 cookies

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

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





NDB No. 28111

KEEBLER, READY CRUST, Chocolate Pie Crust

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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

---

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

**Common Measures:**

Measure 1 = 21g: .125 crust 1 serving (from 9" shell)

Measure 2 = 23g: 1 shell 1 serving (from 3" mini shell)

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

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



NDB No. 28266

**KEEBLER, READY CRUST, Graham Pie Crust (10"), Reduced Fat**

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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

---

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

**Common Measures:**

Measure 1 = 21g: .125 crust

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

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



NDB No. 28112

**KEEBLER, READY CRUST, Shortbread Pie Crust**

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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

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

**Common Measures:**

Measure 1 = 21g: .125 crust 9" crust

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

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



NDB No. 28124

KEEBLER, SANDIES, Cashew Shortbread Cookies

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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

---

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

**Common Measures:**

Measure 1 = 30g: 2 cookies

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

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





NDB No. 28125

**KEEBLER, SANDIES, Chocolate Chip & Pecan Shortbread Cookies**

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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

---

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

**Common Measures:**

Measure 1 = 31g: 2 cookies

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

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



NDB No. 28126

KEEBLER, SANDIES, Dark Chocolate Almond Shortbread Cookies

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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
			Points	Code	Code					

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

**Common Measures:**

Measure 1 = 30g: 2 cookies

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

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



NDB No. 28127

**KEEBLER, SANDIES, Pecan Shortbread Cookies**

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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	Measure 1	Measure 2	Measure 3
			of Data Points	Code	Code			

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

**Common Measures:**

Measure 1 = 31g: 2 cookies

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

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



NDB No. 28129

**KEEBLER, SANDIES, Pecan Shortbread Cookies, Reduced Fat**

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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

---

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

**Common Measures:**

Measure 1 = 31g: 2 cookies

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

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





NDB No. 28128

KEEBLER, SANDIES, Pecan Shortbread Cookies, bite size

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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					

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Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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: 5 cookies 28 g package

Measure 2 = 34g: 1 package 34 g package

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

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



NDB No. 28267

**KEEBLER, SANDIES, Simply Shortbread Cookies**

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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

---

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

**Common Measures:**

Measure 1 = 31g: 2 cookies

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

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



NDB No. 28130

KEEBLER, SOFT BATCH, Chocolate Chip Cookies

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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

---

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

**Common Measures:**

Measure 1 = 32g: 2 cookies

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

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



NDB No. 28268  
KEEBLER, Sugar Cones

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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

---

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

**Common Measures:**

Measure 1 = 13.0g: 1 cone

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

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





NDB No. 28131  
KEEBLER, Sweet Cremes Cookies

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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 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 = 38g: 2 cookies

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

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



NDB No. 28133

KEEBLER, TOASTEDS, Buttercrisps Crackers

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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

---

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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: 5 crackers

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

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



NDB No. 28135  
KEEBLER, TOASTEDS, Onion Crackers

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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 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: 5 crackers

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

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



NDB No. 28134  
KEEBLER, TOASTEDS, Party Pack Cracker Assortment

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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

---

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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: 5 crackers

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

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





NDB No. 28136  
KEEBLER, TOASTEDS, Sesame Crackers

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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 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: 5 crackers

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

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



NDB No. 28137

KEEBLER, TOASTEDS, Wheat Crackers

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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

---

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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: 5 crackers

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

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



NDB No. 28138

KEEBLER, TOWN HOUSE, Bistro Multigrain Crackers

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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

---

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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: 2 crackers

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

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



NDB No. 28149

KEEBLER, TOWN HOUSE, FLATBREAD CRISPS, Sea Salt and Olive Oil Crackers

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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

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Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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: 8 crackers

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

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





NDB No. 28139

KEEBLER, TOWN HOUSE, FLIPSIDES, Pretzel Crackers, Cheese

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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

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Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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: 5 crackers

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

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



NDB No. 28140

KEEBLER, TOWN HOUSE, FLIPSIDES, Pretzel Crackers, Garlic Herb

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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

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Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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: 5 crackers

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

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



NDB No. 28141

KEEBLER, TOWN HOUSE, FLIPSIDES, Pretzel Crackers, Original

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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

---

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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: 5 crackers

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

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



NDB No. 28144

KEEBLER, TOWN HOUSE, FLIPSIDES, Pretzel Crackers, Reduced Fat

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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

---

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

**Common Measures:**

Measure 1 = 14.0g: 5 crackers

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

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





NDB No. 28142

KEEBLER, TOWN HOUSE, Original Crackers

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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

---

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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: 5 crackers

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

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



NDB No. 28143

KEEBLER, TOWN HOUSE, Reduced Fat Crackers

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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

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Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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: 6 crackers

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

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



NDB No. 28145

KEEBLER, TOWN HOUSE, TOPPERS, Garlic Herb Crackers

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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

---

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

**Common Measures:**

Measure 1 = 14.0g: 3 crackers

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

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



NDB No. 28146

KEEBLER, TOWN HOUSE, TOPPERS, Multigrain Crackers

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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

---

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

**Common Measures:**

Measure 1 = 14.0g: 3 crackers

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

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





NDB No. 28147

KEEBLER, TOWN HOUSE, TOPPERS, Original Crackers

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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	Measure 1	Measure 2	Measure 3
			of Data	Code	Code			
Points	Code	Code	Code	Code				

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

**Common Measures:**

Measure 1 = 14.0g: 3 crackers

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

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



NDB No. 28148  
KEEBLER, TOWN HOUSE, Wheat Crackers

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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	Code			

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Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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: 5 crackers

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

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



NDB No. 28150

KEEBLER, TRADITIONS, Iced Lemonade Cookies

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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 Points	Code	Code	Code			

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

**Common Measures:**

Measure 1 = 29g: 4 cookies

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

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



NDB No. 28151

KEEBLER, TRADITIONS, Iced Oatmeal Cookies

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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

---

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

**Common Measures:**

Measure 1 = 32g: 4 cookies

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

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





NDB No. 28110

**KEEBLER, Toast & Peanut Butter Sandwich Crackers**

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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

---

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

**Common Measures:**

Measure 1 = 39g: 1 package

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

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



NDB No. 28132

**KEEBLER, Toasted Coconut Cookies**

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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

---

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

**Common Measures:**

Measure 1 = 38g: 2 cookies

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

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



NDB No. 18609  
KEEBLER, Vanilla Wafers

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

---

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

**Common Measures:**

Measure 1 = 30g: 8 cookies

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

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



NDB No. 28152

KEEBLER, Vanilla Wafers Minis, Rainbow

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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

---

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

**Common Measures:**

Measure 1 = 30g: 18 cookies

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

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





NDB No. 28153

KEEBLER, Vienna Fingers with Creme Filling

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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

---

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

**Common Measures:**

Measure 1 = 31g: 2 cookies

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

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



NDB No. 28154

**KEEBLER, Vienna Fingers with Creme Filling, Reduced Fat**

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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

---

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

**Common Measures:**

Measure 1 = 31g: 2 cookies

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

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



NDB No. 28157

KEEBLER, WHEATABLES, Honey Wheat Crackers

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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

---

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

**Common Measures:**

Measure 1 = 30g: 17 crackers

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

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



NDB No. 28158

KEEBLER, WHEATABLES, Nut Crisp Crackers, Roasted Almond

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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

---

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

**Common Measures:**

Measure 1 = 30g: 16 crackers

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

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





NDB No. 28159

KEEBLER, WHEATABLES, Nut Crisp Crackers, Toasted Pecan

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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

---

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

**Common Measures:**

Measure 1 = 30g: 16 crackers

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

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



NDB No. 28155  
KEEBLER, Waffle Bowls

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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 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 = 12.0g: 1 waffle

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

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



NDB No. 28156  
KEEBLER, Waffle Cones

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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 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 = 12.0g: 1 cone

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

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



NDB No. 28255  
KEEBLER, ZESTA, Export Sodas Crackers

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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

---

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

**Common Measures:**

Measure 1 = 14.0g: 3 crackers

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

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





NDB No. 28284

KEEBLER, ZESTA, Saltines with Whole Wheat

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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

---

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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: 5 crackers

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

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



NDB No. 28283  
KEEBLER, ZESTA, Saltines, Original

---

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

---

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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: 5 crackers

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

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



NDB No. 18507

**KELLOGG'S Eggo Lowfat Blueberry Nutri-Grain Waffles**

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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

---

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

**Common Measures:**

Measure 1 = 35g: 1 waffle, round (4" dia) (include frozen)

Measure 2 = 70g: 1 serving

**Footnotes:**

1 Serving equals 2 waffles

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

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



NDB No. 28160

**KELLOGG'S, ALL-BRAN, Garlic and Herb Crackers**

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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

---

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

**Common Measures:**

Measure 1 = 30g: 18 crackers

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

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





NDB No. 28161

**KELLOGG'S, ALL-BRAN, Multigrain Crackers**

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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	Code			

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

**Common Measures:**

Measure 1 = 30g: 18 crackers

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

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



NDB No. 18992

**KELLOGG'S, BEANATURAL, Original 3-Bean Chips**

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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

---

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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: 12 chips

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

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



NDB No. 28005

KELLOGG'S, CINNABON, Pancakes, Caramel

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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

---

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

**Common Measures:**

Measure 1 = 105g: 3 pancakes

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

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



NDB No. 28006

KELLOGG'S, CINNABON, Pancakes, Original

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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

---

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

**Common Measures:**

Measure 1 = 105g: 3 pancakes

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

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





NDB No. 28162  
KELLOGG'S, Corn Flakes Crumbs

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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

---

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

**Common Measures:**

Measure 1 = 33g: 6 tbsp

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

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



NDB No. 28259

**KELLOGG'S, EGGO Minis, Pancakes, Buttermilk**

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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	Code			

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Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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: 11 pancakes

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

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



NDB No. 28016

**KELLOGG'S, EGGO Protein, Waffles, Homestyle**

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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 Points	Code	Code	Code			

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

**Common Measures:**

Measure 1 = 70g: 2 waffles

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

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



NDB No. 28022

**KELLOGG'S, EGGO Seasons, Waffles, Pumpkin Spice**

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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

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

**Common Measures:**

Measure 1 = 70g: 2 waffles

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

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





NDB No. 18995

**KELLOGG'S, EGGO, Biscuit Scramblers, Bacon, Egg & Cheese**

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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	Measure 1	Measure 2	Measure 3
			of Data	Code	Code			

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

**Common Measures:**

Measure 1 = 105g: 1 biscuit

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

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



NDB No. 18996

**KELLOGG'S, EGGO, Biscuit Scramblers, Egg & Cheese**

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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

---

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

**Common Measures:**

Measure 1 = 105g: 1 biscuit

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

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



NDB No. 28012

KELLOGG'S, EGGO, FIBERPLUS Waffles, Buttermilk

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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

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

**Common Measures:**

Measure 1 = 70g: 2 waffles

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

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



NDB No. 28013

KELLOGG'S, EGGO, FIBERPLUS Waffles, Chocolate Chip

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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

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

**Common Measures:**

Measure 1 = 70g: 2 waffles

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

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





NDB No. 18997

KELLOGG'S, EGGO, French Toaster Sticks, Cinnamon

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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	Measure 1	Measure 2	Measure 3
			of Data Points	Code	Confidence Code			

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

**Common Measures:**

Measure 1 = 90g: 2 pieces

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

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



NDB No. 18998

KELLOGG'S, EGGO, French Toaster Sticks, Original

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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	measures of food		
						Confidence Code	Measure 1	Measure 2

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

**Common Measures:**

Measure 1 = 90g: 2 pieces

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

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



NDB No. 18999

**KELLOGG'S, EGGO, Mini Muffin Tops, Blueberry**

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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 Points	Code	Code	Code			

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

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

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



NDB No. 28000

**KELLOGG'S, EGGO, Mini Muffin Tops, Chocolate Chip**

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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	Measure 1	Measure 2	Measure 3
			of Data Points	Code	Code			

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

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

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





NDB No. 28001

**KELLOGG'S, EGGO, NUTRI-GRAIN Frozen Fruit Pizza, Mixed Berry Granola**

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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

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

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

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

NDB No. 28002

KELLOGG'S, EGGO, NUTRI-GRAIN Frozen Fruit Pizza, Strawberry Granola

Kellogg, Co.

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
<b>Proximates:</b>									
Water.....g	40.80		0	MC	9		61.20		
Energy.....kcal	266		0	MC	9		399		
Energy.....kJ	1113		0	MC	9		1670		
Protein (N x 6.25).....g	6.50		0	MC	9		9.75		
Total lipid (fat).....g	8.10		0	MC	9		12.15		
Ash.....g									
Carbohydrate, by difference.....g	43.70		0	MC	9		65.55		
Fiber, total dietary.....g	2.7		0	MC	9		4.1		
Sugars, total.....g	11.90		0	MC	9		17.85		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	46		0	MC	9		69		
Iron, Fe.....mg	1.10		0	MC	9		1.65		
Magnesium, Mg.....mg	13		0	MC	9		20		
Phosphorus, P.....mg	49		0	MC	9		74		
Potassium, K.....mg	65		0	MC	9		98		
Sodium, Na.....mg	263		0	MC	9		395		
Zinc, Zn.....mg	0.40		0	MC	9		0.60		
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....µg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg									
Thiamin.....mg	0.140		0	MC	9		0.210		
Riboflavin.....mg	0.070		0	MC	9		0.105		
Niacin.....mg	0.800		0	MC	9		1.200		
Pantothenic acid.....mg									
Vitamin B-6.....mg	0.010		0	MC	9		0.015		
Folate, total.....µg	18		0	MC	9		27		
Folic acid.....µg									
Folate, food.....µg	18		0	MC	9		27		
Folate, DFE.....µg									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		0	MC	9		0.00		
Vitamin A, RAE.....µg									
Retinol.....µg									
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU									
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg	0.00		0	MC	9		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	NR	4		0.0		
Vitamin D.....IU	0		0	MC	9		0		
Vitamin K (phylloquinone).....µg									
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	3.700		0	MC	9				

NDB No. 28002

KELLOGG'S, EGGO, NUTRI-GRAIN Frozen Fruit Pizza, Strawberry Granola

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Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common</u>				
	Mean	Std. Error	Number			<u>measures of food</u>			
			of Data	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			Points	Code	Code	Code			
Fatty acids, total saturated.....g	3.700			MC	9			5.550	
Fatty acids, total monounsaturated.....g	1.600		0	MC	9			2.400	
Fatty acids, total polyunsaturated.....g	1.900		0	MC	9			2.850	
Fatty acids, total trans.....g	0.000		0	MC	9			0.000	
Cholesterol.....mg	7		0	MC	9			11	
Phytosterols.....mg									

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**Common Measures:**

Measure 1 = 150g: 1 pizza

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

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



NDB No. 28018

KELLOGG'S, EGGO, NUTRI-GRAIN, Waffles, Blueberry

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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

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

**Common Measures:**

Measure 1 = 70g: 2 waffles

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

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



NDB No. 28019

KELLOGG'S, EGGO, NUTRI-GRAIN, Waffles, Honey Oat

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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

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

**Common Measures:**

Measure 1 = 70g: 2 waffles

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

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





NDB No. 18506

KELLOGG'S, EGGO, NUTRI-GRAIN, Waffles, Low Fat

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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

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

**Common Measures:**

Measure 1 = 70g: 2 waffles 1 serving

Measure 2 = 35g: 1 waffle, round (4" dia) (include frozen)

**Footnotes:**

1 Serving equals 2 waffles

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

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



NDB No. 28021

KELLOGG'S, EGGO, NUTRI-GRAIN, Waffles, Original

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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

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Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 70g: 2 waffles

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)



NDB No. 28003

KELLOGG'S, EGGO, Pancakes, Blueberry

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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

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Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 105g: 3 pancakes

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)



NDB No. 28004

KELLOGG'S, EGGO, Pancakes, Chocolate Chip

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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

---

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 105g: 3 pancakes

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)





NDB No. 28025

**KELLOGG'S, EGGO, Thick & Fluffy, Waffles, Brown Sugar**

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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

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Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 55g: 1 waffle

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)



NDB No. 28026

KELLOGG'S, EGGO, Thick & Fluffy, Waffles, Original

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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

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Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 55g: 1 waffle

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)



NDB No. 28007

**KELLOGG'S, EGGO, Wafflers, Brown Sugar Cinnamon Roll**

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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

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Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 76g: 2 waffles

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)



NDB No. 28008

**KELLOGG'S, EGGO, Wafflers, Strawberry Strudel**

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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

---

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 76g: 2 waffles

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)





NDB No. 28009

KELLOGG'S, EGGO, Waffles, Blueberry

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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

---

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 70g: 2 waffles

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)



NDB No. 28010

KELLOGG'S, EGGO, Waffles, Buttermilk

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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

---

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 70g: 2 waffles

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)



NDB No. 28260

KELLOGG'S, EGGO, Waffles, Chocolate Chip

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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

---

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 70g: 2 waffles

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)



NDB No. 28011

**KELLOGG'S, EGGO, Waffles, Cinnamon Toast**

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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

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Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 92g: 3 sets

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)





NDB No. 28014

KELLOGG'S, EGGO, Waffles, French Toast

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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
			Points	Code	Code	Code			

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Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 45g: 1 waffle

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)



NDB No. 28015

KELLOGG'S, EGGO, Waffles, Homestyle

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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

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Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 70g: 2 waffles

Measure 2 = 93g: 3 sets waffle minis

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)



NDB No. 18505

KELLOGG'S, EGGO, Waffles, Homestyle, Low Fat

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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

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Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 70g: 2 waffles 1 serving

Measure 2 = 35g: 1 round waffle (4" dia) (include frozen)

**Footnotes:**

1 Serving equals 2 waffles

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)



NDB No. 28024

KELLOGG'S, EGGO, Waffles, Strawberry

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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 Points	Code	Code	Code			

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Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 70g: 2 waffles

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)





NDB No. 28183

**KELLOGG'S, POP-TARTS MINI CRISPS, Cinnamon Brown Sugar Baked Bites**

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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 Points	Code	Code	Code			

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Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 23g: 1 pouch

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)



NDB No. 28184

**KELLOGG'S, POP-TARTS MINI CRISPS, Frosted Chocolate Baked Bites**

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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	Code			

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Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 23g: 1 pouch

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)



NDB No. 28185

**KELLOGG'S, POP-TARTS MINI CRISPS, Frosted Strawberry Baked Bites**

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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

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Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 10.0g: 1 pouch

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)



NDB No. 28165

**KELLOGG'S, POP-TARTS, Chocolate Chip Cookie Dough Toaster Pastries**

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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

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Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 50g: 1 pastry

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)





NDB No. 28163

**KELLOGG'S, POP-TARTS, Frosted Apple Strudel Toaster Pastries**

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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

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Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 50g: 1 pastry

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)



NDB No. 28164

**KELLOGG'S, POP-TARTS, Frosted Blueberry Muffin Toaster Pastries**

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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

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Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 50g: 1 pastry

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)



NDB No. 28167

**KELLOGG'S, POP-TARTS, Frosted Cinnamon Roll Toaster Pastries**

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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

---

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 50g: 1 pastry

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)



NDB No. 28168

**KELLOGG'S, POP-TARTS, Frosted Confetti Cake Toaster Pastries**

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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	Measure 1	Measure 2	Measure 3
			of Data Points	Confidence Code			

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Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 50g: 1 pastry

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)





NDB No. 28169

**KELLOGG'S, POP-TARTS, Frosted Cookies & Creme Toaster Pastries**

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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

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Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 50g: 1 pastry

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)



NDB No. 28170

**KELLOGG'S, POP-TARTS, Frosted Orange Cream Toaster Pastries**

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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

---

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 50g: 1 pastry

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)



NDB No. 28171

**KELLOGG'S, POP-TARTS, Frosted Pumpkin Pie Toaster Pastries**

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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
			Points	Code	Code					

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Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 50g: 1 pastry

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)



NDB No. 28172

**KELLOGG'S, POP-TARTS, Frosted Spring Berry Toaster Pastries**

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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

---

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 52g: 1 pastry

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)





NDB No. 28173

**KELLOGG'S, POP-TARTS, Frosted Sugar Cookie Toaster Pastries**

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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					

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Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 50g: 1 pastry

Measure 2 = 100g: 1 package 2 pack

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)



NDB No. 28174

**KELLOGG'S, POP-TARTS, Frosted Waffle Cone Toaster Pastries**

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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

---

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 50g: 1 pastry

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)



NDB No. 28175

**KELLOGG'S, POP-TARTS, Frosted Wild Fruit Fusion Toaster Pastries**

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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

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Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 50g: 1 pastry

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)



NDB No. 28176

**KELLOGG'S, POP-TARTS, Frosted Wild Grape Toaster Pastries**

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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

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Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 50g: 1 pastry

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)





NDB No. 28177

**KELLOGG'S, POP-TARTS, Frosted Wild Strawberry Toaster Pastries**

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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

---

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 50g: 1 pastry

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)



NDB No. 28192

**KELLOGG'S, POP-TARTS, Gingerbread Toaster Pastries**

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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	Measure 1	Measure 2	Measure 3
			of Data Points	Confidence Code			

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Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 50g: 1 pastry

Measure 2 = 100g: 1 package 2-count package

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)



NDB No. 28178

**KELLOGG'S, POP-TARTS, Ice Cream Shoppe Frosted Hot Fudge Sundae Toaster Pastries**

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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	Measure 1	Measure 2	Measure 3
			of Data Points	Confidence Code			

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Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 48g: 1 pastry

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)



NDB No. 28179

**KELLOGG'S, POP-TARTS, Ice Cream Shoppe Frosted Ice Creme Sandwich Toaster Pastries**

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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

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Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 48g: 1 pastry

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)





NDB No. 28180

**KELLOGG'S, POP-TARTS, Ice Cream Shoppe Frosted Rainbow Chip Toaster Pastries**

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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	Measure 1	Measure 2	Measure 3
			of Data Points	Confidence Code			

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Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 50g: 1 pastry

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)



NDB No. 28181

**KELLOGG'S, POP-TARTS, Ice Cream Shoppe Frosted Strawberry Milkshake Toaster Pastries**

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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

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Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 48g: 1 pastry

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)



NDB No. 28182

**KELLOGG'S, POP-TARTS, Ice Cream Shoppe Frosted Vanilla Milkshake Toaster Pastries**

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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

---

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 48g: 1 pastry

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)



NDB No. 28193

**KELLOGG'S, POP-TARTS, Yum-azing Vanilla Milkshake Toaster Pastries**

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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

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Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 50g: 1 pastry

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)





NDB No. 28023

KELLOGG'S, SIMPLY EGGO, Original

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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

---

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 70g: 2 waffles

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)



NDB No. 28186

KELLOGG'S, SPECIAL K, Cracker Chips, Cheddar

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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

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Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 30g: 27 chips

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)



NDB No. 28187

**KELLOGG'S, SPECIAL K, Cracker Chips, Sea Salt**

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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

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Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 30g: 30 chips

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)



NDB No. 28188

**KELLOGG'S, SPECIAL K, Cracker Chips, Sour Cream & Onion**

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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 Points	Code	Code	Code			

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Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 30g: 27 chips

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)





NDB No. 28189

KELLOGG'S, SPECIAL K, Cracker Chips, Southwest Ranch

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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

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Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 30g: 27 chips

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 28190

KELLOGG'S, SPECIAL K, Multigrain Crackers

Kellogg, Co.

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
<b>Proximates:</b>									
Water.....g	2.50		0	MC	9		0.75		
Energy.....kcal	401		0	MC	9		120		
Energy.....kJ	1678		0	MC	9		503		
Protein (N x 6.25).....g	9.00		0	MC	9		2.70		
Total lipid (fat).....g	9.40		0	MC	9		2.82		
Ash.....g									
Carbohydrate, by difference.....g	75.40		0	MC	9		22.62		
Fiber, total dietary.....g	8.6		0	MC	9		2.6		
Sugars, total.....g	20.80		0	MC	9		6.24		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg									
Iron, Fe.....mg	2.50		0	MC	9		0.75		
Magnesium, Mg.....mg	30		0	MC	9		9		
Phosphorus, P.....mg	97		0	MC	9		29		
Potassium, K.....mg	243		0	MC	9		73		
Sodium, Na.....mg	848		0	MC	9		254		
Zinc, Zn.....mg	1.10		0	MC	9		0.33		
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....µg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg									
Thiamin.....mg	0.350		0	MC	9		0.105		
Riboflavin.....mg	0.190		0	MC	9		0.057		
Niacin.....mg	2.700		0	MC	9		0.810		
Pantothenic acid.....mg									
Vitamin B-6.....mg	0.120		0	MC	9		0.036		
Folate, total.....µg	13		0	MC	9		4		
Folic acid.....µg									
Folate, food.....µg	13		0	MC	9		4		
Folate, DFE.....µg									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg									
Vitamin A, RAE.....µg									
Retinol.....µg									
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU									
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									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	1.400		0	MC	9		0.420		

NDB No. 28190

**KELLOGG'S, SPECIAL K, Multigrain Crackers**

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Nutrients and Units	<u>Amount in 100 grams of edible portion</u>						<u>Amount in edible portion of common</u>			
	Mean	Std. Error	Number			Source Code	Confidence Code	<u>measures of food</u>		
			of Data Points	Deriv Code				Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	2.200		0	MC	9		0.660			
Fatty acids, total polyunsaturated.....g	4.900		0	MC	9		1.470			
Fatty acids, total trans.....g	0.100		0	MC	9		0.030			
Cholesterol.....mg	0		0	MC	9		0			
Phytosterols.....mg										

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Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 30g: 24 crackers

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)



NDB No. 28191

**KELLOGG'S, SPECIAL K, Savory Herb Crackers**

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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	Code			

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Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 30g: 24 crackers

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 18501

KELLOGG, KELLOG'S NUTRI-GRAIN CEREAL BARS, Mixed Berry

Kellogg, Co.

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
<b>Proximates:</b>									
Water.....g	14.50		0	MC	9		16.82		
Energy.....kcal	370		0	MC	9		429		
Energy.....kJ	1548		0	MC	9		1796		
Protein.....g	4.30		0	MC	9		4.99		
Total lipid (fat).....g	7.60		0	MC	9		8.82		
Ash.....g	0.80		0	MC	9		0.93		
Carbohydrate, by difference.....g	72.80		0	MC	9		84.45		
Fiber, total dietary.....g	1.9		0	MC	9		2.2		
Sugars, total.....g	33.60		0	MC	9		38.98		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	39		0	MC	9		45		
Iron, Fe.....mg	4.90		0	MC	9		5.68		
Magnesium, Mg.....mg	26		0	MC	9		30		
Phosphorus, P.....mg	98		0	MC	9		114		
Potassium, K.....mg	188		0	MC	9		218		
Sodium, Na.....mg	284		0	MC	9		329		
Zinc, Zn.....mg	4.10		0	MC	9		4.76		
Copper, Cu.....mg	0.100		0	MC	9		0.116		
Manganese, Mn.....mg									
Selenium, Se.....µg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0	MC	9		0.0		
Thiamin.....mg	1.000		0	MC	9		1.160		
Riboflavin.....mg	1.100		0	MC	9		1.276		
Niacin.....mg	13.500		0	MC	9		15.660		
Pantothenic acid.....mg	0.000		0	MC	9		0.000		
Vitamin B-6.....mg	1.400		0	MC	9		1.624		
Folate, total.....µg	108		0	MC	9		125		
Folic acid.....µg									
Folate, food.....µg	108		0	MC	9		125		
Folate, DFE.....µg									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		0	MC	9		0.00		
Vitamin A, RAE.....µg									
Retinol.....µg									
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	2027		0	MC	9		2351		
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									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	1.500		0	MC	9				

NDB No. 18501

**KELLOGG, KELLOG'S NUTRI-GRAIN CEREAL BARS, Mixed Berry**

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Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common</u>				
	Mean	Std. Error	Number			<u>measures of food</u>			
			of Data	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			Points	Code	Code	Code			
Fatty acids, total saturated.....g	1.500			MC	9			1.740	
Fatty acids, total monounsaturated.....g	5.000		0	MC	9			5.800	
Fatty acids, total polyunsaturated.....g	1.100		0	MC	9			1.276	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	MC	9			0	
Phytosterols.....mg									

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Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 116g: 1 bar (NLEA serving)

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)





NDB No. 18499

KELLOGG, KELLOGG'S EGGO, Buttermilk Pancake

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Nutrients and Units	<u>Amount in 100 grams of edible portion</u>			<u>Amount in edible portion of common</u>			<u>measures of food</u>		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

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Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 116g: 3 pancakes (NLEA serving)

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 18637

KRAFT FOODS, SHAKE 'N' BAKE ORIGINAL RECIPE, Coating for Pork, dry

Kraft Foods, Inc.

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	3.20		1	A	1		0.90		
Energy.....kcal	377		0	NC	4		106		
Energy.....kJ	1577		0		4		442		
Protein.....g	6.10		1	A	1		1.71		
Total lipid (fat).....g	3.70		1	A	1		1.04		
Ash.....g	7.20		1	A	1		2.02		
Carbohydrate, by difference.....g	79.80		0	NC	4		22.34		
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg									
Iron, Fe.....mg									
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg									
Sodium, Na.....mg	2182		0	LC	8		611		
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....µg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 serving

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)



NDB No. 18567

**KRAFT, STOVETOP Stuffing Mix Chicken Flavor**

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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

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Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 NLEA serving (makes 1/2 cup prepared)

**Footnotes:**

1 1/6 box (makes 1/2 cup prepared)

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 18956  
Keikitos (muffins), Latino bakery item

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
<b>Proximates:</b>									
Water.....g	12.99		1	A	1		5.46		
Energy.....kcal	467		0	NC	4		196		
Energy.....kJ	1954		0	NC	4		821		
Protein (N x 6.25).....g	6.81		1	A	1		2.86		
Total lipid (fat).....g	25.24		1	A	1		10.60		
Ash.....g	1.80		1	A	1		0.76		
Carbohydrate, by difference.....g	53.16		0	NC	4		22.33		
Fiber, total dietary.....g	1.2		1	A	1		0.5		
Sugars, total.....g	25.81		1	A	1		10.84		
Sucrose.....g	25.81		1	A	1		10.84		
Glucose (dextrose).....g	0.00		1	A	1		0.00		
Fructose.....g	0.00		1	A	1		0.00		
Lactose.....g	0.00		1	A	1		0.00		
Maltose.....g	0.00		1	A	1		0.00		
Galactose.....g	0.00		1	A	1		0.00		
Starch.....g	25.20		1	A	1		10.58		
<b>Minerals:</b>									
Calcium, Ca.....mg	63		1	A	1		26		
Iron, Fe.....mg	2.53		1	A	1		1.06		
Magnesium, Mg.....mg	12		1	A	1		5		
Phosphorus, P.....mg	255		1	A	1		107		
Potassium, K.....mg	90		1	A	1		38		
Sodium, Na.....mg	515		1	A	1		216		
Zinc, Zn.....mg	0.52		1	A	1		0.22		
Copper, Cu.....mg	0.072		1	A	1		0.030		
Manganese, Mn.....mg	0.207		1	A	1		0.087		
Selenium, Se.....µg	15.3		1	A	1		6.4		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 42g: 1 piece

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)



NDB No. 18369

Leavening agents, baking powder, double-acting, sodium aluminum sulfate

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.000		0		4		0.000	0.000	
4:0.....g	0.000		0		4		0.000	0.000	
6:0.....g	0.000		0		4		0.000	0.000	
8:0.....g	0.000		0		4		0.000	0.000	
10:0.....g	0.000		0		4		0.000	0.000	
12:0.....g	0.000		0		4		0.000	0.000	
13:0.....g									
14:0.....g	0.000		0		4		0.000	0.000	
15:0.....g									
16:0.....g	0.000		0		4		0.000	0.000	
17:0.....g									
18:0.....g	0.000		0		4		0.000	0.000	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.000		0		4		0.000	0.000	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
20:1.....g	0.000		0		4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.000		0		4		0.000	0.000	
18:2 undifferentiated.....g	0.000		0		4		0.000	0.000	
18:3 undifferentiated.....g	0.000		0		4		0.000	0.000	
18:4.....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	
20:5 n-3 (EPA).....g	0.000		0		4		0.000	0.000	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0		4		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		1		0	0	
Phytosterols.....mg									
<b>Others:</b>									
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 = 4.6g: 1 tsp

Measure 2 = 2.3g: .5 tsp

Calories Factors: Protein 1.5

Fat 8.4

Carbohydrate 1.9

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)





NDB No. 18370

Leavening agents, baking powder, double-acting, straight phosphate

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.000		0		4		0.000	0.000	
4:0.....g	0.000		0		4		0.000	0.000	
6:0.....g	0.000		0		4		0.000	0.000	
8:0.....g	0.000		0		4		0.000	0.000	
10:0.....g	0.000		0		4		0.000	0.000	
12:0.....g	0.000		0		4		0.000	0.000	
13:0.....g									
14:0.....g	0.000		0		4		0.000	0.000	
15:0.....g									
16:0.....g	0.000		0		4		0.000	0.000	
17:0.....g									
18:0.....g	0.000		0		4		0.000	0.000	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.000		0		4		0.000	0.000	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
20:1.....g	0.000		0		4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.000		0		4		0.000	0.000	
18:2 undifferentiated.....g	0.000		0		4		0.000	0.000	
18:3 undifferentiated.....g	0.000		0		4		0.000	0.000	
18:4.....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	
20:5 n-3 (EPA).....g	0.000		0		4		0.000	0.000	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0		4		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		1		0	0	
Phytosterols.....mg									
<b>Others:</b>									
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 = 4.6g: 1 tsp

Measure 2 = 2.3g: .5 tsp

Calories Factors: Protein 1.8

Fat 8.4

Carbohydrate 2.1

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)



**NDB No. 18371**  
**Leavening agents, baking powder, low-sodium**

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.073		0		4		0.004	0.002	
4:0.....g	0.000		0		4		0.000	0.000	
6:0.....g	0.000		0		4		0.000	0.000	
8:0.....g	0.000		0		4		0.000	0.000	
10:0.....g	0.002		0		4		0.000	0.000	
12:0.....g	0.009		0		4		0.000	0.000	
13:0.....g									
14:0.....g	0.002		0		4		0.000	0.000	
15:0.....g									
16:0.....g	0.046		0		4		0.002	0.001	
17:0.....g									
18:0.....g	0.009		0		4		0.000	0.000	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.006		0		4		0.000	0.000	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.002		0		4		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.003		0		4		0.000	0.000	
20:1.....g	0.000		0		4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.121		0		4		0.006	0.003	
18:2 undifferentiated.....g	0.090		0		4		0.005	0.002	
18:3 undifferentiated.....g	0.029		0		4		0.001	0.001	
18:4.....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	
20:5 n-3 (EPA).....g	0.000		0		4		0.000	0.000	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0		4		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		1		0	0	
Phytosterols.....mg									
<b>Others:</b>									
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 = 5.0g: 1 tsp  
 Measure 2 = 2.5g: .5 tsp

**Calories Factors: Protein 2.7**

**Fat 8.4**

**Carbohydrate2**

**Food Group: 18 Baked Products**

USDA National Nutrient Database for Standard Reference, Release 27 (2014)



**NDB No. 18372**  
**Leavening agents, baking soda**

Nutrients and 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			
<b>Lipids:</b>							
Fatty acids, total saturated.....g	0.000		0		4	0.000	0.000
4:0.....g	0.000		0		4	0.000	0.000
6:0.....g	0.000		0		4	0.000	0.000
8:0.....g	0.000		0		4	0.000	0.000
10:0.....g	0.000		0		4	0.000	0.000
12:0.....g	0.000		0		4	0.000	0.000
13:0.....g							
14:0.....g	0.000		0		4	0.000	0.000
15:0.....g							
16:0.....g	0.000		0		4	0.000	0.000
17:0.....g							
18:0.....g	0.000		0		4	0.000	0.000
20:0.....g							
22:0.....g							
24:0.....g							
Fatty acids, total monounsaturated.....g	0.000		0		4	0.000	0.000
14:1.....g							
15:1.....g							
16:1 undifferentiated.....g	0.000		0		4	0.000	0.000
17:1.....g							
18:1 undifferentiated.....g	0.000		0		4	0.000	0.000
20:1.....g	0.000		0		4	0.000	0.000
22:1 undifferentiated.....g	0.000		0		4	0.000	0.000
24:1 c.....g							
Fatty acids, total polyunsaturated.....g	0.000		0		4	0.000	0.000
18:2 undifferentiated.....g	0.000		0		4	0.000	0.000
18:3 undifferentiated.....g	0.000		0		4	0.000	0.000
18:4.....g	0.000		0		4	0.000	0.000
20:2 n-6 c,c.....g							
20:3 undifferentiated.....g							
20:4 undifferentiated.....g	0.000		0		4	0.000	0.000
20:5 n-3 (EPA).....g	0.000		0		4	0.000	0.000
21:5.....g							
22:4.....g							
22:5 n-3 (DPA).....g	0.000		0		4	0.000	0.000
22:6 n-3 (DHA).....g	0.000		0		4	0.000	0.000
Fatty acids, total trans.....g							
Cholesterol.....mg	0		0		1	0	0
Phytosterols.....mg							
<b>Others:</b>							
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 = 4.6g: 1 tsp  
 Measure 2 = 2.3g: .5 tsp

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group: 18 Baked Products**

USDA National Nutrient Database for Standard Reference, Release 27 (2014)



**NDB No. 18373**  
**Leavening agents, cream of tartar**

Nutrients and 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	Measure 2	Measure 3
			Deriv Code	Points					
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.000		0		4		0.000	0.000	
4:0.....g	0.000		0		4		0.000	0.000	
6:0.....g	0.000		0		4		0.000	0.000	
8:0.....g	0.000		0		4		0.000	0.000	
10:0.....g	0.000		0		4		0.000	0.000	
12:0.....g	0.000		0		4		0.000	0.000	
13:0.....g									
14:0.....g	0.000		0		4		0.000	0.000	
15:0.....g									
16:0.....g	0.000		0		4		0.000	0.000	
17:0.....g									
18:0.....g	0.000		0		4		0.000	0.000	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.000		0		4		0.000	0.000	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
20:1.....g	0.000		0		4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.000		0		4		0.000	0.000	
18:2 undifferentiated.....g	0.000		0		4		0.000	0.000	
18:3 undifferentiated.....g	0.000		0		4		0.000	0.000	
18:4.....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	
20:5 n-3 (EPA).....g	0.000		0		4		0.000	0.000	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0		4		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		1		0	0	
Phytosterols.....mg									
<b>Others:</b>									
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 = 3.0g: 1 tsp  
 Measure 2 = 1.5g: .5 tsp

**Calories Factors: Protein 3.5**

**Fat 8.4**

**Carbohydrate 4.2**

**Food Group: 18 Baked Products**

USDA National Nutrient Database for Standard Reference, Release 27 (2014)



NDB No. 18375

Leavening agents, yeast, baker's, active dry

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						
<b>Proximates:</b>									
Water.....g	5.08		1	A	1		0.20	0.61	0.37
Energy.....kcal	325		0	NC	4		13	39	23
Energy.....kJ	1361		0	NC	4		54	163	98
Protein (N x 6.25).....g	40.44		1	A	1		1.62	4.85	2.91
Total lipid (fat).....g	7.61		1	A	1		0.30	0.91	0.55
Ash.....g	5.65		1	A	1		0.23	0.68	0.41
Carbohydrate, by difference.....g	41.22		0	NC	4		1.65	4.95	2.97
Fiber, total dietary.....g	26.9		1	A	1		1.1	3.2	1.9
Sugars, total.....g	0.00		0	Z	7		0.00	0.00	0.00
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	30		1	A	1		1	4	2
Iron, Fe.....mg	2.17		1	A	1		0.09	0.26	0.16
Magnesium, Mg.....mg	54		1	A	1		2	7	4
Phosphorus, P.....mg	637		1	A	1		25	76	46
Potassium, K.....mg	955		1	A	1		38	115	69
Sodium, Na.....mg	51		1	A	1		2	6	4
Zinc, Zn.....mg	7.94		1	A	1		0.32	0.95	0.57
Copper, Cu.....mg	0.436		1	A	1		0.017	0.052	0.031
Manganese, Mn.....mg	0.312		1	A	1		0.012	0.037	0.022
Selenium, Se.....µg	7.9		1	A	1		0.3	0.9	0.6
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.3		1		1		0.0	0.0	0.0
Thiamin.....mg	10.990		1	A	1		0.440	1.319	0.791
Riboflavin.....mg	4.000		1	A	1		0.160	0.480	0.288
Niacin.....mg	40.200		1	A	1		1.608	4.824	2.894
Pantothenic acid.....mg	13.500		1	A	1		0.540	1.620	0.972
Vitamin B-6.....mg	1.500		1	A	1		0.060	0.180	0.108
Folate, total.....µg	2340		1		1		94	281	168
Folic acid.....µg	0		0	Z	7		0	0	0
Folate, food.....µg	2340		1		1		94	281	168
Folate, DFE.....µg	2340		0	NC	4		94	281	168
Choline, total.....mg	32.0		0	AS	1		1.3	3.8	2.3
Betaine.....mg	3.4		1	A	1		0.1	0.4	0.2
Vitamin B-12.....µg	0.07		1	A	1		0.00	0.01	0.01
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	0		0	Z	7		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		0	AS	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	0.00		0	Z	7		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		0	Z	7		0	0	0
Vitamin K (phylloquinone).....µg	0.4		1	A	1		0.0	0.0	0.0
Dihydrophylloquinone.....µg	0.0		1	A	1		0.0	0.0	0.0
Menquinone-4.....µg	0.0		1	A	1		0.0	0.0	0.0

NDB No. 18375

Leavening agents, yeast, baker's, active dry

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 Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Code					
<b>Lipids:</b>									
Fatty acids, total saturated.....g	1.001		0		1		0.040	0.120	0.072
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	0.049		0		1		0.002	0.006	0.004
13:0.....g									
14:0.....g	0.000		0		1		0.000	0.000	0.000
15:0.....g									
16:0.....g	0.706		0		1		0.028	0.085	0.051
17:0.....g									
18:0.....g	0.246		0		1		0.010	0.029	0.018
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	4.309		0		1		0.172	0.517	0.310
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	2.289		0		1		0.092	0.275	0.165
17:1.....g									
18:1 undifferentiated.....g	2.020		0		1		0.081	0.242	0.145
20:1.....g	0.000		0	Z	7		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	0.017		0		1		0.001	0.002	0.001
18:2 undifferentiated.....g	0.017		0		1		0.001	0.002	0.001
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		1		1		0	0	0
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.540		0	A	1		0.022	0.065	0.039
Threonine.....g	1.990		0	A	1		0.080	0.239	0.143
Isoleucine.....g	1.890		0	A	1		0.076	0.227	0.136
Leucine.....g	2.920		0	A	1		0.117	0.350	0.210
Lysine.....g	3.280		0	A	1		0.131	0.394	0.236
Methionine.....g	0.590		0	A	1		0.024	0.071	0.042
Cystine.....g	0.500		0	A	1		0.020	0.060	0.036
Phenylalanine.....g	1.750		0	A	1		0.070	0.210	0.126
Tyrosine.....g	1.130		0	A	1		0.045	0.136	0.081
Valine.....g	2.310		0	A	1		0.092	0.277	0.166
Arginine.....g	2.030		0	A	1		0.081	0.244	0.146
Histidine.....g	0.910		0	A	1		0.036	0.109	0.066
Alanine.....g	2.320		0	A	1		0.093	0.278	0.167
Aspartic acid.....g	4.150		0	A	1		0.166	0.498	0.299
Glutamic acid.....g	6.470		0	A	1		0.259	0.776	0.466
Glycine.....g	1.930		0	A	1		0.077	0.232	0.139
Proline.....g	1.650		0	A	1		0.066	0.198	0.119
Serine.....g	1.980		0	A	1		0.079	0.238	0.143
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0

NDB No. 18375

Leavening agents, yeast, baker's, active dry

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 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 = 4.0g: 1 tsp

Measure 2 = 12.0g: 1 tbsp

Measure 3 = 7.2g: 1 packet

**Calories Factors: Protein 3**

**Fat 8.4**

**Carbohydrate 3.4**

**Food Group: 18 Baked Products**

USDA National Nutrient Database for Standard Reference, Release 27 (2014)



Leavening agents, yeast, baker's, compressed

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						
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.243		0		1		0.041		
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	0.012		0		1		0.002		
13:0.....g									
14:0.....g	0.000		0		1		0.000		
15:0.....g									
16:0.....g	0.172		0		1		0.029		
17:0.....g									
18:0.....g	0.060		0		1		0.010		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	1.047		0		1		0.178		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.556		0		1		0.095		
17:1.....g									
18:1 undifferentiated.....g	0.491		0		1		0.083		
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	0.004		0		1		0.001		
18:2 undifferentiated.....g	0.004		0		1		0.001		
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		1		1		0		
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.106		0		1		0.018		
Threonine.....g	0.435		0		1		0.074		
Isoleucine.....g	0.476		0		1		0.081		
Leucine.....g	0.668		0		1		0.114		
Lysine.....g	0.690		0		1		0.117		
Methionine.....g	0.166		0		1		0.028		
Cystine.....g	0.112		0		1		0.019		
Phenylalanine.....g	0.407		0		1		0.069		
Tyrosine.....g	0.345		0		1		0.059		
Valine.....g	0.512		0		1		0.087		
Arginine.....g	0.462		0		1		0.079		
Histidine.....g	0.217		0		1		0.037		
Alanine.....g	0.553		0		1		0.094		
Aspartic acid.....g	0.853		0		1		0.145		
Glutamic acid.....g	1.235		0		1		0.210		
Glycine.....g	0.407		0		1		0.069		
Proline.....g	0.357		0		1		0.061		
Serine.....g	0.413		0		1		0.070		
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0		
Caffeine.....mg	0		0	Z	7		0		

NDB No. 18374

Leavening agents, yeast, baker's, compressed

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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
Theobromine.....mg	0		0	Z	7		0		

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Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 17g: 1 cake (0.6 oz)

**Calories Factors: Protein 3**

**Fat 8.4**

**Carbohydrate 3.4**

**Food Group:** 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)



NDB No. 18615

MARTHA WHITE FOODS, Martha White's Buttermilk Biscuit Mix, dry

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Nutrients and Units	<u>Amount in 100 grams of edible portion</u>						<u>Amount in edible portion of common</u>		
							<u>measures of food</u>		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

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Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 41g: 1 serving

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)



NDB No. 18614

MARTHA WHITE FOODS, Martha White's Chewy Fudge Brownie Mix, dry

The J.M. Smucker Co.

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
<b>Proximates:</b>									
Water.....g	4.00		1	MC	9		1.12		
Energy.....kcal	407		0	NC	4		114		
Energy.....kJ	1705		0	NC	4		477		
Protein (N x 6.25).....g	4.42		1	MC	9		1.24		
Total lipid (fat).....g	6.16		1	MC	9		1.72		
Ash.....g	1.84		1	MC	9		0.52		
Carbohydrate, by difference.....g	83.58		0	NC	4		23.40		
Fiber, total dietary.....g	2.9		1	MC	9		0.8		
Sugars, total.....g	54.76		1	MC	9		15.33		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	17		1	MC	9		5		
Iron, Fe.....mg	3.81		1	MC	9		1.07		
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg	51		1	MC	9		14		
Sodium, Na.....mg	457		1	MC	9		128		
Zinc, Zn.....mg	0.26		1	MC	9		0.07		
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....µg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		1	MC	9		0.0		
Thiamin.....mg	0.200		1	MC	9		0.056		
Riboflavin.....mg	0.130		1	MC	9		0.036		
Niacin.....mg	1.670		1	MC	9		0.468		
Pantothenic acid.....mg	0.000		1	MC	9		0.000		
Vitamin B-6.....mg	0.000		1	MC	9		0.000		
Folate, total.....µg	49		1	MC	9		14		
Folic acid.....µg									
Folate, food.....µg	49		1	MC	9		14		
Folate, DFE.....µg									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		1	MC	9		0.00		
Vitamin A, RAE.....µg	0		1	NR	4		0		
Retinol.....µg									
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	0		1	MC	9		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									
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									

NDB No. 18614

MARTHA WHITE FOODS, Martha White's Chewy Fudge Brownie Mix, dry

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Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common</u>				
	Mean	Std. Error	Number			<u>measures of food</u>			
			of Data	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			Points	Code	Code	Code			
Fatty acids, total saturated.....g	1.700		1	MC	9		0.476		
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		1	MC	9		0		
Phytosterols.....mg									

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Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 serving

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)



NDB No. 18612

**MCKEE BAKING, LITTLE DEBBIE NUTTY BARS, Wafers with Peanut Butter, Chocolate Covered**

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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	Measure 1	Measure 2	Measure 3
			of Data Points	Code	Code			

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Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 57g: 1 serving

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)



NDB No. 18616

MISSION FOODS, MISSION Flour Tortillas, Soft Taco, 8 inch

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Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common</u>				
	Mean	Std. Error	Number			<u>measures of food</u>			
			of Data	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			Points	Code	Code	Code			
Fatty acids, total trans.....g									
Cholesterol.....mg									
Phytosterols.....mg									

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Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 51g: 1 serving

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)



NDB No. 28194

**MOTHER'S, 4th of July Circus Animal Cookies**

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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 Points	Code	Code	Code			

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Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 29g: 6 cookies

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)





NDB No. 28195

**MOTHER'S, Chocolate Chip Cookies**

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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 Points	Code	Code	Code			

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Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 30g: 4 cookies

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)



NDB No. 28196  
MOTHER'S, Circus Animal Cookies

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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 Points	Code	Code	Code			

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Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 29g: 6 cookies

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)



NDB No. 28197

**MOTHER'S, Coconut Cocadas Cookies**

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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 Points	Code	Code	Code			

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Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 32g: 5 cookies

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)



NDB No. 28198

MOTHER'S, Double Fudge Creme Sandwich Cookies

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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 Points	Code	Code	Code			

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Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 38g: 2 cookies

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)





NDB No. 28199

MOTHER'S, English Tea Sandwich Cookies

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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

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Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 38g: 2 cookies

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)



NDB No. 28200

MOTHER'S, Halloween Circus Animals Cookies

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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

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Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 29g: 6 cookies

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)



NDB No. 28201

**MOTHER'S, Holiday Circus Animal Cookies**

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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

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Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 29g: 6 cookies

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)



NDB No. 28202

**MOTHER'S, Iced Lemonade Cookies**

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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

---

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 29g: 4 cookies

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)





NDB No. 28203  
MOTHER'S, Iced Oatmeal Cookies

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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

---

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 32g: 4 cookies

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)



NDB No. 28204  
MOTHER'S, Jungle Animal Cookies

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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 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 = 29g: 6 cookies

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)



NDB No. 28205  
MOTHER'S, Macaroon Cookies

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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

---

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 31g: 2 cookies

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)



NDB No. 28206

MOTHER'S, Old Fashioned Chocolate Chip Cookies

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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

---

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 32g: 2 cookies

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)





NDB No. 28207

MOTHER'S, Old Fashioned Iced Oatmeal Cookies

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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

---

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 31g: 2 cookies

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)



NDB No. 28269

**MOTHER'S, Old Fashioned Oatmeal Cookies**

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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	Code			

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Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 27g: 2 cookies

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)



NDB No. 28208

**MOTHER'S, Peanut Butter Gauchos Cookies**

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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

---

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 38g: 2 cookies

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)



NDB No. 28209

MOTHER'S, Taffy Sandwich Cookies

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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

---

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 38g: 2 cookies

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)





NDB No. 28270

MOTHER'S, Vanilla Sandwich Cookies

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Nutrients and Units	<u>Amount in 100 grams of edible portion</u>			<u>Amount in edible portion of common</u>			<u>measures of food</u>		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

---

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 38g: 2 cookies

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)



NDB No. 28271

MURRAY, COOKIE JAR CLASSICS, Butter Cookies

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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

---

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 30g: 8 cookies

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)



NDB No. 28212

**MURRAY, COOKIE JAR CLASSICS, Coconut Bars Cookies**

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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	Measure 1	Measure 2	Measure 3
			of Data Points	Code	Code			

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Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 32g: 6 cookies

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)



NDB No. 28272

**MURRAY, Chocolate Creme Sandwich Cookies**

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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 Points	Code	Code	Code			

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Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 29g: 3 cookies

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)





NDB No. 28211

**MURRAY, Chocolatey Chip Thins Cookies**

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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	Measure 1	Measure 2	Measure 3
			of Data Points	Confidence Code			

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Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 30g: 8 cookies

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)



NDB No. 28213

MURRAY, Duplex Creme Sandwich Cookies

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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

---

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 29g: 3 cookies

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)



NDB No. 28274  
MURRAY, Honey Graham

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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 Points	Code	Code	Code			

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Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 31g: 8 crackers

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)



NDB No. 28215  
MURRAY, JACKS Vanilla Wafers

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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	Measure 1	Measure 2	Measure 3
			of Data Points	Code	Code			

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Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 32g: 9 cookies

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)





NDB No. 28214

MURRAY, Lemon Creme Sandwich Cookies

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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

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Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 29g: 3 cookies

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)



NDB No. 28275

**MURRAY, Old Fashioned Gingersnaps Cookies**

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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 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 = 30g: 5 cookies

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)



NDB No. 28216

MURRAY, Old Fashioned Iced Oatmeal Cookies

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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
			Points	Code	Code					

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Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 33g: 5 cookies

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)



NDB No. 28217

MURRAY, SOUTHERN KITCHEN, Chocolate Chip Cookies

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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

---

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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: 2 cookies

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)





NDB No. 28218

MURRAY, SOUTHERN KITCHEN, Coconut Cookies

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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

---

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 29g: 2 cookies

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)



NDB No. 28219

MURRAY, SOUTHERN KITCHEN, Iced Oatmeal Cookies

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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

---

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 29g: 2 cookies

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)



NDB No. 28276

MURRAY, SOUTHERN KITCHEN, Oatmeal Cookies

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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

---

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 29g: 2 cookies

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)



NDB No. 28220

MURRAY, SUGAR FREE, Chocolate Bites Cookies

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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

---

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 21g: 1 pouch

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)





NDB No. 28221

MURRAY, SUGAR FREE, Chocolate Chip & Pecan Cookies

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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	Measure 1	Measure 2	Measure 3
			of Data Points	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 = 32g: 3 cookies

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)



NDB No. 28277

**MURRAY, SUGAR FREE, Chocolate Chip Cookies**

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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

---

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 32g: 3 cookies

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)



NDB No. 28279

**MURRAY, SUGAR FREE, Chocolate Creme Sandwich Cookies**

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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

---

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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: 3 cookies

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)



NDB No. 28222

MURRAY, SUGAR FREE, Fudge Dipped Grahams

---

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

---

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 30g: 4 cookies

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)





NDB No. 28223

**MURRAY, SUGAR FREE, Fudge Dipped Mint Cookies**

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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

---

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 26g: 4 cookies

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)



NDB No. 28224

MURRAY, SUGAR FREE, Fudge Dipped Wafers

---

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	Measure 1	Measure 2	Measure 3
			of Data Points	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 = 31g: 4 cookies

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)



NDB No. 28227

MURRAY, SUGAR FREE, Lemon Creme Sandwich Cookies

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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	measures of food		
						Confidence Code	Measure 1	Measure 2

---

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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: 3 cookies

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)



NDB No. 28278

MURRAY, SUGAR FREE, Oatmeal Cookies

---

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

---

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 32g: 3 cookies

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)





NDB No. 28225

MURRAY, SUGAR FREE, Peanut Butter Cookies

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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

---

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 29g: 3 cookies

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)



NDB No. 28226

MURRAY, SUGAR FREE, Pecan Shortbread Cookies

---

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	Measure 1	Measure 2	Measure 3
			of Data Points	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 = 32g: 3 cookies

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)



NDB No. 28230

MURRAY, SUGAR FREE, Shortbread Bites

---

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

---

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 21g: 1 pouch

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)



NDB No. 28229

MURRAY, SUGAR FREE, Shortbread Cookies

---

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

---

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 30g: 8 cookies

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)





NDB No. 28228

MURRAY, SUGAR FREE, Vanilla Creme Sandwich Cookies

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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

---

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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: 3 cookies

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)



NDB No. 28210

MURRAY, SUGAR FREE, Vanilla Sugar Wafer

---

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

---

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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: 4 cookies

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)



NDB No. 28231  
MURRAY, SUGAR FREE, Vanilla Wafer

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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	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 = 32g: 9 cookies

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)



NDB No. 28273

MURRAY, Vanilla Creme Sandwich Cookies

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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

---

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 29g: 3 cookies

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)





NDB No. 28232  
MURRAY, Vanilla Sugar Wafer

---

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

---

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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: 5 cookies

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)



NDB No. 28233  
MURRAY, Vanilla Wafer

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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

---

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 30g: 8 cookies

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked 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 of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Lipids:</b>									
Fatty acids, total saturated.....g	1.549		0	NC	4		1.100	0.439	
4:0.....g	0.001		0	FLC	4		0.001	0.000	
6:0.....g	0.000		0	FLC	4		0.000	0.000	
8:0.....g	0.000		0	FLC	4		0.000	0.000	
10:0.....g	0.000		0	FLC	4		0.000	0.000	
12:0.....g	0.000		0	FLC	4		0.000	0.000	
13:0.....g									
14:0.....g	0.014		0	FLC	4		0.010	0.004	
15:0.....g	0.000		0	FLC	4		0.000	0.000	
16:0.....g	1.135		0	FLC	4		0.806	0.322	
17:0.....g	0.004		0	FLC	4		0.003	0.001	
18:0.....g	0.366		0	FLC	4		0.260	0.104	
20:0.....g	0.013		0	FLC	4		0.010	0.004	
22:0.....g	0.014		0	FLC	4		0.010	0.004	
24:0.....g	0.000		0	FLC	4		0.000	0.000	
Fatty acids, total monounsaturated.....g	0.860		0	NC	4		0.610	0.244	
14:1.....g	0.000		0	FLC	4		0.000	0.000	
15:1.....g									
16:1 undifferentiated.....g	0.031		0	FLC	4		0.022	0.009	
17:1.....g									
18:1 undifferentiated.....g	0.824		0	FLC	4		0.585	0.234	
20:1.....g	0.004		0	FLC	4		0.003	0.001	
22:1 undifferentiated.....g	0.000		0	FLC	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.363		0	NC	4		0.968	0.386	
18:2 undifferentiated.....g	1.196		0	FLC	4		0.849	0.339	
18:3 undifferentiated.....g	0.137		0	FLC	4		0.097	0.039	
18:4.....g	0.002		0	FLC	4		0.001	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.016		0	FLC	4		0.011	0.005	
20:5 n-3 (EPA).....g	0.008		0	FLC	4		0.006	0.002	
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	0.005		0	FLC	4		0.004	0.001	
Fatty acids, total trans.....g									
Cholesterol.....mg	28		1	LC	8		20	8	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.048		0	FLC	4		0.034	0.014	
Threonine.....g	0.151		0	FLC	4		0.107	0.043	
Isoleucine.....g	0.185		0	FLC	4		0.132	0.053	
Leucine.....g	0.319		0	FLC	4		0.226	0.090	
Lysine.....g	0.201		0	FLC	4		0.143	0.057	
Methionine.....g	0.092		0	FLC	4		0.065	0.026	
Cystine.....g	0.099		0	FLC	4		0.071	0.028	
Phenylalanine.....g	0.197		0	FLC	4		0.140	0.056	
Tyrosine.....g	0.109		0	FLC	4		0.078	0.031	
Valine.....g	0.213		0	FLC	4		0.151	0.060	
Arginine.....g	0.192		0	FLC	4		0.136	0.054	
Histidine.....g	0.092		0	FLC	4		0.065	0.026	
Alanine.....g	0.171		0	FLC	4		0.121	0.048	
Aspartic acid.....g	0.283		0	FLC	4		0.201	0.080	
Glutamic acid.....g	0.967		0	FLC	4		0.686	0.274	
Glycine.....g	0.139		0	FLC	4		0.099	0.039	
Proline.....g	0.327		0	FLC	4		0.232	0.093	
Serine.....g	0.235		0	FLC	4		0.167	0.067	
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	FLC	4		0.0	0.0	

NDB No. 18940

Muffin, blueberry, commercially prepared, low-fat

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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 Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Code					
Caffeine.....mg	0		0	FLC	4		0	0	
Theobromine.....mg	0		0	FLC	4		0	0	

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Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 71g: 1 muffin small

Measure 2 = 28.35g: 1 oz

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 18274

Muffins, blueberry, commercially prepared (Includes mini-muffins)

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
<b>Proximates:</b>									
Water.....g	24.96	0.278	15	A	1		7.08	4.24	16.48
Energy.....kcal	375		0	NC	4		106	64	247
Energy.....kJ	1568		0	NC	4		445	267	1035
Protein.....g	4.49	0.069	15	A	1		1.27	0.76	2.97
Total lipid (fat).....g	16.07	0.244	15	A	1		4.56	2.73	10.61
Ash.....g	1.46	0.041	15	A	1		0.42	0.25	0.97
Carbohydrate, by difference.....g	53.00		0	NC	4		15.03	9.01	34.98
Fiber, total dietary.....g	1.1	0.184	9	A	1		0.3	0.2	0.8
Sugars, total.....g	31.47	0.349	9	A	1		8.92	5.35	20.77
Sucrose.....g	28.01	0.215	9	A	1		7.94	4.76	18.49
Glucose (dextrose).....g	1.23	0.104	9	A	1		0.35	0.21	0.81
Fructose.....g	1.21	0.094	9	A	1		0.34	0.21	0.80
Lactose.....g	0.54	0.202	9	A	1		0.15	0.09	0.36
Maltose.....g	0.47	0.124	9	A	1		0.13	0.08	0.31
Galactose.....g	0.00	0.000	9	A	1		0.00	0.00	0.00
Starch.....g	16.31	0.273	9	A	1		4.62	2.77	10.76
<b>Minerals:</b>									
Calcium, Ca.....mg	44	0.959	15	A	1		13	8	29
Iron, Fe.....mg	1.30	0.046	15	A	1		0.37	0.22	0.86
Magnesium, Mg.....mg	10	0.052	15	A	1		3	2	6
Phosphorus, P.....mg	146	4.393	15	A	1		41	25	96
Potassium, K.....mg	121	7.180	15	A	1		34	21	80
Sodium, Na.....mg	336	4.461	15	A	1		95	57	222
Zinc, Zn.....mg	0.37	0.003	15	A	1		0.10	0.06	0.24
Copper, Cu.....mg	0.060	0.001	15	A	1		0.017	0.010	0.039
Manganese, Mn.....mg	0.449	0.023	15	A	1		0.127	0.076	0.296
Selenium, Se.....µg	8.2	0.164	9	A	1		2.3	1.4	5.4
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.9		2	A	1		0.2	0.1	0.6
Thiamin.....mg	0.168	0.006	8	A	1		0.048	0.029	0.111
Riboflavin.....mg	0.163	0.005	8	A	1		0.046	0.028	0.108
Niacin.....mg	1.418	0.040	8	A	1		0.402	0.241	0.936
Pantothenic acid.....mg	0.470	0.005	6	A	1		0.133	0.080	0.310
Vitamin B-6.....mg	0.040	0.002	8	A	1		0.011	0.007	0.027
Folate, total.....µg	48		1	A	1		14	8	32
Folic acid.....µg	36		1	A	1		10	6	24
Folate, food.....µg	12		0	AS	1		3	2	8
Folate, DFE.....µg	73		0	NC	4		21	12	48
Choline, total.....mg	92.5		0	AS	1		26.2	15.7	61.1
Betaine.....mg	6.8		1	A	1		1.9	1.2	4.5
Vitamin B-12.....µg	0.16		2	A	1		0.05	0.03	0.11
Vitamin B-12, added.....µg	0.00		0	FLA	4		0.00	0.00	0.00
Vitamin A, RAE.....µg	21		0	NC	4		6	4	14
Retinol.....µg	21		3	A	1		6	4	14
Carotene, beta.....µg	2		0	FLA	4		0	0	1
Carotene, alpha.....µg	0		0	FLA	4		0	0	0
Cryptoxanthin, beta.....µg	1		0	FLA	4		0	0	1
Vitamin A, IU.....IU	73		0	NC	4		21	12	48
Lycopene.....µg	0		0	FLA	4		0	0	0
Lutein + zeaxanthin.....µg	37		0	FLA	4		10	6	24
Vitamin E (alpha-tocopherol).....mg	1.63	0.057	9	A	1		0.46	0.28	1.08
Vitamin E, added.....mg	0.00		0	FLA	4		0.00	0.00	0.00
Tocopherol, beta.....mg	0.19	0.007	9	A	1		0.05	0.03	0.12
Tocopherol, gamma.....mg	9.06	0.237	9	A	1		2.57	1.54	5.98
Tocopherol, delta.....mg	3.47	0.127	9	A	1		0.98	0.59	2.29
Tocotrienol, alpha.....mg	0.03	0.003	9	A	1		0.01	0.01	0.02
Tocotrienol, beta.....mg	0.01	0.010	9	A	1		0.00	0.00	0.01



Muffins, blueberry, commercially prepared (Includes mini-muffins)

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	0.10	0.010	9	A	1		0.03	0.02	0.06
Tocotrienol, delta.....mg	0.00	0.000	9	A	1		0.00	0.00	0.00
Vitamin D (D2 + D3).....µg	0.1		0	NR	4		0.0	0.0	0.1
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	4		0	FLA	4		1	1	3
Vitamin K (phylloquinone).....µg	39.2		2	A	1		11.1	6.7	25.9
Dihydrophyloquinone.....µg	0.9		2	A	1		0.3	0.2	0.6
Menaquinone-4.....µg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	2.844		0	NC	4		0.806	0.484	1.877
4:0.....g	0.000	0.000	9	A	1		0.000	0.000	0.000
6:0.....g	0.000	0.000	9	A	1		0.000	0.000	0.000
8:0.....g	0.000	0.000	9	A	1		0.000	0.000	0.000
10:0.....g	0.002	0.001	9	A	1		0.001	0.000	0.001
12:0.....g	0.002	0.001	9	A	1		0.000	0.000	0.001
13:0.....g									
14:0.....g	0.002	0.002	9	A	1		0.001	0.000	0.002
15:0.....g	0.004	0.001	9	A	1		0.001	0.001	0.003
16:0.....g	1.865	0.057	9	A	1		0.529	0.317	1.231
17:0.....g	0.017	0.001	9	A	1		0.005	0.003	0.011
18:0.....g	0.838	0.020	9	A	1		0.238	0.143	0.553
20:0.....g	0.051	0.001	9	A	1		0.015	0.009	0.034
22:0.....g	0.045	0.002	9	A	1		0.013	0.008	0.030
24:0.....g	0.018	0.000	9	A	1		0.005	0.003	0.012
Fatty acids, total monounsaturated.....g	4.822		0	NC	4		1.367	0.820	3.182
14:1.....g	0.000	0.000	9	A	1		0.000	0.000	0.000
15:1.....g	0.000	0.000	9	A	1		0.000	0.000	0.000
16:1 undifferentiated.....g	0.047	0.002	9	AS	1		0.013	0.008	0.031
16:1 c.....g	0.047	0.002	9	A	1		0.013	0.008	0.031
16:1 t.....g	0.000	0.000	9	A	1		0.000	0.000	0.000
17:1.....g	0.010	0.000	9	A	1		0.003	0.002	0.006
18:1 undifferentiated.....g	4.661	0.154	9	AS	1		1.321	0.792	3.076
18:1 c.....g	4.527	0.150	9	A	1		1.283	0.770	2.988
18:1 t.....g	0.134	0.006	9	A	1		0.038	0.023	0.089
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.097	0.003	9	A	1		0.027	0.016	0.064
22:1 undifferentiated.....g	0.007	0.001	9	AS	1		0.002	0.001	0.005
22:1 c.....g	0.004	0.001	9	A	1		0.001	0.001	0.003
22:1 t.....g	0.003	0.001	9	A	1		0.001	0.001	0.002
24:1 c.....g	0.000	0.000	9	A	1		0.000	0.000	0.000
Fatty acids, total polyunsaturated.....g	8.103		0	NC	4		2.297	1.378	5.348
18:2 undifferentiated.....g	6.983	0.245	9	AS	1		1.980	1.187	4.609
18:2 n-6 c,c.....g	6.911	0.243	9	A	1		1.959	1.175	4.561
18:2 CLAs.....g	0.009	0.001	9	A	1		0.003	0.002	0.006
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.063	0.007	9	A	1		0.018	0.011	0.041
18:3 undifferentiated.....g	1.070	0.028	9	AS	1		0.303	0.182	0.706
18:3 n-3 c,c,c (ALA).....g	1.022	0.030	9	A	1		0.290	0.174	0.675
18:3 n-6 c,c,c.....g	0.048	0.003	9	A	1		0.014	0.008	0.032
18:3i.....g									
18:4.....g	0.002	0.001	9	A	1		0.001	0.000	0.001
20:2 n-6 c,c.....g	0.007	0.001	9	A	1		0.002	0.001	0.005
20:3 undifferentiated.....g	0.003	0.001	9	AS	1		0.001	0.000	0.002
20:3 n-3.....g	0.000	0.000	9	A	1		0.000	0.000	0.000
20:3 n-6.....g	0.002	0.001	9	A	1		0.001	0.000	0.002
20:4 undifferentiated.....g	0.029	0.001	9	A	1		0.008	0.005	0.019
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.000	0.000	9	A	1		0.000	0.000	0.000
21:5.....g									
22:4.....g	0.000	0.000	9	A	1		0.000	0.000	0.000
22:5 n-3 (DPA).....g	0.001	0.000	9	A	1		0.000	0.000	0.000

NDB No. 18274

Muffins, blueberry, commercially prepared (Includes mini-muffins)

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
22:6 n-3 (DHA).....g	0.008	0.001	9	A	1		0.002	0.001	0.005
Fatty acids, total trans.....g	0.200		0	NC	4		0.057	0.034	0.132
Fatty acids, total trans-monoenoic.....g	0.138		0	NC	4		0.039	0.023	0.091
Fatty acids, total trans-polyenoic.....g	0.063		0	NC	4		0.018	0.011	0.041
Cholesterol.....mg	30		1		1		9	5	20
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.066		0		4		0.019	0.011	0.044
Threonine.....g	0.181		0		4		0.051	0.031	0.119
Isoleucine.....g	0.224		0		4		0.064	0.038	0.148
Leucine.....g	0.421		0		4		0.119	0.072	0.278
Lysine.....g	0.199		0		4		0.056	0.034	0.131
Methionine.....g	0.115		0		4		0.033	0.020	0.076
Cystine.....g	0.112		0		4		0.032	0.019	0.074
Phenylalanine.....g	0.277		0		4		0.079	0.047	0.183
Tyrosine.....g	0.184		0		4		0.052	0.031	0.121
Valine.....g	0.257		0		4		0.073	0.044	0.170
Arginine.....g	0.243		0		4		0.069	0.041	0.160
Histidine.....g	0.128		0		4		0.036	0.022	0.084
Alanine.....g	0.211		0		4		0.060	0.036	0.139
Aspartic acid.....g	0.319		0		4		0.090	0.054	0.211
Glutamic acid.....g	1.527		0		4		0.433	0.260	1.008
Glycine.....g	0.189		0		4		0.054	0.032	0.125
Proline.....g	0.535		0		4		0.152	0.091	0.353
Serine.....g	0.299		0		4		0.085	0.051	0.197
Hydroxyproline.....g	0.000		2	A	1		0.000	0.000	0.000
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	FLA	4		0.0	0.0	0.0
Caffeine.....mg	0		0	FLA	4		0	0	0
Theobromine.....mg	0		0	FLA	4		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 28.35g: 1 oz

Measure 2 = 17g: 1 mini (1-1/4" dia)

Measure 3 = 66g: 1 small (2-3/4" dia x 2")

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)



**NDB No. 18275**  
**Muffins, blueberry, dry mix**

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
13:0.....g									
14:0.....g	0.022		0	FLA	4		0.010	0.080	0.006
15:0.....g									
16:0.....g	0.605		0	FLA	4		0.260	2.152	0.171
17:0.....g									
18:0.....g	0.534		0	FLA	4		0.229	1.900	0.151
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.696		0	NC	4		0.299	2.479	0.197
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.001	0.000
17:1.....g									
18:1 undifferentiated.....g	0.696		0	FLA	4		0.299	2.478	0.197
20:1.....g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.307		0	NC	4		0.562	4.653	0.371
18:2 undifferentiated.....g	1.307		0	FLA	4		0.562	4.653	0.371
18:3 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	0.000
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	0.227		1	MC	9		0.097	0.807	0.064
Cholesterol.....mg	0		1	MC	9		0	0	0
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.069		0		1		0.030	0.246	0.020
Threonine.....g	0.135		0		1		0.058	0.481	0.038
Isoleucine.....g	0.184		0		1		0.079	0.655	0.052
Leucine.....g	0.330		0		1		0.142	1.175	0.094
Lysine.....g	0.168		0		1		0.072	0.598	0.048
Methionine.....g	0.082		0		1		0.035	0.292	0.023
Cystine.....g	0.106		0		1		0.046	0.377	0.030
Phenylalanine.....g	0.229		0		1		0.098	0.815	0.065
Tyrosine.....g	0.138		0		1		0.059	0.491	0.039
Valine.....g	0.213		0		1		0.092	0.758	0.060
Arginine.....g	0.187		0		1		0.080	0.666	0.053
Histidine.....g	0.099		0		1		0.043	0.352	0.028
Alanine.....g	0.147		0		1		0.063	0.523	0.042
Aspartic acid.....g	0.205		0		1		0.088	0.730	0.058
Glutamic acid.....g	1.596		0		1		0.686	5.682	0.452
Glycine.....g	0.165		0		1		0.071	0.587	0.047
Proline.....g	0.538		0		1		0.231	1.915	0.153
Serine.....g	0.255		0		1		0.110	0.908	0.072
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 43g: 1 serving

Measure 2 = 356g: 1 package, mix + drained berries

**NDB No. 18275**

**Muffins, blueberry, dry mix**

Measure 3 = 28.35g: 1 oz

**Calories Factors: Protein 4**

**Fat 8.8**

**Carbohydrate 4.1**

**Food Group:** 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 18278

Muffins, blueberry, prepared from recipe, made with low fat (2%) milk

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
<b>Proximates:</b>									
Water.....g	39.50		0		1		11.20	22.52	
Energy.....kcal	285		0	NC	4		81	162	
Energy.....kJ	1192				4		338	680	
Protein (N x 0).....g	6.50		0		1		1.84	3.71	
Total lipid (fat).....g	10.80		0		1		3.06	6.16	
Ash.....g	2.50		0		1		0.71	1.43	
Carbohydrate, by difference.....g	40.70		0	NC	4		11.54	23.20	
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	189		0		1		54	108	
Iron, Fe.....mg	2.27		0		1		0.64	1.29	
Magnesium, Mg.....mg	16		0		1		5	9	
Phosphorus, P.....mg	145		0		1		41	83	
Potassium, K.....mg	123		0		1		35	70	
Sodium, Na.....mg	441		0		1		125	251	
Zinc, Zn.....mg	0.54		0		1		0.15	0.31	
Copper, Cu.....mg	0.071		0		1		0.020	0.040	
Manganese, Mn.....mg	0.312		0		1		0.088	0.178	
Selenium, Se.....µg	17.1		0	RK	4		4.8	9.7	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	1.5		0		1		0.4	0.9	
Thiamin.....mg	0.272		0		1		0.077	0.155	
Riboflavin.....mg	0.289		0		1		0.082	0.165	
Niacin.....mg	2.211		0		1		0.627	1.260	
Pantothenic acid.....mg	0.341		0		1		0.097	0.194	
Vitamin B-6.....mg	0.043		0		1		0.012	0.025	
Folate, total.....µg	48		0	RK	4		14	27	
Folic acid.....µg	36		0	NC	4		10	21	
Folate, food.....µg	12		0		1		3	7	
Folate, DFE.....µg	73		0	NC	4		21	42	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.14		0		1		0.04	0.08	
Vitamin A, RAE.....µg	38		0	NC	4		11	22	
Retinol.....µg	37		0	NC	4		10	21	
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	141		0		1		40	80	
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									
<b>Lipids:</b>									

Muffins, blueberry, prepared from recipe, made with low fat (2%) milk

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			
Fatty acids, total saturated.....g	2.030		0	1	0.576	1.157	
4:0.....g	0.025		0	1	0.007	0.014	
6:0.....g	0.015		0	1	0.004	0.009	
8:0.....g	0.009		0	1	0.003	0.005	
10:0.....g	0.020		0	1	0.006	0.011	
12:0.....g	0.022		0	1	0.006	0.013	
13:0.....g							
14:0.....g	0.090		0	1	0.026	0.051	
15:0.....g							
16:0.....g	1.349		0	1	0.382	0.769	
17:0.....g							
18:0.....g	0.494		0	1	0.140	0.282	
20:0.....g							
22:0.....g							
24:0.....g							
Fatty acids, total monounsaturated.....g	2.596		0	1	0.736	1.480	
14:1.....g							
15:1.....g							
16:1 undifferentiated.....g	0.059		0	1	0.017	0.034	
17:1.....g							
18:1 undifferentiated.....g	2.515		0	1	0.713	1.434	
20:1.....g	0.020		0	1	0.006	0.011	
22:1 undifferentiated.....g	0.000		0	1	0.000	0.000	
24:1 c.....g							
Fatty acids, total polyunsaturated.....g	5.388		0	1	1.527	3.071	
18:2 undifferentiated.....g	4.752		0	1	1.347	2.709	
18:3 undifferentiated.....g	0.621		0	1	0.176	0.354	
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	0.011		0	1	0.003	0.006	
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	0.003		0	1	0.001	0.002	
Fatty acids, total trans.....g							
Cholesterol.....mg	37		0	1	10	21	
Phytosterols.....mg							
<b>Amino Acids:</b>							
Tryptophan.....g	0.081		0	1	0.023	0.046	
Threonine.....g	0.219		0	1	0.062	0.125	
Isoleucine.....g	0.276		0	1	0.078	0.157	
Leucine.....g	0.498		0	1	0.141	0.284	
Lysine.....g	0.264		0	1	0.075	0.150	
Methionine.....g	0.137		0	1	0.039	0.078	
Cystine.....g	0.124		0	1	0.035	0.071	
Phenylalanine.....g	0.325		0	1	0.092	0.185	
Tyrosine.....g	0.227		0	1	0.064	0.129	
Valine.....g	0.314		0	1	0.089	0.179	
Arginine.....g	0.277		0	1	0.079	0.158	
Histidine.....g	0.151		0	1	0.043	0.086	
Alanine.....g	0.235		0	1	0.067	0.134	
Aspartic acid.....g	0.376		0	1	0.107	0.214	
Glutamic acid.....g	1.799		0	1	0.510	1.025	
Glycine.....g	0.213		0	1	0.060	0.121	
Proline.....g	0.644		0	1	0.183	0.367	
Serine.....g	0.352		0	1	0.100	0.201	
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. 18278**

**Muffins, blueberry, prepared from recipe, made with low fat (2%) milk**

**Common Measures:**

Measure 1 = 28.35g: 1 oz

Measure 2 = 57g: 1 muffin

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)





**NDB No. 18277**  
**Muffins, blueberry, toaster-type**

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
<b>Lipids:</b>								
Fatty acids, total saturated.....g	1.398		0	FLA	4		0.396	0.461
4:0.....g	0.000		0	FLA	4		0.000	0.000
6:0.....g	0.000		0	FLA	4		0.000	0.000
8:0.....g	0.000		0	FLA	4		0.000	0.000
10:0.....g	0.000		0	FLA	4		0.000	0.000
12:0.....g	0.000		0	FLA	4		0.000	0.000
13:0.....g								
14:0.....g	0.009		0	FLA	4		0.003	0.003
15:0.....g								
16:0.....g	1.018		0	FLA	4		0.289	0.336
17:0.....g								
18:0.....g	0.351		0	FLA	4		0.100	0.116
20:0.....g								
22:0.....g								
24:0.....g								
Fatty acids, total monounsaturated.....g	2.162		0	FLA	4		0.613	0.713
14:1.....g								
15:1.....g								
16:1 undifferentiated.....g	0.022		0	FLA	4		0.006	0.007
17:1.....g								
18:1 undifferentiated.....g	2.113		0	FLA	4		0.599	0.697
20:1.....g	0.018		0	FLA	4		0.005	0.006
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	5.351		0	FLA	4		1.517	1.766
18:2 undifferentiated.....g	4.722		0	FLA	4		1.339	1.558
18:3 undifferentiated.....g	0.617		0	FLA	4		0.175	0.204
18:4.....g	0.000		0	FLA	4		0.000	0.000
20:2 n-6 c,c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g	0.002		0	FLA	4		0.001	0.001
20:5 n-3 (EPA).....g	0.000		0	FLA	4		0.000	0.000
21:5.....g								
22:4.....g								
22:5 n-3 (DPA).....g	0.000		0	FLA	4		0.000	0.000
22:6 n-3 (DHA).....g	0.001		0	FLA	4		0.000	0.000
Fatty acids, total trans.....g								
Cholesterol.....mg	6		0	FLA	4		2	2
Phytosterols.....mg								
<b>Amino Acids:</b>								
Tryptophan.....g	0.062		0		1		0.018	0.020
Threonine.....g	0.180		0		1		0.051	0.059
Isoleucine.....g	0.205		0		1		0.058	0.068
Leucine.....g	0.353		0		1		0.100	0.116
Lysine.....g	0.259		0		1		0.073	0.085
Methionine.....g	0.067		0		1		0.019	0.022
Cystine.....g	0.076		0		1		0.022	0.025
Phenylalanine.....g	0.228		0		1		0.065	0.075
Tyrosine.....g	0.162		0		1		0.046	0.053
Valine.....g	0.217		0		1		0.062	0.072
Arginine.....g	0.304		0		1		0.086	0.100
Histidine.....g	0.115		0		1		0.033	0.038
Alanine.....g	0.196		0		1		0.056	0.065
Aspartic acid.....g	0.479		0		1		0.136	0.158
Glutamic acid.....g	0.967		0		1		0.274	0.319
Glycine.....g	0.192		0		1		0.054	0.063
Proline.....g	0.307		0		1		0.087	0.101
Serine.....g	0.251		0		1		0.071	0.083
Hydroxyproline.....g								
<b>Others:</b>								
Alcohol, ethyl.....g	0.0		0	RA	4		0.0	0.0
Caffeine.....mg	0		0	FLC	4		0	0

**NDB No. 18277**  
**Muffins, blueberry, toaster-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		Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code			
Theobromine.....mg	0		0	FLC	4	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

- Measure 1 = 28.35g: 1 oz
- Measure 2 = 33g: 1 muffin, toaster

**Calories Factors: Protein 3.6                      Fat 8.8                      Carbohydrate 4**

**Food Group:** 18 Baked Products  
 USDA National Nutrient Database for Standard Reference, Release 27 (2014)



NDB No. 18386

Muffins, blueberry, toaster-type, toasted

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					
<b>Lipids:</b>								
Fatty acids, total saturated.....g	1.551		0		1		0.440	0.481
4:0.....g	0.001		0		1		0.000	0.000
6:0.....g	0.001		0		1		0.000	0.000
8:0.....g	0.001		0		1		0.000	0.000
10:0.....g	0.001		0		1		0.000	0.000
12:0.....g	0.001		0		1		0.000	0.000
13:0.....g								
14:0.....g	0.015		0		1		0.004	0.005
15:0.....g								
16:0.....g	1.135		0		1		0.322	0.352
17:0.....g								
18:0.....g	0.397		0		1		0.113	0.123
20:0.....g								
22:0.....g								
24:0.....g								
Fatty acids, total monounsaturated.....g	2.371		0		1		0.672	0.735
14:1.....g								
15:1.....g								
16:1 undifferentiated.....g	0.037		0		1		0.010	0.011
17:1.....g								
18:1 undifferentiated.....g	2.314		0		1		0.656	0.717
20:1.....g	0.019		0		1		0.005	0.006
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	5.477		0		1		1.553	1.698
18:2 undifferentiated.....g	4.839		0		1		1.372	1.500
18:3 undifferentiated.....g	0.627		0		1		0.178	0.194
18:4.....g	0.000		0	RA	4		0.000	0.000
20:2 n-6 c,c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g	0.009		0		1		0.003	0.003
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	RA	4		0.000	0.000
22:6 n-3 (DHA).....g	0.002		0		1		0.001	0.001
Fatty acids, total trans.....g								
Cholesterol.....mg	5		0		4		1	2
Phytosterols.....mg								
<b>Amino Acids:</b>								
Tryptophan.....g	0.066		0		1		0.019	0.020
Threonine.....g	0.192		0		1		0.054	0.060
Isoleucine.....g	0.218		0		1		0.062	0.068
Leucine.....g	0.375		0		1		0.106	0.116
Lysine.....g	0.276		0		1		0.078	0.086
Methionine.....g	0.071		0		1		0.020	0.022
Cystine.....g	0.080		0		1		0.023	0.025
Phenylalanine.....g	0.242		0		1		0.069	0.075
Tyrosine.....g	0.172		0		1		0.049	0.053
Valine.....g	0.231		0		1		0.065	0.072
Arginine.....g	0.324		0		1		0.092	0.100
Histidine.....g	0.122		0		1		0.035	0.038
Alanine.....g	0.208		0		1		0.059	0.064
Aspartic acid.....g	0.510		0		1		0.145	0.158
Glutamic acid.....g	1.029		0		1		0.292	0.319
Glycine.....g	0.204		0		1		0.058	0.063
Proline.....g	0.326		0		1		0.092	0.101
Serine.....g	0.267		0		1		0.076	0.083
Hydroxyproline.....g								
<b>Others:</b>								
Alcohol, ethyl.....g	0.0		0	RA	4		0.0	0.0
Caffeine.....mg	0		0	RA	4		0	0

NDB No. 18386

Muffins, blueberry, toaster-type, toasted

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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 Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Code					
Theobromine.....mg	0		0	RA	4		0		0

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Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 = 31g: 1 muffin, toaster

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)



NDB No. 18279

Muffins, corn, commercially prepared

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data Points	Code				
<b>Lipids:</b>								
Fatty acids, total saturated.....g	1.354		0	FLA	4	0.384	0.230	0.894
4:0.....g	0.000		0	FLA	4	0.000	0.000	0.000
6:0.....g	0.000		0	FLA	4	0.000	0.000	0.000
8:0.....g	0.000		0	FLA	4	0.000	0.000	0.000
10:0.....g	0.000		0	FLA	4	0.000	0.000	0.000
12:0.....g	0.000		0	FLA	4	0.000	0.000	0.000
13:0.....g								
14:0.....g	0.021		0	FLA	4	0.006	0.004	0.014
15:0.....g								
16:0.....g	1.048		0	FLA	4	0.297	0.178	0.692
17:0.....g								
18:0.....g	0.278		0	FLA	4	0.079	0.047	0.183
20:0.....g								
22:0.....g								
24:0.....g								
Fatty acids, total monounsaturated.....g	2.104		0	FLA	4	0.596	0.358	1.389
14:1.....g								
15:1.....g								
16:1 undifferentiated.....g	0.031		0	FLA	4	0.009	0.005	0.020
17:1.....g								
18:1 undifferentiated.....g	2.070		0	FLA	4	0.587	0.352	1.366
20:1.....g	0.002		0	FLA	4	0.001	0.000	0.001
22:1 undifferentiated.....g	0.000		0	FLA	4	0.000	0.000	0.000
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	3.215		0	FLA	4	0.911	0.547	2.122
18:2 undifferentiated.....g	3.021		0	FLA	4	0.856	0.514	1.994
18:3 undifferentiated.....g	0.182		0	FLA	4	0.052	0.031	0.120
18:4.....g	0.000		0	FLA	4	0.000	0.000	0.000
20:2 n-6 c,c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g	0.009		0	FLA	4	0.003	0.002	0.006
20:5 n-3 (EPA).....g	0.000		0	FLA	4	0.000	0.000	0.000
21:5.....g								
22:4.....g								
22:5 n-3 (DPA).....g	0.000		0	FLA	4	0.000	0.000	0.000
22:6 n-3 (DHA).....g	0.002		0	FLA	4	0.001	0.000	0.001
Fatty acids, total trans.....g								
Cholesterol.....mg	26		0	FLA	4	7	4	17
Phytosterols.....mg								
<b>Amino Acids:</b>								
Tryptophan.....g	0.068		0		1	0.019	0.012	0.045
Threonine.....g	0.226		0		1	0.064	0.038	0.149
Isoleucine.....g	0.257		0		1	0.073	0.044	0.170
Leucine.....g	0.516		0		1	0.146	0.088	0.341
Lysine.....g	0.279		0		1	0.079	0.047	0.184
Methionine.....g	0.117		0		1	0.033	0.020	0.077
Cystine.....g	0.110		0		1	0.031	0.019	0.073
Phenylalanine.....g	0.297		0		1	0.084	0.050	0.196
Tyrosine.....g	0.218		0		1	0.062	0.037	0.144
Valine.....g	0.294		0		1	0.083	0.050	0.194
Arginine.....g	0.319		0		1	0.090	0.054	0.211
Histidine.....g	0.151		0		1	0.043	0.026	0.100
Alanine.....g	0.285		0		1	0.081	0.048	0.188
Aspartic acid.....g	0.480		0		1	0.136	0.082	0.317
Glutamic acid.....g	1.326		0		1	0.376	0.225	0.875
Glycine.....g	0.224		0		1	0.064	0.038	0.148
Proline.....g	0.477		0		1	0.135	0.081	0.315
Serine.....g	0.325		0		1	0.092	0.055	0.215
Hydroxyproline.....g								
<b>Others:</b>								
Alcohol, ethyl.....g	0.0		0		7	0.0	0.0	0.0
Caffeine.....mg	0		0	FLC	4	0	0	0



NDB No. 18279

Muffins, corn, commercially prepared

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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
Theobromine.....mg	0		0	FLC	4		0	0	0

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Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 = 17g: 1 mini

Measure 3 = 66g: 1 small

**Calories Factors: Protein 3.8**

**Fat 8.8**

**Carbohydrate 4.1**

**Food Group: 18 Baked Products**

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 18280  
Muffins, corn, dry mix, prepared

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
<b>Proximates:</b>									
Water.....g	30.50		0		1		8.65		
Energy.....kcal	321		0	NC	4		91		
Energy.....kJ	1343				4		381		
Protein.....g	7.40		0		1		2.10		
Total lipid (fat).....g	10.20		0		1		2.89		
Ash.....g	2.80		0		1		0.79		
Carbohydrate, by difference.....g	49.10		0	NC	4		13.92		
Fiber, total dietary.....g	2.4		0		4		0.7		
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	75		0		1		21		
Iron, Fe.....mg	1.94		0		1		0.55		
Magnesium, Mg.....mg	21		0		1		6		
Phosphorus, P.....mg	384		0		1		109		
Potassium, K.....mg	131		0		1		37		
Sodium, Na.....mg	795		0		1		225		
Zinc, Zn.....mg	0.64		0		1		0.18		
Copper, Cu.....mg	0.063		0		1		0.018		
Manganese, Mn.....mg	0.221		0		1		0.063		
Selenium, Se.....µg	15.2	3.470	3	A	1		4.3		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.1		0		1		0.0		
Thiamin.....mg	0.249		0		1		0.071		
Riboflavin.....mg	0.276		0		1		0.078		
Niacin.....mg	2.101		0		1		0.596		
Pantothenic acid.....mg	0.451		0		1		0.128		
Vitamin B-6.....mg	0.106		0		1		0.030		
Folate, total.....µg	57		0	RP	4		16		
Folic acid.....µg	46		0	NC	4		13		
Folate, food.....µg	11		0		1		3		
Folate, DFE.....µg	89		0	NC	4		25		
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.16		0		1		0.05		
Vitamin A, RAE.....µg	41		0	NC	4		11		
Retinol.....µg	36		0	NC	4		10		
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	210		0		1		60		
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									
<b>Lipids:</b>									

**NDB No. 18280**  
**Muffins, corn, dry mix, prepared**

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated.....g	2.797		0		1		0.793		
4:0.....g	0.017		0		1		0.005		
6:0.....g	0.010		0		1		0.003		
8:0.....g	0.006		0		1		0.002		
10:0.....g	0.013		0		1		0.004		
12:0.....g	0.015		0		1		0.004		
13:0.....g									
14:0.....g	0.096		0		1		0.027		
15:0.....g									
16:0.....g	1.507		0		1		0.427		
17:0.....g									
18:0.....g	1.124		0		1		0.319		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	5.249		0		1		1.488		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.054		0		1		0.015		
17:1.....g									
18:1 undifferentiated.....g	5.189		0		1		1.471		
20:1.....g	0.004		0		1		0.001		
22:1 undifferentiated.....g	0.000		0		1		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.250		0		1		0.354		
18:2 undifferentiated.....g	1.159		0		1		0.329		
18:3 undifferentiated.....g	0.064		0		1		0.018		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.020		0		1		0.006		
20:5 n-3 (EPA).....g	0.001		0		1		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g									
22:6 n-3 (DHA).....g	0.005		0		1		0.001		
Fatty acids, total trans.....g									
Cholesterol.....mg	62		0		1		18		
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.081		0		1		0.023		
Threonine.....g	0.273		0		1		0.077		
Isoleucine.....g	0.317		0		1		0.090		
Leucine.....g	0.660		0		1		0.187		
Lysine.....g	0.323		0		1		0.092		
Methionine.....g	0.166		0		1		0.047		
Cystine.....g	0.139		0		1		0.039		
Phenylalanine.....g	0.367		0		1		0.104		
Tyrosine.....g	0.275		0		1		0.078		
Valine.....g	0.379		0		1		0.107		
Arginine.....g	0.341		0		1		0.097		
Histidine.....g	0.184		0		1		0.052		
Alanine.....g	0.356		0		1		0.101		
Aspartic acid.....g	0.498		0		1		0.141		
Glutamic acid.....g	1.659		0		1		0.470		
Glycine.....g	0.251		0		1		0.071		
Proline.....g	0.634		0		1		0.180		
Serine.....g	0.404		0		1		0.115		
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. 18280**

**Muffins, corn, dry mix, prepared**

**Common Measures:**

Measure 1 = 28.35g: 1 oz

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 18282

Muffins, corn, prepared from recipe, made with low fat (2%) milk

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
<b>Proximates:</b>									
Water.....g	33.00		0		1		9.36	18.81	
Energy.....kcal	316		0	NC	4		90	180	
Energy.....kJ	1322				4		375	754	
Protein (N x 0).....g	7.10		0		1		2.01	4.05	
Total lipid (fat).....g	12.30		0		1		3.49	7.01	
Ash.....g	3.40		0		1		0.96	1.94	
Carbohydrate, by difference.....g	44.20		0	NC	4		12.53	25.19	
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	259		0		1		73	148	
Iron, Fe.....mg	2.61		0		1		0.74	1.49	
Magnesium, Mg.....mg	23		0		1		7	13	
Phosphorus, P.....mg	177		0		1		50	101	
Potassium, K.....mg	145		0		1		41	83	
Sodium, Na.....mg	585		0		1		166	333	
Zinc, Zn.....mg	0.61		0		1		0.17	0.35	
Copper, Cu.....mg	0.059		0		1		0.017	0.034	
Manganese, Mn.....mg	0.186		0		1		0.053	0.106	
Selenium, Se.....µg	13.4		0	RK	4		3.8	7.6	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.3		0		1		0.1	0.2	
Thiamin.....mg	0.303		0		1		0.086	0.173	
Riboflavin.....mg	0.310		0		1		0.088	0.177	
Niacin.....mg	2.382		0		1		0.675	1.358	
Pantothenic acid.....mg	0.359		0		1		0.102	0.205	
Vitamin B-6.....mg	0.093		0		1		0.026	0.053	
Folate, total.....µg	75		0	FLA	4		21	43	
Folic acid.....µg	57		0	FLA	4		16	32	
Folate, food.....µg	18		0		1		5	10	
Folate, DFE.....µg	115		0	NC	4		33	65	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.16		0		1		0.05	0.09	
Vitamin A, RAE.....µg									
Retinol.....µg									
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	241		0		1		68	137	
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									
<b>Lipids:</b>									

Muffins, corn, prepared from recipe, made with low fat (2%) milk

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			
Fatty acids, total saturated.....g	2.311		0		1	0.655	1.317
4:0.....g	0.028		0		1	0.008	0.016
6:0.....g	0.017		0		1	0.005	0.010
8:0.....g	0.010		0		1	0.003	0.006
10:0.....g	0.022		0		1	0.006	0.013
12:0.....g	0.025		0		1	0.007	0.014
13:0.....g							
14:0.....g	0.102		0		1	0.029	0.058
15:0.....g							
16:0.....g	1.535		0		1	0.435	0.875
17:0.....g							
18:0.....g	0.562		0		1	0.159	0.320
20:0.....g							
22:0.....g							
24:0.....g							
Fatty acids, total monounsaturated.....g	3.012		0		1	0.854	1.717
14:1.....g							
15:1.....g							
16:1 undifferentiated.....g	0.068		0		1	0.019	0.039
17:1.....g							
18:1 undifferentiated.....g	2.919		0		1	0.828	1.664
20:1.....g	0.022		0		1	0.006	0.013
22:1 undifferentiated.....g	0.000		0		1	0.000	0.000
24:1 c.....g							
Fatty acids, total polyunsaturated.....g	6.162		0		1	1.747	3.512
18:2 undifferentiated.....g	5.445		0		1	1.544	3.104
18:3 undifferentiated.....g	0.700		0		1	0.198	0.399
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	0.013		0		1	0.004	0.007
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	0.003		0		1	0.001	0.002
Fatty acids, total trans.....g							
Cholesterol.....mg	42		0		1	12	24
Phytosterols.....mg							
<b>Amino Acids:</b>							
Tryptophan.....g	0.077		0		1	0.022	0.044
Threonine.....g	0.261		0		1	0.074	0.149
Isoleucine.....g	0.304		0		1	0.086	0.173
Leucine.....g	0.655		0		1	0.186	0.373
Lysine.....g	0.304		0		1	0.086	0.173
Methionine.....g	0.156		0		1	0.044	0.089
Cystine.....g	0.127		0		1	0.036	0.072
Phenylalanine.....g	0.350		0		1	0.099	0.200
Tyrosine.....g	0.271		0		1	0.077	0.154
Valine.....g	0.364		0		1	0.103	0.207
Arginine.....g	0.319		0		1	0.090	0.182
Histidine.....g	0.182		0		1	0.052	0.104
Alanine.....g	0.345		0		1	0.098	0.197
Aspartic acid.....g	0.466		0		1	0.132	0.266
Glutamic acid.....g	1.628		0		1	0.462	0.928
Glycine.....g	0.239		0		1	0.068	0.136
Proline.....g	0.637		0		1	0.181	0.363
Serine.....g	0.378		0		1	0.107	0.215
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. 18282**

**Muffins, corn, prepared from recipe, made with low fat (2%) milk**

**Common Measures:**

Measure 1 = 28.35g: 1 oz

Measure 2 = 57g: 1 muffin (2-3/4" dia x 2")

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 18281  
Muffins, corn, toaster-type

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
<b>Proximates:</b>									
Water.....g	23.60		2		1		6.69	7.79	
Energy.....kcal	346		0	NC	4		98	114	
Energy.....kJ	1448				4		410	478	
Protein (N x 5.9).....g	5.30		2		1		1.50	1.75	
Total lipid (fat).....g	11.30		2		1		3.20	3.73	
Ash.....g	1.90		2		1		0.54	0.63	
Carbohydrate, by difference.....g	57.90		0	NC	4		16.41	19.11	
Fiber, total dietary.....g	1.6		0		4		0.5	0.5	
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	19		1		1		5	6	
Iron, Fe.....mg	1.47		1		1		0.42	0.49	
Magnesium, Mg.....mg	14		0	FLA	4		4	5	
Phosphorus, P.....mg	151		0	FLA	4		43	50	
Potassium, K.....mg	92		1		1		26	30	
Sodium, Na.....mg	430		1		1		122	142	
Zinc, Zn.....mg	0.39		0	FLA	4		0.11	0.13	
Copper, Cu.....mg	0.072		0	FLA	4		0.020	0.024	
Manganese, Mn.....mg	0.280		0	FLA	4		0.079	0.092	
Selenium, Se.....µg	15.2		0	FLA	4		4.3	5.0	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		1		1		0.0	0.0	
Thiamin.....mg	0.310		1		1		0.088	0.102	
Riboflavin.....mg	0.370		1		1		0.105	0.122	
Niacin.....mg	2.310		1		1		0.655	0.762	
Pantothenic acid.....mg	0.241		0	FLA	4		0.068	0.080	
Vitamin B-6.....mg	0.048		0	FLA	4		0.014	0.016	
Folate, total.....µg	57		0	FLA	4		16	19	
Folic acid.....µg	45		0	NC	4		13	15	
Folate, food.....µg	12		0		4		3	4	
Folate, DFE.....µg	89		0	NC	4		25	29	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.03		0	FLA	4		0.01	0.01	
Vitamin A, RAE.....µg	18		0	NC	4		5	6	
Retinol.....µg	16		0	NC	4		5	5	
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	97		1		1		27	32	
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									
<b>Lipids:</b>									



**NDB No. 18281**  
**Muffins, corn, toaster-type**

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	measures of food			
						Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated.....g	1.681		0	FLA	4		0.477	0.555	
4:0.....g	0.000		0	FLA	4		0.000	0.000	
6:0.....g	0.000		0	FLA	4		0.000	0.000	
8:0.....g	0.000		0	FLA	4		0.000	0.000	
10:0.....g	0.000		0	FLA	4		0.000	0.000	
12:0.....g	0.000		0	FLA	4		0.000	0.000	
13:0.....g									
14:0.....g	0.012		0	FLA	4		0.003	0.004	
15:0.....g									
16:0.....g	1.220		0	FLA	4		0.346	0.403	
17:0.....g									
18:0.....g	0.426		0	FLA	4		0.121	0.141	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	2.625		0	FLA	4		0.744	0.866	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.030		0	FLA	4		0.009	0.010	
17:1.....g									
18:1 undifferentiated.....g	2.562		0	FLA	4		0.726	0.845	
20:1.....g	0.022		0	FLA	4		0.006	0.007	
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	6.324		0	FLA	4		1.793	2.087	
18:2 undifferentiated.....g	5.586		0	FLA	4		1.584	1.843	
18:3 undifferentiated.....g	0.722		0	FLA	4		0.205	0.238	
18:4.....g	0.000		0	FLA	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.004		0	FLA	4		0.001	0.001	
20:5 n-3 (EPA).....g	0.000		0	FLA	4		0.000	0.000	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	FLA	4		0.000	0.000	
22:6 n-3 (DHA).....g	0.001		0	FLA	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	13		0	FLA	4		4	4	
Phytosterols.....mg									
<b><u>Amino Acids:</u></b>									
Tryptophan.....g	0.060		0		1		0.017	0.020	
Threonine.....g	0.186		0		1		0.053	0.061	
Isoleucine.....g	0.214		0		1		0.061	0.071	
Leucine.....g	0.441		0		1		0.125	0.146	
Lysine.....g	0.197		0		1		0.056	0.065	
Methionine.....g	0.118		0		1		0.033	0.039	
Cystine.....g	0.113		0		1		0.032	0.037	
Phenylalanine.....g	0.271		0		1		0.077	0.089	
Tyrosine.....g	0.186		0		1		0.053	0.061	
Valine.....g	0.254		0		1		0.072	0.084	
Arginine.....g	0.252		0		1		0.071	0.083	
Histidine.....g	0.129		0		1		0.037	0.043	
Alanine.....g	0.245		0		1		0.069	0.081	
Aspartic acid.....g	0.336		0		1		0.095	0.111	
Glutamic acid.....g	1.352		0		1		0.383	0.446	
Glycine.....g	0.192		0		1		0.054	0.063	
Proline.....g	0.478		0		1		0.136	0.158	
Serine.....g	0.300		0		1		0.085	0.099	
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. 18281**

**Muffins, corn, toaster-type**

**Common Measures:**

Measure 1 = 28.35g: 1 oz

Measure 2 = 33g: 1 muffin, toaster

**Calories Factors: Protein 4**

**Fat 8.8**

**Carbohydrate 3.9**

**Food Group: 18 Baked Products**

USDA National Nutrient Database for Standard Reference, Release 27 (2014)



**NDB No. 18283**  
**Muffins, oat bran**

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	measures of food				
					Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Lipids:</b>									
Fatty acids, total saturated.....g	1.087		0	FLA	4		0.308	0.185	0.717
4:0.....g	0.000		0		4		0.000	0.000	0.000
6:0.....g	0.000		0		4		0.000	0.000	0.000
8:0.....g	0.000		0		4		0.000	0.000	0.000
10:0.....g	0.000		0		4		0.000	0.000	0.000
12:0.....g	0.002		0	FLA	4		0.001	0.000	0.001
13:0.....g									
14:0.....g	0.008		0	FLA	4		0.002	0.001	0.005
15:0.....g									
16:0.....g	0.803		0	FLA	4		0.228	0.137	0.530
17:0.....g									
18:0.....g	0.252		0	FLA	4		0.071	0.043	0.166
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	1.695		0	FLA	4		0.481	0.288	1.119
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.016		0	FLA	4		0.005	0.003	0.011
17:1.....g									
18:1 undifferentiated.....g	1.661		0	FLA	4		0.471	0.282	1.096
20:1.....g	0.013		0	FLA	4		0.004	0.002	0.009
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	4.129		0	FLA	4		1.171	0.702	2.725
18:2 undifferentiated.....g	3.664		0	FLA	4		1.039	0.623	2.418
18:3 undifferentiated.....g	0.458		0	FLA	4		0.130	0.078	0.302
18:4.....g	0.000		0		4		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
20:5 n-3 (EPA).....g	0.000		0		4		0.000	0.000	0.000
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0		4		0.000	0.000	0.000
22:6 n-3 (DHA).....g	0.000		0		4		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		4		0	0	0
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.105		0		4		0.030	0.018	0.069
Threonine.....g	0.210		0		4		0.060	0.036	0.139
Isoleucine.....g	0.262		0		4		0.074	0.045	0.173
Leucine.....g	0.506		0		4		0.143	0.086	0.334
Lysine.....g	0.277		0		4		0.079	0.047	0.183
Methionine.....g	0.123		0		4		0.035	0.021	0.081
Cystine.....g	0.182		0		4		0.052	0.031	0.120
Phenylalanine.....g	0.346		0		4		0.098	0.059	0.228
Tyrosine.....g	0.234		0		4		0.066	0.040	0.154
Valine.....g	0.364		0		4		0.103	0.062	0.240
Arginine.....g	0.472		0		4		0.134	0.080	0.312
Histidine.....g	0.156		0		4		0.044	0.027	0.103
Alanine.....g	0.337		0		4		0.096	0.057	0.222
Aspartic acid.....g	0.576		0		4		0.163	0.098	0.380
Glutamic acid.....g	1.430		0		4		0.405	0.243	0.944
Glycine.....g	0.338		0		4		0.096	0.057	0.223
Proline.....g	0.365		0		4		0.103	0.062	0.241
Serine.....g	0.309		0		4		0.088	0.053	0.204
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	FLC	4		0	0	0

NDB No. 18283  
Muffins, oat bran

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 Code
Theobromine.....mg	0		0	FLC	4	0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

- Measure 1 = 28.35g: 1 oz
- Measure 2 = 17g: 1 mini
- Measure 3 = 66g: 1 small

**Calories Factors: Protein 3.2**

**Fat 8.7**

**Carbohydrate 3.8**

**Food Group: 18 Baked Products**

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 18273

Muffins, plain, prepared from recipe, made with low fat (2%) milk

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
<b>Proximates:</b>									
Water.....g	37.70		0		1		10.69	21.49	
Energy.....kcal	296		0	NC	4		84	169	
Energy.....kJ	1238		0		4		351	706	
Protein (N x 0).....g	6.90		0		1		1.96	3.93	
Total lipid (fat).....g	11.40		0		1		3.23	6.50	
Ash.....g	2.70		0		1		0.77	1.54	
Carbohydrate, by difference.....g	41.40		0	NC	4		11.74	23.60	
Fiber, total dietary.....g	2.7		0		4		0.8	1.5	
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	200		0		1		57	114	
Iron, Fe.....mg	2.39		0		1		0.68	1.36	
Magnesium, Mg.....mg	17		0		1		5	10	
Phosphorus, P.....mg	153		0		1		43	87	
Potassium, K.....mg	121		0		1		34	69	
Sodium, Na.....mg	467		0		1		132	266	
Zinc, Zn.....mg	0.56		0		1		0.16	0.32	
Copper, Cu.....mg	0.069		0		1		0.020	0.039	
Manganese, Mn.....mg	0.296		0		1		0.084	0.169	
Selenium, Se.....µg	18.0		0	RK	4		5.1	10.3	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.3		0		1		0.1	0.2	
Thiamin.....mg	0.284		0		1		0.081	0.162	
Riboflavin.....mg	0.301		0		1		0.085	0.172	
Niacin.....mg	2.308		0		1		0.654	1.316	
Pantothenic acid.....mg	0.351		0		1		0.100	0.200	
Vitamin B-6.....mg	0.042		0		1		0.012	0.024	
Folate, total.....µg	51		0	RK	4		14	29	
Folic acid.....µg	38		0	NC	4		11	22	
Folate, food.....µg	13		0		1		4	7	
Folate, DFE.....µg	78		0	NC	4		22	44	
Choline, total.....mg	43.4		0	AS	1		12.3	24.7	
Betaine.....mg									
Vitamin B-12.....µg	0.15		0		1		0.04	0.09	
Vitamin A, RAE.....µg	40		0	NC	4		11	23	
Retinol.....µg	39		0	NC	4		11	22	
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	140		0		1		40	80	
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									
<b>Lipids:</b>									

NDB No. 18273

Muffins, plain, prepared from recipe, made with low fat (2%) milk

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			
Fatty acids, total saturated.....g	2.156		0		1	0.611	1.229
4:0.....g	0.027		0		1	0.008	0.015
6:0.....g	0.016		0		1	0.005	0.009
8:0.....g	0.009		0		1	0.003	0.005
10:0.....g	0.021		0		1	0.006	0.012
12:0.....g	0.024		0		1	0.007	0.014
13:0.....g							
14:0.....g	0.095		0		1	0.027	0.054
15:0.....g							
16:0.....g	1.433		0		1	0.406	0.817
17:0.....g							
18:0.....g	0.525		0		1	0.149	0.299
20:0.....g							
22:0.....g							
24:0.....g							
Fatty acids, total monounsaturated.....g	2.757		0		1	0.782	1.571
14:1.....g							
15:1.....g							
16:1 undifferentiated.....g	0.063		0		1	0.018	0.036
17:1.....g							
18:1 undifferentiated.....g	2.671		0		1	0.757	1.522
20:1.....g	0.021		0		1	0.006	0.012
22:1 undifferentiated.....g	0.000		0		1	0.000	0.000
24:1 c.....g							
Fatty acids, total polyunsaturated.....g	5.721		0		1	1.622	3.261
18:2 undifferentiated.....g	5.046		0		1	1.431	2.876
18:3 undifferentiated.....g	0.659		0		1	0.187	0.376
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	0.012		0		1	0.003	0.007
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	0.003		0		1	0.001	0.002
Fatty acids, total trans.....g							
Cholesterol.....mg	39		0		1	11	22
Phytosterols.....mg							
<b>Amino Acids:</b>							
Tryptophan.....g	0.086		0		1	0.024	0.049
Threonine.....g	0.231		0		1	0.065	0.132
Isoleucine.....g	0.290		0		1	0.082	0.165
Leucine.....g	0.523		0		1	0.148	0.298
Lysine.....g	0.279		0		1	0.079	0.159
Methionine.....g	0.144		0		1	0.041	0.082
Cystine.....g	0.130		0		1	0.037	0.074
Phenylalanine.....g	0.342		0		1	0.097	0.195
Tyrosine.....g	0.240		0		1	0.068	0.137
Valine.....g	0.330		0		1	0.094	0.188
Arginine.....g	0.290		0		1	0.082	0.165
Histidine.....g	0.159		0		1	0.045	0.091
Alanine.....g	0.246		0		1	0.070	0.140
Aspartic acid.....g	0.393		0		1	0.111	0.224
Glutamic acid.....g	1.900		0		1	0.539	1.083
Glycine.....g	0.222		0		1	0.063	0.127
Proline.....g	0.681		0		1	0.193	0.388
Serine.....g	0.371		0		1	0.105	0.211
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. 18273**

**Muffins, plain, prepared from recipe, made with low fat (2%) milk**

**Common Measures:**

Measure 1 = 28.35g: 1 oz

Measure 2 = 57g: 1 muffin

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)



**NDB No. 18284**  
**Muffins, wheat bran, dry mix**

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
<b>Proximates:</b>									
Water.....g	4.80		1		1		1.36	9.50	
Energy.....kcal	396		0	NC	4		112	784	
Energy.....kJ	1657				4		470	3281	
Protein (N x 6).....g	7.10		1		1		2.01	14.06	
Total lipid (fat).....g	12.00		1		1		3.40	23.76	
Ash.....g	3.10		1		1		0.88	6.14	
Carbohydrate, by difference.....g	73.00		0	NC	4		20.70	144.54	
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	36		1		1		10	71	
Iron, Fe.....mg	3.60		1		1		1.02	7.13	
Magnesium, Mg.....mg	87		1		1		25	172	
Phosphorus, P.....mg	480		1		1		136	950	
Potassium, K.....mg	200		1		1		57	396	
Sodium, Na.....mg	700		1		1		198	1386	
Zinc, Zn.....mg	1.50		1		1		0.43	2.97	
Copper, Cu.....mg	0.200		1		1		0.057	0.396	
Manganese, Mn.....mg	2.666		0	FLA	4		0.756	5.279	
Selenium, Se.....µg	18.0		0	FLA	4		5.1	35.6	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0		1		0.0	0.0	
Thiamin.....mg	0.360		1		1		0.102	0.713	
Riboflavin.....mg	0.280		1		1		0.079	0.554	
Niacin.....mg	5.000		1		1		1.418	9.900	
Pantothenic acid.....mg	0.669		0	FLA	4		0.190	1.325	
Vitamin B-6.....mg	0.282		0	FLA	4		0.080	0.558	
Folate, total.....µg	85		0	FLA	4		24	168	
Folic acid.....µg	62		0	NC	4		18	123	
Folate, food.....µg	23		0		4		7	46	
Folate, DFE.....µg	128		0	NC	4		36	254	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		0		1		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									
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									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									

**NDB No. 18284**  
**Muffins, wheat bran, dry mix**

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated.....g	2.939		0	FLA	4		0.833	5.819	
4:0.....g	0.000		0	FLA	4		0.000	0.000	
6:0.....g	0.000		0	FLA	4		0.000	0.000	
8:0.....g	0.000		0	FLA	4		0.000	0.000	
10:0.....g	0.000		0	FLA	4		0.000	0.000	
12:0.....g	0.000		0	FLA	4		0.000	0.000	
13:0.....g									
14:0.....g	0.056		0	FLA	4		0.016	0.111	
15:0.....g									
16:0.....g	1.562		0	FLA	4		0.443	3.093	
17:0.....g									
18:0.....g	1.312		0	FLA	4		0.372	2.598	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	6.403		0	FLA	4		1.815	12.678	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.005		0	FLA	4		0.001	0.010	
17:1.....g									
18:1 undifferentiated.....g	6.398		0	FLA	4		1.814	12.668	
20:1.....g	0.000		0	FLA	4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.904		0	FLA	4		0.540	3.770	
18:2 undifferentiated.....g	1.795		0	FLA	4		0.509	3.554	
18:3 undifferentiated.....g	0.108		0	FLA	4		0.031	0.214	
18:4.....g	0.000		0	FLA	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.001		0	FLA	4		0.000	0.002	
20:5 n-3 (EPA).....g	0.000		0	FLA	4		0.000	0.000	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	FLA	4		0.000	0.000	
22:6 n-3 (DHA).....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		1		0	0	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.115		0		1		0.033	0.228	
Threonine.....g	0.212		0		1		0.060	0.420	
Isoleucine.....g	0.245		0		1		0.069	0.485	
Leucine.....g	0.453		0		1		0.128	0.897	
Lysine.....g	0.259		0		1		0.073	0.513	
Methionine.....g	0.112		0		1		0.032	0.222	
Cystine.....g	0.162		0		1		0.046	0.321	
Phenylalanine.....g	0.303		0		1		0.086	0.600	
Tyrosine.....g	0.201		0		1		0.057	0.398	
Valine.....g	0.322		0		1		0.091	0.638	
Arginine.....g	0.385		0		1		0.109	0.762	
Histidine.....g	0.170		0		1		0.048	0.337	
Alanine.....g	0.282		0		1		0.080	0.558	
Aspartic acid.....g	0.406		0		1		0.115	0.804	
Glutamic acid.....g	1.823		0		1		0.517	3.610	
Glycine.....g	0.326		0		1		0.092	0.645	
Proline.....g	0.594		0		1		0.168	1.176	
Serine.....g	0.343		0		1		0.097	0.679	
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. 18284**

**Muffins, wheat bran, dry mix**

**Common Measures:**

Measure 1 = 28.35g: 1 oz

Measure 2 = 198g: 1 package (7 oz)

**Calories Factors: Protein 2.9**

**Fat 8.8**

**Carbohydrate 3.7**

**Food Group: 18 Baked Products**

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 18388

Muffins, wheat bran, toaster-type with raisins, 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 of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	27.00		0		1		7.65	9.18	
Energy.....kcal	313		0	NC	4		89	106	
Energy.....kJ	1310				4		371	445	
Protein (N x 0).....g	5.50		0		1		1.56	1.87	
Total lipid (fat).....g	9.40		0		1		2.66	3.20	
Ash.....g	2.60		0		1		0.74	0.88	
Carbohydrate, by difference.....g	55.50		0	NC	4		15.73	18.87	
Fiber, total dietary.....g	8.2		0	RA	4		2.3	2.8	
Sugars, total.....g	23.07		0	RK	4		6.54	7.84	
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	39		0		1		11	13	
Iron, Fe.....mg	2.83		0		1		0.80	0.96	
Magnesium, Mg.....mg	21		0		4		6	7	
Phosphorus, P.....mg	284		0		4		81	97	
Potassium, K.....mg	177		0		1		50	60	
Sodium, Na.....mg	527		0		1		149	179	
Zinc, Zn.....mg	0.44		0		4		0.12	0.15	
Copper, Cu.....mg	0.120		0		4		0.034	0.041	
Manganese, Mn.....mg	0.433		0		4		0.123	0.147	
Selenium, Se.....µg	20.3		0	RK	4		5.8	6.9	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0		1		0.0	0.0	
Thiamin.....mg	0.204		0		1		0.058	0.069	
Riboflavin.....mg	0.287		0		1		0.081	0.098	
Niacin.....mg	2.317		0		1		0.657	0.788	
Pantothenic acid.....mg	0.180		0		4		0.051	0.061	
Vitamin B-6.....mg	0.056		0		4		0.016	0.019	
Folate, total.....µg	30		0	RK	4		8	10	
Folic acid.....µg	23		0		4		7	8	
Folate, food.....µg	7		0		4		2	2	
Folate, DFE.....µg	46		0	NC	4		13	16	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.02		0		4		0.01	0.01	
Vitamin A, RAE.....µg	56		0	NC	4		16	19	
Retinol.....µg	56		0	RK	4		16	19	
Carotene, beta.....µg	1		0	RK	4		0	0	
Carotene, alpha.....µg	0		0	RK	4		0	0	
Cryptoxanthin, beta.....µg	0		0	RK	4		0	0	
Vitamin A, IU.....IU	190		0	NC	4		54	64	
Lycopene.....µg	0		0	RK	4		0	0	
Lutein + zeaxanthin.....µg	48		0	RK	4		14	16	
Vitamin E (alpha-tocopherol).....mg	0.98		0	RK	4		0.28	0.33	
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	17.4		0	RK	4		4.9	5.9	
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									

Muffins, wheat bran, toaster-type with raisins, toasted

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	1.500		0		1		0.425	0.510	
4:0.....g	0.001		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	0.001		0		1		0.000	0.000	
12:0.....g	0.001		0		1		0.000	0.000	
13:0.....g									
14:0.....g	0.014		0		1		0.004	0.005	
15:0.....g									
16:0.....g	1.110		0		1		0.315	0.377	
17:0.....g									
18:0.....g	0.372		0		1		0.105	0.126	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	2.221		0		1		0.630	0.755	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.044		0		1		0.012	0.015	
17:1.....g									
18:1 undifferentiated.....g	2.158		0		1		0.612	0.734	
20:1.....g	0.018		0		1		0.005	0.006	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	4.918		0		1		1.394	1.672	
18:2 undifferentiated.....g	4.350		0		1		1.233	1.479	
18:3 undifferentiated.....g	0.551		0		1		0.156	0.187	
18:4.....g	0.000		0	RA	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.013		0		1		0.004	0.004	
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	RA	4		0.000	0.000	
22:6 n-3 (DHA).....g	0.003		0		1		0.001	0.001	
Fatty acids, total trans.....g									
Cholesterol.....mg	9		0		4		3	3	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.074		0		1		0.021	0.025	
Threonine.....g	0.197		0		1		0.056	0.067	
Isoleucine.....g	0.219		0		1		0.062	0.074	
Leucine.....g	0.394		0		1		0.112	0.134	
Lysine.....g	0.250		0		1		0.071	0.085	
Methionine.....g	0.094		0		1		0.027	0.032	
Cystine.....g	0.106		0		1		0.030	0.036	
Phenylalanine.....g	0.263		0		1		0.075	0.089	
Tyrosine.....g	0.179		0		1		0.051	0.061	
Valine.....g	0.251		0		1		0.071	0.085	
Arginine.....g	0.325		0		1		0.092	0.111	
Histidine.....g	0.135		0		1		0.038	0.046	
Alanine.....g	0.230		0		1		0.065	0.078	
Aspartic acid.....g	0.460		0		1		0.130	0.156	
Glutamic acid.....g	1.277		0		1		0.362	0.434	
Glycine.....g	0.225		0		1		0.064	0.077	
Proline.....g	0.412		0		1		0.117	0.140	
Serine.....g	0.293		0		1		0.083	0.100	
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	RA	4		0.0	0.0	
Caffeine.....mg	0		0	RK	4		0	0	
Theobromine.....mg	0		0	RK	4		0	0	

NDB No. 18388

**Muffins, wheat bran, toaster-type with raisins, toasted**

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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					

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Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 = 34g: 1 muffin, toaster

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)



NDB No. 18617  
NABISCO, NABISCO GRAHAMS Crackers

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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 Points	Code	Code	Code			

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Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 serving

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)



NDB No. 18619

NABISCO, NABISCO OREO CRUNCHIES, Cookie Crumb Topping

Nabisco Brands, Inc.

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	1.57		0	MC	9		0.17		
Energy.....kcal	476		0	MC	9		52		
Energy.....kJ	1992				9		219		
Protein.....g	4.78		0	MC	9		0.53		
Total lipid (fat).....g	21.50		1	A	1		2.37		
Ash.....g	1.90		1	A	1		0.21		
Carbohydrate, by difference.....g	70.23		0	MC	9		7.73		
Fiber, total dietary.....g	3.2		0	MC	9		0.4		
Sugars, total.....g	36.00		1	A	1		3.96		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	24		0	MC	9		3		
Iron, Fe.....mg	4.90		0	MC	9		0.54		
Magnesium, Mg.....mg	48		0	MC	9		5		
Phosphorus, P.....mg	103		0	MC	9		11		
Potassium, K.....mg	194		0	MC	9		21		
Sodium, Na.....mg	528		0	MC	9		58		
Zinc, Zn.....mg	1.23		0	MC	9		0.14		
Copper, Cu.....mg	0.270		0	MC	9		0.030		
Manganese, Mn.....mg									
Selenium, Se.....µg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg									
Thiamin.....mg	0.122		0	MC	9		0.013		
Riboflavin.....mg	0.165		0	MC	9		0.018		
Niacin.....mg	1.845		0	MC	9		0.203		
Pantothenic acid.....mg	0.036		0	MC	9		0.004		
Vitamin B-6.....mg	0.032		0	MC	9		0.004		
Folate, total.....µg	30		0	MC	9		3		
Folate, DFE.....µg									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.02		0	MC	9		0.00		
Vitamin A, RAE.....µg									
Vitamin A, IU.....IU	3		0	MC	9		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									
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	4.140		1	A	1		0.455		
4:0.....g									
6:0.....g									
8:0.....g	0.009		1	A	1		0.001		
10:0.....g	0.009		1	A	1		0.001		
12:0.....g	0.009		1	A	1		0.001		

NDB No. 18619  
 NABISCO, NABISCO OREO CRUNCHIES, Cookie Crumb Topping

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				
13:0.....g									
14:0.....g	0.009		1	A	1		0.001		
15:0.....g	0.010		1	A	1		0.001		
16:0.....g	2.192		1	A	1		0.241		
17:0.....g	0.019		1	A	1		0.002		
18:0.....g	1.790		1	A	1		0.197		
20:0.....g	0.077		1	A	1		0.008		
22:0.....g	0.067		1	A	1		0.007		
24:0.....g									
Fatty acids, total monounsaturated.....g	3.170		0	MC	9		0.349		
14:1.....g	0.009		1	A	1		0.001		
15:1.....g									
16:1 undifferentiated.....g	0.029		1	A	1		0.003		
17:1.....g	0.010		1	A	1		0.001		
18:1 undifferentiated.....g	11.101		1	A	1		1.221		
20:1.....g	0.067		1	A	1		0.007		
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.820		0	MC	9		0.090		
18:2 undifferentiated.....g	2.066		1	A	1		0.227		
18:3 undifferentiated.....g	0.096		1	A	1		0.011		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g	0.010		1	A	1		0.001		
20:4 undifferentiated.....g	0.010		1	A	1		0.001		
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									
Phytosterols.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 11.0g: 1 serving

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group: 18 Baked 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 of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg	50.0		2	A	1		1.7	8.0	
Dihydrophyloquinone.....µg	1.5		2	A	1		0.0	0.2	
Menaquinone-4.....µg	0.0		2	A	1		0.0	0.0	
<b>Lipids:</b>									
Fatty acids, total saturated.....g	5.450		0	NC	4		0.180	0.872	
4:0.....g	0.000	0.000	3	A	1		0.000	0.000	
6:0.....g	0.000	0.000	4	A	1		0.000	0.000	
8:0.....g	0.000	0.000	3	A	1		0.000	0.000	
10:0.....g	0.017	0.006	4	A	1		0.001	0.003	
12:0.....g	0.001	0.001	4	A	1		0.000	0.000	
13:0.....g									
14:0.....g	0.046	0.001	4	A	1		0.002	0.007	
15:0.....g	0.005	0.000	4	A	1		0.000	0.001	
16:0.....g	3.016	0.042	4	A	1		0.100	0.483	
17:0.....g	0.024	0.001	4	A	1		0.001	0.004	
18:0.....g	2.167	0.045	4	A	1		0.072	0.347	
20:0.....g	0.075	0.001	4	A	1		0.002	0.012	
22:0.....g	0.069	0.001	4	A	1		0.002	0.011	
24:0.....g	0.029	0.000	4	A	1		0.001	0.005	
Fatty acids, total monounsaturated.....g	6.276		0	NC	4		0.207	1.004	
14:1.....g	0.000	0.000	4	A	1		0.000	0.000	
15:1.....g	0.000	0.000	4	A	1		0.000	0.000	
16:1 undifferentiated.....g	0.019	0.000	4	AS	1		0.001	0.003	
16:1 c.....g	0.019	0.000	4	A	1		0.001	0.003	
16:1 t.....g	0.000	0.000	4	A	1		0.000	0.000	
17:1.....g	0.009	0.000	4	A	1		0.000	0.001	
18:1 undifferentiated.....g	6.170	0.105	4	AS	1		0.204	0.987	
18:1 c.....g	5.192	0.086	4	A	1		0.171	0.831	
18:1 t.....g	0.977	0.022	4	A	1		0.032	0.156	
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.077	0.007	4	A	1		0.003	0.012	
22:1 undifferentiated.....g	0.002	0.001	4	AS	1		0.000	0.000	
22:1 c.....g	0.001	0.000	4	A	1		0.000	0.000	
22:1 t.....g	0.001	0.000	4	A	1		0.000	0.000	
24:1 c.....g	0.000	0.000	4	A	1		0.000	0.000	
Fatty acids, total polyunsaturated.....g	10.896		0	NC	4		0.360	1.743	
18:2 undifferentiated.....g	9.650	0.149	4	AS	1		0.318	1.544	
18:2 n-6 c,c.....g	9.562	0.151	4	A	1		0.316	1.530	
18:2 CLAs.....g	0.015	0.001	4	A	1		0.001	0.002	
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.072	0.007	4	A	1		0.002	0.012	
18:3 undifferentiated.....g	1.232	0.031	4	AS	1		0.041	0.197	
18:3 n-3 c,c,c (ALA).....g	1.193	0.036	4	A	1		0.039	0.191	
18:3 n-6 c,c,c.....g	0.039	0.007	4	A	1		0.001	0.006	
18:3i.....g									
18:4.....g	0.000	0.000	4	A	1		0.000	0.000	
20:2 n-6 c,c.....g	0.007	0.000	4	A	1		0.000	0.001	
20:3 undifferentiated.....g	0.003	0.001	4	AS	1		0.000	0.000	
20:3 n-3.....g	0.000	0.000	4	A	1		0.000	0.000	
20:3 n-6.....g	0.003	0.001	4	A	1		0.000	0.000	
20:4 undifferentiated.....g	0.000	0.000	4	A	1		0.000	0.000	
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.000	0.000	4	A	1		0.000	0.000	
21:5.....g									
22:4.....g	0.000	0.000	4	A	1		0.000	0.000	
22:5 n-3 (DPA).....g	0.004	0.000	4	A	1		0.000	0.001	
22:6 n-3 (DHA).....g	0.000	0.000	4	A	1		0.000	0.000	
Fatty acids, total trans.....g	1.050		0	NC	4		0.035	0.168	
Fatty acids, total trans-monoenoic.....g	0.978		0	NC	4		0.032	0.156	

**NDB No. 18621**  
**NABISCO, NABISCO RITZ Crackers**

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			
Fatty acids, total trans-polyenoic.....g	0.072		0	NC	4	0.002	0.012
Cholesterol.....mg							
Phytosterols.....mg							

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 3.3g: 1 cracker

Measure 2 = 16g: 5 cracker (1 NLEA serving)

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)



NDB No. 18651

NABISCO, NABISCO SNACKWELL'S Fat Free Devil's Food Cookie Cakes

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Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common</u>			
	Mean	Std. Error	Number		Measure 1	Measure 2	Measure 3	
			of Data Points	Deriv Code				Source Confidence Code
Alcohol, ethyl.....g			0	MC	9	1		
Caffeine.....mg	8		0	MC	9			
Theobromine.....mg	95		0	MC	9	15		

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Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 serving

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)





NDB No. 18633

**PILLSBURY GRANDS, Buttermilk Biscuits, refrigerated dough**

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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

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Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 34g: 1 biscuit

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 18634

PILLSBURY Golden Layer Buttermilk Biscuits, Artificial Flavor, refrigerated dough

Pillsbury Co.

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
<b>Proximates:</b>									
Water.....g	35.50		1	MA	12		12.07		
Energy.....kcal	307		0	NC	4		104		
Energy.....kJ	1286		0	NC	4		437		
Protein (N x 6.25).....g	5.88		1	MA	12		2.00		
Total lipid (fat).....g	13.24		1	MA	12		4.50		
Ash.....g	3.50		1	MA	12		1.19		
Carbohydrate, by difference.....g	41.18		0	NC	4		14.00		
Fiber, total dietary.....g	1.2		1	MA	12		0.4		
Sugars, total.....g	5.88		1	MA	12		2.00		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg									
Iron, Fe.....mg	2.12		1	MA	12		0.72		
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg									
Sodium, Na.....mg	1059		1	MA	12		360		
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....µg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	2.941		1	MA	12		1.000		
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g	4.412		1	MA	12		1.500		
Cholesterol.....mg	0		1	MA	12		0		
Phytosterols.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 34g: 1 serving

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group: 18 Baked Products**

USDA National Nutrient Database for Standard Reference, Release 27 (2014)



NDB No. 18629

PILLSBURY, Buttermilk Biscuits, Artificial Flavor, refrigerated dough

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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					

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Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 biscuit

Measure 2 = 64g: 1 serving

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)



NDB No. 18630

**PILLSBURY, Chocolate Chip Cookies, refrigerated dough**

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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	Measure 1	Measure 2	Measure 3
			of Data Points	Code	Confidence Code			

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Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 38g: 1 serving 2 cookies

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)



NDB No. 18635

PILLSBURY, Cinnamon Rolls with Icing, refrigerated dough

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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	Measure 1	Measure 2	Measure 3
			of Data Points	Code	Code			

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Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 44g: 1 serving 1 roll with icing

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)





NDB No. 18631

PILLSBURY, Crusty French Loaf, refrigerated dough

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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	Measure 1	Measure 2	Measure 3
			of Data Points	Code	Code			

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Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 52g: 1 serving

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)



NDB No. 18632

PILLSBURY, Traditional Fudge Brownie Mix, dry

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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				
Fatty acids, total trans.....g									
Cholesterol.....mg									
Phytosterols.....mg									

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Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 30g: 1 serving

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 18958

Pan Dulce, LA RICURA, Salpora de Arroz con Azucar, cookie-like, contains wheat flour and rice flour

Latino rice cookies

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
<b>Proximates:</b>									
Water.....g	7.12		1	A	1		2.99		
Energy.....kcal	445		0	NC	4		187		
Energy.....kJ	1863		0	NC	4		783		
Protein (N x 6.25).....g	8.81		1	A	1		3.70		
Total lipid (fat).....g	16.11		1	A	1		6.77		
Ash.....g	1.68		1	A	1		0.71		
Carbohydrate, by difference.....g	66.28		0	NC	4		27.84		
Fiber, total dietary.....g	1.2		1	A	1		0.5		
Sugars, total.....g	21.86		1	A	1		9.18		
Sucrose.....g	21.86		1	A	1		9.18		
Glucose (dextrose).....g	0.00		1	A	1		0.00		
Fructose.....g	0.00		1	A	1		0.00		
Lactose.....g	0.00		1	A	1		0.00		
Maltose.....g	0.00		1	A	1		0.00		
Galactose.....g	0.00		1	A	1		0.00		
Starch.....g	41.70		1	A	1		17.51		
<b>Minerals:</b>									
Calcium, Ca.....mg	52		1	A	1		22		
Iron, Fe.....mg	2.52		1	A	1		1.06		
Magnesium, Mg.....mg	22		1	A	1		9		
Phosphorus, P.....mg	297		1	A	1		125		
Potassium, K.....mg	94		1	A	1		39		
Sodium, Na.....mg	445		1	A	1		187		
Zinc, Zn.....mg	0.82		1	A	1		0.34		
Copper, Cu.....mg	0.262		1	A	1		0.110		
Manganese, Mn.....mg	0.572		1	A	1		0.240		
Selenium, Se.....µg	22.0		1	A	1		9.2		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 42g: 1 piece (1 serving)

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 18288

Pancakes plain, frozen, ready-to-heat (includes buttermilk)

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
<b>Proximates:</b>									
Water.....g	48.37	0.088	6	A	1		13.71	19.83	35.31
Energy.....kcal	233		0	NC	4		66	96	170
Energy.....kJ	977		0	NC	4		277	401	713
Protein.....g	5.23	0.057	6	A	1		1.48	2.14	3.82
Total lipid (fat).....g	6.83	0.049	6	A	1		1.94	2.80	4.99
Ash.....g	1.82	0.087	6	A	1		0.52	0.75	1.33
Carbohydrate, by difference.....g	37.75		0	NC	4		10.70	15.48	27.56
Fiber, total dietary.....g	1.0	0.184	3	A	1		0.3	0.4	0.7
Sugars, total.....g	8.32	0.046	3	A	1		2.36	3.41	6.07
Sucrose.....g	0.00	0.000	3	A	1		0.00	0.00	0.00
Glucose (dextrose).....g	4.58	0.028	3	A	1		1.30	1.88	3.34
Fructose.....g	3.74	0.052	3	A	1		1.06	1.53	2.73
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	0.000	3	A	1		0.00	0.00	0.00
Starch.....g	25.20	0.000	3	A	1		7.14	10.33	18.40
<b>Minerals:</b>									
Calcium, Ca.....mg	78	0.904	6	A	1		22	32	57
Iron, Fe.....mg	5.67	0.174	6	A	1		1.61	2.32	4.14
Magnesium, Mg.....mg	14	0.080	6	A	1		4	6	10
Phosphorus, P.....mg	215	1.302	6	A	1		61	88	157
Potassium, K.....mg	90	2.196	6	A	1		25	37	66
Sodium, Na.....mg	461	3.637	6	A	1		131	189	336
Zinc, Zn.....mg	0.40	0.014	6	A	1		0.11	0.16	0.29
Copper, Cu.....mg	0.072	0.001	6	A	1		0.020	0.030	0.053
Manganese, Mn.....mg	0.285	0.005	6	A	1		0.081	0.117	0.208
Selenium, Se.....µg	10.8	0.823	3	A	1		3.1	4.4	7.9
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.3		0	FLA	4		0.1	0.1	0.2
Thiamin.....mg	0.700	0.010	3	A	1		0.198	0.287	0.511
Riboflavin.....mg	0.380	0.055	3	A	1		0.108	0.156	0.277
Niacin.....mg	6.357	0.061	3	A	1		1.802	2.606	4.640
Pantothenic acid.....mg	0.340		2	A	1		0.096	0.139	0.248
Vitamin B-6.....mg	0.520	0.021	3	A	1		0.147	0.213	0.380
Folate, total.....µg	71		0	FLA	4		20	29	51
Folic acid.....µg	57		0	O	4		16	23	42
Folate, food.....µg	14		0	NC	4		4	6	10
Folate, DFE.....µg	110		0	NC	4		31	45	81
Choline, total.....mg	14.6		0	AS	1		4.1	6.0	10.6
Betaine.....mg	36.3		1	A	1		10.3	14.9	26.5
Vitamin B-12.....µg	2.80		1	A	1		0.79	1.15	2.04
Vitamin B-12, added.....µg	0.00		0	FLA	4		0.00	0.00	0.00
Vitamin A, RAE.....µg	453		0	AS	1		128	186	331
Retinol.....µg	453		2	A	1		128	186	331
Carotene, beta.....µg	1		1	A	1		0	0	1
Carotene, alpha.....µg	0		1	A	1		0	0	0
Cryptoxanthin, beta.....µg	0		1	A	1		0	0	0
Vitamin A, IU.....IU	1511		0	AS	1		429	620	1103
Lycopene.....µg	0		1	A	1		0	0	0
Lutein + zeaxanthin.....µg	59		1	A	1		17	24	43
Vitamin E (alpha-tocopherol).....mg	0.62	0.032	3	A	1		0.18	0.26	0.46
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta.....mg	0.20	0.009	3	A	1		0.06	0.08	0.15
Tocopherol, gamma.....mg	3.59	0.376	3	A	1		1.02	1.47	2.62
Tocopherol, delta.....mg	1.27	0.196	3	A	1		0.36	0.52	0.92
Tocotrienol, alpha.....mg	0.07	0.004	3	A	1		0.02	0.03	0.05
Tocotrienol, beta.....mg	0.68	0.033	3	A	1		0.19	0.28	0.49

Pancakes plain, frozen, ready-to-heat (includes buttermilk)

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	0.015	3	A	1		0.01	0.01	0.02
Tocotrienol, delta.....mg	0.00	0.000	3	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	6.5		1	A	1		1.8	2.7	4.7
Dihydrophyloquinone.....µg	3.5		1	A	1		1.0	1.5	2.6
Menaquinone-4.....µg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	1.162		0	NC	4		0.329	0.476	0.848
4:0.....g	0.000	0.000	3	A	1		0.000	0.000	0.000
6:0.....g	0.000	0.000	3	A	1		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	0.005	0.001	3	A	1		0.001	0.002	0.004
12:0.....g	0.003	0.000	3	A	1		0.001	0.001	0.002
13:0.....g									
14:0.....g	0.000	0.000	3	A	1		0.000	0.000	0.000
15:0.....g	0.003	0.000	3	A	1		0.001	0.001	0.002
16:0.....g	0.834	0.010	3	A	1		0.236	0.342	0.609
17:0.....g	0.008	0.000	3	A	1		0.002	0.003	0.006
18:0.....g	0.268	0.005	3	A	1		0.076	0.110	0.195
20:0.....g	0.018	0.000	3	A	1		0.005	0.007	0.013
22:0.....g	0.018	0.000	3	A	1		0.005	0.007	0.013
24:0.....g	0.006	0.000	3	A	1		0.002	0.003	0.005
Fatty acids, total monounsaturated.....g	1.554		0	NC	4		0.441	0.637	1.134
14:1.....g	0.000	0.000	3	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	0.012	0.000	3	AS	1		0.003	0.005	0.008
16:1 c.....g	0.012	0.000	3	A	1		0.003	0.005	0.008
16:1 t.....g									
17:1.....g	0.004	0.000	3	A	1		0.001	0.002	0.003
18:1 undifferentiated.....g	1.516	0.029	3	AS	1		0.430	0.622	1.107
18:1 c.....g	1.511	0.029	3	A	1		0.428	0.620	1.103
18:1 t.....g	0.005	0.000	3	A	1		0.001	0.002	0.004
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.022	0.001	3	A	1		0.006	0.009	0.016
22:1 undifferentiated.....g	0.000	0.000	3	AS	1		0.000	0.000	0.000
22:1 c.....g	0.000	0.000	3	A	1		0.000	0.000	0.000
22:1 t.....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	3.831		0	NC	4		1.086	1.571	2.797
18:2 undifferentiated.....g	3.637	0.039	3	AS	1		1.031	1.491	2.655
18:2 n-6 c,c.....g	3.607	0.038	3	A	1		1.023	1.479	2.633
18:2 CLAs.....g	0.006	0.001	3	A	1		0.002	0.002	0.004
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.024	0.001	3	A	1		0.007	0.010	0.018
18:3 undifferentiated.....g	0.187	0.003	3	AS	1		0.053	0.077	0.137
18:3 n-3 c,c,c (ALA).....g	0.180	0.002	3	A	1		0.051	0.074	0.131
18:3 n-6 c,c,c.....g	0.007	0.000	3	A	1		0.002	0.003	0.005
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	0.002	0.000	3	A	1		0.001	0.001	0.002
20:3 undifferentiated.....g	0.000	0.000	3	AS	1		0.000	0.000	0.000
20:3 n-3.....g	0.000	0.000	3	A	1		0.000	0.000	0.000
20:3 n-6.....g	0.000	0.000	3	A	1		0.000	0.000	0.000
20:4 undifferentiated.....g	0.005	0.000	3	A	1		0.001	0.002	0.004
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	0.000	0.000	3	A	1		0.000	0.000	0.000
22:5 n-3 (DPA).....g	0.000	0.000	3	A	1		0.000	0.000	0.000

NDB No. 18288

Pancakes plain, frozen, ready-to-heat (includes buttermilk)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
22:6 n-3 (DHA).....g	0.000	0.000	3	A	1		0.000	0.000	0.000
Fatty acids, total trans.....g	0.030		0	NC	4		0.008	0.012	0.022
Fatty acids, total trans-monoenoic.....g	0.005		0	NC	4		0.001	0.002	0.004
Fatty acids, total trans-polyenoic.....g	0.024		0	NC	4		0.007	0.010	0.018
Cholesterol.....mg	18		0	FLA	4		5	7	13
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.052		0	FLA	4		0.015	0.021	0.038
Threonine.....g	0.151		0	FLA	4		0.043	0.062	0.110
Isoleucine.....g	0.199		0	FLA	4		0.056	0.082	0.145
Leucine.....g	0.357		0	FLA	4		0.101	0.146	0.260
Lysine.....g	0.200		0	FLA	4		0.057	0.082	0.146
Methionine.....g	0.081		0	FLA	4		0.023	0.033	0.059
Cystine.....g	0.102		0	FLA	4		0.029	0.042	0.074
Phenylalanine.....g	0.214		0	FLA	4		0.061	0.088	0.156
Tyrosine.....g	0.097		0	FLA	4		0.028	0.040	0.071
Valine.....g	0.237		0	FLA	4		0.067	0.097	0.173
Arginine.....g	0.172		0	FLA	4		0.049	0.071	0.126
Histidine.....g	0.106		0	FLA	4		0.030	0.044	0.078
Alanine.....g	0.149		0	FLA	4		0.042	0.061	0.109
Aspartic acid.....g	0.243		0	FLA	4		0.069	0.100	0.178
Glutamic acid.....g	1.330		0	FLA	4		0.377	0.545	0.971
Glycine.....g	0.145		0	FLA	4		0.041	0.060	0.106
Proline.....g	0.496		0	FLA	4		0.141	0.204	0.362
Serine.....g	0.214		0	FLA	4		0.061	0.088	0.157
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	FLA	4		0.0	0.0	0.0
Caffeine.....mg	0		0	FLA	4		0	0	0
Theobromine.....mg	0		0	FLA	4		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

- Measure 1 = 28.35g: 1 oz
- Measure 2 = 41g: 1 pancake
- Measure 3 = 73g: 1 pancake (6" dia)

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)



NDB No. 18294

Pancakes, blueberry, prepared from recipe

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
<b>Proximates:</b>									
Water.....g	53.20		0		1		15.08	20.22	40.96
Energy.....kcal	222		0	NC	4		63	84	171
Energy.....kJ	929				4		263	353	715
Protein (N x 0).....g	6.10		0		1		1.73	2.32	4.70
Total lipid (fat).....g	9.20		0		1		2.61	3.50	7.08
Ash.....g	2.50		0		1		0.71	0.95	1.93
Carbohydrate, by difference.....g	29.00		0	NC	4		8.22	11.02	22.33
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	206		0		1		58	78	159
Iron, Fe.....mg	1.72		0		1		0.49	0.65	1.32
Magnesium, Mg.....mg	16		0		1		5	6	12
Phosphorus, P.....mg	151		0		1		43	57	116
Potassium, K.....mg	138		0		1		39	52	106
Sodium, Na.....mg	412		0		1		117	157	317
Zinc, Zn.....mg	0.54		0		1		0.15	0.21	0.42
Copper, Cu.....mg	0.055		0		1		0.016	0.021	0.042
Manganese, Mn.....mg	0.237		0		1		0.067	0.090	0.182
Selenium, Se.....µg	14.0		0	RK	4		4.0	5.3	10.8
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	2.2		0		1		0.6	0.8	1.7
Thiamin.....mg	0.195		0		1		0.055	0.074	0.150
Riboflavin.....mg	0.272		0		1		0.077	0.103	0.209
Niacin.....mg	1.524		0		1		0.432	0.579	1.173
Pantothenic acid.....mg	0.395		0		1		0.112	0.150	0.304
Vitamin B-6.....mg	0.049		0		1		0.014	0.019	0.038
Folate, total.....µg	36		0	RK	4		10	14	28
Folic acid.....µg	24		0	NC	4		7	9	18
Folate, food.....µg	12		0		1		3	5	9
Folate, DFE.....µg	53		0	NC	4		15	20	41
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.20		0		1		0.06	0.08	0.15
Vitamin A, RAE.....µg	50		0	NC	4		14	19	38
Retinol.....µg	48		0	NC	4		14	18	37
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	199		0		1		56	76	153
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									
<b>Lipids:</b>									

Pancakes, blueberry, prepared from recipe

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					
Fatty acids, total saturated.....g	1.986		0		1	0.563	0.755	1.529
4:0.....g	0.033		0		1	0.009	0.013	0.025
6:0.....g	0.020		0		1	0.006	0.008	0.015
8:0.....g	0.012		0		1	0.003	0.005	0.009
10:0.....g	0.026		0		1	0.007	0.010	0.020
12:0.....g	0.029		0		1	0.008	0.011	0.022
13:0.....g								
14:0.....g	0.114		0		1	0.032	0.043	0.088
15:0.....g								
16:0.....g	1.267		0		1	0.359	0.481	0.976
17:0.....g								
18:0.....g	0.475		0		1	0.135	0.181	0.366
20:0.....g								
22:0.....g								
24:0.....g								
Fatty acids, total monounsaturated.....g	2.316		0		1	0.657	0.880	1.783
14:1.....g								
15:1.....g								
16:1 undifferentiated.....g	0.073		0		1	0.021	0.028	0.056
17:1.....g								
18:1 undifferentiated.....g	2.223		0		1	0.630	0.845	1.712
20:1.....g	0.017		0		1	0.005	0.006	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	4.162		0		1	1.180	1.582	3.205
18:2 undifferentiated.....g	3.662		0		1	1.038	1.392	2.820
18:3 undifferentiated.....g	0.478		0		1	0.136	0.182	0.368
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	0.017		0		1	0.005	0.006	0.013
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	0.004		0		1	0.001	0.002	0.003
Fatty acids, total trans.....g								
Cholesterol.....mg	56		0		1	16	21	43
Phytosterols.....mg								
<b>Amino Acids:</b>								
Tryptophan.....g	0.076		0		1	0.022	0.029	0.059
Threonine.....g	0.225		0		1	0.064	0.086	0.173
Isoleucine.....g	0.281		0		1	0.080	0.107	0.216
Leucine.....g	0.487		0		1	0.138	0.185	0.375
Lysine.....g	0.303		0		1	0.086	0.115	0.233
Methionine.....g	0.139		0		1	0.039	0.053	0.107
Cystine.....g	0.110		0		1	0.031	0.042	0.085
Phenylalanine.....g	0.303		0		1	0.086	0.115	0.233
Tyrosine.....g	0.226		0		1	0.064	0.086	0.174
Valine.....g	0.318		0		1	0.090	0.121	0.245
Arginine.....g	0.268		0		1	0.076	0.102	0.206
Histidine.....g	0.144		0		1	0.041	0.055	0.111
Alanine.....g	0.234		0		1	0.066	0.089	0.180
Aspartic acid.....g	0.403		0		1	0.114	0.153	0.310
Glutamic acid.....g	1.484		0		1	0.421	0.564	1.143
Glycine.....g	0.190		0		1	0.054	0.072	0.146
Proline.....g	0.543		0		1	0.154	0.206	0.418
Serine.....g	0.343		0		1	0.097	0.130	0.264
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. 18294**

**Pancakes, blueberry, prepared from recipe**

**Common Measures:**

Measure 1 = 28.35g: 1 oz

Measure 2 = 38g: 1 pancake (4" dia)

Measure 3 = 77g: 1 pancake (6" dia)

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)



NDB No. 18295

Pancakes, buckwheat, dry mix, incomplete

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
<b>Lipids:</b>								
Fatty acids, total saturated.....g	0.439		0		1		0.124	0.536
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	0.011		0		1		0.003	0.013
10:0.....g	0.005		0		1		0.001	0.006
12:0.....g	0.004		0		1		0.001	0.005
13:0.....g								
14:0.....g	0.010		0		1		0.003	0.012
15:0.....g								
16:0.....g	0.364		0		1		0.103	0.444
17:0.....g								
18:0.....g	0.029		0		1		0.008	0.035
20:0.....g								
22:0.....g								
24:0.....g								
Fatty acids, total monounsaturated.....g	0.581		0		1		0.165	0.709
14:1.....g								
15:1.....g								
16:1 undifferentiated.....g	0.014		0		1		0.004	0.017
17:1.....g								
18:1 undifferentiated.....g	0.564		0		1		0.160	0.688
20:1.....g	0.000		0		1		0.000	0.000
22:1 undifferentiated.....g	0.003		0		1		0.001	0.004
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	1.000		0		1		0.284	1.220
18:2 undifferentiated.....g	0.945		0		1		0.268	1.153
18:3 undifferentiated.....g	0.054		0		1		0.015	0.066
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	0.001		0		1		0.000	0.001
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		1		0	0
Phytosterols.....mg								
<b>Amino Acids:</b>								
Tryptophan.....g	0.159		0		1		0.045	0.194
Threonine.....g	0.352		0		1		0.100	0.429
Isoleucine.....g	0.408		0		1		0.116	0.498
Leucine.....g	0.756		0		1		0.214	0.922
Lysine.....g	0.381		0		1		0.108	0.465
Methionine.....g	0.166		0		1		0.047	0.203
Cystine.....g	0.228		0		1		0.065	0.278
Phenylalanine.....g	0.488		0		1		0.138	0.595
Tyrosine.....g	0.286		0		1		0.081	0.349
Valine.....g	0.514		0		1		0.146	0.627
Arginine.....g	0.605		0		1		0.172	0.738
Histidine.....g	0.257		0		1		0.073	0.314
Alanine.....g	0.483		0		1		0.137	0.589
Aspartic acid.....g	0.689		0		1		0.195	0.841
Glutamic acid.....g	2.808		0		1		0.796	3.426
Glycine.....g	0.570		0		1		0.162	0.695
Proline.....g	0.895		0		1		0.254	1.092
Serine.....g	0.530		0		1		0.150	0.647
Hydroxyproline.....g								
<b>Others:</b>								
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0
Caffeine.....mg	0		0	FLC	4		0	0

NDB No. 18295

Pancakes, buckwheat, dry mix, incomplete

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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 Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Code					
Theobromine.....mg	0		0	FLC	4	0		0	

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Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 = 122g: 1 cup, poured from box

**Calories Factors: Protein 3.6**

**Fat 8.4**

**Carbohydrate 3.9**

**Food Group:** 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 18390

Pancakes, buttermilk, prepared from recipe

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
<b>Proximates:</b>									
Water.....g	52.50		0		1		14.88	19.95	40.43
Energy.....kcal	227		0	NC	4		64	86	175
Energy.....kJ	950		0		4		269	361	731
Protein (N x 0).....g	6.80		0		1		1.93	2.58	5.24
Total lipid (fat).....g	9.30		0		1		2.64	3.53	7.16
Ash.....g	2.20		0		1		0.62	0.84	1.69
Carbohydrate, by difference.....g	28.70		0	NC	4		8.14	10.91	22.10
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	157		0		1		45	60	121
Iron, Fe.....mg	1.70		0		1		0.48	0.65	1.31
Magnesium, Mg.....mg	15		0		1		4	6	12
Phosphorus, P.....mg	139		0		1		39	53	107
Potassium, K.....mg	145		0		1		41	55	112
Sodium, Na.....mg	522		0		1		148	198	402
Zinc, Zn.....mg	0.62		0		1		0.18	0.24	0.48
Copper, Cu.....mg	0.052		0		1		0.015	0.020	0.040
Manganese, Mn.....mg	0.203		0		1		0.058	0.077	0.156
Selenium, Se.....µg	15.1		0	RK	4		4.3	5.7	11.6
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.4		0		1		0.1	0.2	0.3
Thiamin.....mg	0.204		0		1		0.058	0.078	0.157
Riboflavin.....mg	0.292		0		1		0.083	0.111	0.225
Niacin.....mg	1.577		0		1		0.447	0.599	1.214
Pantothenic acid.....mg	0.408		0		1		0.116	0.155	0.314
Vitamin B-6.....mg	0.045		0		1		0.013	0.017	0.035
Folate, total.....µg	38		0	RK	4		11	14	29
Folic acid.....µg	25		0	NC	4		7	10	19
Folate, food.....µg	13		0		1		4	5	10
Folate, DFE.....µg	56		0	NC	4		16	21	43
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.18		0		1		0.05	0.07	0.14
Vitamin A, RAE.....µg	30		0	NC	4		8	11	23
Retinol.....µg	29		0	NC	4		8	11	22
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	105		0		1		30	40	81
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									
<b>Lipids:</b>									

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion 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	1.832		0		1		0.519	0.696	1.411
4:0.....g	0.019		0		1		0.005	0.007	0.015
6:0.....g	0.011		0		1		0.003	0.004	0.008
8:0.....g	0.007		0		1		0.002	0.003	0.005
10:0.....g	0.015		0		1		0.004	0.006	0.012
12:0.....g	0.017		0		1		0.005	0.006	0.013
13:0.....g									
14:0.....g	0.069		0		1		0.020	0.026	0.053
15:0.....g									
16:0.....g	1.228		0		1		0.348	0.467	0.946
17:0.....g									
18:0.....g	0.448		0		1		0.127	0.170	0.345
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	2.361		0		1		0.669	0.897	1.818
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.067		0		1		0.019	0.025	0.052
17:1.....g									
18:1 undifferentiated.....g	2.268		0		1		0.643	0.862	1.746
20:1.....g	0.018		0		1		0.005	0.007	0.014
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	4.486		0		1		1.272	1.705	3.454
18:2 undifferentiated.....g	3.953		0		1		1.121	1.502	3.044
18:3 undifferentiated.....g	0.509		0		1		0.144	0.193	0.392
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	0.019		0		1		0.005	0.007	0.015
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	0.005		0		1		0.001	0.002	0.004
Fatty acids, total trans.....g									
Cholesterol.....mg	58		0		1		16	22	45
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.082		0		1		0.023	0.031	0.063
Threonine.....g	0.254		0		1		0.072	0.097	0.196
Isoleucine.....g	0.316		0		1		0.090	0.120	0.243
Leucine.....g	0.545		0		1		0.155	0.207	0.420
Lysine.....g	0.349		0		1		0.099	0.133	0.269
Methionine.....g	0.154		0		1		0.044	0.059	0.119
Cystine.....g	0.120		0		1		0.034	0.046	0.092
Phenylalanine.....g	0.339		0		1		0.096	0.129	0.261
Tyrosine.....g	0.248		0		1		0.070	0.094	0.191
Valine.....g	0.362		0		1		0.103	0.138	0.279
Arginine.....g	0.294		0		1		0.083	0.112	0.226
Histidine.....g	0.162		0		1		0.046	0.062	0.125
Alanine.....g	0.258		0		1		0.073	0.098	0.199
Aspartic acid.....g	0.448		0		1		0.127	0.170	0.345
Glutamic acid.....g	1.627		0		1		0.461	0.618	1.253
Glycine.....g	0.206		0		1		0.058	0.078	0.159
Proline.....g	0.611		0		1		0.173	0.232	0.470
Serine.....g	0.379		0		1		0.107	0.144	0.292
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.



**NDB No. 18390**

**Pancakes, buttermilk, prepared from recipe**

**Common Measures:**

Measure 1 = 28.35g: 1 oz

Measure 2 = 38g: 1 pancake (4" dia)

Measure 3 = 77g: 1 pancake (6" dia)

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 18289

Pancakes, plain, dry mix, complete (includes buttermilk)

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
<b>Proximates:</b>									
Water.....g	9.05	0.113	17	A	1		4.70	2.57	11.76
Energy.....kcal	368		0	NC	4		192	104	479
Energy.....kJ	1541		0	NC	4		801	437	2003
Protein (N x 6).....g	9.77	0.060	17	A	1		5.08	2.77	12.70
Total lipid (fat).....g	3.10	0.058	17	A	1		1.61	0.88	4.03
Ash.....g	4.44	0.037	17	A	1		2.31	1.26	5.77
Carbohydrate, by difference.....g	73.65		0	NC	4		38.30	20.88	95.74
Fiber, total dietary.....g	2.9	0.208	8	A	1		1.5	0.8	3.8
Sugars, total.....g	16.03	0.141	8	A	1		8.34	4.54	20.84
Sucrose.....g	10.00	0.109	8	A	1		5.20	2.83	13.00
Glucose (dextrose).....g	2.69	0.028	8	A	1		1.40	0.76	3.49
Fructose.....g	0.00	0.000	8	A	1		0.00	0.00	0.00
Lactose.....g	0.86	0.034	8	A	1		0.45	0.24	1.12
Maltose.....g	2.49	0.035	8	A	1		1.29	0.70	3.23
Galactose.....g	0.00	0.000	8	A	1		0.00	0.00	0.00
Starch.....g	56.20	0.421	8	A	1		29.23	15.93	73.06
<b>Minerals:</b>									
Calcium, Ca.....mg	344	2.952	17	A	1		179	98	448
Iron, Fe.....mg	3.60	0.109	17	A	1		1.87	1.02	4.68
Magnesium, Mg.....mg	28	0.311	17	A	1		14	8	36
Phosphorus, P.....mg	600	3.218	17	A	1		312	170	780
Potassium, K.....mg	191	5.363	17	A	1		99	54	248
Sodium, Na.....mg	1082	13.115	17	A	1		562	307	1406
Zinc, Zn.....mg	0.72	0.011	17	A	1		0.37	0.20	0.94
Copper, Cu.....mg	0.126	0.002	17	A	1		0.066	0.036	0.164
Manganese, Mn.....mg	0.685	0.013	17	A	1		0.356	0.194	0.891
Selenium, Se.....µg	21.6	0.389	8	A	1		11.2	6.1	28.1
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg									
Thiamin.....mg	0.450	0.014	9	A	1		0.234	0.128	0.585
Riboflavin.....mg	0.267	0.014	9	A	1		0.139	0.076	0.347
Niacin.....mg	4.368	0.544	9	A	1		2.272	1.238	5.679
Pantothenic acid.....mg	0.630	0.004	6	A	1		0.327	0.179	0.819
Vitamin B-6.....mg	0.171	0.031	9	A	1		0.089	0.048	0.222
Folate, total.....µg									
Folate, DFE.....µg									
Choline, total.....mg	18.2		0	AS	1		9.5	5.2	23.7
Betaine.....mg	45.6		2	A	1		23.7	12.9	59.2
Vitamin B-12.....µg	0.32	0.109	9	A	1		0.17	0.09	0.41
Vitamin A, RAE.....µg									
Vitamin A, IU.....IU									
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									
<b>Lipids:</b>									

Pancakes, plain, dry mix, complete (includes buttermilk)

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	0.822		0	NC	4				
4:0.....g	0.002	0.001	6	A	1	0.001	0.001	0.002	
6:0.....g	0.000	0.000	6	A	1	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	0.001	0.001	6	A	1	0.001	0.000	0.001	
12:0.....g	0.003	0.001	6	A	1	0.002	0.001	0.004	
13:0.....g									
14:0.....g	0.006	0.002	6	A	1	0.003	0.002	0.008	
15:0.....g	0.002	0.000	6	A	1	0.001	0.001	0.003	
16:0.....g	0.549	0.034	6	A	1	0.285	0.156	0.713	
17:0.....g	0.004	0.000	6	A	1	0.002	0.001	0.005	
18:0.....g	0.230	0.017	6	A	1	0.120	0.065	0.299	
20:0.....g	0.010	0.000	6	A	1	0.005	0.003	0.013	
22:0.....g	0.009	0.000	6	A	1	0.005	0.003	0.012	
24:0.....g	0.006	0.000	6	A	1	0.003	0.002	0.007	
Fatty acids, total monounsaturated.....g	1.271		0	NC	4	0.661	0.360	1.653	
14:1.....g	0.000	0.000	6	A	1	0.000	0.000	0.000	
15:1.....g	0.000	0.000	6	A	1	0.000	0.000	0.000	
16:1 undifferentiated.....g	0.003	0.001	6	AS	1	0.001	0.001	0.004	
16:1 c.....g	0.003	0.001	6	A	1	0.001	0.001	0.004	
16:1 t.....g	0.000	0.000	6	A	1	0.000	0.000	0.000	
17:1.....g	0.001	0.000	6	A	1	0.001	0.000	0.002	
18:1 undifferentiated.....g	1.190	0.050	6	AS	1	0.619	0.337	1.547	
18:1 c.....g	0.839	0.006	6	A	1	0.436	0.238	1.090	
18:1 t.....g	0.351	0.045	6	A	1	0.183	0.100	0.457	
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.062	0.002	6	A	1	0.032	0.018	0.081	
22:1 undifferentiated.....g	0.002	0.000	6	AS	1	0.001	0.001	0.003	
22:1 c.....g	0.002	0.000	6	A	1	0.001	0.001	0.003	
22:1 t.....g	0.000	0.000	6	A	1	0.000	0.000	0.000	
24:1 c.....g	0.013	0.001	6	A	1	0.007	0.004	0.016	
Fatty acids, total polyunsaturated.....g	0.928		0	NC	4	0.483	0.263	1.207	
18:2 undifferentiated.....g	0.908	0.005	6	AS	1	0.472	0.257	1.180	
18:2 n-6 c,c,c.....g	0.871	0.007	6	A	1	0.453	0.247	1.133	
18:2 CLAs.....g	0.005	0.001	6	A	1	0.002	0.001	0.006	
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.032	0.002	6	A	1	0.017	0.009	0.041	
18:3 undifferentiated.....g	0.005	0.000	6	AS	1	0.002	0.001	0.006	
18:3 n-3 c,c,c (ALA).....g	0.001	0.000	6	A	1	0.001	0.000	0.001	
18:3 n-6 c,c,c.....g	0.004	0.000	6	A	1	0.002	0.001	0.005	
18:3i.....g									
18:4.....g	0.001	0.001	6	A	1	0.000	0.000	0.001	
20:2 n-6 c,c,c.....g	0.002	0.001	6	A	1	0.001	0.000	0.002	
20:3 undifferentiated.....g	0.002	0.000	6	AS	1	0.001	0.000	0.002	
20:3 n-3.....g	0.000	0.000	6	A	1	0.000	0.000	0.000	
20:3 n-6.....g	0.002	0.000	6	A	1	0.001	0.000	0.002	
20:4 undifferentiated.....g	0.001	0.000	6	A	1	0.000	0.000	0.001	
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.001	0.001	6	A	1	0.001	0.000	0.002	
21:5.....g									
22:4.....g	0.008	0.002	6	A	1	0.004	0.002	0.011	
22:5 n-3 (DPA).....g	0.002	0.000	6	A	1	0.001	0.000	0.002	
22:6 n-3 (DHA).....g	0.000	0.000	6	A	1	0.000	0.000	0.000	
Fatty acids, total trans.....g	0.383		0	NC	4	0.199	0.109	0.498	
Fatty acids, total trans-monoenoic.....g	0.351		0	NC	4	0.183	0.100	0.457	
Fatty acids, total trans-polyenoic.....g	0.032		0	NC	4	0.017	0.009	0.041	
Cholesterol.....mg	2	0.165	5	A	1	1	1	2	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.114		0		1	0.059	0.032	0.148	
Threonine.....g	0.360		0		1	0.187	0.102	0.468	
Isoleucine.....g	0.419		0		1	0.218	0.119	0.545	

NDB No. 18289

Pancakes, plain, dry mix, complete (includes buttermilk)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Leucine.....g	0.863		0		1		0.449	0.245	1.122
Lysine.....g	0.407		0		1		0.212	0.115	0.529
Methionine.....g	0.204		0		1		0.106	0.058	0.265
Cystine.....g	0.186		0		1		0.097	0.053	0.242
Phenylalanine.....g	0.494		0		1		0.257	0.140	0.642
Tyrosine.....g	0.352		0		1		0.183	0.100	0.458
Valine.....g	0.501		0		1		0.261	0.142	0.651
Arginine.....g	0.427		0		1		0.222	0.121	0.555
Histidine.....g	0.245		0		1		0.127	0.069	0.319
Alanine.....g	0.434		0		1		0.226	0.123	0.564
Aspartic acid.....g	0.611		0		1		0.318	0.173	0.794
Glutamic acid.....g	2.571		0		1		1.337	0.729	3.342
Glycine.....g	0.332		0		1		0.173	0.094	0.432
Proline.....g	0.978		0		1		0.509	0.277	1.271
Serine.....g	0.516		0		1		0.268	0.146	0.671
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 52g: .333 cup

Measure 2 = 28.35g: 1 oz

Measure 3 = 130g: 1 cup, poured from box

**Calories Factors: Protein 4**

**Fat 8.8**

**Carbohydrate 4.1**

**Food Group: 18 Baked Products**

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 18290

Pancakes, plain, dry mix, complete, prepared

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
<b>Proximates:</b>									
Water.....g	53.00		0		1		15.03	20.14	40.81
Energy.....kcal	194		0	NC	4		55	74	149
Energy.....kJ	812		0		4		230	308	625
Protein.....g	5.20		0		1		1.47	1.98	4.00
Total lipid (fat).....g	2.50		0		1		0.71	0.95	1.93
Ash.....g	2.60		0		1		0.74	0.99	2.00
Carbohydrate, by difference.....g	36.70		0	NC	4		10.40	13.95	28.26
Fiber, total dietary.....g	1.3		0		1		0.4	0.5	1.0
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	126		0		1		36	48	97
Iron, Fe.....mg	1.56		0		1		0.44	0.59	1.20
Magnesium, Mg.....mg	20		0		1		6	8	15
Phosphorus, P.....mg	334		0		1		95	127	257
Potassium, K.....mg	175		0		1		50	67	135
Sodium, Na.....mg	628		0		1		178	239	484
Zinc, Zn.....mg	0.39		0		1		0.11	0.15	0.30
Copper, Cu.....mg	0.094		0		1		0.027	0.036	0.072
Manganese, Mn.....mg	0.272		0		1		0.077	0.103	0.209
Selenium, Se.....µg	13.5		0	FLA	4		3.8	5.1	10.4
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.2		0		4		0.1	0.1	0.2
Thiamin.....mg	0.211		0		1		0.060	0.080	0.162
Riboflavin.....mg	0.217		0		1		0.062	0.082	0.167
Niacin.....mg	1.711		0		1		0.485	0.650	1.317
Pantothenic acid.....mg	0.243		0		1		0.069	0.092	0.187
Vitamin B-6.....mg	0.091		0		1		0.026	0.035	0.070
Folate, total.....µg	37		0	FLA	4		10	14	28
Folic acid.....µg	28		0	NC	4		8	11	22
Folate, food.....µg	9		0		4		3	3	7
Folate, DFE.....µg	57		0	NC	4		16	22	44
Choline, total.....mg	19.2		0	AS	1		5.4	7.3	14.8
Betaine.....mg									
Vitamin B-12.....µg	0.20		0		1		0.06	0.08	0.15
Vitamin A, RAE.....µg	10		0	NC	4		3	4	7
Retinol.....µg	10		0	NC	4		3	4	7
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	32		0		1		9	12	25
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									
<b>Lipids:</b>									

Pancakes, plain, dry mix, complete, prepared

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			
Fatty acids, total saturated.....g	0.507		0	1	0.144	0.193	0.390
4:0.....g	0.005		0	1	0.001	0.002	0.004
6:0.....g	0.003		0	1	0.001	0.001	0.002
8:0.....g	0.002		0	1	0.001	0.001	0.002
10:0.....g	0.004		0	1	0.001	0.002	0.003
12:0.....g	0.005		0	1	0.001	0.002	0.004
13:0.....g							
14:0.....g	0.018		0	1	0.005	0.007	0.014
15:0.....g							
16:0.....g	0.344		0	1	0.098	0.131	0.265
17:0.....g							
18:0.....g	0.125		0	1	0.035	0.048	0.096
20:0.....g							
22:0.....g							
24:0.....g							
Fatty acids, total monounsaturated.....g	0.881		0	1	0.250	0.335	0.678
14:1.....g							
15:1.....g							
16:1 undifferentiated.....g	0.023		0	1	0.007	0.009	0.018
17:1.....g							
18:1 undifferentiated.....g	0.857		0	1	0.243	0.326	0.660
20:1.....g	0.001		0	1	0.000	0.000	0.001
22:1 undifferentiated.....g	0.000		0	1	0.000	0.000	0.000
24:1 c.....g							
Fatty acids, total polyunsaturated.....g	0.820		0	1	0.232	0.312	0.631
18:2 undifferentiated.....g	0.764		0	1	0.217	0.290	0.588
18:3 undifferentiated.....g	0.048		0	1	0.014	0.018	0.037
18:4.....g							
20:2 n-6 c,c.....g							
20:3 undifferentiated.....g							
20:4 undifferentiated.....g	0.006		0	1	0.002	0.002	0.005
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							
22:6 n-3 (DHA).....g	0.002		0	1	0.001	0.001	0.002
Fatty acids, total trans.....g							
Cholesterol.....mg	12		0	4	3	5	9
Phytosterols.....mg							
<b>Amino Acids:</b>							
Tryptophan.....g	0.059		0	1	0.017	0.022	0.045
Threonine.....g	0.186		0	1	0.053	0.071	0.143
Isoleucine.....g	0.216		0	1	0.061	0.082	0.166
Leucine.....g	0.444		0	1	0.126	0.169	0.342
Lysine.....g	0.210		0	1	0.060	0.080	0.162
Methionine.....g	0.105		0	1	0.030	0.040	0.081
Cystine.....g	0.096		0	1	0.027	0.036	0.074
Phenylalanine.....g	0.255		0	1	0.072	0.097	0.196
Tyrosine.....g	0.181		0	1	0.051	0.069	0.139
Valine.....g	0.258		0	1	0.073	0.098	0.199
Arginine.....g	0.220		0	1	0.062	0.084	0.169
Histidine.....g	0.126		0	1	0.036	0.048	0.097
Alanine.....g	0.223		0	1	0.063	0.085	0.172
Aspartic acid.....g	0.315		0	1	0.089	0.120	0.243
Glutamic acid.....g	1.325		0	1	0.376	0.504	1.020
Glycine.....g	0.171		0	1	0.048	0.065	0.132
Proline.....g	0.504		0	1	0.143	0.192	0.388
Serine.....g	0.266		0	1	0.075	0.101	0.205
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. 18290**

**Pancakes, plain, dry mix, complete, prepared**

**Common Measures:**

Measure 1 = 28.35g: 1 oz

Measure 2 = 38g: 1 pancake (4" dia)

Measure 3 = 77g: 1 pancake (6" dia)

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)





NDB No. 18291

Pancakes, plain, dry mix, incomplete (includes buttermilk)

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
<b>Lipids:</b>								
Fatty acids, total saturated.....g	0.250		0		4		0.071	0.280
4:0.....g	0.000		0		4		0.000	0.000
6:0.....g	0.000		0		4		0.000	0.000
8:0.....g	0.000		0		4		0.000	0.000
10:0.....g	0.000		0		4		0.000	0.000
12:0.....g	0.002		0		4		0.001	0.002
13:0.....g								
14:0.....g	0.001		0		4		0.000	0.001
15:0.....g								
16:0.....g	0.222		0		4		0.063	0.249
17:0.....g								
18:0.....g	0.017		0		4		0.005	0.019
20:0.....g								
22:0.....g								
24:0.....g								
Fatty acids, total monounsaturated.....g	0.324		0		4		0.092	0.363
14:1.....g								
15:1.....g								
16:1 undifferentiated.....g	0.003		0		4		0.001	0.003
17:1.....g								
18:1 undifferentiated.....g	0.322		0		4		0.091	0.361
20:1.....g	0.000		0		4		0.000	0.000
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	0.726		0		4		0.206	0.813
18:2 undifferentiated.....g	0.695		0		4		0.197	0.778
18:3 undifferentiated.....g	0.031		0		4		0.009	0.035
18:4.....g	0.000		0		4		0.000	0.000
20:2 n-6 c,c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000
20:5 n-3 (EPA).....g	0.000		0		4		0.000	0.000
21:5.....g								
22:4.....g								
22:5 n-3 (DPA).....g	0.000		0		4		0.000	0.000
22:6 n-3 (DHA).....g	0.000		0		4		0.000	0.000
Fatty acids, total trans.....g								
Cholesterol.....mg	0		1		1		0	0
Phytosterols.....mg								
<b>Amino Acids:</b>								
Tryptophan.....g	0.112		0		4		0.032	0.125
Threonine.....g	0.293		0		4		0.083	0.328
Isoleucine.....g	0.372		0		4		0.105	0.417
Leucine.....g	0.767		0		4		0.217	0.859
Lysine.....g	0.236		0		4		0.067	0.264
Methionine.....g	0.179		0		4		0.051	0.200
Cystine.....g	0.219		0		4		0.062	0.245
Phenylalanine.....g	0.494		0		4		0.140	0.553
Tyrosine.....g	0.296		0		4		0.084	0.332
Valine.....g	0.447		0		4		0.127	0.501
Arginine.....g	0.411		0		4		0.117	0.460
Histidine.....g	0.227		0		4		0.064	0.254
Alanine.....g	0.391		0		4		0.111	0.438
Aspartic acid.....g	0.502		0		4		0.142	0.562
Glutamic acid.....g	3.094		0		4		0.877	3.465
Glycine.....g	0.370		0		4		0.105	0.414
Proline.....g	1.055		0		4		0.299	1.182
Serine.....g	0.480		0		4		0.136	0.538
Hydroxyproline.....g								
<b>Others:</b>								
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0
Caffeine.....mg	0		0	FLC	4		0	0

NDB No. 18291

Pancakes, plain, dry mix, incomplete (includes buttermilk)

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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				
Theobromine.....mg	0		0	FLC	4		0		0

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Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 = 112g: 1 cup, poured from box

**Calories Factors: Protein 3.9**

**Fat 8.4**

**Carbohydrate 4.1**

**Food Group:** 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 18292

Pancakes, plain, dry mix, incomplete, prepared

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
<b>Proximates:</b>									
Water.....g	52.90		0		1		15.00	20.10	40.73
Energy.....kcal	218		0	NC	4		62	83	168
Energy.....kJ	912				4		259	347	702
Protein.....g	7.80		0		1		2.21	2.96	6.01
Total lipid (fat).....g	7.70		0		1		2.18	2.93	5.93
Ash.....g	2.60		0		1		0.74	0.99	2.00
Carbohydrate, by difference.....g	28.90		0	NC	4		8.19	10.98	22.25
Fiber, total dietary.....g	1.9		0		4		0.5	0.7	1.4
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	215		0		1		61	82	166
Iron, Fe.....mg	1.30		0		1		0.37	0.49	1.00
Magnesium, Mg.....mg	22		0		1		6	8	17
Phosphorus, P.....mg	313		0		1		89	119	241
Potassium, K.....mg	199		0		1		56	76	153
Sodium, Na.....mg	505		0		1		143	192	389
Zinc, Zn.....mg	0.75		0		1		0.21	0.29	0.58
Copper, Cu.....mg	0.047		0		1		0.013	0.018	0.036
Manganese, Mn.....mg	0.140		0		1		0.040	0.053	0.108
Selenium, Se.....µg	9.8	0.506	28	A	1		2.8	3.7	7.5
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.6		0		1		0.2	0.2	0.5
Thiamin.....mg	0.201		0		1		0.057	0.076	0.155
Riboflavin.....mg	0.311		0		1		0.088	0.118	0.239
Niacin.....mg	1.232		0		1		0.349	0.468	0.949
Pantothenic acid.....mg	0.506		0		1		0.143	0.192	0.390
Vitamin B-6.....mg	0.105		0		1		0.030	0.040	0.081
Folate, total.....µg	36		0	FLA	4		10	14	28
Folic acid.....µg	25		0	NC	4		7	10	19
Folate, food.....µg	11		0		1		3	4	8
Folate, DFE.....µg	54		0	NC	4		15	20	41
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.34		0		1		0.10	0.13	0.26
Vitamin A, RAE.....µg	71		0	NC	4		20	27	55
Retinol.....µg	70		0	NC	4		20	27	54
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	250		0		1		71	95	193
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									
<b>Lipids:</b>									

Pancakes, plain, dry mix, incomplete, prepared

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated.....g	2.045		0		1		0.580	0.777	1.575
4:0.....g	0.048		0		1		0.014	0.018	0.037
6:0.....g	0.029		0		1		0.008	0.011	0.022
8:0.....g	0.017		0		1		0.005	0.006	0.013
10:0.....g	0.037		0		1		0.010	0.014	0.028
12:0.....g	0.043		0		1		0.012	0.016	0.033
13:0.....g									
14:0.....g	0.159		0		1		0.045	0.060	0.122
15:0.....g									
16:0.....g	1.235		0		1		0.350	0.469	0.951
17:0.....g									
18:0.....g	0.464		0		1		0.132	0.176	0.357
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	2.070		0		1		0.587	0.787	1.594
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.088		0		1		0.025	0.033	0.068
17:1.....g									
18:1 undifferentiated.....g	1.964		0		1		0.557	0.746	1.512
20:1.....g	0.013		0		1		0.004	0.005	0.010
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.923		0		1		0.829	1.111	2.251
18:2 undifferentiated.....g	2.574		0		1		0.730	0.978	1.982
18:3 undifferentiated.....g	0.321		0		1		0.091	0.122	0.247
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	0.022		0		1		0.006	0.008	0.017
20:5 n-3 (EPA).....g	0.001		0		1		0.000	0.000	0.001
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	0.006		0		1		0.002	0.002	0.005
Fatty acids, total trans.....g									
Cholesterol.....mg	71		0		1		20	27	55
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.095		0		1		0.027	0.036	0.073
Threonine.....g	0.298		0		1		0.084	0.113	0.229
Isoleucine.....g	0.375		0		1		0.106	0.143	0.289
Leucine.....g	0.657		0		1		0.186	0.250	0.506
Lysine.....g	0.405		0		1		0.115	0.154	0.312
Methionine.....g	0.180		0		1		0.051	0.068	0.139
Cystine.....g	0.141		0		1		0.040	0.054	0.109
Phenylalanine.....g	0.384		0		1		0.109	0.146	0.296
Tyrosine.....g	0.293		0		1		0.083	0.111	0.226
Valine.....g	0.428		0		1		0.121	0.163	0.330
Arginine.....g	0.341		0		1		0.097	0.130	0.263
Histidine.....g	0.187		0		1		0.053	0.071	0.144
Alanine.....g	0.321		0		1		0.091	0.122	0.247
Aspartic acid.....g	0.543		0		1		0.154	0.206	0.418
Glutamic acid.....g	1.803		0		1		0.511	0.685	1.388
Glycine.....g	0.241		0		1		0.068	0.092	0.186
Proline.....g	0.666		0		1		0.189	0.253	0.513
Serine.....g	0.435		0		1		0.123	0.165	0.335
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. 18292**

**Pancakes, plain, dry mix, incomplete, prepared**

**Common Measures:**

Measure 1 = 28.35g: 1 oz

Measure 2 = 38g: 1 pancake (4" dia)

Measure 3 = 77g: 1 pancake (6" dia)

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)



NDB No. 18936

Pancakes, plain, frozen, ready-to-heat, microwave (includes buttermilk)

Nutrients and 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			
Vitamin D2 (ergocalciferol).....µg								
Vitamin D3 (cholecalciferol).....µg								
Vitamin D.....IU								
Vitamin K (phylloquinone).....µg	7.4		1	A	1	2.1	2.8	10.7
Dihydrophyloquinone.....µg	4.8		1	A	1	1.4	1.8	7.0
Menaquinone-4.....µg								
<b>Lipids:</b>								
Fatty acids, total saturated.....g	0.855		0	NC	4	0.242	0.325	1.232
4:0.....g								
6:0.....g								
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	0.004	0.003	3	A	1	0.001	0.002	0.006
13:0.....g								
14:0.....g	0.017	0.002	3	A	1	0.005	0.006	0.025
15:0.....g	0.000	0.000	3	A	1	0.000	0.000	0.000
16:0.....g	0.554	0.134	3	A	1	0.157	0.211	0.798
17:0.....g	0.003	0.002	3	A	1	0.001	0.001	0.004
18:0.....g	0.248	0.082	3	A	1	0.070	0.094	0.356
20:0.....g	0.013	0.005	3	A	1	0.004	0.005	0.019
22:0.....g	0.016	0.004	3	A	1	0.005	0.006	0.023
24:0.....g								
Fatty acids, total monounsaturated.....g	2.453		0	NC	4	0.695	0.932	3.532
14:1.....g	0.000	0.000	3	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	0.015	0.003	3	A	1	0.004	0.006	0.022
17:1.....g	0.000	0.000	3	A	1	0.000	0.000	0.000
18:1 undifferentiated.....g	2.424	0.917	3	A	1	0.687	0.921	3.491
20:1.....g	0.014	0.004	3	A	1	0.004	0.005	0.020
22:1 undifferentiated.....g								
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	0.965		0	NC	4	0.273	0.367	1.389
18:2 undifferentiated.....g	0.918	0.247	3	A	1	0.260	0.349	1.321
18:3 undifferentiated.....g	0.038	0.008	3	A	1	0.011	0.014	0.054
18:3 n-3 c,c,c (ALA).....g								
18:3 n-6 c,c,c.....g	0.007	0.002	3	A	1	0.002	0.002	0.009
18:3i.....g								
18:4.....g								
20:2 n-6 c,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
20:3 n-3.....g								
20:3 n-6.....g								
20:4 undifferentiated.....g	0.003	0.003	3	A	1	0.001	0.001	0.004
20:4 n-6.....g								
20:5 n-3 (EPA).....g								
21:5.....g								
22:4.....g								
22:5 n-3 (DPA).....g								
22:6 n-3 (DHA).....g								
Fatty acids, total trans.....g								
Cholesterol.....mg								
Phytosterols.....mg								
<b>Others:</b>								
Alcohol, ethyl.....g								
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:**

**NDB No. 18936**

**Pancakes, plain, frozen, ready-to-heat, microwave (includes buttermilk)**

Measure 1 = 28.35g: 1 oz

Measure 2 = 38g: 1 pancake

Measure 3 = 144g: 1 serving (3 pancakes)

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)



NDB No. 18293

Pancakes, plain, prepared from recipe

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
<b>Proximates:</b>									
Water.....g	52.90		0		1		15.00	20.10	40.73
Energy.....kcal	227		0	NC	4		64	86	175
Energy.....kJ	950				4		269	361	731
Protein (N x 0).....g	6.40		0		1		1.81	2.43	4.93
Total lipid (fat).....g	9.70		0		1		2.75	3.69	7.47
Ash.....g	2.60		0		1		0.74	0.99	2.00
Carbohydrate, by difference.....g	28.30		0	NC	4		8.02	10.75	21.79
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	219		0		1		62	83	169
Iron, Fe.....mg	1.80		0		1		0.51	0.68	1.39
Magnesium, Mg.....mg	16		0		1		5	6	12
Phosphorus, P.....mg	159		0		1		45	60	122
Potassium, K.....mg	132		0		1		37	50	102
Sodium, Na.....mg	439		0		1		124	167	338
Zinc, Zn.....mg	0.56		0		1		0.16	0.21	0.43
Copper, Cu.....mg	0.049		0		1		0.014	0.019	0.038
Manganese, Mn.....mg	0.200		0		1		0.057	0.076	0.154
Selenium, Se.....µg	14.9		0	RK	4		4.2	5.7	11.5
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.3		0		1		0.1	0.1	0.2
Thiamin.....mg	0.201		0		1		0.057	0.076	0.155
Riboflavin.....mg	0.281		0		1		0.080	0.107	0.216
Niacin.....mg	1.567		0		1		0.444	0.595	1.207
Pantothenic acid.....mg	0.405		0		1		0.115	0.154	0.312
Vitamin B-6.....mg	0.046		0		1		0.013	0.017	0.035
Folate, total.....µg	38		0	RK	4		11	14	29
Folic acid.....µg	26		0	NC	4		7	10	20
Folate, food.....µg	12		0		1		3	5	9
Folate, DFE.....µg	56		0	NC	4		16	21	43
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.22		0		1		0.06	0.08	0.17
Vitamin A, RAE.....µg	54		0	NC	4		15	20	41
Retinol.....µg	53		0	NC	4		15	20	41
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	196		0		1		56	74	151
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									
<b>Lipids:</b>									

Pancakes, plain, prepared from recipe

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated.....g	2.122		0		1		0.602	0.806	1.634
4:0.....g	0.036		0		1		0.010	0.014	0.028
6:0.....g	0.021		0		1		0.006	0.008	0.016
8:0.....g	0.012		0		1		0.003	0.005	0.009
10:0.....g	0.028		0		1		0.008	0.011	0.022
12:0.....g	0.031		0		1		0.009	0.012	0.024
13:0.....g									
14:0.....g	0.122		0		1		0.035	0.046	0.094
15:0.....g									
16:0.....g	1.354		0		1		0.384	0.515	1.043
17:0.....g									
18:0.....g	0.508		0		1		0.144	0.193	0.391
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	2.474		0		1		0.701	0.940	1.905
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.078		0		1		0.022	0.030	0.060
17:1.....g									
18:1 undifferentiated.....g	2.375		0		1		0.673	0.903	1.829
20:1.....g	0.018		0		1		0.005	0.007	0.014
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	4.447		0		1		1.261	1.690	3.424
18:2 undifferentiated.....g	3.913		0		1		1.109	1.487	3.013
18:3 undifferentiated.....g	0.510		0		1		0.145	0.194	0.393
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	0.018		0		1		0.005	0.007	0.014
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	0.005		0		1		0.001	0.002	0.004
Fatty acids, total trans.....g									
Cholesterol.....mg	59		0		1		17	22	45
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.080		0		1		0.023	0.030	0.062
Threonine.....g	0.237		0		1		0.067	0.090	0.182
Isoleucine.....g	0.297		0		1		0.084	0.113	0.229
Leucine.....g	0.513		0		1		0.145	0.195	0.395
Lysine.....g	0.321		0		1		0.091	0.122	0.247
Methionine.....g	0.147		0		1		0.042	0.056	0.113
Cystine.....g	0.116		0		1		0.033	0.044	0.089
Phenylalanine.....g	0.319		0		1		0.090	0.121	0.246
Tyrosine.....g	0.240		0		1		0.068	0.091	0.185
Valine.....g	0.335		0		1		0.095	0.127	0.258
Arginine.....g	0.280		0		1		0.079	0.106	0.216
Histidine.....g	0.152		0		1		0.043	0.058	0.117
Alanine.....g	0.245		0		1		0.069	0.093	0.189
Aspartic acid.....g	0.420		0		1		0.119	0.160	0.323
Glutamic acid.....g	1.570		0		1		0.445	0.597	1.209
Glycine.....g	0.198		0		1		0.056	0.075	0.152
Proline.....g	0.576		0		1		0.163	0.219	0.444
Serine.....g	0.363		0		1		0.103	0.138	0.280
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. 18293**

**Pancakes, plain, prepared from recipe**

**Common Measures:**

Measure 1 = 28.35g: 1 oz

Measure 2 = 38g: 1 pancake (4" dia)

Measure 3 = 77g: 1 pancake (6" dia)

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)



**NDB No. 28305**  
**Pancakes, plain, reduced fat**

Nutrients and 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			
<b>Lipids:</b>								
Fatty acids, total saturated.....g	0.000		0	NC	4	0.000		
4:0.....g	0.000		0	FLC	4	0.000		
6:0.....g	0.000		0	FLC	4	0.000		
8:0.....g	0.000		0	FLC	4	0.000		
10:0.....g	0.000		0	FLC	4	0.000		
12:0.....g	0.000		0	FLC	4	0.000		
13:0.....g								
14:0.....g	0.000		0	FLC	4	0.000		
15:0.....g								
16:0.....g	0.000		0	FLC	4	0.000		
17:0.....g								
18:0.....g	0.000		0	FLC	4	0.000		
20:0.....g								
22:0.....g								
24:0.....g								
Fatty acids, total monounsaturated.....g	0.532		0	NC	4	0.559		
14:1.....g								
15:1.....g								
16:1 undifferentiated.....g	0.011		0	FLC	4	0.012		
17:1.....g								
18:1 undifferentiated.....g	0.517		0	FLC	4	0.542		
20:1.....g	0.004		0	FLC	4	0.004		
22:1 undifferentiated.....g	0.000		0	FLC	4	0.000		
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	1.105		0	NC	4	1.161		
18:2 undifferentiated.....g	0.992		0	FLC	4	1.041		
18:3 undifferentiated.....g	0.101		0	FLC	4	0.106		
18:4.....g	0.000		0	FLC	4	0.000		
20:2 n-6 c,c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g	0.009		0	FLC	4	0.010		
20:5 n-3 (EPA).....g	0.000		0	FLC	4	0.000		
21:5.....g								
22:4.....g								
22:5 n-3 (DPA).....g	0.000		0	FLC	4	0.000		
22:6 n-3 (DHA).....g	0.003		0	FLC	4	0.003		
Fatty acids, total trans.....g	0.000		0	LC	8	0.000		
Cholesterol.....mg	24		0	LC	8	25		
Phytosterols.....mg								
<b>Others:</b>								
Alcohol, ethyl.....g	0.0		0	Z	7	0.0		
Caffeine.....mg	0		0	FLC	4	0		
Theobromine.....mg	0		0	FLC	4	0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 105g: 1 serving 3 pancakes

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

**NDB No. 18297**  
**Pancakes, special dietary, dry mix**

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
<b>Proximates:</b>									
Water.....g	10.80		1		1		3.06	24.52	
Energy.....kcal	349		0	NC	4		99	792	
Energy.....kJ	1460				4		414	3315	
Protein (N x 5.9).....g	8.90		1		1		2.52	20.20	
Total lipid (fat).....g	1.40		1		1		0.40	3.18	
Ash.....g	5.00		1		1		1.42	11.35	
Carbohydrate, by difference.....g	73.90		0	NC	4		20.95	167.75	
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	99		1		1		28	225	
Iron, Fe.....mg	3.05		1		1		0.86	6.92	
Magnesium, Mg.....mg	47		1		1		13	107	
Phosphorus, P.....mg	596		1		1		169	1353	
Potassium, K.....mg	676		1		1		192	1535	
Sodium, Na.....mg	456		1		1		129	1035	
Zinc, Zn.....mg	1.19		1		1		0.34	2.70	
Copper, Cu.....mg	0.137		1		1		0.039	0.311	
Manganese, Mn.....mg	0.578		0	FLA	4		0.164	1.312	
Selenium, Se.....µg	25.1		0	FLA	4		7.1	57.0	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		1		1		0.0	0.0	
Thiamin.....mg	0.370		1		1		0.105	0.840	
Riboflavin.....mg	0.209		1		1		0.059	0.474	
Niacin.....mg	3.270		1		1		0.927	7.423	
Pantothenic acid.....mg	0.364		1		1		0.103	0.826	
Vitamin B-6.....mg	0.037		1		1		0.010	0.084	
Folate, total.....µg	107		0	FLA	4		30	243	
Folic acid.....µg	93		0	NC	4		26	211	
Folate, food.....µg	14		1		1		4	32	
Folate, DFE.....µg	172		0	NC	4		49	391	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		1		1		0.00	0.00	
Vitamin A, RAE.....µg	6		0	NC	4		2	14	
Retinol.....µg	0		0	Z	7		0	0	
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	126		1		1		36	286	
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									
<b>Lipids:</b>									

**NDB No. 18297**  
**Pancakes, special dietary, dry mix**

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			
Fatty acids, total saturated.....g	0.202		0		1	0.057	0.459
4:0.....g							
6:0.....g							
8:0.....g							
10:0.....g							
12:0.....g	0.001		0		1	0.000	0.002
13:0.....g							
14:0.....g	0.001		0		1	0.000	0.002
15:0.....g							
16:0.....g	0.177		0		1	0.050	0.402
17:0.....g							
18:0.....g	0.018		0		1	0.005	0.041
20:0.....g							
22:0.....g							
24:0.....g							
Fatty acids, total monounsaturated.....g	0.276		0		1	0.078	0.627
14:1.....g							
15:1.....g							
16:1 undifferentiated.....g	0.003		0		1	0.001	0.007
17:1.....g							
18:1 undifferentiated.....g	0.273		0		1	0.077	0.620
20:1.....g							
22:1 undifferentiated.....g							
24:1 c.....g							
Fatty acids, total polyunsaturated.....g	0.611		0		1	0.173	1.387
18:2 undifferentiated.....g	0.586		0		1	0.166	1.330
18:3 undifferentiated.....g	0.025		0		1	0.007	0.057
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		1		1	0	0
Phytosterols.....mg							
<b>Amino Acids:</b>							
Tryptophan.....g	0.090		0		1	0.026	0.204
Threonine.....g	0.271		0		1	0.077	0.615
Isoleucine.....g	0.337		0		1	0.096	0.765
Leucine.....g	0.796		0		1	0.226	1.807
Lysine.....g	0.251		0		1	0.071	0.570
Methionine.....g	0.158		0		1	0.045	0.359
Cystine.....g	0.178		0		1	0.050	0.404
Phenylalanine.....g	0.450		0		1	0.128	1.022
Tyrosine.....g	0.295		0		1	0.084	0.670
Valine.....g	0.394		0		1	0.112	0.894
Arginine.....g	0.420		0		1	0.119	0.953
Histidine.....g	0.223		0		1	0.063	0.506
Alanine.....g	0.400		0		1	0.113	0.908
Aspartic acid.....g	0.572		0		1	0.162	1.298
Glutamic acid.....g	2.415		0		1	0.685	5.482
Glycine.....g	0.322		0		1	0.091	0.731
Proline.....g	0.878		0		1	0.249	1.993
Serine.....g	0.429		0		1	0.122	0.974
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. 18297**

**Pancakes, special dietary, dry mix**

**Common Measures:**

Measure 1 = 28.35g: 1 oz

Measure 2 = 227g: 1 package (8 oz)

**Calories Factors: Protein 3.8**

**Fat 8.4**

**Carbohydrate 4.1**

**Food Group: 18 Baked Products**

USDA National Nutrient Database for Standard Reference, Release 27 (2014)



NDB No. 18299

Pancakes, whole-wheat, dry mix, incomplete

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
<b>Proximates:</b>									
Water.....g	8.80	0.097	19		1		2.49	12.32	
Energy.....kcal	344		0	NC	4		98	482	
Energy.....kJ	1439				4		408	2015	
Protein (N x 5.8).....g	12.80	0.062	19		1		3.63	17.92	
Total lipid (fat).....g	1.50	0.065	19		1		0.43	2.10	
Ash.....g	5.90	0.034	19		1		1.67	8.26	
Carbohydrate, by difference.....g	71.00		0	NC	4		20.13	99.40	
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	449	11.622	19		1		127	629	
Iron, Fe.....mg	7.84	0.136	19		1		2.22	10.98	
Magnesium, Mg.....mg	104		0	FLA	4		29	146	
Phosphorus, P.....mg	782	8.358	19		1		222	1095	
Potassium, K.....mg	445	16.348	9		1		126	623	
Sodium, Na.....mg	1419	32.951	9		1		402	1987	
Zinc, Zn.....mg	1.96		0	FLA	4		0.56	2.74	
Copper, Cu.....mg	0.560		0	FLA	4		0.159	0.784	
Manganese, Mn.....mg	2.236		0	FLA	4		0.634	3.130	
Selenium, Se.....µg	38.0		0	FLA	4		10.8	53.2	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0		1		0.0	0.0	
Thiamin.....mg	0.569	0.021	19		1		0.161	0.797	
Riboflavin.....mg	1.083	0.058	19		1		0.307	1.516	
Niacin.....mg	6.767	0.191	19		1		1.918	9.474	
Pantothenic acid.....mg	0.750		0	FLA	4		0.213	1.050	
Vitamin B-6.....mg	0.227		0	FLA	4		0.064	0.318	
Folate, total.....µg	82		0	FLA	4		23	115	
Folic acid.....µg	28		0	NC	4		8	39	
Folate, food.....µg	54		0		4		15	76	
Folate, DFE.....µg	102		0	NC	4		29	142	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		0		1		0.00	0.00	
Vitamin A, RAE.....µg	2		0	NC	4		0	2	
Retinol.....µg	0		0	Z	7		0	0	
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	31	3.600	10		1		9	43	
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									
<b>Lipids:</b>									

Pancakes, whole-wheat, dry mix, incomplete

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion 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	0.244		0		1		0.069	0.342	
4:0.....g									
6:0.....g									
8:0.....g									
10:0.....g									
12:0.....g	0.002		0		1		0.001	0.003	
13:0.....g									
14:0.....g	0.002		0		1		0.001	0.003	
15:0.....g									
16:0.....g	0.217		0		1		0.062	0.304	
17:0.....g									
18:0.....g	0.012		0		1		0.003	0.017	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.279		0		1		0.079	0.391	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.007		0		1		0.002	0.010	
17:1.....g									
18:1 undifferentiated.....g	0.273		0		1		0.077	0.382	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.605		0		1		0.172	0.847	
18:2 undifferentiated.....g	0.575		0		1		0.163	0.805	
18:3 undifferentiated.....g	0.030		0		1		0.009	0.042	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.001		0		1		0.000	0.001	
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		1		0	0	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.187		0		1		0.053	0.262	
Threonine.....g	0.394		0		1		0.112	0.552	
Isoleucine.....g	0.496		0		1		0.141	0.694	
Leucine.....g	0.908		0		1		0.257	1.271	
Lysine.....g	0.430		0		1		0.122	0.602	
Methionine.....g	0.216		0		1		0.061	0.302	
Cystine.....g	0.300		0		1		0.085	0.420	
Phenylalanine.....g	0.634		0		1		0.180	0.888	
Tyrosine.....g	0.397		0		1		0.113	0.556	
Valine.....g	0.628		0		1		0.178	0.879	
Arginine.....g	0.705		0		1		0.200	0.987	
Histidine.....g	0.297		0		1		0.084	0.416	
Alanine.....g	0.529		0		1		0.150	0.741	
Aspartic acid.....g	0.813		0		1		0.230	1.138	
Glutamic acid.....g	3.602		0		1		1.021	5.043	
Glycine.....g	0.555		0		1		0.157	0.777	
Proline.....g	1.108		0		1		0.314	1.551	
Serine.....g	0.599		0		1		0.170	0.839	
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. 18299**

**Pancakes, whole-wheat, dry mix, incomplete**

**Common Measures:**

Measure 1 = 28.35g: 1 oz

Measure 2 = 140g: 1 cup, poured from box

**Calories Factors: Protein 3.7**

**Fat 8.4**

**Carbohydrate4**

**Food Group: 18 Baked Products**

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 18300

Pancakes, whole-wheat, dry mix, incomplete, prepared

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
<b>Proximates:</b>									
Water.....g	52.80		0		1		14.97	23.23	68.11
Energy.....kcal	208		0	NC	4		59	92	268
Energy.....kJ	870		0		4		247	383	1123
Protein.....g	8.50		0		1		2.41	3.74	10.97
Total lipid (fat).....g	6.50		0		1		1.84	2.86	8.39
Ash.....g	2.80		0		1		0.79	1.23	3.61
Carbohydrate, by difference.....g	29.40		0	NC	4		8.33	12.94	37.93
Fiber, total dietary.....g	2.8		0		4		0.8	1.2	3.7
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	250		0		1		71	110	323
Iron, Fe.....mg	3.11		0		1		0.88	1.37	4.01
Magnesium, Mg.....mg	46		0		4		13	20	59
Phosphorus, P.....mg	373		0		1		106	164	481
Potassium, K.....mg	279		0		1		79	123	360
Sodium, Na.....mg	572		0		1		162	252	738
Zinc, Zn.....mg	1.04		0		4		0.29	0.46	1.34
Copper, Cu.....mg	0.080		0		4		0.023	0.035	0.103
Manganese, Mn.....mg	1.546		0		4		0.438	0.680	1.994
Selenium, Se.....µg	19.4		0	FLA	4		5.5	8.5	25.0
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.5		0		1		0.1	0.2	0.6
Thiamin.....mg	0.197		0		1		0.056	0.087	0.254
Riboflavin.....mg	0.529		0		1		0.150	0.233	0.682
Niacin.....mg	2.309		0		1		0.655	1.016	2.979
Pantothenic acid.....mg	0.518		0		4		0.147	0.228	0.668
Vitamin B-6.....mg	0.110		0		4		0.031	0.048	0.142
Folate, total.....µg	29		0	FLA	4		8	13	37
Folic acid.....µg	8		0	NC	4		2	4	10
Folate, food.....µg	21		0		4		6	9	27
Folate, DFE.....µg	35		0	NC	4		10	15	45
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.29		0		1		0.08	0.13	0.37
Vitamin A, RAE.....µg	64		0	NC	4		18	28	82
Retinol.....µg	63		0	NC	4		18	28	81
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	226		0		1		64	99	292
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									
<b>Lipids:</b>									

NDB No. 18300

Pancakes, whole-wheat, dry mix, incomplete, prepared

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common		
	Mean	Std. Error	Number		Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code			
Fatty acids, total saturated.....g	1.749		0	1	0.496	0.770	2.256
4:0.....g	0.041		0	1	0.012	0.018	0.053
6:0.....g	0.025		0	1	0.007	0.011	0.032
8:0.....g	0.014		0	1	0.004	0.006	0.018
10:0.....g	0.032		0	1	0.009	0.014	0.041
12:0.....g	0.037		0	1	0.010	0.016	0.048
13:0.....g							
14:0.....g	0.137		0	1	0.039	0.060	0.177
15:0.....g							
16:0.....g	1.057		0	1	0.300	0.465	1.364
17:0.....g							
18:0.....g	0.391		0	1	0.111	0.172	0.504
20:0.....g							
22:0.....g							
24:0.....g							
Fatty acids, total monounsaturated.....g	1.742		0	1	0.494	0.766	2.247
14:1.....g							
15:1.....g							
16:1 undifferentiated.....g	0.077		0	1	0.022	0.034	0.099
17:1.....g							
18:1 undifferentiated.....g	1.650		0	1	0.468	0.726	2.129
20:1.....g	0.010		0	1	0.003	0.004	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	2.406		0	1	0.682	1.059	3.104
18:2 undifferentiated.....g	2.118		0	1	0.600	0.932	2.732
18:3 undifferentiated.....g	0.264		0	1	0.075	0.116	0.341
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	0.019		0	1	0.005	0.008	0.025
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	0.005		0	1	0.001	0.002	0.006
Fatty acids, total trans.....g							
Cholesterol.....mg	61		0	1	17	27	79
Phytosterols.....mg							
<b>Amino Acids:</b>							
Tryptophan.....g	0.118		0	1	0.033	0.052	0.152
Threonine.....g	0.316		0	1	0.090	0.139	0.408
Isoleucine.....g	0.396		0	1	0.112	0.174	0.511
Leucine.....g	0.675		0	1	0.191	0.297	0.871
Lysine.....g	0.438		0	1	0.124	0.193	0.565
Methionine.....g	0.182		0	1	0.052	0.080	0.235
Cystine.....g	0.167		0	1	0.047	0.073	0.215
Phenylalanine.....g	0.419		0	1	0.119	0.184	0.541
Tyrosine.....g	0.312		0	1	0.088	0.137	0.402
Valine.....g	0.468		0	1	0.133	0.206	0.604
Arginine.....g	0.432		0	1	0.122	0.190	0.557
Histidine.....g	0.204		0	1	0.058	0.090	0.263
Alanine.....g	0.357		0	1	0.101	0.157	0.461
Aspartic acid.....g	0.620		0	1	0.176	0.273	0.800
Glutamic acid.....g	1.969		0	1	0.558	0.866	2.540
Glycine.....g	0.303		0	1	0.086	0.133	0.391
Proline.....g	0.671		0	1	0.190	0.295	0.866
Serine.....g	0.454		0	1	0.129	0.200	0.586
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. 18300**

**Pancakes, whole-wheat, dry mix, incomplete, prepared**

**Common Measures:**

Measure 1 = 28.35g: 1 oz

Measure 2 = 44g: 1 pancake (4" dia)

Measure 3 = 129g: 1 pancake (6" dia)

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 18959

Pastry, Pastelitos de Guava (guava pastries)

Latino food, pastelios de guava, turnovers

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
<b>Proximates:</b>									
Water.....g	27.26	2.964	3	A	1		23.45		
Energy.....kcal	379		0	NC	4		326		
Energy.....kJ	1588		0	NC	4		1365		
Protein.....g	5.48	0.490	3	A	1		4.71		
Total lipid (fat).....g	18.50	0.877	3	A	1		15.91		
Ash.....g	0.99	0.032	3	A	1		0.85		
Carbohydrate, by difference.....g	47.76		0	NC	4		41.08		
Fiber, total dietary.....g	2.2	0.133	3	A	1		1.9		
Sugars, total.....g	17.00	1.086	3	A	1		14.62		
Sucrose.....g	12.37	1.071	3	A	1		10.64		
Glucose (dextrose).....g	2.29	0.196	3	A	1		1.97		
Fructose.....g	1.41	0.318	3	A	1		1.22		
Lactose.....g	0.00	0.000	3	A	1		0.00		
Maltose.....g	0.93	0.555	3	A	1		0.80		
Galactose.....g	0.00	0.000	3	A	1		0.00		
Starch.....g	24.65		2	A	1		21.20		
<b>Minerals:</b>									
Calcium, Ca.....mg	14	3.136	3	A	1		12		
Iron, Fe.....mg	2.12	0.191	3	A	1		1.83		
Magnesium, Mg.....mg	15	1.819	3	A	1		13		
Phosphorus, P.....mg	56	10.521	3	A	1		48		
Potassium, K.....mg	103	12.784	3	A	1		89		
Sodium, Na.....mg	231	44.095	3	A	1		199		
Zinc, Zn.....mg	0.42	0.061	3	A	1		0.36		
Copper, Cu.....mg	0.079	0.003	3	A	1		0.068		
Manganese, Mn.....mg	0.265	0.018	3	A	1		0.228		
Selenium, Se.....µg	17.5		1	A	1		15.1		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg									
Thiamin.....mg	0.190	0.006	3	A	1		0.163		
Riboflavin.....mg	0.117	0.018	3	A	1		0.100		
Niacin.....mg	2.493	0.035	3	A	1		2.144		
Pantothenic acid.....mg	0.270		1	A	1		0.232		
Vitamin B-6.....mg	0.053	0.003	3	A	1		0.046		
Folate, total.....µg									
Folate, DFE.....µg									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg									
Vitamin A, RAE.....µg									
Vitamin A, IU.....IU									
Lycopene.....µg	348		2	A	1		299		
Lutein + zeaxanthin.....µg	14		2	A	1		12		
Vitamin E (alpha-tocopherol).....mg	0.95	0.403	3	A	1		0.82		
Tocopherol, beta.....mg	0.12	0.040	3	A	1		0.10		
Tocopherol, gamma.....mg	6.81	1.908	3	A	1		5.85		
Tocopherol, delta.....mg	2.43	0.334	3	A	1		2.09		
Tocotrienol, alpha.....mg	0.00	0.000	3	A	1		0.00		
Tocotrienol, beta.....mg	0.00	0.000	3	A	1		0.00		
Tocotrienol, gamma.....mg	0.00	0.000	3	A	1		0.00		
Tocotrienol, delta.....mg	0.00	0.000	3	A	1		0.00		
Vitamin D (D2 + D3).....µg									
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg	12.5		2	A	1		10.7		
Dihydrophyloquinone.....µg	29.1		2	A	1		25.1		
Menaquinone-4.....µg	0.0		2	A	1		0.0		

Pastry, Pastelitos de Guava (guava pastries)

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Lipids:</b>									
Fatty acids, total saturated.....g	5.535		0	NC	4		4.760		
4:0.....g									
6:0.....g	0.000	0.000	3	A	1		0.000		
8:0.....g	0.000	0.000	3	A	1		0.000		
10:0.....g	0.021	0.001	3	A	1		0.018		
12:0.....g	0.007	0.003	3	A	1		0.006		
13:0.....g									
14:0.....g	0.064	0.033	3	A	1		0.055		
15:0.....g	0.010	0.005	3	A	1		0.009		
16:0.....g	2.260	0.034	3	A	1		1.944		
17:0.....g	0.035	0.013	3	A	1		0.030		
18:0.....g	3.014	0.453	3	A	1		2.592		
20:0.....g	0.057	0.002	3	A	1		0.049		
22:0.....g	0.049	0.004	3	A	1		0.042		
24:0.....g	0.018	0.002	3	A	1		0.015		
Fatty acids, total monounsaturated.....g	8.543		0	NC	4		7.347		
14:1.....g	0.010	0.008	3	A	1		0.009		
15:1.....g	0.000	0.000	3	A	1		0.000		
16:1 undifferentiated.....g	0.057	0.037	3	AS	1		0.049		
16:1 c.....g	0.053	0.033	3	A	1		0.046		
16:1 t.....g	0.004	0.004	3	A	1		0.003		
17:1.....g	0.000	0.000	3	A	1		0.000		
18:1 undifferentiated.....g	8.434	1.173	3	AS	1		7.253		
18:1 c.....g	6.082	0.722	3	A	1		5.231		
18:1 t.....g	2.352	0.468	3	A	1		2.022		
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.042	0.002	3	A	1		0.036		
22:1 undifferentiated.....g	0.000	0.000	3	AS	1		0.000		
22:1 c.....g	0.000	0.000	3	A	1		0.000		
22:1 t.....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	2.835		0	NC	4		2.438		
18:2 undifferentiated.....g	2.661	0.319	3	AS	1		2.289		
18:2 n-6 c,c.....g	2.142	0.384	3	A	1		1.842		
18:2 CLAs.....g	0.021	0.006	3	A	1		0.018		
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.498	0.095	3	A	1		0.428		
18:3 undifferentiated.....g	0.163	0.072	3	AS	1		0.140		
18:3 n-3 c,c,c (ALA).....g	0.163	0.072	3	A	1		0.140		
18:3 n-6 c,c,c.....g	0.000	0.000	3	A	1		0.000		
18:3i.....g									
18:4.....g	0.000	0.000	3	A	1		0.000		
20:2 n-6 c,c.....g	0.003	0.001	3	A	1		0.003		
20:3 undifferentiated.....g	0.000	0.000	3	AS	1		0.000		
20:3 n-3.....g	0.000	0.000	3	A	1		0.000		
20:3 n-6.....g	0.000	0.000	3	A	1		0.000		
20:4 undifferentiated.....g	0.004	0.004	3	A	1		0.003		
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.000	0.000	3	A	1		0.000		
21:5.....g									
22:4.....g	0.003	0.000	3	A	1		0.002		
22:5 n-3 (DPA).....g	0.000	0.000	3	A	1		0.000		
22:6 n-3 (DHA).....g	0.001	0.001	3	A	1		0.001		
Fatty acids, total trans.....g	2.853		0	NC	4		2.454		
Fatty acids, total trans-monoenoic.....g	2.355		0	NC	4		2.025		
Fatty acids, total trans-polyenoic.....g	0.498		0	NC	4		0.428		
Cholesterol.....mg	10	8.348	3	A	1		8		
Phytosterols.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same



NDB No. 18959

Pastry, Pastelitos de Guava (guava pastries)

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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

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food, or similar food.

**Common Measures:**

Measure 1 = 86g: 1 piece

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)



Phyllo dough

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Lipids:</b>									
Fatty acids, total saturated.....g	1.470		0	FLA	4		0.417	0.279	
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	0.027		0	FLA	4		0.008	0.005	
15:0.....g									
16:0.....g	0.794		0	FLA	4		0.225	0.151	
17:0.....g									
18:0.....g	0.649		0	FLA	4		0.184	0.123	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	3.149		0	FLA	4		0.893	0.598	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.011		0		1		0.003	0.002	
17:1.....g									
18:1 undifferentiated.....g	3.149		0	FLA	4		0.893	0.598	
20:1.....g	0.011		0		1		0.003	0.002	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.923		0	FLA	4		0.262	0.175	
18:2 undifferentiated.....g	0.876		0	FLA	4		0.248	0.166	
18:3 undifferentiated.....g	0.047		0	FLA	4		0.013	0.009	
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		1		0	0	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.088		0		1		0.025	0.017	
Threonine.....g	0.194		0		1		0.055	0.037	
Isoleucine.....g	0.246		0		1		0.070	0.047	
Leucine.....g	0.490		0		1		0.139	0.093	
Lysine.....g	0.158		0		1		0.045	0.030	
Methionine.....g	0.126		0		1		0.036	0.024	
Cystine.....g	0.151		0		1		0.043	0.029	
Phenylalanine.....g	0.359		0		1		0.102	0.068	
Tyrosine.....g	0.215		0		1		0.061	0.041	
Valine.....g	0.286		0		1		0.081	0.054	
Arginine.....g	0.288		0		1		0.082	0.055	
Histidine.....g	0.159		0		1		0.045	0.030	
Alanine.....g	0.229		0		1		0.065	0.044	
Aspartic acid.....g	0.300		0		1		0.085	0.057	
Glutamic acid.....g	2.400		0		1		0.680	0.456	
Glycine.....g	0.256		0		1		0.073	0.049	
Proline.....g	0.826		0		1		0.234	0.157	
Serine.....g	0.356		0		1		0.101	0.068	
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	FLC	4		0	0	

NDB No. 18338

Phyllo dough

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			
Theobromine.....mg	0		0	FLC	4	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 28.35g: 1 oz

Measure 2 = 19g: 1 sheet dough

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 18943

Pie Crust, Cookie-type, Chocolate, Ready Crust

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	4.99	0.605	3	A	1		9.08		
Energy.....kcal	484		0	NC	4		881		
Energy.....kJ	2025		0	NC	4		3686		
Protein.....g	6.08	0.365	3	A	1		11.07		
Total lipid (fat).....g	22.42	0.786	3	A	1		40.80		
Ash.....g	2.03	0.233	3	A	1		3.69		
Carbohydrate, by difference.....g	64.48		0	NC	4		117.35		
Fiber, total dietary.....g	2.7	0.260	3	A	1		5.0		
Sugars, total.....g	26.31		0	FLA	4		47.88		
Sucrose.....g	19.47	2.433	3	A	1		35.43		
Glucose (dextrose).....g	0.00	0.000	3	A	1		0.00		
Fructose.....g	0.00	0.000	3	A	1		0.00		
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	34.67	2.285	3	A	1		63.09		
<b>Minerals:</b>									
Calcium, Ca.....mg	32	7.839	3	A	1		58		
Iron, Fe.....mg	4.30		2	A	1		7.83		
Magnesium, Mg.....mg	40	2.848	3	A	1		73		
Phosphorus, P.....mg	120	10.000	3	A	1		218		
Potassium, K.....mg	187	8.819	3	A	1		340		
Sodium, Na.....mg	503	48.419	3	A	1		916		
Zinc, Zn.....mg	2.10	0.153	3	A	1		3.82		
Copper, Cu.....mg	0.770	0.112	3	A	1		1.401		
Manganese, Mn.....mg	1.833	0.233	3	A	1		3.337		
Selenium, Se.....µg	2.5	0.262	3	A	1		4.5		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0	FLA	4		0.0		
Thiamin.....mg	0.336	0.089	3	A	1		0.612		
Riboflavin.....mg	0.265	0.025	3	A	1		0.482		
Niacin.....mg	3.073	0.113	3	A	1		5.593		
Pantothenic acid.....mg	0.168	0.014	3	A	1		0.306		
Vitamin B-6.....mg	0.043	0.009	3	A	1		0.078		
Folate, total.....µg	72	7.513	3	A	1		132		
Folic acid.....µg	50	7.839	3	A	1		92		
Folate, food.....µg	22	0.577	3	AS	1		40		
Folate, DFE.....µg	108		0	NC	4		196		
Choline, total.....mg	16.4		0	AS	1		29.9		
Betaine.....mg	21.3		1	A	1		38.8		
Vitamin B-12.....µg	0.00		0	FLA	4		0.00		
Vitamin B-12, added.....µg	0.00		0	FLA	4		0.00		
Vitamin A, RAE.....µg	0		0	FLA	4		0		
Retinol.....µg	0		0	FLA	4		0		
Carotene, beta.....µg	0		0	FLA	4		0		
Carotene, alpha.....µg	0		0	FLA	4		0		
Cryptoxanthin, beta.....µg	0		0	FLA	4		0		
Vitamin A, IU.....IU	0		0	FLA	4		0		
Lycopene.....µg	0		0	FLA	4		0		
Lutein + zeaxanthin.....µg	12		0	FLA	4		22		
Vitamin E (alpha-tocopherol).....mg	1.79	0.285	3	A	1		3.26		
Vitamin E, added.....mg	0.00		0	FLA	4		0.00		
Tocopherol, beta.....mg	0.17	0.022	3	A	1		0.30		
Tocopherol, gamma.....mg	11.79	0.466	3	A	1		21.46		
Tocopherol, delta.....mg	3.49	0.083	3	A	1		6.36		
Tocotrienol, alpha.....mg	0.04	0.006	3	A	1		0.07		
Tocotrienol, beta.....mg	0.00	0.000	3	A	1		0.00		

NDB No. 18943

Pie Crust, Cookie-type, Chocolate, Ready Crust

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Tocotrienol, gamma.....mg	0.00	0.000	3	A	1		0.00		
Tocotrienol, delta.....mg	0.00	0.000	3	A	1		0.00		
Vitamin D (D2 + D3).....µg	0.0		0	BFFN	4		0.0		
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	0		0	BFFN	4		0		
Vitamin K (phylloquinone).....µg	18.2	2.240	3	A	1		33.1		
Dihydrophyloquinone.....µg	64.1	8.889	3	A	1		116.7		
Menaquinone-4.....µg	0.6	0.305	3	A	1		1.1		
<b>Lipids:</b>									
Fatty acids, total saturated.....g	4.725		0	NC	4		8.599		
4:0.....g	0.000	0.000	3	A	1		0.000		
6:0.....g	0.000	0.000	3	A	1		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									
14:0.....g	0.023	0.003	3	A	1		0.042		
15:0.....g	0.001	0.001	3	A	1		0.001		
16:0.....g	2.587	0.107	3	A	1		4.707		
17:0.....g	0.028	0.001	3	A	1		0.052		
18:0.....g	1.912	0.081	3	A	1		3.480		
20:0.....g	0.088	0.004	3	A	1		0.160		
22:0.....g	0.086	0.004	3	A	1		0.157		
24:0.....g									
Fatty acids, total monounsaturated.....g	14.482		0	NC	4		26.357		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.019	0.002	3	AS	1		0.035		
16:1 c.....g	0.019	0.002	3	A	1		0.035		
16:1 t.....g									
17:1.....g									
18:1 undifferentiated.....g	14.433	0.307	3	AS	1		26.269		
20:1.....g	0.029	0.004	3	A	1		0.054		
22:1 undifferentiated.....g	0.000	0.000	3	A	1		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.035		0	NC	4		3.704		
18:2 undifferentiated.....g	1.972	0.395	3	AS	1		3.589		
18:3 undifferentiated.....g	0.063	0.012	3	AS	1		0.115		
18:4.....g	0.000	0.000	3	A	1		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
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	0.000		0	NR	4		0.000		
Cholesterol.....mg	0		0	FLA	4		0		
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.080		0	FLA	4		0.146		
Threonine.....g	0.205		0	FLA	4		0.374		
Isoleucine.....g	0.225		0	FLA	4		0.409		
Leucine.....g	0.382		0	FLA	4		0.695		
Lysine.....g	0.245		0	FLA	4		0.446		
Methionine.....g	0.073		0	FLA	4		0.133		
Cystine.....g	0.108		0	FLA	4		0.197		
Phenylalanine.....g	0.277		0	FLA	4		0.503		
Tyrosine.....g	0.164		0	FLA	4		0.299		
Valine.....g	0.316		0	FLA	4		0.575		
Arginine.....g	0.290		0	FLA	4		0.527		

NDB No. 18943

Pie Crust, Cookie-type, Chocolate, Ready Crust

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Histidine.....g	0.112		0	FLA	4		0.203		
Alanine.....g	0.238		0	FLA	4		0.432		
Aspartic acid.....g	0.454		0	FLA	4		0.827		
Glutamic acid.....g	1.318		0	FLA	4		2.398		
Glycine.....g	0.243		0	FLA	4		0.443		
Proline.....g	0.419		0	FLA	4		0.762		
Serine.....g	0.260		0	FLA	4		0.473		
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	FLA	4		0.0		
Caffeine.....mg	8	0.836	3	A	1		14		
Theobromine.....mg	100	24.427	3	A	1		181		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 182g: 1 crust

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked 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 of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	FLA	4		0.0	0.0	
Vitamin D.....µg	0		0	FLA	4		0	0	
Vitamin K (phylloquinone).....µg	21.8	3.478	3	A	1		6.2	39.9	
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	4.999		0	NC	4		1.417	9.148	
4:0.....g	0.000	0.000	3	A	1		0.000	0.000	
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	0.000	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									
14:0.....g	0.020	0.002	3	A	1		0.006	0.037	
15:0.....g	0.001	0.001	3	A	1		0.000	0.001	
16:0.....g	2.775	0.276	3	A	1		0.787	5.077	
17:0.....g	0.031	0.004	3	A	1		0.009	0.057	
18:0.....g	1.974	0.133	3	A	1		0.560	3.613	
20:0.....g	0.096	0.009	3	A	1		0.027	0.176	
22:0.....g	0.102	0.010	3	A	1		0.029	0.186	
24:0.....g									
Fatty acids, total monounsaturated.....g	16.928		0	NC	4		4.799	30.979	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.011	0.005	3	AS	1		0.003	0.020	
17:1.....g									
18:1 undifferentiated.....g	16.884	0.963	3	AS	1		4.786	30.897	
20:1.....g	0.034	0.002	3	A	1		0.010	0.062	
22:1 undifferentiated.....g	0.000	0.000	3	A	1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.671		0	NC	4		0.474	3.058	
18:2 undifferentiated.....g	1.611	0.107	3	AS	1		0.457	2.948	
18:3 undifferentiated.....g	0.060	0.006	3	AS	1		0.017	0.109	
18:4.....g	0.000	0.000	3	A	1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
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	FLA	4		0	0	
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	FLA	4		0.0	0.0	
Caffeine.....mg	0		0	FLA	4		0	0	
Theobromine.....mg	0		0	FLA	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**NDB No. 18942**

**Pie Crust, Cookie-type, Graham Cracker, Ready Crust**

**Common Measures:**

Measure 1 = 28.35g: 1 oz

Measure 2 = 183g: 1 crust

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 18399

Pie crust, cookie-type, prepared from recipe, graham cracker, chilled

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
<b>Proximates:</b>									
Water.....g	6.10		0		1		1.83	14.88	
Energy.....kcal	484		0	NC	4		145	1181	
Energy.....kJ	2025		0		4		608	4941	
Protein (N x 0).....g	4.10		0		1		1.23	10.00	
Total lipid (fat).....g	24.40		0		1		7.32	59.54	
Ash.....g	1.50		0		1		0.45	3.66	
Carbohydrate, by difference.....g	63.90		0	NC	4		19.17	155.92	
Fiber, total dietary.....g	1.5		0		4		0.5	3.7	
Sugars, total.....g	37.57		0	RA	4		11.27	91.68	
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	20		0		1		6	49	
Iron, Fe.....mg	2.12		0		1		0.64	5.17	
Magnesium, Mg.....mg	18		0		1		5	44	
Phosphorus, P.....mg	64		0		1		19	156	
Potassium, K.....mg	86		0		1		26	210	
Sodium, Na.....mg	560		0		1		168	1366	
Zinc, Zn.....mg	0.46		0		1		0.14	1.12	
Copper, Cu.....mg	0.122		0		1		0.037	0.298	
Manganese, Mn.....mg	0.453		0		1		0.136	1.105	
Selenium, Se.....µg	5.9		0	RK	4		1.8	14.4	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0		1		0.0	0.0	
Thiamin.....mg	0.102		0		1		0.031	0.249	
Riboflavin.....mg	0.172		0		1		0.052	0.420	
Niacin.....mg	2.091		0		1		0.627	5.102	
Pantothenic acid.....mg	0.216		0		1		0.065	0.527	
Vitamin B-6.....mg	0.035		0		1		0.011	0.085	
Folate, total.....µg	34		0	RK	4		10	83	
Folic acid.....µg	27		0	NC	4		8	66	
Folate, food.....µg	7		0		1		2	17	
Folate, DFE.....µg	53		0	NC	4		16	129	
Choline, total.....mg	15.4		0	RK	4		4.6	37.6	
Betaine.....mg									
Vitamin B-12.....µg	0.02		0		1		0.01	0.05	
Vitamin A, RAE.....µg	191		0	NC	4		57	465	
Retinol.....µg	179		0	RA	4		54	436	
Carotene, beta.....µg	143		0	RA	4		43	348	
Carotene, alpha.....µg	0		0	RA	4		0	0	
Cryptoxanthin, beta.....µg	0		0	RA	4		0	0	
Vitamin A, IU.....IU	833		0	NC	4		250	2034	
Lycopene.....µg	0		0	RA	4		0	0	
Lutein + zeaxanthin.....µg	31		0	RA	4		9	76	
Vitamin E (alpha-tocopherol).....mg	2.28		0	RA	4		0.68	5.56	
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	24.2		0	RA	4		7.3	59.1	
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									

NDB No. 18399

Pie crust, cookie-type, prepared from recipe, graham cracker, chilled

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated.....g	5.092		0		1		1.528	12.424	
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	0.003		0		1		0.001	0.007	
12:0.....g	0.003		0		1		0.001	0.007	
13:0.....g									
14:0.....g	0.073		0		1		0.022	0.178	
15:0.....g									
16:0.....g	3.094		0		1		0.928	7.549	
17:0.....g									
18:0.....g	1.903		0		1		0.571	4.643	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	11.142		0		1		3.343	27.186	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.049		0		1		0.015	0.120	
17:1.....g									
18:1 undifferentiated.....g	11.094		0		1		3.328	27.069	
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	6.769		0		1		2.031	16.516	
18:2 undifferentiated.....g	6.475		0		1		1.943	15.799	
18:3 undifferentiated.....g	0.294		0		1		0.088	0.717	
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		1		0	0	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.054		0		1		0.016	0.132	
Threonine.....g	0.117		0		1		0.035	0.285	
Isoleucine.....g	0.149		0		1		0.045	0.364	
Leucine.....g	0.287		0		1		0.086	0.700	
Lysine.....g	0.107		0		1		0.032	0.261	
Methionine.....g	0.072		0		1		0.022	0.176	
Cystine.....g	0.086		0		1		0.026	0.210	
Phenylalanine.....g	0.203		0		1		0.061	0.495	
Tyrosine.....g	0.127		0		1		0.038	0.310	
Valine.....g	0.174		0		1		0.052	0.425	
Arginine.....g	0.171		0		1		0.051	0.417	
Histidine.....g	0.092		0		1		0.028	0.224	
Alanine.....g	0.135		0		1		0.041	0.329	
Aspartic acid.....g	0.189		0		1		0.057	0.461	
Glutamic acid.....g	1.335		0		1		0.401	3.257	
Glycine.....g	0.148		0		1		0.044	0.361	
Proline.....g	0.460		0		1		0.138	1.122	
Serine.....g	0.202		0		1		0.061	0.493	
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	RA	4		0	0	
Theobromine.....mg	0		0	RA	4		0	0	

NDB No. 18399

Pie crust, cookie-type, prepared from recipe, graham cracker, chilled

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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

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Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 30g: 1 piece (1/8 of 9" crust)

Measure 2 = 244g: 1 crust, single 9"

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked 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				
	Mean	Std. Error	Number of Data Points	Deriv Code	measures of food				
					Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Lipids:</b>									
Fatty acids, total saturated.....g	7.434		0		1		9.590	13.084	1.635
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	0.102		0		1		0.132	0.180	0.022
15:0.....g									
16:0.....g	4.453		0		1		5.744	7.837	0.980
17:0.....g									
18:0.....g	2.878		0		1		3.713	5.065	0.633
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	15.647		0		1		20.185	27.539	3.442
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0		1		0.001	0.002	0.000
17:1.....g									
18:1 undifferentiated.....g	15.646		0		1		20.183	27.537	3.442
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	10.682		0		1		13.780	18.800	2.350
18:2 undifferentiated.....g	10.175		0		1		13.126	17.908	2.239
18:3 undifferentiated.....g	0.508		0		1		0.655	0.894	0.112
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	39		0		1		50	69	9
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.050		0		1		0.065	0.088	0.011
Threonine.....g	0.127		0		1		0.164	0.224	0.028
Isoleucine.....g	0.161		0		1		0.208	0.283	0.035
Leucine.....g	0.274		0		1		0.353	0.482	0.060
Lysine.....g	0.178		0		1		0.230	0.313	0.039
Methionine.....g	0.078		0		1		0.101	0.137	0.017
Cystine.....g	0.077		0		1		0.099	0.136	0.017
Phenylalanine.....g	0.178		0		1		0.230	0.313	0.039
Tyrosine.....g	0.122		0		1		0.157	0.215	0.027
Valine.....g	0.184		0		1		0.237	0.324	0.040
Arginine.....g	0.160		0		1		0.206	0.282	0.035
Histidine.....g	0.079		0		1		0.102	0.139	0.017
Alanine.....g	0.137		0		1		0.177	0.241	0.030
Aspartic acid.....g	0.222		0		1		0.286	0.391	0.049
Glutamic acid.....g	0.963		0		1		1.242	1.695	0.212
Glycine.....g	0.119		0		1		0.154	0.209	0.026
Proline.....g	0.328		0		1		0.423	0.577	0.072
Serine.....g	0.213		0		1		0.275	0.375	0.047
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	RC	4		0	0	0

NDB No. 18401

Pie crust, cookie-type, prepared from recipe, vanilla wafer, chilled

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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 Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Code					
Theobromine.....mg	0		0	RC	4	0	0	0	

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Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 = 176g: 1 crust, single 9"

Measure 3 = 22g: 1 piece (1/8 of 9" crust)

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)



NDB No. 18947

Pie crust, deep dish, frozen, baked, made with enriched flour

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
<b>Proximates:</b>									
Water.....g	8.26	0.725	3	A	1		16.68		
Energy.....kcal	521		0	NC	4		1052		
Energy.....kJ	2179		0	NC	4		4402		
Protein.....g	6.10	0.303	3	A	1		12.33		
Total lipid (fat).....g	31.84	4.157	3	A	1		64.32		
Ash.....g	1.33	0.093	3	A	1		2.69		
Carbohydrate, by difference.....g	52.47		0	NC	4		105.99		
Fiber, total dietary.....g	2.3		2	A	1		4.6		
Sugars, total.....g									
Starch.....g	45.67	3.011	3	A	1		92.25		
<b>Minerals:</b>									
Calcium, Ca.....mg	23	2.166	3	A	1		46		
Iron, Fe.....mg	2.47	0.570	3	A	1		4.99		
Magnesium, Mg.....mg	17	0.448	3	A	1		33		
Phosphorus, P.....mg	77	7.278	3	A	1		155		
Potassium, K.....mg	103	9.874	3	A	1		209		
Sodium, Na.....mg	393	37.100	3	A	1		795		
Zinc, Zn.....mg	0.52	0.030	3	A	1		1.05		
Copper, Cu.....mg	0.089	0.003	3	A	1		0.179		
Manganese, Mn.....mg	0.533	0.039	3	A	1		1.076		
Selenium, Se.....µg	5.0	1.850	3	A	1		10.1		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg									
Thiamin.....mg	0.263	0.048	3	A	1		0.532		
Riboflavin.....mg	0.130	0.040	3	A	1		0.262		
Niacin.....mg	2.867	0.426	3	A	1		5.791		
Pantothenic acid.....mg	0.403	0.012	3	A	1		0.815		
Vitamin B-6.....mg	0.040	0.000	3	A	1		0.081		
Folate, total.....µg	94		1	A	1		190		
Folic acid.....µg	72		1	A	1		145		
Folate, food.....µg	22		0	AS	1		44		
Folate, DFE.....µg	144		0	NC	4		292		
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00	0.000	3	A	1		0.00		
Vitamin A, RAE.....µg									
Retinol.....µg									
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU									
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg	1.39	0.945	3	A	1		2.81		
Tocopherol, beta.....mg	0.13	0.048	3	A	1		0.27		
Tocopherol, gamma.....mg	9.41	5.534	3	A	1		19.00		
Tocopherol, delta.....mg	2.78	1.662	3	A	1		5.61		
Tocotrienol, alpha.....mg	0.03	0.010	3	A	1		0.06		
Tocotrienol, beta.....mg	0.00	0.000	3	A	1		0.00		
Tocotrienol, gamma.....mg	0.00	0.000	3	A	1		0.00		
Tocotrienol, delta.....mg	0.00	0.000	3	A	1		0.00		
Vitamin D (D2 + D3).....µg									
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg	16.7	13.509	3	A	1		33.7		
Dihydrophylloquinone.....µg	61.4	38.339	3	A	1		124.1		
Menaquinone-4.....µg	1.0	0.710	3	A	1		2.1		

NDB No. 18947

Pie crust, deep dish, frozen, baked, made with enriched flour

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Lipids:</b>									
Fatty acids, total saturated.....g	8.862		0	NC	4		17.901		
4:0.....g									
6:0.....g									
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									
14:0.....g	0.180	0.108	3	A	1		0.364		
15:0.....g	0.000	0.000	3	A	1		0.000		
16:0.....g	4.970	0.640	3	A	1		10.039		
17:0.....g	0.070	0.019	3	A	1		0.141		
18:0.....g	3.480	0.205	3	A	1		7.030		
20:0.....g	0.094	0.020	3	A	1		0.190		
22:0.....g	0.068	0.040	3	A	1		0.138		
24:0.....g									
Fatty acids, total monounsaturated.....g	16.459		0	NC	4		33.246		
14:1.....g	0.000	0.000	3	A	1		0.000		
15:1.....g	0.000	0.000	3	A	1		0.000		
16:1 undifferentiated.....g	0.276	0.169	3	A	1		0.557		
17:1.....g	0.000	0.000	3	A	1		0.000		
18:1 undifferentiated.....g	16.049	3.664	3	A	1		32.418		
20:1.....g	0.134	0.038	3	A	1		0.271		
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	3.918		0	NC	4		7.915		
18:2 undifferentiated.....g	3.714	0.372	3	A	1		7.503		
18:3 undifferentiated.....g	0.130	0.010	3	AS	1		0.263		
18:3 n-3 c,c,c (ALA).....g	0.130	0.010	3	A	1		0.263		
18:3 n-6 c,c,c.....g	0.000		2	A	1		0.000		
18:3i.....g									
18:4.....g									
20:2 n-6 c,c.....g	0.062	0.039	3	A	1		0.126		
20:3 undifferentiated.....g	0.000	0.000	3	A	1		0.000		
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.012	0.012	3	A	1		0.024		
20:4 n-6.....g									
20:5 n-3 (EPA).....g									
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g									
22:6 n-3 (DHA).....g									
Fatty acids, total trans.....g									
Cholesterol.....mg									
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.057		0	A	1		0.114		
Threonine.....g	0.129		0	A	1		0.261		
Isoleucine.....g	0.223		0	A	1		0.451		
Leucine.....g	0.422		0	A	1		0.853		
Lysine.....g	0.112		0	A	1		0.226		
Methionine.....g	0.093		0	A	1		0.188		
Cystine.....g	0.129		0	A	1		0.260		
Phenylalanine.....g	0.276		0	A	1		0.558		
Tyrosine.....g	0.123		0	A	1		0.248		
Valine.....g	0.280		0	A	1		0.565		
Arginine.....g	0.226		0	A	1		0.457		
Histidine.....g	0.106		0	A	1		0.215		
Alanine.....g	0.194		0	A	1		0.391		
Aspartic acid.....g	0.299		0	A	1		0.605		
Glutamic acid.....g	2.062		0	A	1		4.164		
Glycine.....g	0.230		0	A	1		0.464		

NDB No. 18947

Pie crust, deep dish, frozen, baked, made with enriched flour

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common</u> <u>measures of food</u>				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proline.....g	0.799		0	A	1		1.613		
Serine.....g	0.305		0	A	1		0.615		
Hydroxyproline.....g	0.000	0.000	3	A	1		0.000		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 202g: 1 pie crust (average weight)

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 18945

Pie crust, deep dish, frozen, unbaked, made with enriched flour

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
<b>Proximates:</b>									
Water.....g	17.78	0.431	3	A	1		40.00		
Energy.....kcal	468		0	NC	4		1053		
Energy.....kJ	1958		0	NC	4		4405		
Protein.....g	5.52	0.292	3	A	1		12.42		
Total lipid (fat).....g	28.74	3.764	3	A	1		64.67		
Ash.....g	1.17	0.095	3	A	1		2.62		
Carbohydrate, by difference.....g	46.79		0	NC	4		105.28		
Fiber, total dietary.....g	1.4		2	A	1		3.1		
Sugars, total.....g									
Starch.....g	41.70	2.651	3	A	1		93.83		
<b>Minerals:</b>									
Calcium, Ca.....mg	20	1.922	3	A	1		46		
Iron, Fe.....mg	2.26	0.420	3	A	1		5.08		
Magnesium, Mg.....mg	15	0.384	3	A	1		33		
Phosphorus, P.....mg	68	6.692	3	A	1		153		
Potassium, K.....mg	91	7.700	3	A	1		205		
Sodium, Na.....mg	353	32.593	3	A	1		794		
Zinc, Zn.....mg	0.46	0.023	3	A	1		1.04		
Copper, Cu.....mg	0.079	0.003	3	A	1		0.178		
Manganese, Mn.....mg	0.476	0.031	3	A	1		1.071		
Selenium, Se.....µg	4.5	1.690	3	A	1		10.1		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg									
Thiamin.....mg	0.227	0.063	3	A	1		0.510		
Riboflavin.....mg	0.143	0.034	3	A	1		0.322		
Niacin.....mg	2.500	0.436	3	A	1		5.625		
Pantothenic acid.....mg	0.360	0.045	3	A	1		0.810		
Vitamin B-6.....mg	0.047	0.003	3	A	1		0.105		
Folate, total.....µg	77		1	A	1		173		
Folic acid.....µg	48		1	A	1		108		
Folate, food.....µg	29		0	AS	1		65		
Folate, DFE.....µg	111		0	NC	4		249		
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		2	A	1		0.00		
Vitamin A, RAE.....µg									
Retinol.....µg									
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU									
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg	1.24	0.877	3	A	1		2.79		
Tocopherol, beta.....mg	0.12	0.050	3	A	1		0.27		
Tocopherol, gamma.....mg	8.59	5.232	3	A	1		19.33		
Tocopherol, delta.....mg	2.54	1.530	3	A	1		5.72		
Tocotrienol, alpha.....mg	0.04	0.015	3	A	1		0.09		
Tocotrienol, beta.....mg	0.00	0.000	3	A	1		0.00		
Tocotrienol, gamma.....mg	0.00	0.000	3	A	1		0.00		
Tocotrienol, delta.....mg	0.00	0.000	3	A	1		0.00		
Vitamin D (D2 + D3).....µg									
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg	15.0	12.522	3	A	1		33.7		
Dihydrophyloquinone.....µg	51.7	30.254	3	A	1		116.3		
Menaquinone-4.....µg	1.2	0.737	3	A	1		2.7		

NDB No. 18945

Pie crust, deep dish, frozen, unbaked, made with enriched flour

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Lipids:</b>									
Fatty acids, total saturated.....g	8.129		0	NC	4		18.290		
4:0.....g									
6:0.....g									
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									
14:0.....g	0.162	0.095	3	A	1		0.364		
15:0.....g	0.000	0.000	3	A	1		0.000		
16:0.....g	4.515	0.529	3	A	1		10.159		
17:0.....g	0.051	0.028	3	A	1		0.114		
18:0.....g	3.253	0.244	3	A	1		7.319		
20:0.....g	0.087	0.019	3	A	1		0.195		
22:0.....g	0.062	0.036	3	A	1		0.139		
24:0.....g									
Fatty acids, total monounsaturated.....g	14.489		0	NC	4		32.599		
14:1.....g	0.000	0.000	3	A	1		0.000		
15:1.....g	0.000	0.000	3	A	1		0.000		
16:1 undifferentiated.....g	0.249	0.150	3	A	1		0.560		
17:1.....g	0.000	0.000	3	A	1		0.000		
18:1 undifferentiated.....g	14.119	3.098	3	A	1		31.767		
20:1.....g	0.121	0.034	3	A	1		0.273		
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	3.530		0	NC	4		7.943		
18:2 undifferentiated.....g	3.349	0.322	3	A	1		7.534		
18:3 undifferentiated.....g	0.115	0.008	3	AS	1		0.258		
18:3 n-3 c,c,c (ALA).....g	0.115	0.008	3	A	1		0.258		
18:3 n-6 c,c,c.....g	0.000	0.000	3	A	1		0.000		
18:3i.....g									
18:4.....g									
20:2 n-6 c,c.....g	0.056	0.035	3	A	1		0.127		
20:3 undifferentiated.....g	0.000	0.000	3	A	1		0.000		
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.011	0.011	3	A	1		0.024		
20:4 n-6.....g									
20:5 n-3 (EPA).....g									
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g									
22:6 n-3 (DHA).....g									
Fatty acids, total trans.....g									
Cholesterol.....mg									
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.053		0	A	1		0.120		
Threonine.....g	0.112		0	A	1		0.253		
Isoleucine.....g	0.197		0	A	1		0.442		
Leucine.....g	0.383		0	A	1		0.861		
Lysine.....g	0.144		0	A	1		0.325		
Methionine.....g	0.083		0	A	1		0.187		
Cystine.....g	0.111		0	A	1		0.249		
Phenylalanine.....g	0.246		0	A	1		0.554		
Tyrosine.....g	0.103		0	A	1		0.232		
Valine.....g	0.246		0	A	1		0.554		
Arginine.....g	0.196		0	A	1		0.442		
Histidine.....g	0.096		0	A	1		0.217		
Alanine.....g	0.170		0	A	1		0.383		
Aspartic acid.....g	0.263		0	A	1		0.591		
Glutamic acid.....g	1.839		0	A	1		4.139		
Glycine.....g	0.206		0	A	1		0.464		

NDB No. 18945

Pie crust, deep dish, frozen, unbaked, made with enriched flour

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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	<u>measures of food</u>		
						Confidence Code	Measure 1	Measure 2
Proline.....g	0.710		0	A	1		1.598	
Serine.....g	0.272		0	A	1		0.612	
Hydroxyproline.....g	0.000	0.000	3	A	1		0.000	

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Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 225g: 1 pie crust (average weight)

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 18946

Pie crust, refrigerated, regular, baked

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
<b>Proximates:</b>									
Water.....g	7.96		2	A	1		15.77		
Energy.....kcal	506		0	NC	4		1002		
Energy.....kJ	2117		0	NC	4		4191		
Protein.....g	3.41		2	A	1		6.74		
Total lipid (fat).....g	28.69		2	A	1		56.80		
Ash.....g	1.42		2	A	1		2.81		
Carbohydrate, by difference.....g	58.52		0	NC	4		115.88		
Fiber, total dietary.....g	1.4		2	A	1		2.7		
Sugars, total.....g									
Starch.....g	51.85		2	A	1		102.66		
<b>Minerals:</b>									
Calcium, Ca.....mg	12		2	A	1		24		
Iron, Fe.....mg	1.15		2	A	1		2.27		
Magnesium, Mg.....mg	9		2	A	1		17		
Phosphorus, P.....mg	52		2	A	1		103		
Potassium, K.....mg	83		2	A	1		165		
Sodium, Na.....mg	472		2	A	1		935		
Zinc, Zn.....mg	0.22		2	A	1		0.44		
Copper, Cu.....mg	0.051		2	A	1		0.101		
Manganese, Mn.....mg	0.209		2	A	1		0.415		
Selenium, Se.....µg	4.5		2	A	1		8.9		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg									
Thiamin.....mg	0.140		2	A	1		0.277		
Riboflavin.....mg	0.037		2	A	1		0.074		
Niacin.....mg	1.285		2	A	1		2.544		
Pantothenic acid.....mg	0.295		2	A	1		0.584		
Vitamin B-6.....mg	0.020		2	A	1		0.039		
Folate, total.....µg	32		2	A	1		63		
Folic acid.....µg	21		2	A	1		42		
Folate, food.....µg	11		0	AS	1		22		
Folate, DFE.....µg	47		0	NC	4		92		
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		2	A	1		0.00		
Vitamin A, RAE.....µg									
Retinol.....µg									
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU									
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg	0.05		2	A	1		0.10		
Tocopherol, beta.....mg	0.01		2	A	1		0.03		
Tocopherol, gamma.....mg	0.15		2	A	1		0.30		
Tocopherol, delta.....mg	0.03		2	A	1		0.05		
Tocotrienol, alpha.....mg	0.01		2	A	1		0.03		
Tocotrienol, beta.....mg	0.00		2	A	1		0.00		
Tocotrienol, gamma.....mg	0.01		2	A	1		0.03		
Tocotrienol, delta.....mg	0.00		2	A	1		0.00		
Vitamin D (D2 + D3).....µg									
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg	0.4		2	A	1		0.8		
Dihydrophylloquinone.....µg	0.0		2	A	1		0.0		
Menaquinone-4.....µg	4.5		2	A	1		8.9		

NDB No. 18946

Pie crust, refrigerated, regular, baked

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			
<b>Lipids:</b>							
Fatty acids, total saturated.....g	11.087		0	NC	4		21.953
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							
14:0.....g	0.391		2	A	1		0.773
15:0.....g	0.000		2	A	1		0.000
16:0.....g	6.563		2	A	1		12.996
17:0.....g	0.109		2	A	1		0.216
18:0.....g	3.951		2	A	1		7.824
20:0.....g	0.073		2	A	1		0.144
22:0.....g	0.000		2	A	1		0.000
24:0.....g							
Fatty acids, total monounsaturated.....g	11.815		0	NC	4		23.393
14:1.....g	0.000		2	A	1		0.000
15:1.....g	0.000		2	A	1		0.000
16:1 undifferentiated.....g	0.604		2	A	1		1.196
17:1.....g	0.000		2	A	1		0.000
18:1 undifferentiated.....g	11.002		2	A	1		21.785
20:1.....g	0.209		2	A	1		0.413
22:1 undifferentiated.....g							
24:1 c.....g							
Fatty acids, total polyunsaturated.....g	3.756		0	NC	4		7.437
18:2 undifferentiated.....g	3.423		2	A	1		6.777
18:3 undifferentiated.....g	0.148		0	AS	1		0.293
18:3 n-3 c,c,c (ALA).....g	0.148		2	A	1		0.293
18:3 n-6 c,c,c.....g	0.000		2	A	1		0.000
18:3i.....g							
18:4.....g							
20:2 n-6 c,c.....g	0.139		2	A	1		0.275
20:3 undifferentiated.....g	0.000		2	A	1		0.000
20:3 n-3.....g							
20:3 n-6.....g							
20:4 undifferentiated.....g	0.047		2	A	1		0.093
20:4 n-6.....g							
20:5 n-3 (EPA).....g							
21:5.....g							
22:4.....g							
22:5 n-3 (DPA).....g							
22:6 n-3 (DHA).....g							
Fatty acids, total trans.....g							
Cholesterol.....mg							
Phytosterols.....mg							
<b>Amino Acids:</b>							
Tryptophan.....g	0.035		0	A	1		0.069
Threonine.....g	0.066		0	A	1		0.131
Isoleucine.....g	0.120		0	A	1		0.238
Leucine.....g	0.220		0	A	1		0.435
Lysine.....g	0.070		0	A	1		0.139
Methionine.....g	0.050		0	A	1		0.098
Cystine.....g	0.066		0	A	1		0.131
Phenylalanine.....g	0.145		0	A	1		0.287
Tyrosine.....g	0.070		0	A	1		0.139
Valine.....g	0.145		0	A	1		0.287
Arginine.....g	0.110		0	A	1		0.217
Histidine.....g	0.060		0	A	1		0.119
Alanine.....g	0.099		0	A	1		0.197
Aspartic acid.....g	0.163		0	A	1		0.323
Glutamic acid.....g	1.094		0	A	1		2.166
Glycine.....g	0.126		0	A	1		0.250



NDB No. 18946

Pie crust, refrigerated, regular, baked

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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	<u>measures of food</u>		
						Confidence Code	Measure 1	Measure 2
Proline.....g	0.440		0	A	1			0.871
Serine.....g	0.166		0	A	1			0.328
Hydroxyproline.....g	0.000		2	A	1			0.000

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Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 198g: 1 pie crust

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 18948

Pie crust, refrigerated, regular, unbaked

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
<b>Proximates:</b>									
Water.....g	19.25		2	A	1		44.08		
Energy.....kcal	445		0	NC	4		1020		
Energy.....kJ	1864		0	NC	4		4267		
Protein.....g	2.97		2	A	1		6.80		
Total lipid (fat).....g	25.46		2	A	1		58.29		
Ash.....g	1.22		2	A	1		2.79		
Carbohydrate, by difference.....g	51.11		0	NC	4		117.03		
Fiber, total dietary.....g	1.8		2	A	1		4.1		
Sugars, total.....g									
Starch.....g	44.90		2	A	1		102.82		
<b>Minerals:</b>									
Calcium, Ca.....mg	10		2	A	1		24		
Iron, Fe.....mg	1.02		2	A	1		2.33		
Magnesium, Mg.....mg	8		2	A	1		17		
Phosphorus, P.....mg	45		2	A	1		104		
Potassium, K.....mg	73		2	A	1		168		
Sodium, Na.....mg	409		2	A	1		935		
Zinc, Zn.....mg	0.20		2	A	1		0.47		
Copper, Cu.....mg	0.045		2	A	1		0.103		
Manganese, Mn.....mg	0.181		2	A	1		0.414		
Selenium, Se.....µg	4.0		2	A	1		9.2		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg									
Thiamin.....mg	0.067		2	A	1		0.154		
Riboflavin.....mg	0.052		2	A	1		0.120		
Niacin.....mg	1.145		2	A	1		2.622		
Pantothenic acid.....mg	0.310		2	A	1		0.710		
Vitamin B-6.....mg	0.020		2	A	1		0.046		
Folate, total.....µg	25		2	A	1		56		
Folic acid.....µg	18		2	A	1		41		
Folate, food.....µg	7		0	AS	1		15		
Folate, DFE.....µg	37		0	NC	4		85		
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		2	A	1		0.00		
Vitamin A, RAE.....µg									
Retinol.....µg									
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU									
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg	0.05		2	A	1		0.11		
Tocopherol, beta.....mg	0.01		2	A	1		0.02		
Tocopherol, gamma.....mg	0.14		2	A	1		0.32		
Tocopherol, delta.....mg	0.02		2	A	1		0.05		
Tocotrienol, alpha.....mg	0.01		2	A	1		0.03		
Tocotrienol, beta.....mg	0.00		2	A	1		0.00		
Tocotrienol, gamma.....mg	0.01		2	A	1		0.03		
Tocotrienol, delta.....mg	0.00		2	A	1		0.00		
Vitamin D (D2 + D3).....µg									
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg	0.0		2	A	1		0.0		
Dihydrophylloquinone.....µg	0.0		2	A	1		0.0		
Menaquinone-4.....µg	4.0		2	A	1		9.2		

Pie crust, refrigerated, regular, unbaked

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Lipids:</b>									
Fatty acids, total saturated.....g	9.596		0	NC	4		21.975		
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									
14:0.....g	0.342		2	A	1		0.784		
15:0.....g	0.000		2	A	1		0.000		
16:0.....g	5.683		2	A	1		13.013		
17:0.....g	0.096		2	A	1		0.220		
18:0.....g	3.412		2	A	1		7.813		
20:0.....g	0.063		2	A	1		0.144		
22:0.....g	0.000		2	A	1		0.000		
24:0.....g									
Fatty acids, total monounsaturated.....g	10.206		0	NC	4		23.372		
14:1.....g	0.000		2	A	1		0.000		
15:1.....g	0.000		2	A	1		0.000		
16:1 undifferentiated.....g	0.532		2	A	1		1.218		
17:1.....g									
18:1 undifferentiated.....g	9.493		2	A	1		21.739		
20:1.....g	0.181		2	A	1		0.414		
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	3.292		0	NC	4		7.538		
18:2 undifferentiated.....g	2.998		2	A	1		6.865		
18:3 undifferentiated.....g	0.131		0	AS	1		0.300		
18:3 n-3 c,c,c (ALA).....g	0.131		2	A	1		0.300		
18:3 n-6 c,c,c.....g	0.000		2	A	1		0.000		
18:3i.....g									
18:4.....g									
20:2 n-6 c,c.....g	0.122		2	A	1		0.278		
20:3 undifferentiated.....g	0.000		2	A	1		0.000		
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.041		2	A	1		0.095		
20:4 n-6.....g									
20:5 n-3 (EPA).....g									
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g									
22:6 n-3 (DHA).....g									
Fatty acids, total trans.....g									
Cholesterol.....mg									
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.025		0	A	1		0.057		
Threonine.....g	0.050		0	A	1		0.114		
Isoleucine.....g	0.100		0	A	1		0.228		
Leucine.....g	0.185		0	A	1		0.423		
Lysine.....g	0.077		0	A	1		0.175		
Methionine.....g	0.039		0	A	1		0.090		
Cystine.....g	0.041		0	A	1		0.094		
Phenylalanine.....g	0.120		0	A	1		0.275		
Tyrosine.....g	0.050		0	A	1		0.114		
Valine.....g	0.125		0	A	1		0.285		
Arginine.....g	0.089		0	A	1		0.204		
Histidine.....g	0.050		0	A	1		0.114		
Alanine.....g	0.085		0	A	1		0.195		
Aspartic acid.....g	0.137		0	A	1		0.313		
Glutamic acid.....g	0.921		0	A	1		2.110		
Glycine.....g	0.106		0	A	1		0.242		

NDB No. 18948

Pie crust, refrigerated, regular, unbaked

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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
Proline.....g	0.378		0	A	1		0.865		
Serine.....g	0.131		0	A	1		0.299		
Hydroxyproline.....g	0.000		2	A	1		0.000		

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Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 229g: 1 pie crust (average weight)

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

**NDB No. 18332**  
**Pie crust, standard-type, dry mix**

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
<b>Proximates:</b>									
Water.....g	7.60	0.302	28		1		2.15	21.58	
Energy.....kcal	518		0	NC	4		147	1471	
Energy.....kJ	2167				4		614	6155	
Protein (N x 5.7).....g	6.90	0.152	30		1		1.96	19.60	
Total lipid (fat).....g	31.40	0.442	34		1		8.90	89.18	
Ash.....g	2.00	0.044	28		1		0.57	5.68	
Carbohydrate, by difference.....g	52.10		0	NC	4		14.77	147.96	
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	61	12.445	20		1		17	173	
Iron, Fe.....mg	2.22	0.094	20		1		0.63	6.30	
Magnesium, Mg.....mg	15	1.364	15		1		4	43	
Phosphorus, P.....mg	86	6.061	21		1		24	244	
Potassium, K.....mg	64	2.769	8		1		18	182	
Sodium, Na.....mg	753	22.024	16		1		213	2139	
Zinc, Zn.....mg	0.40	0.049	10		1		0.11	1.14	
Copper, Cu.....mg	0.075	0.007	10		1		0.021	0.213	
Manganese, Mn.....mg	0.315		2		1		0.089	0.895	
Selenium, Se.....µg	22.9		0	FLA	4		6.5	65.0	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0		1		0.0	0.0	
Thiamin.....mg	0.392	0.010	20		1		0.111	1.113	
Riboflavin.....mg	0.213	0.017	20		1		0.060	0.605	
Niacin.....mg	2.727	0.099	20		1		0.773	7.745	
Pantothenic acid.....mg	0.268	0.087	3		1		0.076	0.761	
Vitamin B-6.....mg	0.064		2		1		0.018	0.182	
Folate, total.....µg	104		0	FLA	4		29	295	
Folic acid.....µg	86		0	NC	4		24	244	
Folate, food.....µg	18		0		4		5	51	
Folate, DFE.....µg	164		0	NC	4		47	466	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		0		1		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									
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									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion 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	7.974		0	FLA	4		2.261	22.646	
4:0.....g	0.000		0	FLA	4		0.000	0.000	
6:0.....g	0.000		0	FLA	4		0.000	0.000	
8:0.....g	0.000		0	FLA	4		0.000	0.000	
10:0.....g	0.000		0	FLA	4		0.000	0.000	
12:0.....g	0.000		0	FLA	4		0.000	0.000	
13:0.....g									
14:0.....g	0.154		0	FLA	4		0.044	0.437	
15:0.....g									
16:0.....g	4.096		0	FLA	4		1.161	11.633	
17:0.....g									
18:0.....g	3.724		0	FLA	4		1.056	10.576	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	17.887		0	FLA	4		5.071	50.799	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	17.887		0	FLA	4		5.071	50.799	
20:1.....g	0.000		0	FLA	4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	3.968		0	FLA	4		1.125	11.269	
18:2 undifferentiated.....g	3.768		0	FLA	4		1.068	10.701	
18:3 undifferentiated.....g	0.199		0	FLA	4		0.056	0.565	
18:4.....g	0.000		0	FLA	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
20:5 n-3 (EPA).....g	0.000		0	FLA	4		0.000	0.000	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	FLA	4		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0	FLA	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		1		1		0	0	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.080		0		1		0.023	0.227	
Threonine.....g	0.184		0		1		0.052	0.523	
Isoleucine.....g	0.255		0		1		0.072	0.724	
Leucine.....g	0.476		0		1		0.135	1.352	
Lysine.....g	0.133		0		1		0.038	0.378	
Methionine.....g	0.121		0		1		0.034	0.344	
Cystine.....g	0.155		0		1		0.044	0.440	
Phenylalanine.....g	0.339		0		1		0.096	0.963	
Tyrosine.....g	0.188		0		1		0.053	0.534	
Valine.....g	0.289		0		1		0.082	0.821	
Arginine.....g	0.239		0		1		0.068	0.679	
Histidine.....g	0.146		0		1		0.041	0.415	
Alanine.....g	0.210		0		1		0.060	0.596	
Aspartic acid.....g	0.278		0		1		0.079	0.790	
Glutamic acid.....g	2.412		0		1		0.684	6.850	
Glycine.....g	0.236		0		1		0.067	0.670	
Proline.....g	0.809		0		1		0.229	2.298	
Serine.....g	0.333		0		1		0.094	0.946	
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. 18332**

**Pie crust, standard-type, dry mix**

**Common Measures:**

Measure 1 = 28.35g: 1 oz

Measure 2 = 284g: 1 package (10 oz)

**Calories Factors: Protein 4**

**Fat 8.8**

**Carbohydrate 4.1**

**Food Group: 18 Baked Products**

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 18333

Pie crust, standard-type, dry mix, prepared, baked

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
<b>Proximates:</b>									
Water.....g	10.60		0		1		2.12	16.96	
Energy.....kcal	501		0	NC	4		100	802	
Energy.....kJ	2096				4		419	3354	
Protein.....g	6.70		0		1		1.34	10.72	
Total lipid (fat).....g	30.40		0		1		6.08	48.64	
Ash.....g	2.00		0		1		0.40	3.20	
Carbohydrate, by difference.....g	50.40		0	NC	4		10.08	80.64	
Fiber, total dietary.....g	1.8		0		4		0.4	2.8	
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	60		0		1		12	96	
Iron, Fe.....mg	2.15		0		1		0.43	3.44	
Magnesium, Mg.....mg	15		0		1		3	24	
Phosphorus, P.....mg	84		0		1		17	134	
Potassium, K.....mg	62		0		1		12	99	
Sodium, Na.....mg	729		0		1		146	1166	
Zinc, Zn.....mg	0.39		0		1		0.08	0.62	
Copper, Cu.....mg	0.074		0		1		0.015	0.118	
Manganese, Mn.....mg	0.305		0		1		0.061	0.488	
Selenium, Se.....µg	22.1		0	RP	4		4.4	35.4	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0		1		0.0	0.0	
Thiamin.....mg	0.303		0		1		0.061	0.485	
Riboflavin.....mg	0.186		0		1		0.037	0.298	
Niacin.....mg	2.373		0		1		0.475	3.797	
Pantothenic acid.....mg	0.168		0		1		0.034	0.269	
Vitamin B-6.....mg	0.056		0		1		0.011	0.090	
Folate, total.....µg	70		0	RP	4		14	112	
Folic acid.....µg	58		0	NC	4		12	93	
Folate, food.....µg	12		0		4		2	19	
Folate, DFE.....µg	111		0	NC	4		22	177	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		0		1		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									
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									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									



NDB No. 18333

Pie crust, standard-type, dry mix, prepared, baked

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated.....g	7.711		0		1		1.542	12.338	
4:0.....g									
6:0.....g									
8:0.....g									
10:0.....g									
12:0.....g									
13:0.....g									
14:0.....g	0.149		0		1		0.030	0.238	
15:0.....g									
16:0.....g	3.963		0		1		0.793	6.341	
17:0.....g									
18:0.....g	3.599		0		1		0.720	5.758	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	17.289		0		1		3.458	27.662	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	17.289		0		1		3.458	27.662	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	3.847		0		1		0.769	6.155	
18:2 undifferentiated.....g	3.654		0		1		0.731	5.846	
18:3 undifferentiated.....g	0.193		0		1		0.039	0.309	
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		1		0	0	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.077		0		1		0.015	0.123	
Threonine.....g	0.178		0		1		0.036	0.285	
Isoleucine.....g	0.247		0		1		0.049	0.395	
Leucine.....g	0.460		0		1		0.092	0.736	
Lysine.....g	0.129		0		1		0.026	0.206	
Methionine.....g	0.117		0		1		0.023	0.187	
Cystine.....g	0.150		0		1		0.030	0.240	
Phenylalanine.....g	0.328		0		1		0.066	0.525	
Tyrosine.....g	0.182		0		1		0.036	0.291	
Valine.....g	0.279		0		1		0.056	0.446	
Arginine.....g	0.231		0		1		0.046	0.370	
Histidine.....g	0.141		0		1		0.028	0.226	
Alanine.....g	0.203		0		1		0.041	0.325	
Aspartic acid.....g	0.269		0		1		0.054	0.430	
Glutamic acid.....g	2.333		0		1		0.467	3.733	
Glycine.....g	0.228		0		1		0.046	0.365	
Proline.....g	0.783		0		1		0.157	1.253	
Serine.....g	0.322		0		1		0.064	0.515	
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. 18333**

**Pie crust, standard-type, dry mix, prepared, baked**

**Common Measures:**

Measure 1 = 20g: 1 piece (1/8 of 9" crust)

Measure 2 = 160g: 1 crust, single 9"

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 18334

Pie crust, standard-type, frozen, ready-to-bake, enriched

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
<b>Proximates:</b>									
Water.....g	17.82		2	A	1		3.21	30.84	
Energy.....kcal	457		0	NC	4		82	790	
Energy.....kJ	1910		0	NC	4		344	3304	
Protein (N x 5.7).....g	6.16		2	A	1		1.11	10.65	
Total lipid (fat).....g	26.07		2	A	1		4.69	45.10	
Ash.....g	1.33		2	A	1		0.24	2.30	
Carbohydrate, by difference.....g	48.62		0	NC	4		8.75	84.11	
Fiber, total dietary.....g	2.5		2	A	1		0.4	4.3	
Sugars, total.....g	4.70		0	BFYN	4		0.85	8.12	
Starch.....g	44.10		2	A	1		7.94	76.29	
<b>Minerals:</b>									
Calcium, Ca.....mg	19		2	A	1		3	32	
Iron, Fe.....mg	2.60		2	A	1		0.47	4.49	
Magnesium, Mg.....mg	15		2	A	1		3	26	
Phosphorus, P.....mg	72		2	A	1		13	125	
Potassium, K.....mg	97		2	A	1		17	168	
Sodium, Na.....mg	409		2	A	1		74	708	
Zinc, Zn.....mg	0.45		2	A	1		0.08	0.78	
Copper, Cu.....mg	0.075		2	A	1		0.013	0.130	
Manganese, Mn.....mg	0.442		2	A	1		0.080	0.765	
Selenium, Se.....µg	5.7		2	A	1		1.0	9.8	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0		4		0.0	0.0	
Thiamin.....mg	0.275		2	A	1		0.049	0.476	
Riboflavin.....mg	0.170		2	A	1		0.031	0.294	
Niacin.....mg	2.700		2	A	1		0.486	4.671	
Pantothenic acid.....mg	0.405		2	A	1		0.073	0.701	
Vitamin B-6.....mg	0.050		2	A	1		0.009	0.087	
Folate, total.....µg	70		2	A	1		13	121	
Folic acid.....µg	46		2	A	1		8	79	
Folate, food.....µg	25		0	AS	1		4	42	
Folate, DFE.....µg	102		0	NC	4		18	176	
Choline, total.....mg	14.9		0	BFYN	4		2.7	25.8	
Betaine.....mg									
Vitamin B-12.....µg	0.00		2	A	1		0.00	0.00	
Vitamin B-12, added.....µg	0.00		0	BFYN	4		0.00	0.00	
Vitamin A, RAE.....µg	0		0	FLA	4		0	0	
Retinol.....µg	0		0	FLA	4		0	0	
Carotene, beta.....µg	0		0	FLA	4		0	0	
Carotene, alpha.....µg	0		0	FLA	4		0	0	
Cryptoxanthin, beta.....µg	0		0	FLA	4		0	0	
Vitamin A, IU.....IU	1		0	NC	4		0	1	
Lycopene.....µg	0		0	FLA	4		0	0	
Lutein + zeaxanthin.....µg	1		0	FLA	4		0	2	
Vitamin E (alpha-tocopherol).....mg	0.46		2	A	1		0.08	0.79	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg	0.07		2	A	1		0.01	0.13	
Tocopherol, gamma.....mg	4.51		2	A	1		0.81	7.80	
Tocopherol, delta.....mg	1.50		2	A	1		0.27	2.60	
Tocotrienol, alpha.....mg	0.02		2	A	1		0.00	0.04	
Tocotrienol, beta.....mg	0.00		2	A	1		0.00	0.00	
Tocotrienol, gamma.....mg	0.02		2	A	1		0.00	0.03	
Tocotrienol, delta.....mg	0.00		2	A	1		0.00	0.00	
Vitamin D (D2 + D3).....µg	0.0		0	BFYN	4		0.0	0.0	
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	0		0	BFYN	4		0	0	
Vitamin K (phylloquinone).....µg	5.4		2	A	1		1.0	9.3	

NDB No. 18334

Pie crust, standard-type, frozen, ready-to-bake, enriched

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common		
	Mean	Std. Error	Number		Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code			
Dihydrophyloquinone.....µg	30.9		2	A	1	5.6	53.5
Menquinone-4.....µg	1.8		2	A	1	0.3	3.1
<b>Lipids:</b>							
Fatty acids, total saturated.....g	8.159		0	NC	4	1.469	14.115
4:0.....g	0.001		0	FLA	4	0.000	0.002
6:0.....g	0.000		0	FLA	4	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	0.232		2	A	1	0.042	0.402
15:0.....g	0.000		2	A	1	0.000	0.000
16:0.....g	4.705		2	A	1	0.847	8.140
17:0.....g	0.075		2	A	1	0.013	0.130
18:0.....g	3.044		2	A	1	0.548	5.265
20:0.....g	0.070		2	A	1	0.013	0.121
22:0.....g	0.033		2	A	1	0.006	0.057
24:0.....g							
Fatty acids, total monounsaturated.....g	12.167		0	NC	4	2.190	21.050
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	0.357		2	A	1	0.064	0.618
17:1.....g	0.000		2	A	1	0.000	0.000
18:1 undifferentiated.....g	11.676		2	A	1	2.102	20.199
20:1.....g	0.134		2	A	1	0.024	0.233
22:1 undifferentiated.....g	0.000		0	FLA	4	0.000	0.000
24:1 c.....g							
Fatty acids, total polyunsaturated.....g	3.176		0	NC	4	0.572	5.495
18:2 undifferentiated.....g	2.957		2	A	1	0.532	5.116
18:3 undifferentiated.....g	0.122		0	AS	1	0.022	0.212
18:3 n-3 c,c,c (ALA).....g	0.122		2	A	1	0.022	0.212
18:3 n-6 c,c,c.....g	0.000		2	A	1	0.000	0.000
18:3i.....g							
18:4.....g	0.000		0	FLA	4	0.000	0.000
20:2 n-6 c,c.....g	0.078		2	A	1	0.014	0.136
20:3 undifferentiated.....g	0.000		2	A	1	0.000	0.000
20:3 n-3.....g							
20:3 n-6.....g							
20:4 undifferentiated.....g	0.018		2	A	1	0.003	0.031
20:4 n-6.....g							
20:5 n-3 (EPA).....g	0.000		0	FLA	4	0.000	0.000
21:5.....g							
22:4.....g							
22:5 n-3 (DPA).....g	0.000		0	FLA	4	0.000	0.000
22:6 n-3 (DHA).....g	0.000		0	FLA	4	0.000	0.000
Fatty acids, total trans.....g							
Cholesterol.....mg	0		0	FLA	4	0	0
Phytosterols.....mg							
<b>Amino Acids:</b>							
Tryptophan.....g	0.055		0	A	1	0.010	0.095
Threonine.....g	0.115		0	A	1	0.021	0.198
Isoleucine.....g	0.216		0	A	1	0.039	0.373
Leucine.....g	0.407		0	A	1	0.073	0.704
Lysine.....g	0.167		0	A	1	0.030	0.290
Methionine.....g	0.091		0	A	1	0.016	0.157
Cystine.....g	0.112		0	A	1	0.020	0.195
Phenylalanine.....g	0.255		0	A	1	0.046	0.442
Tyrosine.....g	0.116		0	A	1	0.021	0.200
Valine.....g	0.266		0	A	1	0.048	0.461
Arginine.....g	0.211		0	A	1	0.038	0.366
Histidine.....g	0.100		0	A	1	0.018	0.173
Alanine.....g	0.187		0	A	1	0.034	0.323
Aspartic acid.....g	0.265		0	A	1	0.048	0.459

NDB No. 18334

Pie crust, standard-type, frozen, ready-to-bake, enriched

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 Code			
Glutamic acid.....g	1.900		0	A	1	0.342	3.287	
Glycine.....g	0.216		0	A	1	0.039	0.373	
Proline.....g	0.790		0	A	1	0.142	1.367	
Serine.....g	0.279		0	A	1	0.050	0.482	
Hydroxyproline.....g	0.000		2	A	1	0.000	0.000	
<b>Others:</b>								
Alcohol, ethyl.....g	0.0		0	RA	4	0.0	0.0	
Caffeine.....mg	0		0	FLA	4	0	0	
Theobromine.....mg	0		0	FLA	4	0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 18g: 1 piece (1/8 of 9" crust)

Measure 2 = 173g: 1 pie crust (average weight of 1 frozen crust)

**Calories Factors: Protein 4.1**

**Fat 8.9**

**Carbohydrate 4.1**

**Food Group: 18 Baked Products**

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 18335

Pie crust, standard-type, frozen, ready-to-bake, enriched, baked

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
<b>Proximates:</b>									
Water.....g	7.18		2	A	1		11.06		
Energy.....kcal	508		0	NC	4		783		
Energy.....kJ	2127		0	NC	4		3275		
Protein (N x 0).....g	6.50		2	A	1		10.01		
Total lipid (fat).....g	28.59		2	A	1		44.04		
Ash.....g	1.49		2	A	1		2.29		
Carbohydrate, by difference.....g	56.24		0	NC	4		86.60		
Fiber, total dietary.....g	3.3		2	A	1		5.1		
Sugars, total.....g	4.23		0	RK	4		6.51		
Starch.....g	48.30		2	A	1		74.38		
<b>Minerals:</b>									
Calcium, Ca.....mg	21		2	A	1		32		
Iron, Fe.....mg	2.80		2	A	1		4.31		
Magnesium, Mg.....mg	17		2	A	1		26		
Phosphorus, P.....mg	82		2	A	1		127		
Potassium, K.....mg	114		2	A	1		176		
Sodium, Na.....mg	467		2	A	1		718		
Zinc, Zn.....mg	0.51		0	BFSN	4		0.79		
Copper, Cu.....mg	0.097		2	A	1		0.149		
Manganese, Mn.....mg									
Selenium, Se.....µg	6.8		2	A	1		10.5		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0	Z	7		0.0		
Thiamin.....mg	0.300		2	A	1		0.462		
Riboflavin.....mg	0.155		2	A	1		0.239		
Niacin.....mg	3.450		2	A	1		5.313		
Pantothenic acid.....mg	0.455		2	A	1		0.701		
Vitamin B-6.....mg	0.045		2	A	1		0.069		
Folate, total.....µg	68		2	A	1		104		
Folic acid.....µg	49		2	A	1		75		
Folate, food.....µg	19		0	AS	1		28		
Folate, DFE.....µg	102		0	NC	4		157		
Choline, total.....mg	13.4		0	AS	1		20.7		
Betaine.....mg	42.0		1	A	1		64.7		
Vitamin B-12.....µg	0.00		2	A	1		0.00		
Vitamin B-12, added.....µg	0.00		0	Z	7		0.00		
Vitamin A, RAE.....µg	0		0	NC	4		0		
Retinol.....µg	0		0	RK	4		0		
Carotene, beta.....µg	0		0	RK	4		0		
Carotene, alpha.....µg	0		0	NR	4		0		
Cryptoxanthin, beta.....µg	0		0	RK	4		0		
Vitamin A, IU.....IU	0		0	NC	4		0		
Lycopene.....µg	0		0	RK	4		0		
Lutein + zeaxanthin.....µg	1		0	RK	4		2		
Vitamin E (alpha-tocopherol).....mg	0.54		2	A	1		0.84		
Vitamin E, added.....mg	0.00		0	Z	7		0.00		
Tocopherol, beta.....mg	0.09		2	A	1		0.13		
Tocopherol, gamma.....mg	5.31		2	A	1		8.19		
Tocopherol, delta.....mg	1.64		2	A	1		2.52		
Tocotrienol, alpha.....mg	0.02		2	A	1		0.04		
Tocotrienol, beta.....mg	0.00		2	A	1		0.00		
Tocotrienol, gamma.....mg	0.01		2	A	1		0.01		
Tocotrienol, delta.....mg	0.00		2	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	7.8		2	A	1		12.0		

NDB No. 18335

Pie crust, standard-type, frozen, ready-to-bake, enriched, baked

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number			Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code	Source Code				
Dihydrophyloquinone.....µg	34.1		2	A	1		52.5		
Menaquinone-4.....µg	2.0		2	A	1		3.0		
<b>Lipids:</b>									
Fatty acids, total saturated.....g	9.277		0	NC	4		14.286		
4:0.....g	0.000		0		1		0.000		
6:0.....g	0.000		0		1		0.000		
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									
14:0.....g	0.269		2	A	1		0.413		
15:0.....g	0.000		2	A	1		0.000		
16:0.....g	5.375		2	A	1		8.277		
17:0.....g	0.085		2	A	1		0.131		
18:0.....g	3.437		2	A	1		5.292		
20:0.....g	0.077		2	A	1		0.118		
22:0.....g	0.036		2	A	1		0.055		
24:0.....g									
Fatty acids, total monounsaturated.....g	13.562		0	NC	4		20.885		
14:1.....g	0.000		2	A	1		0.000		
15:1.....g	0.000		2	A	1		0.000		
16:1 undifferentiated.....g	0.409		2	A	1		0.629		
17:1.....g	0.000		2	A	1		0.000		
18:1 undifferentiated.....g	12.996		2	A	1		20.015		
20:1.....g	0.157		2	A	1		0.242		
22:1 undifferentiated.....g	0.000		0	RK	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	3.568		0	NC	4		5.495		
18:2 undifferentiated.....g	3.321		2	A	1		5.115		
18:3 undifferentiated.....g	0.138		0	AS	1		0.212		
18:3 n-3 c,c,c (ALA).....g	0.138		2	A	1		0.212		
18:3 n-6 c,c,c.....g	0.000		2	A	1		0.000		
18:3i.....g									
18:4.....g	0.000		0	RK	4		0.000		
20:2 n-6 c,c.....g	0.089		2	A	1		0.137		
20:3 undifferentiated.....g	0.000		2	A	1		0.000		
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.020		2	A	1		0.031		
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.000		0	RK	4		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	RK	4		0.000		
22:6 n-3 (DHA).....g	0.000		0	RK	4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.065		0	A	1		0.100		
Threonine.....g	0.129		0	A	1		0.199		
Isoleucine.....g	0.230		0	A	1		0.354		
Leucine.....g	0.460		0	A	1		0.708		
Lysine.....g	0.141		0	A	1		0.217		
Methionine.....g	0.105		0	A	1		0.162		
Cystine.....g	0.134		0	A	1		0.206		
Phenylalanine.....g	0.294		0	A	1		0.453		
Tyrosine.....g	0.145		0	A	1		0.223		
Valine.....g	0.290		0	A	1		0.446		
Arginine.....g	0.235		0	A	1		0.362		
Histidine.....g	0.114		0	A	1		0.176		
Alanine.....g	0.200		0	A	1		0.308		
Aspartic acid.....g	0.304		0	A	1		0.468		

NDB No. 18335

Pie crust, standard-type, frozen, ready-to-bake, enriched, baked

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 Code			
Glutamic acid.....g	2.158		0	A	1	3.324		
Glycine.....g	0.244		0	A	1	0.376		
Proline.....g	0.798		0	A	1	1.230		
Serine.....g	0.329		0	A	1	0.506		
Hydroxyproline.....g	0.000		2	A	1	0.000		
<b>Others:</b>								
Alcohol, ethyl.....g	0.0		0	RK	4	0.0		
Caffeine.....mg	0		0	RK	4	0		
Theobromine.....mg	0		0	RK	4	0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 154g: 1 pie crust (average weight of 1 baked crust)

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)



NDB No. 18446

Pie crust, standard-type, frozen, ready-to-bake, unenriched

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
<b>Proximates:</b>									
Water.....g	21.00	0.166	7		1		29.82	3.36	
Energy.....kcal	457		0	NC	4		649	73	
Energy.....kJ	1912				4		2715	306	
Protein (N x 5.7).....g	3.90	0.505	7		1		5.54	0.62	
Total lipid (fat).....g	29.20	0.270	4		1		41.46	4.67	
Ash.....g	1.80	0.274	7		1		2.56	0.29	
Carbohydrate, by difference.....g	44.10		0		4		62.62	7.06	
Fiber, total dietary.....g	0.9		0		4		1.3	0.1	
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	18	5.004	7		1		26	3	
Iron, Fe.....mg	0.38		0		4		0.54	0.06	
Magnesium, Mg.....mg	16	4.416	7		1		23	3	
Phosphorus, P.....mg	53	7.776	7		1		75	8	
Potassium, K.....mg	98	18.739	7		1		139	16	
Sodium, Na.....mg	576	60.193	7		1		818	92	
Zinc, Zn.....mg	0.30	0.055	7		1		0.43	0.05	
Copper, Cu.....mg	0.068	0.017	7		1		0.097	0.011	
Manganese, Mn.....mg	0.547	0.065	3		1		0.777	0.088	
Selenium, Se.....µg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0		4		0.0	0.0	
Thiamin.....mg	0.050		0		4		0.071	0.008	
Riboflavin.....mg	0.010		0		4		0.014	0.002	
Niacin.....mg	0.550		0		4		0.781	0.088	
Pantothenic acid.....mg	0.231	0.036	6		1		0.328	0.037	
Vitamin B-6.....mg	0.071	0.005	3		1		0.101	0.011	
Folate, total.....µg	10		0		4		14	2	
Folic acid.....µg	0		0	Z	7		0	0	
Folate, food.....µg	10		0		4		14	2	
Folate, DFE.....µg	10		0	NC	4		14	2	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.03		0	BFZN	4		0.04	0.00	
Vitamin A, RAE.....µg	0		0	NC	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									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									

Pie crust, standard-type, frozen, ready-to-bake, unenriched

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion 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	4.357		0	BFZN	4		6.187	0.697	
4:0.....g	0.001		0	BFZN	4		0.001	0.000	
6:0.....g									
8:0.....g									
10:0.....g	0.000		0	BFZN	4		0.000	0.000	
12:0.....g	0.000		0	BFZN	4		0.000	0.000	
13:0.....g									
14:0.....g	0.031		0	BFZN	4		0.044	0.005	
15:0.....g									
16:0.....g	2.878		0	BFZN	4		4.087	0.460	
17:0.....g									
18:0.....g	1.443		0	BFZN	4		2.049	0.231	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	12.414		0	BFZN	4		17.628	1.986	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.117		0	BFZN	4		0.166	0.019	
17:1.....g									
18:1 undifferentiated.....g	12.273		0	BFZN	4		17.428	1.964	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	11.000		0	BFZN	4		15.620	1.760	
18:2 undifferentiated.....g	10.212		0	BFZN	4		14.501	1.634	
18:3 undifferentiated.....g	0.759		0	BFZN	4		1.078	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		4		0	0	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.056		0		4		0.080	0.009	
Threonine.....g	0.112		0		4		0.159	0.018	
Isoleucine.....g	0.150		0		4		0.213	0.024	
Leucine.....g	0.267		0		4		0.379	0.043	
Lysine.....g	0.140		0		4		0.199	0.022	
Methionine.....g	0.065		0		4		0.092	0.010	
Cystine.....g	0.085		0		4		0.121	0.014	
Phenylalanine.....g	0.182		0		4		0.258	0.029	
Tyrosine.....g	0.111		0		4		0.158	0.018	
Valine.....g	0.172		0		4		0.244	0.028	
Arginine.....g	0.148		0		4		0.210	0.024	
Histidine.....g	0.079		0		4		0.112	0.013	
Alanine.....g	0.119		0		4		0.169	0.019	
Aspartic acid.....g	0.169		0		4		0.240	0.027	
Glutamic acid.....g	1.266		0		4		1.798	0.203	
Glycine.....g	0.131		0		4		0.186	0.021	
Proline.....g	0.427		0		4		0.606	0.068	
Serine.....g	0.205		0		4		0.291	0.033	
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. 18446**

**Pie crust, standard-type, frozen, ready-to-bake, unenriched**

**Common Measures:**

Measure 1 = 142g: 1 crust, single 9"

Measure 2 = 16g: 1 piece (1/8 of 9" crust)

**Calories Factors: Protein 4.1**

**Fat 8.9**

**Carbohydrate 4.1**

**Food Group: 18 Baked Products**

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 18336

Pie crust, standard-type, prepared from recipe, baked

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
<b>Proximates:</b>									
Water.....g	9.80		0		1		2.25	17.64	
Energy.....kcal	527		0	NC	4		121	949	
Energy.....kJ	2205		0		4		507	3969	
Protein (N x 0).....g	6.40		0		1		1.47	11.52	
Total lipid (fat).....g	34.60		0		1		7.96	62.28	
Ash.....g	1.70		0		1		0.39	3.06	
Carbohydrate, by difference.....g	47.50		0	NC	4		10.93	85.50	
Fiber, total dietary.....g	1.7		0		4		0.4	3.0	
Sugars, total.....g	0.17		0	RA	4		0.04	0.30	
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	10		0		1		2	18	
Iron, Fe.....mg	2.89		0		1		0.66	5.20	
Magnesium, Mg.....mg	14		0		1		3	25	
Phosphorus, P.....mg	67		0		1		15	121	
Potassium, K.....mg	67		0		1		15	121	
Sodium, Na.....mg	542		0		1		125	976	
Zinc, Zn.....mg	0.44		0		1		0.10	0.79	
Copper, Cu.....mg	0.091		0		1		0.021	0.164	
Manganese, Mn.....mg	0.430		0		1		0.099	0.774	
Selenium, Se.....µg	21.1		0	RK	4		4.9	38.0	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0		1		0.0	0.0	
Thiamin.....mg	0.391		0		1		0.090	0.704	
Riboflavin.....mg	0.277		0		1		0.064	0.499	
Niacin.....mg	3.307		0		1		0.761	5.953	
Pantothenic acid.....mg	0.177		0		1		0.041	0.319	
Vitamin B-6.....mg	0.025		0		1		0.006	0.045	
Folate, total.....µg	67		0	RK	4		15	121	
Folic acid.....µg	56		0	NC	4		13	101	
Folate, food.....µg	11		0		1		3	20	
Folate, DFE.....µg	106		0	NC	4		24	191	
Choline, total.....mg	6.2		0	RA	4		1.4	11.2	
Betaine.....mg									
Vitamin B-12.....µg	0.00		0		1		0.00	0.00	
Vitamin A, RAE.....µg	0		0	NC	4		0	0	
Retinol.....µg	0		0	RA	4		0	0	
Carotene, beta.....µg	0		0	Z	7		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	RA	4		0	0	
Lutein + zeaxanthin.....µg	10		0	RA	4		2	18	
Vitamin E (alpha-tocopherol).....mg	0.31		0	RA	4		0.07	0.56	
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	14.8		0	RA	4		3.4	26.7	
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion 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	8.622		0		1		1.983	15.520	
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	0.136		0		1		0.031	0.245	
15:0.....g									
16:0.....g	4.882		0		1		1.123	8.788	
17:0.....g									
18:0.....g	3.605		0		1		0.829	6.489	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	15.169		0		1		3.489	27.304	
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	15.169		0		1		3.489	27.304	
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	9.122		0		1		2.098	16.420	
18:2 undifferentiated.....g	8.565		0		1		1.970	15.417	
18:3 undifferentiated.....g	0.557		0		1		0.128	1.003	
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		1		0	0	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.079		0		1		0.018	0.142	
Threonine.....g	0.175		0		1		0.040	0.315	
Isoleucine.....g	0.222		0		1		0.051	0.400	
Leucine.....g	0.442		0		1		0.102	0.796	
Lysine.....g	0.142		0		1		0.033	0.256	
Methionine.....g	0.114		0		1		0.026	0.205	
Cystine.....g	0.136		0		1		0.031	0.245	
Phenylalanine.....g	0.324		0		1		0.075	0.583	
Tyrosine.....g	0.194		0		1		0.045	0.349	
Valine.....g	0.258		0		1		0.059	0.464	
Arginine.....g	0.259		0		1		0.060	0.466	
Histidine.....g	0.143		0		1		0.033	0.257	
Alanine.....g	0.206		0		1		0.047	0.371	
Aspartic acid.....g	0.271		0		1		0.062	0.488	
Glutamic acid.....g	2.165		0		1		0.498	3.897	
Glycine.....g	0.231		0		1		0.053	0.416	
Proline.....g	0.745		0		1		0.171	1.341	
Serine.....g	0.321		0		1		0.074	0.578	
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g									
Caffeine.....mg	0		0	RA	4		0	0	
Theobromine.....mg	0		0	RA	4		0	0	

NDB No. 18336

Pie crust, standard-type, prepared from recipe, baked

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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			

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Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 23g: 1 piece (1/8 of 9" crust)

Measure 2 = 180g: 1 crust, single 9"

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)



Pie crust, standard-type, prepared from recipe, unbaked

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Lipids:</b>									
Fatty acids, total saturated.....g	7.674		0		1		1.842	14.888	
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	0.121		0		1		0.029	0.235	
15:0.....g									
16:0.....g	4.345		0		1		1.043	8.429	
17:0.....g									
18:0.....g	3.208		0		1		0.770	6.224	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	13.500		0		1		3.240	26.190	
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	13.500		0		1		3.240	26.190	
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	8.119		0		1		1.949	15.751	
18:2 undifferentiated.....g	7.623		0		1		1.830	14.789	
18:3 undifferentiated.....g	0.496		0		1		0.119	0.962	
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		1		0	0	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.070		0		1		0.017	0.136	
Threonine.....g	0.156		0		1		0.037	0.303	
Isoleucine.....g	0.198		0		1		0.048	0.384	
Leucine.....g	0.393		0		1		0.094	0.762	
Lysine.....g	0.126		0		1		0.030	0.244	
Methionine.....g	0.101		0		1		0.024	0.196	
Cystine.....g	0.121		0		1		0.029	0.235	
Phenylalanine.....g	0.288		0		1		0.069	0.559	
Tyrosine.....g	0.173		0		1		0.042	0.336	
Valine.....g	0.230		0		1		0.055	0.446	
Arginine.....g	0.231		0		1		0.055	0.448	
Histidine.....g	0.127		0		1		0.030	0.246	
Alanine.....g	0.184		0		1		0.044	0.357	
Aspartic acid.....g	0.241		0		1		0.058	0.468	
Glutamic acid.....g	1.927		0		1		0.462	3.738	
Glycine.....g	0.206		0		1		0.049	0.400	
Proline.....g	0.663		0		1		0.159	1.286	
Serine.....g	0.286		0		1		0.069	0.555	
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	RC	4		0	0	



NDB No. 18402

Pie crust, standard-type, prepared from recipe, unbaked

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			
Theobromine.....mg	0		0	RC	4	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 24g: 1 piece (1/8 of 9" crust)

Measure 2 = 194g: 1 crust, single 9"

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 18944

Pie, Dutch Apple, Commercially Prepared

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
<b>Proximates:</b>									
Water.....g	41.09	1.253	3	A	1		53.82	56.29	467.15
Energy.....kcal	290		0	NC	4		380	398	3301
Energy.....kJ	1215		0	NC	4		1591	1664	13812
Protein.....g	2.17	0.386	3	A	1		2.84	2.97	24.63
Total lipid (fat).....g	11.50	0.405	3	A	1		15.06	15.75	130.75
Ash.....g	0.70	0.038	3	A	1		0.92	0.96	8.00
Carbohydrate, by difference.....g	44.54		0	NC	4		58.35	61.02	506.46
Fiber, total dietary.....g	1.6	0.058	3	A	1		2.1	2.2	18.2
Sugars, total.....g	22.02		0	FLA	4		28.84	30.16	250.33
Sucrose.....g	11.03	4.186	3	A	1		14.45	15.11	125.41
Glucose (dextrose).....g	4.89	1.218	3	A	1		6.40	6.69	55.56
Fructose.....g	4.57	0.383	3	A	1		5.98	6.26	51.92
Lactose.....g	0.00	0.000	3	A	1		0.00	0.00	0.00
Maltose.....g	1.53	0.500	3	A	1		2.01	2.10	17.43
Galactose.....g									
Starch.....g	15.40	2.603	3	A	1		20.17	21.10	175.10
<b>Minerals:</b>									
Calcium, Ca.....mg	14	3.355	3	A	1		18	19	154
Iron, Fe.....mg	0.91	0.245	3	A	1		1.19	1.24	10.31
Magnesium, Mg.....mg	8	0.328	3	A	1		10	10	86
Phosphorus, P.....mg	29	2.887	3	A	1		38	40	330
Potassium, K.....mg	76	6.009	3	A	1		99	104	860
Sodium, Na.....mg	200	30.000	3	A	1		262	274	2274
Zinc, Zn.....mg	0.19		2	A	1		0.25	0.26	2.16
Copper, Cu.....mg	0.148	0.000	3	A	1		0.193	0.202	1.677
Manganese, Mn.....mg	0.233	0.041	3	A	1		0.306	0.320	2.652
Selenium, Se.....µg	2.2	0.000	3	A	1		2.9	3.0	25.1
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	5.7	5.547	3	A	1		7.5	7.8	64.9
Thiamin.....mg	0.193	0.052	3	A	1		0.253	0.264	2.194
Riboflavin.....mg	0.067	0.024	3	A	1		0.088	0.092	0.766
Niacin.....mg	1.094	0.377	3	A	1		1.433	1.498	12.434
Pantothenic acid.....mg	0.096	0.005	3	A	1		0.126	0.132	1.093
Vitamin B-6.....mg	0.039	0.003	3	A	1		0.051	0.053	0.441
Folate, total.....µg	21	11.846	3	A	1		28	29	239
Folic acid.....µg	15	8.007	3	A	1		20	21	174
Folate, food.....µg	6	4.256	3	AS	1		7	8	64
Folate, DFE.....µg	32		0	NC	4		42	43	361
Choline, total.....mg	17.0		0	AS	1		22.3	23.3	193.1
Betaine.....mg	8.4		1	A	1		10.9	11.4	94.9
Vitamin B-12.....µg	0.00		0	FLA	4		0.01	0.01	0.06
Vitamin B-12, added.....µg	0.00		0	FLA	4		0.00	0.00	0.00
Vitamin A, RAE.....µg	18		0	FLC	4		24	25	207
Retinol.....µg	17		0	FLC	4		22	23	193
Carotene, beta.....µg	10		0	FLC	4		13	14	113
Carotene, alpha.....µg	0		0	FLC	4		0	0	1
Cryptoxanthin, beta.....µg	11		0	FLC	4		14	15	122
Vitamin A, IU.....IU	82		0	FLC	4		107	112	933
Lycopene.....µg	1		0	FLC	4		1	1	12
Lutein + zeaxanthin.....µg	42		0	FLC	4		55	58	479
Vitamin E (alpha-tocopherol).....mg	0.96	0.152	3	A	1		1.26	1.32	10.95
Vitamin E, added.....mg	0.00		0	FLA	4		0.00	0.00	0.00
Tocopherol, beta.....mg	0.07	0.009	3	A	1		0.10	0.10	0.83
Tocopherol, gamma.....mg	4.89	0.439	3	A	1		6.40	6.69	55.56
Tocopherol, delta.....mg	1.55	0.137	3	A	1		2.03	2.13	17.66
Tocotrienol, alpha.....mg	0.02	0.005	3	A	1		0.03	0.03	0.28
Tocotrienol, beta.....mg	0.00	0.000	3	A	1		0.00	0.00	0.00

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	0.00	0.000	3	A	1		0.00	0.00	0.00
Tocotrienol, delta.....mg	0.00	0.000	3	A	1		0.00	0.00	0.00
Vitamin D (D2 + D3).....µg									
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg	16.4	1.308	3	A	1		21.5	22.4	186.2
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg	0.9	0.129	3	A	1		1.1	1.2	9.8
<b>Lipids:</b>									
Fatty acids, total saturated.....g	2.313		0	NC	4		3.030	3.169	26.299
4:0.....g	0.000		0	FLA	4		0.000	0.000	0.000
6:0.....g	0.000		0	FLA	4		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									
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	1.227	0.034	3	A	1		1.607	1.680	13.946
17:0.....g	0.000	0.000	3	A	1		0.000	0.000	0.000
18:0.....g	1.037	0.064	3	A	1		1.358	1.420	11.786
20:0.....g	0.020	0.000	3	A	1		0.026	0.027	0.226
22:0.....g	0.030	0.000	3	A	1		0.039	0.041	0.340
24:0.....g	0.000	0.000	3	A	1		0.000	0.000	0.000
Fatty acids, total monounsaturated.....g	5.797		0	NC	4		7.594	7.941	65.907
14:1.....g	0.000	0.000	3	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	0.000	0.000	3	A	1		0.000	0.000	0.000
17:1.....g	0.000	0.000	3	A	1		0.000	0.000	0.000
18:1 undifferentiated.....g	5.797	0.338	3	A	1		7.594	7.941	65.907
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	2.117		0	NC	4		2.773	2.900	24.066
18:2 undifferentiated.....g	2.000	0.264	3	A	1		2.620	2.740	22.740
18:3 undifferentiated.....g	0.117	0.045	3	A	1		0.153	0.160	1.326
18:4.....g	0.000	0.000	3	A	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	0.000	0.000	3	A	1		0.000	0.000	0.000
22:4.....g	0.000	0.000	3	A	1		0.000	0.000	0.000
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	0.000	3	LC	8		0	0	0
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.027		0	A	1		0.036	0.037	0.309
Threonine.....g	0.063		0	A	1		0.082	0.086	0.715
Isoleucine.....g	0.081		0	A	1		0.107	0.111	0.924
Leucine.....g	0.158		0	A	1		0.207	0.217	1.798
Lysine.....g	0.043		0	A	1		0.057	0.059	0.491
Methionine.....g	0.051		0	A	1		0.066	0.069	0.577
Cystine.....g	0.057		0	A	1		0.075	0.078	0.648
Phenylalanine.....g	0.104		0	A	1		0.136	0.142	1.178
Tyrosine.....g	0.052		0	A	1		0.068	0.071	0.593
Valine.....g	0.101		0	A	1		0.132	0.138	1.148
Arginine.....g	0.084		0	A	1		0.111	0.116	0.960
Histidine.....g	0.054		0	A	1		0.071	0.075	0.619
Alanine.....g	0.074		0	A	1		0.097	0.101	0.838

NDB No. 18944

Pie, Dutch Apple, Commercially Prepared

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 Code
Aspartic acid.....g	0.122		0	A	1	0.160	0.167	1.388
Glutamic acid.....g	0.743		0	A	1	0.973	1.018	8.446
Glycine.....g	0.084		0	A	1	0.111	0.116	0.960
Proline.....g	0.251		0	A	1	0.329	0.344	2.852
Serine.....g	0.104		0	A	1	0.136	0.143	1.184
Hydroxyproline.....g								
<b>Others:</b>								
Alcohol, ethyl.....g	0.0		0	FLA	4	0.0	0.0	0.0
Caffeine.....mg	0		0	FLA	4	0	0	0
Theobromine.....mg	0		0	FLA	4	0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 131g: .125 pie 1 pie (1/8 of 9" pie)

Measure 2 = 137g: 1 slice

Measure 3 = 1137g: 1 pie

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)



NDB No. 18301

Pie, apple, commercially prepared, enriched flour

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data Points	Code				
<b>Lipids:</b>								
Fatty acids, total saturated.....g	3.797		0	FLA	4	1.076	4.746	4.442
4:0.....g	0.000		0	FLA	4	0.000	0.000	0.000
6:0.....g	0.000		0	FLA	4	0.000	0.000	0.000
8:0.....g	0.000		0	FLA	4	0.000	0.000	0.000
10:0.....g	0.000		0	FLA	4	0.000	0.000	0.000
12:0.....g	0.021		0	FLA	4	0.006	0.026	0.025
13:0.....g								
14:0.....g	0.126		0	FLA	4	0.036	0.158	0.147
15:0.....g								
16:0.....g	2.062		0	FLA	4	0.585	2.578	2.413
17:0.....g								
18:0.....g	1.534		0	FLA	4	0.435	1.918	1.795
20:0.....g								
22:0.....g								
24:0.....g								
Fatty acids, total monounsaturated.....g	4.388		0	FLA	4	1.244	5.485	5.134
14:1.....g								
15:1.....g								
16:1 undifferentiated.....g	0.146		0	FLA	4	0.041	0.183	0.171
17:1.....g								
18:1 undifferentiated.....g	4.109		0	FLA	4	1.165	5.136	4.808
20:1.....g	0.000		0	FLA	4	0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0	FLA	4	0.000	0.000	0.000
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	2.198		0	FLA	4	0.623	2.748	2.572
18:2 undifferentiated.....g	2.066		0	FLA	4	0.586	2.583	2.417
18:3 undifferentiated.....g	0.123		0	FLA	4	0.035	0.154	0.144
18:4.....g	0.000		0	FLA	4	0.000	0.000	0.000
20:2 n-6 c,c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g	0.000		0	FLA	4	0.000	0.000	0.000
20:5 n-3 (EPA).....g	0.000		0	FLA	4	0.000	0.000	0.000
21:5.....g								
22:4.....g								
22:5 n-3 (DPA).....g	0.000		0	FLA	4	0.000	0.000	0.000
22:6 n-3 (DHA).....g	0.000		0	FLA	4	0.000	0.000	0.000
Fatty acids, total trans.....g								
Cholesterol.....mg	0		0		1	0	0	0
Phytosterols.....mg								
<b>Amino Acids:</b>								
Tryptophan.....g	0.026		0		1	0.007	0.033	0.030
Threonine.....g	0.054		0		1	0.015	0.068	0.063
Isoleucine.....g	0.073		0		1	0.021	0.091	0.085
Leucine.....g	0.129		0		1	0.037	0.161	0.151
Lysine.....g	0.070		0		1	0.020	0.088	0.082
Methionine.....g	0.032		0		1	0.009	0.040	0.037
Cystine.....g	0.040		0		1	0.011	0.050	0.047
Phenylalanine.....g	0.088		0		1	0.025	0.110	0.103
Tyrosine.....g	0.054		0		1	0.015	0.068	0.063
Valine.....g	0.084		0		1	0.024	0.105	0.098
Arginine.....g	0.074		0		1	0.021	0.093	0.087
Histidine.....g	0.038		0		1	0.011	0.048	0.044
Alanine.....g	0.060		0		1	0.017	0.075	0.070
Aspartic acid.....g	0.095		0		1	0.027	0.119	0.111
Glutamic acid.....g	0.587		0		1	0.166	0.734	0.687
Glycine.....g	0.065		0		1	0.018	0.081	0.076
Proline.....g	0.199		0		1	0.056	0.249	0.233
Serine.....g	0.099		0		1	0.028	0.124	0.116
Hydroxyproline.....g								
<b>Others:</b>								
Alcohol, ethyl.....g	0.0		0		7	0.0	0.0	0.0
Caffeine.....mg	0		0	FLC	4	0	0	0

NDB No. 18301

Pie, apple, commercially prepared, enriched flour

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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
Theobromine.....mg	0		0	FLC	4		0	0	0

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Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 = 125g: 1 piece (1/8 of 9" dia)

Measure 3 = 117g: 1 piece (1/6 of 8" pie)

**Calories Factors: Protein 4**

**Fat 8.8**

**Carbohydrate 3.9**

**Food Group:** 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 18443

Pie, apple, commercially prepared, unenriched flour

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
<b>Proximates:</b>									
Water.....g	52.20	1.308	21		1		14.80	65.25	61.07
Energy.....kcal	237		0	NC	4		67	296	277
Energy.....kJ	992				4		281	1240	1160
Protein (N x 5.7).....g	1.90	0.103	17		1		0.54	2.38	2.22
Total lipid (fat).....g	11.00	0.514	21		1		3.12	13.75	12.87
Ash.....g	0.90	0.097	23		1		0.26	1.13	1.05
Carbohydrate, by difference.....g	34.00		0		4		9.64	42.50	39.78
Fiber, total dietary.....g	1.6		0	BFZN	4		0.5	2.0	1.9
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	11	0.328	40		1		3	14	13
Iron, Fe.....mg	1.21		0		4		0.34	1.51	1.42
Magnesium, Mg.....mg	7	0.289	36		1		2	9	8
Phosphorus, P.....mg	24	0.530	35		1		7	30	28
Potassium, K.....mg	65	1.999	39		1		18	81	76
Sodium, Na.....mg	266	7.937	41		1		75	333	311
Zinc, Zn.....mg	0.16	0.008	36		1		0.05	0.20	0.19
Copper, Cu.....mg	0.046	0.002	36		1		0.013	0.058	0.054
Manganese, Mn.....mg	0.182	0.006	36		1		0.052	0.228	0.213
Selenium, Se.....µg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	3.2	0.680	15		1		0.9	4.0	3.7
Thiamin.....mg	0.134		0		4		0.038	0.168	0.157
Riboflavin.....mg	0.158		0		4		0.045	0.198	0.185
Niacin.....mg	1.123		0		4		0.318	1.404	1.314
Pantothenic acid.....mg	0.119	0.008	5		1		0.034	0.149	0.139
Vitamin B-6.....mg	0.038	0.004	5		1		0.011	0.048	0.044
Folate, total.....µg	4	0.246	11		1		1	5	5
Folic acid.....µg	0		0	Z	7		0	0	0
Folate, food.....µg	4	0.246	11		1		1	5	5
Folate, DFE.....µg	4		0	NC	4		1	5	5
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.01		0	BFZN	4		0.00	0.01	0.01
Vitamin A, RAE.....µg	29		0	NC	4		8	36	34
Retinol.....µg	28		0	NC	4		8	35	33
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	124	24.922	7		1		35	155	145
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									
<b>Lipids:</b>									



Pie, apple, commercially prepared, unenriched flour

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated.....g	3.797		0	BFZN	4		1.076	4.746	4.442
4:0.....g	0.000		0		4		0.000	0.000	0.000
6:0.....g	0.000		0		4		0.000	0.000	0.000
8:0.....g	0.000		0		4		0.000	0.000	0.000
10:0.....g	0.000		0		4		0.000	0.000	0.000
12:0.....g	0.021		0	BFZN	4		0.006	0.026	0.025
13:0.....g									
14:0.....g	0.126		0	BFZN	4		0.036	0.158	0.147
15:0.....g									
16:0.....g	2.062		0	BFZN	4		0.585	2.578	2.413
17:0.....g									
18:0.....g	1.534		0	BFZN	4		0.435	1.918	1.795
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	4.388		0	BFZN	4		1.244	5.485	5.134
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.146		0	BFZN	4		0.041	0.183	0.171
17:1.....g									
18:1 undifferentiated.....g	4.109		0	BFZN	4		1.165	5.136	4.808
20:1.....g	0.061		0	BFZN	4		0.017	0.076	0.071
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.198		0	BFZN	4		0.623	2.748	2.572
18:2 undifferentiated.....g	2.066		0	BFZN	4		0.586	2.583	2.417
18:3 undifferentiated.....g	0.123		0	BFZN	4		0.035	0.154	0.144
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		4		0	0	0
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.026		0		4		0.007	0.033	0.030
Threonine.....g	0.054		0		4		0.015	0.068	0.063
Isoleucine.....g	0.073		0		4		0.021	0.091	0.085
Leucine.....g	0.129		0		4		0.037	0.161	0.151
Lysine.....g	0.070		0		4		0.020	0.088	0.082
Methionine.....g	0.032		0		4		0.009	0.040	0.037
Cystine.....g	0.040		0		4		0.011	0.050	0.047
Phenylalanine.....g	0.088		0		4		0.025	0.110	0.103
Tyrosine.....g	0.054		0		4		0.015	0.068	0.063
Valine.....g	0.084		0		4		0.024	0.105	0.098
Arginine.....g	0.074		0		4		0.021	0.093	0.087
Histidine.....g	0.038		0		4		0.011	0.048	0.044
Alanine.....g	0.060		0		4		0.017	0.075	0.070
Aspartic acid.....g	0.095		0		4		0.027	0.119	0.111
Glutamic acid.....g	0.587		0		4		0.166	0.734	0.687
Glycine.....g	0.065		0		4		0.018	0.081	0.076
Proline.....g	0.199		0		4		0.056	0.249	0.233
Serine.....g	0.099		0		4		0.028	0.124	0.116
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. 18443**

**Pie, apple, commercially prepared, unenriched flour**

**Common Measures:**

Measure 1 = 28.35g: 1 oz

Measure 2 = 125g: 1 piece (1/8 of 9" dia)

Measure 3 = 117g: 1 piece (1/6 of 8" pie)

**Calories Factors: Protein 4**

**Fat 8.8**

**Carbohydrate 3.9**

**Food Group: 18 Baked Products**

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 18302

Pie, apple, prepared from recipe

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
<b>Proximates:</b>									
Water.....g	47.30		0		1		13.41	73.32	
Energy.....kcal	265		0	NC	4		75	411	
Energy.....kJ	1109				4		314	1719	
Protein (N x 0).....g	2.40		0		1		0.68	3.72	
Total lipid (fat).....g	12.50		0		1		3.54	19.38	
Ash.....g	0.80		0		1		0.23	1.24	
Carbohydrate, by difference.....g	37.10		0	NC	4		10.52	57.51	
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	7		0		1		2	11	
Iron, Fe.....mg	1.12		0		1		0.32	1.74	
Magnesium, Mg.....mg	7		0		1		2	11	
Phosphorus, P.....mg	28		0		1		8	43	
Potassium, K.....mg	79		0		1		22	122	
Sodium, Na.....mg	211		0		1		60	327	
Zinc, Zn.....mg	0.19		0		1		0.05	0.29	
Copper, Cu.....mg	0.053		0		1		0.015	0.082	
Manganese, Mn.....mg	0.185		0		1		0.052	0.287	
Selenium, Se.....µg	7.8		0	RK	4		2.2	12.1	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	1.7		0		1		0.5	2.6	
Thiamin.....mg	0.148		0		1		0.042	0.229	
Riboflavin.....mg	0.107		0		1		0.030	0.166	
Niacin.....mg	1.230		0		1		0.349	1.907	
Pantothenic acid.....mg	0.093		0		1		0.026	0.144	
Vitamin B-6.....mg	0.032		0		1		0.009	0.050	
Folate, total.....µg	24		0	RK	4		7	37	
Folic acid.....µg	20		0	NC	4		6	31	
Folate, food.....µg	4		0		1		1	6	
Folate, DFE.....µg	38		0	NC	4		11	59	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		0		1		0.00	0.00	
Vitamin A, RAE.....µg	11		0	NC	4		3	16	
Retinol.....µg	9		0	NC	4		3	14	
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	58		0		1		16	90	
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									
<b>Lipids:</b>									

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			
Fatty acids, total saturated.....g	3.050		0		1	0.865	4.728
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	0.001		0		1	0.000	0.002
13:0.....g							
14:0.....g	0.058		0		1	0.016	0.090
15:0.....g							
16:0.....g	1.738		0		1	0.493	2.694
17:0.....g							
18:0.....g	1.253		0		1	0.355	1.942
20:0.....g							
22:0.....g							
24:0.....g							
Fatty acids, total monounsaturated.....g	5.393		0		1	1.529	8.359
14:1.....g							
15:1.....g							
16:1 undifferentiated.....g	0.001		0		1	0.000	0.002
17:1.....g							
18:1 undifferentiated.....g	5.392		0		1	1.529	8.358
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	3.338		0		1	0.946	5.174
18:2 undifferentiated.....g	3.134		0		1	0.888	4.858
18:3 undifferentiated.....g	0.204		0		1	0.058	0.316
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		1	0	0
Phytosterols.....mg							
<b>Amino Acids:</b>							
Tryptophan.....g	0.029		0		1	0.008	0.045
Threonine.....g	0.066		0		1	0.019	0.102
Isoleucine.....g	0.083		0		1	0.024	0.129
Leucine.....g	0.164		0		1	0.046	0.254
Lysine.....g	0.056		0		1	0.016	0.087
Methionine.....g	0.042		0		1	0.012	0.065
Cystine.....g	0.050		0		1	0.014	0.078
Phenylalanine.....g	0.118		0		1	0.033	0.183
Tyrosine.....g	0.072		0		1	0.020	0.112
Valine.....g	0.097		0		1	0.027	0.150
Arginine.....g	0.096		0		1	0.027	0.149
Histidine.....g	0.053		0		1	0.015	0.082
Alanine.....g	0.077		0		1	0.022	0.119
Aspartic acid.....g	0.111		0		1	0.031	0.172
Glutamic acid.....g	0.786		0		1	0.223	1.218
Glycine.....g	0.086		0		1	0.024	0.133
Proline.....g	0.271		0		1	0.077	0.420
Serine.....g	0.119		0		1	0.034	0.184
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. 18302**

**Pie, apple, prepared from recipe**

**Common Measures:**

Measure 1 = 28.35g: 1 oz

Measure 2 = 155g: 1 piece (1/8 of 9" dia)

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 18303

Pie, banana cream, prepared from mix, no-bake type

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
<b>Proximates:</b>									
Water.....g	50.90		1		1		14.43	46.83	62.61
Energy.....kcal	251		0	NC	4		71	231	309
Energy.....kJ	1050				4		298	966	1292
Protein (N x 6).....g	3.40		1		1		0.96	3.13	4.18
Total lipid (fat).....g	12.90		1		1		3.66	11.87	15.87
Ash.....g	1.10		1		1		0.31	1.01	1.35
Carbohydrate, by difference.....g	31.60		0	NC	4		8.96	29.07	38.87
Fiber, total dietary.....g	0.6		0		4		0.2	0.6	0.8
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	73		1		1		21	67	90
Iron, Fe.....mg	0.46		1		1		0.13	0.42	0.57
Magnesium, Mg.....mg	12		1		1		3	11	15
Phosphorus, P.....mg	167		1		1		47	154	205
Potassium, K.....mg	113		1		1		32	104	139
Sodium, Na.....mg	290		1		1		82	267	357
Zinc, Zn.....mg	0.33		1		1		0.09	0.30	0.41
Copper, Cu.....mg	0.043		1		1		0.012	0.040	0.053
Manganese, Mn.....mg	0.107		0	FLA	4		0.030	0.098	0.132
Selenium, Se.....µg	4.9		0	FLA	4		1.4	4.5	6.0
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.5		1		1		0.1	0.5	0.6
Thiamin.....mg	0.102		1		1		0.029	0.094	0.125
Riboflavin.....mg	0.146		1		1		0.041	0.134	0.180
Niacin.....mg	0.709		1		1		0.201	0.652	0.872
Pantothenic acid.....mg	0.259		1		1		0.073	0.238	0.319
Vitamin B-6.....mg	0.035		1		1		0.010	0.032	0.043
Folate, total.....µg	21		0	FLA	4		6	19	26
Folic acid.....µg	14		0	NC	4		4	13	17
Folate, food.....µg	7		1		1		2	6	9
Folate, DFE.....µg	31		0	NC	4		9	28	38
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.21		1		1		0.06	0.19	0.26
Vitamin A, RAE.....µg	95		0	NC	4		27	87	117
Retinol.....µg	90		0	NC	4		26	83	111
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	408		1		1		116	375	502
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									
<b>Lipids:</b>									

Pie, banana cream, prepared from mix, no-bake type

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated.....g	6.904		0	FLA	4		1.957	6.352	8.492
4:0.....g	0.320		0	FLA	4		0.091	0.294	0.394
6:0.....g	0.189		0	FLA	4		0.054	0.174	0.232
8:0.....g	0.110		0	FLA	4		0.031	0.101	0.135
10:0.....g	0.247		0	FLA	4		0.070	0.227	0.304
12:0.....g	0.277		0	FLA	4		0.079	0.255	0.341
13:0.....g									
14:0.....g	1.006		0	FLA	4		0.285	0.926	1.237
15:0.....g									
16:0.....g	2.991		0	FLA	4		0.848	2.752	3.679
17:0.....g									
18:0.....g	1.550		0	FLA	4		0.439	1.426	1.907
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	4.559		0	FLA	4		1.292	4.194	5.608
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.221		0	FLA	4		0.063	0.203	0.272
17:1.....g									
18:1 undifferentiated.....g	4.191		0	FLA	4		1.188	3.856	5.155
20:1.....g	0.000		0	FLA	4		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.764		0	FLA	4		0.217	0.703	0.940
18:2 undifferentiated.....g	0.600		0	FLA	4		0.170	0.552	0.738
18:3 undifferentiated.....g	0.164		0	FLA	4		0.046	0.151	0.202
18:4.....g	0.000		0	FLA	4		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	0.000
20:5 n-3 (EPA).....g	0.000		0	FLA	4		0.000	0.000	0.000
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	FLA	4		0.000	0.000	0.000
22:6 n-3 (DHA).....g	0.000		0	FLA	4		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	29		0	FLA	4		8	27	36
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.046		0		1		0.013	0.042	0.057
Threonine.....g	0.137		0		1		0.039	0.126	0.169
Isoleucine.....g	0.168		0		1		0.048	0.155	0.207
Leucine.....g	0.285		0		1		0.081	0.262	0.351
Lysine.....g	0.202		0		1		0.057	0.186	0.248
Methionine.....g	0.066		0		1		0.019	0.061	0.081
Cystine.....g	0.050		0		1		0.014	0.046	0.062
Phenylalanine.....g	0.161		0		1		0.046	0.148	0.198
Tyrosine.....g	0.132		0		1		0.037	0.121	0.162
Valine.....g	0.181		0		1		0.051	0.167	0.223
Arginine.....g	0.156		0		1		0.044	0.144	0.192
Histidine.....g	0.084		0		1		0.024	0.077	0.103
Alanine.....g	0.125		0		1		0.035	0.115	0.154
Aspartic acid.....g	0.265		0		1		0.075	0.244	0.326
Glutamic acid.....g	0.792		0		1		0.225	0.729	0.974
Glycine.....g	0.104		0		1		0.029	0.096	0.128
Proline.....g	0.301		0		1		0.085	0.277	0.370
Serine.....g	0.178		0		1		0.050	0.164	0.219
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**NDB No. 18303**

**Pie, banana cream, prepared from mix, no-bake type**

**Common Measures:**

Measure 1 = 28.35g: 1 oz

Measure 2 = 92g: 1 piece (1/8 of 9" dia)

Measure 3 = 123g: 1 piece (1/6 of 8" pie)

**Calories Factors: Protein 4**

**Fat 8.8**

**Carbohydrate 3.9**

**Food Group: 18 Baked Products**

USDA National Nutrient Database for Standard Reference, Release 27 (2014)





Pie, banana cream, prepared from recipe

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
<b>Lipids:</b>									
Fatty acids, total saturated.....g	3.758		0		1		1.065	44.570	5.412
4:0.....g	0.034		0		1		0.010	0.403	0.049
6:0.....g	0.020		0		1		0.006	0.237	0.029
8:0.....g	0.012		0		1		0.003	0.142	0.017
10:0.....g	0.027		0		1		0.008	0.320	0.039
12:0.....g	0.031		0		1		0.009	0.368	0.045
13:0.....g									
14:0.....g	0.153		0		1		0.043	1.815	0.220
15:0.....g									
16:0.....g	2.122		0		1		0.602	25.167	3.056
17:0.....g									
18:0.....g	1.350		0		1		0.383	16.011	1.944
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	5.719		0		1		1.621	67.827	8.235
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.060		0		1		0.017	0.712	0.086
17:1.....g									
18:1 undifferentiated.....g	5.652		0		1		1.602	67.033	8.139
20:1.....g	0.003		0		1		0.001	0.036	0.004
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	3.292		0		1		0.933	39.043	4.740
18:2 undifferentiated.....g	3.067		0		1		0.869	36.375	4.416
18:3 undifferentiated.....g	0.205		0		1		0.058	2.431	0.295
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	0.016		0		1		0.005	0.190	0.023
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	0.004		0		1		0.001	0.047	0.006
Fatty acids, total trans.....g									
Cholesterol.....mg	51		0		1		14	605	73
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.055		0		1		0.016	0.652	0.079
Threonine.....g	0.165		0		1		0.047	1.957	0.238
Isoleucine.....g	0.203		0		1		0.058	2.408	0.292
Leucine.....g	0.358		0		1		0.101	4.246	0.516
Lysine.....g	0.232		0		1		0.066	2.752	0.334
Methionine.....g	0.092		0		1		0.026	1.091	0.132
Cystine.....g	0.068		0		1		0.019	0.806	0.098
Phenylalanine.....g	0.206		0		1		0.058	2.443	0.297
Tyrosine.....g	0.168		0		1		0.048	1.992	0.242
Valine.....g	0.229		0		1		0.065	2.716	0.330
Arginine.....g	0.186		0		1		0.053	2.206	0.268
Histidine.....g	0.116		0		1		0.033	1.376	0.167
Alanine.....g	0.155		0		1		0.044	1.838	0.223
Aspartic acid.....g	0.285		0		1		0.081	3.380	0.410
Glutamic acid.....g	1.062		0		1		0.301	12.595	1.529
Glycine.....g	0.126		0		1		0.036	1.494	0.181
Proline.....g	0.407		0		1		0.115	4.827	0.586
Serine.....g	0.243		0		1		0.069	2.882	0.350
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	RKI	6		0	0	0

NDB No. 18304

Pie, banana cream, prepared from recipe

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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
Theobromine.....mg	0		0	RKI	6		0	0	0

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Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 = 1186g: 1 pie (9" dia)

Measure 3 = 144g: 1 piece (1/8 of 9" dia)

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked 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	Source	Confidence	Measure 1	Measure 2	Measure 3	
			of Data Points	Code					Code
<b>Lipids:</b>									
Fatty acids, total saturated.....g	1.679		0	FLA	4		0.476	2.099	1.964
4:0.....g	0.000		0	FLA	4		0.000	0.000	0.000
6:0.....g	0.000		0	FLA	4		0.000	0.000	0.000
8:0.....g	0.000		0	FLA	4		0.000	0.000	0.000
10:0.....g	0.000		0	FLA	4		0.000	0.000	0.000
12:0.....g	0.000		0	FLA	4		0.000	0.000	0.000
13:0.....g									
14:0.....g	0.016		0	FLA	4		0.005	0.020	0.019
15:0.....g									
16:0.....g	1.072		0	FLA	4		0.304	1.340	1.254
17:0.....g									
18:0.....g	0.585		0	FLA	4		0.166	0.731	0.684
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	4.244		0	FLA	4		1.203	5.305	4.965
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.023		0	FLA	4		0.007	0.029	0.027
17:1.....g									
18:1 undifferentiated.....g	4.215		0	FLA	4		1.195	5.269	4.932
20:1.....g	0.000		0	FLA	4		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	3.524		0	FLA	4		0.999	4.405	4.123
18:2 undifferentiated.....g	3.281		0	FLA	4		0.930	4.101	3.839
18:3 undifferentiated.....g	0.239		0	FLA	4		0.068	0.299	0.280
18:4.....g	0.000		0	FLA	4		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	0.000
20:5 n-3 (EPA).....g	0.000		0	FLA	4		0.000	0.000	0.000
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	FLA	4		0.000	0.000	0.000
22:6 n-3 (DHA).....g	0.000		0	FLA	4		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		4		0	0	0
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.025		0		1		0.007	0.031	0.029
Threonine.....g	0.051		0		1		0.014	0.064	0.060
Isoleucine.....g	0.069		0		1		0.020	0.086	0.081
Leucine.....g	0.125		0		1		0.035	0.156	0.146
Lysine.....g	0.062		0		1		0.018	0.078	0.073
Methionine.....g	0.031		0		1		0.009	0.039	0.036
Cystine.....g	0.039		0		1		0.011	0.049	0.046
Phenylalanine.....g	0.086		0		1		0.024	0.108	0.101
Tyrosine.....g	0.051		0		1		0.014	0.064	0.060
Valine.....g	0.080		0		1		0.023	0.100	0.094
Arginine.....g	0.072		0		1		0.020	0.090	0.084
Histidine.....g	0.037		0		1		0.010	0.046	0.043
Alanine.....g	0.057		0		1		0.016	0.071	0.067
Aspartic acid.....g	0.082		0		1		0.023	0.103	0.096
Glutamic acid.....g	0.580		0		1		0.164	0.725	0.679
Glycine.....g	0.063		0		1		0.018	0.079	0.074
Proline.....g	0.195		0		1		0.055	0.244	0.228
Serine.....g	0.094		0		1		0.027	0.118	0.110
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	FLC	4		0	0	0

NDB No. 18305

Pie, blueberry, commercially prepared

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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
Theobromine.....mg	0		0	FLC	4		0	0	0

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Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 = 125g: 1 piece (1/8 of 9" dia)

Measure 3 = 117g: 1 piece (1/6 of 8" pie)

**Calories Factors: Protein 4**

**Fat 8.8**

**Carbohydrate 3.9**

**Food Group: 18 Baked Products**

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 18306

Pie, blueberry, prepared from recipe

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
<b>Proximates:</b>									
Water.....g	51.20		0		1		14.52	75.26	
Energy.....kcal	245		0	NC	4		69	360	
Energy.....kJ	1025				4		291	1507	
Protein (N x 0).....g	2.70		0		1		0.77	3.97	
Total lipid (fat).....g	11.90		0		1		3.37	17.49	
Ash.....g	0.70		0		1		0.20	1.03	
Carbohydrate, by difference.....g	33.50		0	NC	4		9.50	49.25	
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	7		0		1		2	10	
Iron, Fe.....mg	1.23		0		1		0.35	1.81	
Magnesium, Mg.....mg	8		0		1		2	12	
Phosphorus, P.....mg	30		0		1		9	44	
Potassium, K.....mg	50		0		1		14	74	
Sodium, Na.....mg	185		0		1		52	272	
Zinc, Zn.....mg	0.20		0		1		0.06	0.29	
Copper, Cu.....mg	0.067		0		1		0.019	0.098	
Manganese, Mn.....mg	0.300		0		1		0.085	0.441	
Selenium, Se.....µg	7.4		0	RK	4		2.1	10.9	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.7		0		1		0.2	1.0	
Thiamin.....mg	0.153		0		1		0.043	0.225	
Riboflavin.....mg	0.132		0		1		0.037	0.194	
Niacin.....mg	1.194		0		1		0.338	1.755	
Pantothenic acid.....mg	0.124		0		1		0.035	0.182	
Vitamin B-6.....mg	0.034		0		1		0.010	0.050	
Folate, total.....µg	23		0	RK	4		7	34	
Folic acid.....µg	18		0	NC	4		5	26	
Folate, food.....µg	5		0		1		1	7	
Folate, DFE.....µg	36		0	NC	4		10	52	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		0		1		0.00	0.00	
Vitamin A, RAE.....µg	2		0	NC	4		1	3	
Retinol.....µg	0		0	Z	7		0	0	
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	42		0		1		12	62	
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									
<b>Lipids:</b>									

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			
Fatty acids, total saturated.....g	2.911		0		1	0.825	4.279
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	0.046		0		1	0.013	0.068
15:0.....g							
16:0.....g	1.648		0		1	0.467	2.423
17:0.....g							
18:0.....g	1.217		0		1	0.345	1.789
20:0.....g							
22:0.....g							
24:0.....g							
Fatty acids, total monounsaturated.....g	5.121		0		1	1.452	7.528
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	5.121		0		1	1.452	7.528
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	3.080		0		1	0.873	4.528
18:2 undifferentiated.....g	2.892		0		1	0.820	4.251
18:3 undifferentiated.....g	0.188		0		1	0.053	0.276
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		1	0	0
Phytosterols.....mg							
<b>Amino Acids:</b>							
Tryptophan.....g	0.029		0		1	0.008	0.043
Threonine.....g	0.073		0		1	0.021	0.107
Isoleucine.....g	0.090		0		1	0.026	0.132
Leucine.....g	0.179		0		1	0.051	0.263
Lysine.....g	0.057		0		1	0.016	0.084
Methionine.....g	0.046		0		1	0.013	0.068
Cystine.....g	0.051		0		1	0.014	0.075
Phenylalanine.....g	0.127		0		1	0.036	0.187
Tyrosine.....g	0.072		0		1	0.020	0.106
Valine.....g	0.108		0		1	0.031	0.159
Arginine.....g	0.113		0		1	0.032	0.166
Histidine.....g	0.056		0		1	0.016	0.082
Alanine.....g	0.091		0		1	0.026	0.134
Aspartic acid.....g	0.130		0		1	0.037	0.191
Glutamic acid.....g	0.793		0		1	0.225	1.166
Glycine.....g	0.099		0		1	0.028	0.146
Proline.....g	0.270		0		1	0.077	0.397
Serine.....g	0.124		0		1	0.035	0.182
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. 18306**

**Pie, blueberry, prepared from recipe**

**Common Measures:**

Measure 1 = 28.35g: 1 oz

Measure 2 = 147g: 1 piece (1/8 of 9" dia)

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked 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	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data Points					
<b>Lipids:</b>								
Fatty acids, total saturated.....g	2.562		0	FLA	4	0.726	3.203	2.998
4:0.....g	0.000		0	FLA	4	0.000	0.000	0.000
6:0.....g	0.000		0	FLA	4	0.000	0.000	0.000
8:0.....g	0.000		0	FLA	4	0.000	0.000	0.000
10:0.....g	0.000		0	FLA	4	0.000	0.000	0.000
12:0.....g	0.000		0	FLA	4	0.000	0.000	0.000
13:0.....g								
14:0.....g	0.042		0	FLA	4	0.012	0.053	0.049
15:0.....g								
16:0.....g	1.380		0	FLA	4	0.391	1.725	1.615
17:0.....g								
18:0.....g	1.138		0	FLA	4	0.323	1.423	1.331
20:0.....g								
22:0.....g								
24:0.....g								
Fatty acids, total monounsaturated.....g	5.837		0	FLA	4	1.655	7.296	6.829
14:1.....g								
15:1.....g								
16:1 undifferentiated.....g	0.013		0	FLA	4	0.004	0.016	0.015
17:1.....g								
18:1 undifferentiated.....g	5.825		0	FLA	4	1.651	7.281	6.815
20:1.....g	0.000		0	FLA	4	0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0	FLA	4	0.000	0.000	0.000
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	2.055		0	FLA	4	0.583	2.569	2.404
18:2 undifferentiated.....g	1.917		0	FLA	4	0.543	2.396	2.243
18:3 undifferentiated.....g	0.138		0	FLA	4	0.039	0.173	0.161
18:4.....g	0.000		0	FLA	4	0.000	0.000	0.000
20:2 n-6 c,c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g	0.000		0	FLA	4	0.000	0.000	0.000
20:5 n-3 (EPA).....g	0.000		0	FLA	4	0.000	0.000	0.000
21:5.....g								
22:4.....g								
22:5 n-3 (DPA).....g	0.000		0	FLA	4	0.000	0.000	0.000
22:6 n-3 (DHA).....g	0.000		0	FLA	4	0.000	0.000	0.000
Fatty acids, total trans.....g								
Cholesterol.....mg	0		0		4	0	0	0
Phytosterols.....mg								
<b>Amino Acids:</b>								
Tryptophan.....g	0.028		0		4	0.008	0.035	0.033
Threonine.....g	0.078		0		4	0.022	0.098	0.091
Isoleucine.....g	0.103		0		4	0.029	0.129	0.121
Leucine.....g	0.173		0		4	0.049	0.216	0.202
Lysine.....g	0.120		0		4	0.034	0.150	0.140
Methionine.....g	0.043		0		4	0.012	0.054	0.050
Cystine.....g	0.031		0		4	0.009	0.039	0.036
Phenylalanine.....g	0.099		0		4	0.028	0.124	0.116
Tyrosine.....g	0.080		0		4	0.023	0.100	0.094
Valine.....g	0.119		0		4	0.034	0.149	0.139
Arginine.....g	0.102		0		4	0.029	0.128	0.119
Histidine.....g	0.050		0		4	0.014	0.063	0.059
Alanine.....g	0.072		0		4	0.020	0.090	0.084
Aspartic acid.....g	0.136		0		4	0.039	0.170	0.159
Glutamic acid.....g	0.518		0		4	0.147	0.648	0.606
Glycine.....g	0.059		0		4	0.017	0.074	0.069
Proline.....g	0.196		0		4	0.056	0.245	0.229
Serine.....g	0.108		0		4	0.031	0.135	0.126
Hydroxyproline.....g								
<b>Others:</b>								
Alcohol, ethyl.....g	0.0		0		7	0.0	0.0	0.0
Caffeine.....mg	0		0	FLC	4	0	0	0

NDB No. 18308

Pie, cherry, commercially prepared

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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
Theobromine.....mg	0		0	FLC	4		0	0	0

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Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 = 125g: 1 piece (1/8 of 9" dia)

Measure 3 = 117g: 1 piece (1/6 of 8" pie)

**Calories Factors: Protein 4**

**Fat 8.8**

**Carbohydrate 3.9**

**Food Group:** 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 18309

Pie, cherry, prepared from recipe

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
<b>Proximates:</b>									
Water.....g	45.80		0		1		12.98	82.44	
Energy.....kcal	270		0	NC	4		77	486	
Energy.....kJ	1130				4		320	2033	
Protein (N x 0).....g	2.80		0		1		0.79	5.04	
Total lipid (fat).....g	12.20		0		1		3.46	21.96	
Ash.....g	0.70		0		1		0.20	1.26	
Carbohydrate, by difference.....g	38.50		0	NC	4		10.91	69.30	
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	10		0		1		3	18	
Iron, Fe.....mg	1.85		0		1		0.52	3.33	
Magnesium, Mg.....mg	9		0		1		3	16	
Phosphorus, P.....mg	30		0		1		9	54	
Potassium, K.....mg	77		0		1		22	139	
Sodium, Na.....mg	191		0		1		54	344	
Zinc, Zn.....mg	0.20		0		1		0.06	0.36	
Copper, Cu.....mg	0.077		0		1		0.022	0.139	
Manganese, Mn.....mg	0.200		0		1		0.057	0.360	
Selenium, Se.....µg	7.8		0	RK	4		2.2	14.0	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	1.0		0		1		0.3	1.8	
Thiamin.....mg	0.148		0		1		0.042	0.266	
Riboflavin.....mg	0.125		0		1		0.035	0.225	
Niacin.....mg	1.276		0		1		0.362	2.297	
Pantothenic acid.....mg	0.123		0		1		0.035	0.221	
Vitamin B-6.....mg	0.034		0		1		0.010	0.061	
Folate, total.....µg	27		0	RK	4		8	49	
Folic acid.....µg	20		0	NC	4		6	36	
Folate, food.....µg	7		0		1		2	13	
Folate, DFE.....µg	41		0	NC	4		12	74	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		0		1		0.00	0.00	
Vitamin A, RAE.....µg	29		0	NC	4		8	51	
Retinol.....µg	9		0	NC	4		3	16	
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	409		0		1		116	736	
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									
<b>Lipids:</b>									

Pie, cherry, prepared from recipe

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			
Fatty acids, total saturated.....g	2.985		0		1	0.846	5.373
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	0.047		0		1	0.013	0.085
15:0.....g							
16:0.....g	1.700		0		1	0.482	3.060
17:0.....g							
18:0.....g	1.238		0		1	0.351	2.228
20:0.....g							
22:0.....g							
24:0.....g							
Fatty acids, total monounsaturated.....g	5.314		0		1	1.507	9.565
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	5.314		0		1	1.507	9.565
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	3.247		0		1	0.921	5.845
18:2 undifferentiated.....g	3.045		0		1	0.863	5.481
18:3 undifferentiated.....g	0.202		0		1	0.057	0.364
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		1	0	0
Phytosterols.....mg							
<b>Amino Acids:</b>							
Tryptophan.....g	0.031		0		1	0.009	0.056
Threonine.....g	0.072		0		1	0.020	0.130
Isoleucine.....g	0.088		0		1	0.025	0.158
Leucine.....g	0.170		0		1	0.048	0.306
Lysine.....g	0.067		0		1	0.019	0.121
Methionine.....g	0.043		0		1	0.012	0.077
Cystine.....g	0.050		0		1	0.014	0.090
Phenylalanine.....g	0.124		0		1	0.035	0.223
Tyrosine.....g	0.075		0		1	0.021	0.135
Valine.....g	0.104		0		1	0.029	0.187
Arginine.....g	0.100		0		1	0.028	0.180
Histidine.....g	0.057		0		1	0.016	0.103
Alanine.....g	0.086		0		1	0.024	0.155
Aspartic acid.....g	0.341		0		1	0.097	0.614
Glutamic acid.....g	0.791		0		1	0.224	1.424
Glycine.....g	0.092		0		1	0.026	0.166
Proline.....g	0.280		0		1	0.079	0.504
Serine.....g	0.128		0		1	0.036	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. 18309**

**Pie, cherry, prepared from recipe**

**Common Measures:**

Measure 1 = 28.35g: 1 oz

Measure 2 = 180g: 1 piece (1/8 of 9" dia)

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)





NDB No. 18310

Pie, chocolate creme, commercially prepared

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Lipids:</b>									
Fatty acids, total saturated.....g	12.449		0	LC	8		14.939	3.529	12.325
4:0.....g	0.235		0	FLC	4		0.282	0.067	0.233
6:0.....g	0.112		0	FLC	4		0.134	0.032	0.111
8:0.....g	0.252		0	FLC	4		0.302	0.071	0.249
10:0.....g	0.284		0	FLC	4		0.341	0.081	0.282
12:0.....g	1.158		0	FLC	4		1.390	0.328	1.146
13:0.....g	0.000		0	FLC	4		0.000	0.000	0.000
14:0.....g	1.096		0	FLC	4		1.316	0.311	1.085
15:0.....g	0.047		0	FLC	4		0.057	0.013	0.047
16:0.....g	5.565		0	FLC	4		6.678	1.578	5.509
17:0.....g	0.057		0	FLC	4		0.068	0.016	0.056
18:0.....g	3.361		0	FLC	4		4.033	0.953	3.327
20:0.....g	0.097		0	FLC	4		0.116	0.027	0.096
22:0.....g	0.097		0	FLC	4		0.117	0.028	0.096
24:0.....g	0.000		0	FLC	4		0.000	0.000	0.000
Fatty acids, total monounsaturated.....g	7.336		0	FLC	4		8.803	2.080	7.263
14:1.....g	0.013		0	FLC	4		0.016	0.004	0.013
15:1.....g	0.000		0	FLC	4		0.000	0.000	0.000
16:1 undifferentiated.....g	0.042		0	FLC	4		0.050	0.012	0.041
17:1.....g	0.000		0	FLC	4		0.000	0.000	0.000
18:1 undifferentiated.....g	7.271		0	FLC	4		8.725	2.061	7.198
20:1.....g	0.002		0	FLC	4		0.002	0.001	0.002
22:1 undifferentiated.....g	0.000		0	FLC	4		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.149		0	FLC	4		1.379	0.326	1.138
18:2 undifferentiated.....g	1.016		0	FLC	4		1.220	0.288	1.006
18:3 undifferentiated.....g	0.085		0	FLC	4		0.101	0.024	0.084
18:4.....g	0.000		0	FLC	4		0.000	0.000	0.000
20:2 n-6 c,c.....g	0.000		0	FLC	4		0.000	0.000	0.000
20:3 undifferentiated.....g	0.000		0	FLC	4		0.000	0.000	0.000
20:4 undifferentiated.....g	0.003		0	FLC	4		0.004	0.001	0.003
20:5 n-3 (EPA).....g	0.001		0	FLC	4		0.001	0.000	0.001
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	FLC	4		0.000	0.000	0.000
22:6 n-3 (DHA).....g	0.000		0	FLC	4		0.000	0.000	0.000
Fatty acids, total trans.....g	2.490		0	LC	8		2.988	0.706	2.465
Cholesterol.....mg	12		0	LC	8		15	4	12
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	FLA	4		0	0	0
Theobromine.....mg	56		0	FLC	4		68	16	56

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 serving .167 pie

Measure 2 = 28.35g: 1 oz

Measure 3 = 99g: 1 piece (1/4 of 6" pie)

**Calories Factors: Protein 3.3**

**Fat 8.8**

**Carbohydrate 3.7**

**Food Group: 18 Baked Products**

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 18312

Pie, chocolate mousse, prepared from mix, no-bake type

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
<b>Proximates:</b>									
Water.....g	49.70		1		1		14.09	47.22	
Energy.....kcal	260		0		4		74	247	
Energy.....kJ	1088				4		308	1033	
Protein (N x 6).....g	3.50		1		1		0.99	3.33	
Total lipid (fat).....g	15.40		1		1		4.37	14.63	
Ash.....g	1.70		1		1		0.48	1.62	
Carbohydrate, by difference.....g	29.60		0	NC	4		8.39	28.12	
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	77		1		1		22	73	
Iron, Fe.....mg	1.08		1		1		0.31	1.03	
Magnesium, Mg.....mg	32		1		1		9	30	
Phosphorus, P.....mg	231		1		1		65	219	
Potassium, K.....mg	285		1		1		81	271	
Sodium, Na.....mg	460		1		1		130	437	
Zinc, Zn.....mg	0.60		1		1		0.17	0.57	
Copper, Cu.....mg	0.203		1		1		0.058	0.193	
Manganese, Mn.....mg	0.125		0	FLA	4		0.035	0.119	
Selenium, Se.....µg	6.1		0	FLA	4		1.7	5.8	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.5		1		1		0.1	0.5	
Thiamin.....mg	0.051		1		1		0.014	0.048	
Riboflavin.....mg	0.147		1		1		0.042	0.140	
Niacin.....mg	0.595		1		1		0.169	0.565	
Pantothenic acid.....mg	0.202		1		1		0.057	0.192	
Vitamin B-6.....mg	0.029		1		1		0.008	0.028	
Folate, total.....µg	26		0	FLA	4		7	25	
Folic acid.....µg	23		0	NC	4		7	22	
Folate, food.....µg	3		1		1		1	3	
Folate, DFE.....µg	42		0	NC	4		12	40	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.21		1		1		0.06	0.20	
Vitamin A, RAE.....µg	124		0	NC	4		35	118	
Retinol.....µg	124		0	NC	4		35	118	
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	413		1		1		117	392	
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									
<b>Lipids:</b>									

Pie, chocolate mousse, prepared from mix, no-bake type

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion 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	8.195		0		1		2.323	7.785	
4:0.....g	0.387		0	FLA	4		0.110	0.368	
6:0.....g	0.229		0	FLA	4		0.065	0.218	
8:0.....g	0.133		0	FLA	4		0.038	0.126	
10:0.....g	0.299		0	FLA	4		0.085	0.284	
12:0.....g	0.335		0	FLA	4		0.095	0.318	
13:0.....g									
14:0.....g	1.214		0	FLA	4		0.344	1.153	
15:0.....g									
16:0.....g	3.697		0	FLA	4		1.048	3.512	
17:0.....g									
18:0.....g	1.996		0	FLA	4		0.566	1.896	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	5.084		0		1		1.441	4.830	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.267		0	FLA	4		0.076	0.254	
17:1.....g									
18:1 undifferentiated.....g	4.732		0	FLA	4		1.342	4.495	
20:1.....g	0.000		0	FLA	4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.814		0		1		0.231	0.773	
18:2 undifferentiated.....g	0.633		0	FLA	4		0.179	0.601	
18:3 undifferentiated.....g	0.192		0	FLA	4		0.054	0.182	
18:4.....g	0.000		0	FLA	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
20:5 n-3 (EPA).....g	0.000		0	FLA	4		0.000	0.000	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	FLA	4		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0	FLA	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	35		0	FLA	4		10	33	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.048		0		1		0.014	0.046	
Threonine.....g	0.139		0		1		0.039	0.132	
Isoleucine.....g	0.165		0		1		0.047	0.157	
Leucine.....g	0.278		0		1		0.079	0.264	
Lysine.....g	0.201		0		1		0.057	0.191	
Methionine.....g	0.062		0		1		0.018	0.059	
Cystine.....g	0.050		0		1		0.014	0.048	
Phenylalanine.....g	0.166		0		1		0.047	0.158	
Tyrosine.....g	0.133		0		1		0.038	0.126	
Valine.....g	0.190		0		1		0.054	0.181	
Arginine.....g	0.167		0		1		0.047	0.159	
Histidine.....g	0.082		0		1		0.023	0.078	
Alanine.....g	0.133		0		1		0.038	0.126	
Aspartic acid.....g	0.284		0		1		0.081	0.270	
Glutamic acid.....g	0.769		0		1		0.218	0.731	
Glycine.....g	0.115		0		1		0.033	0.109	
Proline.....g	0.283		0		1		0.080	0.269	
Serine.....g	0.178		0		1		0.050	0.169	
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g									
Caffeine.....mg	1		0	FLA	4		0	1	
Theobromine.....mg	8		0	FLA	4		2	8	

NDB No. 18312

Pie, chocolate mousse, prepared from mix, no-bake type

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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

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Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 = 95g: 1 piece (1/8 of 9" dia)

**Calories Factors: Protein 3.7**

**Fat 8.7**

**Carbohydrate 3.8**

**Food Group: 18 Baked Products**

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 18314

Pie, coconut cream, prepared from mix, no-bake type

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
<b>Proximates:</b>									
Water.....g	49.70		1		1		14.09	46.72	
Energy.....kcal	276		0	NC	4		78	259	
Energy.....kJ	1155				4		327	1085	
Protein (N x 6.1).....g	2.80		1		1		0.79	2.63	
Total lipid (fat).....g	17.60		1		1		4.99	16.54	
Ash.....g	1.30		1		1		0.37	1.22	
Carbohydrate, by difference.....g	28.50		0	NC	4		8.08	26.79	
Fiber, total dietary.....g	0.5		0		4		0.1	0.5	
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	72		1		1		20	68	
Iron, Fe.....mg	0.40		1		1		0.11	0.38	
Magnesium, Mg.....mg	17		1		1		5	16	
Phosphorus, P.....mg	169		1		1		48	159	
Potassium, K.....mg	141		1		1		40	133	
Sodium, Na.....mg	329		1		1		93	309	
Zinc, Zn.....mg	0.38		1		1		0.11	0.36	
Copper, Cu.....mg	0.080		1		1		0.023	0.075	
Manganese, Mn.....mg	0.190		0		4		0.054	0.179	
Selenium, Se.....µg	5.0		0	FLA	4		1.4	4.7	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.6		1		1		0.2	0.6	
Thiamin.....mg	0.028		1		1		0.008	0.026	
Riboflavin.....mg	0.104		1		1		0.029	0.098	
Niacin.....mg	0.132		1		1		0.037	0.124	
Pantothenic acid.....mg	0.257		1		1		0.073	0.242	
Vitamin B-6.....mg	0.045		1		1		0.013	0.042	
Folate, total.....µg	15		0	FLA	4		4	14	
Folic acid.....µg	11		0	NC	4		3	10	
Folate, food.....µg	4		1		1		1	4	
Folate, DFE.....µg	23		0	NC	4		6	21	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.21		1		1		0.06	0.20	
Vitamin A, RAE.....µg	95		0	NC	4		27	89	
Retinol.....µg	90		0	NC	4		26	85	
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	405		1		1		115	381	
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									
<b>Lipids:</b>									

Pie, coconut cream, prepared from mix, no-bake type

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion 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	8.934		0	FLA	4		2.533	8.398	
4:0.....g	0.248		0	FLA	4		0.070	0.233	
6:0.....g	0.162		0	FLA	4		0.046	0.152	
8:0.....g	0.266		0	FLA	4		0.075	0.250	
10:0.....g	0.336		0	FLA	4		0.095	0.316	
12:0.....g	1.362		0	FLA	4		0.386	1.280	
13:0.....g									
14:0.....g	1.259		0	FLA	4		0.357	1.183	
15:0.....g									
16:0.....g	3.191		0	FLA	4		0.905	3.000	
17:0.....g									
18:0.....g	1.944		0	FLA	4		0.551	1.827	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	6.554		0	FLA	4		1.858	6.161	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.171		0	FLA	4		0.048	0.161	
17:1.....g									
18:1 undifferentiated.....g	6.269		0	FLA	4		1.777	5.893	
20:1.....g	0.000		0	FLA	4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.217		0	FLA	4		0.345	1.144	
18:2 undifferentiated.....g	1.060		0	FLA	4		0.301	0.996	
18:3 undifferentiated.....g	0.157		0	FLA	4		0.045	0.148	
18:4.....g	0.000		0	FLA	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
20:5 n-3 (EPA).....g	0.000		0	FLA	4		0.000	0.000	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	FLA	4		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0	FLA	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	23		0	FLA	4		7	22	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.037		0		1		0.010	0.035	
Threonine.....g	0.110		0		1		0.031	0.103	
Isoleucine.....g	0.137		0		1		0.039	0.129	
Leucine.....g	0.236		0		1		0.067	0.222	
Lysine.....g	0.159		0		1		0.045	0.149	
Methionine.....g	0.059		0		1		0.017	0.055	
Cystine.....g	0.041		0		1		0.012	0.039	
Phenylalanine.....g	0.130		0		1		0.037	0.122	
Tyrosine.....g	0.108		0		1		0.031	0.102	
Valine.....g	0.154		0		1		0.044	0.145	
Arginine.....g	0.119		0		1		0.034	0.112	
Histidine.....g	0.067		0		1		0.019	0.063	
Alanine.....g	0.097		0		1		0.027	0.091	
Aspartic acid.....g	0.184		0		1		0.052	0.173	
Glutamic acid.....g	0.690		0		1		0.196	0.649	
Glycine.....g	0.076		0		1		0.022	0.071	
Proline.....g	0.268		0		1		0.076	0.252	
Serine.....g	0.143		0		1		0.041	0.134	
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. 18314**

**Pie, coconut cream, prepared from mix, no-bake type**

**Common Measures:**

Measure 1 = 28.35g: 1 oz

Measure 2 = 94g: 1 piece (1/8 of 9" dia)

**Calories Factors: Protein 4.1**

**Fat 8.7**

**Carbohydrate 3.9**

**Food Group: 18 Baked Products**

USDA National Nutrient Database for Standard Reference, Release 27 (2014)





Pie, coconut creme, commercially prepared

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Lipids:</b>									
Fatty acids, total saturated.....g	6.976		0	FLA	4		1.978	4.465	3.348
4:0.....g	0.001		0	FLA	4		0.000	0.001	0.000
6:0.....g	0.025		0	FLA	4		0.007	0.016	0.012
8:0.....g	0.303		0	FLA	4		0.086	0.194	0.145
10:0.....g	0.241		0	FLA	4		0.068	0.154	0.116
12:0.....g	1.917		0	FLA	4		0.543	1.227	0.920
13:0.....g									
14:0.....g	0.820		0	FLA	4		0.232	0.525	0.394
15:0.....g									
16:0.....g	1.967		0	FLA	4		0.558	1.259	0.944
17:0.....g									
18:0.....g	1.700		0	FLA	4		0.482	1.088	0.816
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	7.260		0	FLA	4		2.058	4.646	3.485
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0	FLA	4		0.000	0.001	0.000
17:1.....g									
18:1 undifferentiated.....g	7.258		0	FLA	4		2.058	4.645	3.484
20:1.....g	0.000		0	FLA	4		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.544		0	FLA	4		0.438	0.988	0.741
18:2 undifferentiated.....g	1.469		0	FLA	4		0.416	0.940	0.705
18:3 undifferentiated.....g	0.075		0	FLA	4		0.021	0.048	0.036
18:4.....g	0.000		0	FLA	4		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	0.000
20:5 n-3 (EPA).....g	0.000		0	FLA	4		0.000	0.000	0.000
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	FLA	4		0.000	0.000	0.000
22:6 n-3 (DHA).....g	0.000		0	FLA	4		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0		1		1		0	0	0
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.029		0		4		0.008	0.019	0.014
Threonine.....g	0.078		0		4		0.022	0.050	0.037
Isoleucine.....g	0.103		0		4		0.029	0.066	0.049
Leucine.....g	0.174		0		4		0.049	0.111	0.084
Lysine.....g	0.119		0		4		0.034	0.076	0.057
Methionine.....g	0.043		0		4		0.012	0.028	0.021
Cystine.....g	0.030		0		4		0.009	0.019	0.014
Phenylalanine.....g	0.098		0		4		0.028	0.063	0.047
Tyrosine.....g	0.081		0		4		0.023	0.052	0.039
Valine.....g	0.120		0		4		0.034	0.077	0.058
Arginine.....g	0.108		0		4		0.031	0.069	0.052
Histidine.....g	0.051		0		4		0.014	0.033	0.024
Alanine.....g	0.074		0		4		0.021	0.047	0.036
Aspartic acid.....g	0.140		0		4		0.040	0.090	0.067
Glutamic acid.....g	0.507		0		4		0.144	0.324	0.243
Glycine.....g	0.060		0		4		0.017	0.038	0.029
Proline.....g	0.191		0		4		0.054	0.122	0.092
Serine.....g	0.107		0		4		0.030	0.068	0.051
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	FLC	4		0	0	0

NDB No. 18313

Pie, coconut creme, commercially prepared

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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
Theobromine.....mg	0		0	FLC	4		0	0	0

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Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 = 64g: 1 piece (1/6 of 7" pie)

Measure 3 = 48g: 1 piece (1/8 of 7" pie)

**Calories Factors: Protein 4**

**Fat 8.7**

**Carbohydrate 3.9**

**Food Group: 18 Baked Products**

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 18316

Pie, coconut custard, commercially prepared

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
<b>Proximates:</b>									
Water.....g	49.20	3.683	3		1		13.95	51.17	
Energy.....kcal	260		0	NC	4		74	270	
Energy.....kJ	1088				4		308	1131	
Protein (N x 6).....g	5.90	0.055	3		1		1.67	6.14	
Total lipid (fat).....g	13.20	1.617	3		1		3.74	13.73	
Ash.....g	1.40	0.030	3		1		0.40	1.46	
Carbohydrate, by difference.....g	30.20		0	NC	4		8.56	31.41	
Fiber, total dietary.....g	1.8		0		1		0.5	1.9	
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	81	0.000	3		1		23	84	
Iron, Fe.....mg	0.80	0.049	3		1		0.23	0.83	
Magnesium, Mg.....mg	18		2		1		5	19	
Phosphorus, P.....mg	122		2		1		35	127	
Potassium, K.....mg	175		1		1		50	182	
Sodium, Na.....mg	335	12.583	3		1		95	348	
Zinc, Zn.....mg	0.68		2		1		0.19	0.71	
Copper, Cu.....mg	0.063		2		1		0.018	0.066	
Manganese, Mn.....mg	0.210		2		1		0.060	0.218	
Selenium, Se.....µg	6.4		0	FLA	4		1.8	6.7	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.6		0	FLA	4		0.2	0.6	
Thiamin.....mg	0.088	0.043	4		1		0.025	0.092	
Riboflavin.....mg	0.148	0.026	4		1		0.042	0.154	
Niacin.....mg	0.403	0.048	3		1		0.114	0.419	
Pantothenic acid.....mg	0.238		0		4		0.067	0.248	
Vitamin B-6.....mg	0.011		1		1		0.003	0.011	
Folate, total.....µg	13		0	FLA	4		4	14	
Folic acid.....µg	9		0	NC	4		3	9	
Folate, food.....µg	4		0		4		1	4	
Folate, DFE.....µg	19		0	NC	4		5	20	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.09		0		4		0.03	0.09	
Vitamin A, RAE.....µg	26		0	NC	4		7	27	
Retinol.....µg	24		0	NC	4		7	25	
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	110		1		1		31	114	
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									
<b>Lipids:</b>									

Pie, coconut custard, commercially prepared

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated.....g	5.854		0	FLA	4		1.660	6.088	
4:0.....g	0.054		0	FLA	4		0.015	0.056	
6:0.....g	0.049		0	FLA	4		0.014	0.051	
8:0.....g	0.228		0	FLA	4		0.065	0.237	
10:0.....g	0.208		0	FLA	4		0.059	0.216	
12:0.....g	1.368		0	FLA	4		0.388	1.423	
13:0.....g									
14:0.....g	0.732		0	FLA	4		0.208	0.761	
15:0.....g									
16:0.....g	1.805		0	FLA	4		0.512	1.877	
17:0.....g									
18:0.....g	1.373		0	FLA	4		0.389	1.428	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	5.495		0	FLA	4		1.558	5.715	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.038		0	FLA	4		0.011	0.040	
17:1.....g									
18:1 undifferentiated.....g	5.431		0	FLA	4		1.540	5.648	
20:1.....g	0.000		0	FLA	4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.170		0	FLA	4		0.332	1.217	
18:2 undifferentiated.....g	1.092		0	FLA	4		0.310	1.136	
18:3 undifferentiated.....g	0.078		0	FLA	4		0.022	0.081	
18:4.....g	0.000		0	FLA	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
20:5 n-3 (EPA).....g	0.000		0	FLA	4		0.000	0.000	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	FLA	4		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0	FLA	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	35		2		1		10	36	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.079		0		1		0.022	0.082	
Threonine.....g	0.216		0		1		0.061	0.225	
Isoleucine.....g	0.286		0		1		0.081	0.297	
Leucine.....g	0.482		0		1		0.137	0.501	
Lysine.....g	0.335		0		1		0.095	0.348	
Methionine.....g	0.121		0		1		0.034	0.126	
Cystine.....g	0.085		0		1		0.024	0.088	
Phenylalanine.....g	0.274		0		1		0.078	0.285	
Tyrosine.....g	0.224		0		1		0.064	0.233	
Valine.....g	0.330		0		1		0.094	0.343	
Arginine.....g	0.284		0		1		0.081	0.295	
Histidine.....g	0.140		0		1		0.040	0.146	
Alanine.....g	0.199		0		1		0.056	0.207	
Aspartic acid.....g	0.378		0		1		0.107	0.393	
Glutamic acid.....g	1.441		0		1		0.409	1.499	
Glycine.....g	0.164		0		1		0.046	0.171	
Proline.....g	0.546		0		1		0.155	0.568	
Serine.....g	0.301		0		1		0.085	0.313	
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. 18316**

**Pie, coconut custard, commercially prepared**

**Common Measures:**

Measure 1 = 28.35g: 1 oz

Measure 2 = 104g: 1 piece (1/6 of 8" pie)

**Calories Factors: Protein 4.1**

**Fat 8.7**

**Carbohydrate4**

**Food Group: 18 Baked Products**

USDA National Nutrient Database for Standard Reference, Release 27 (2014)



NDB No. 18317

Pie, egg custard, commercially prepared

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Lipids:</b>									
Fatty acids, total saturated.....g	2.349		0	FLA	4		0.666	2.466	
4:0.....g	0.024		0	FLA	4		0.007	0.025	
6:0.....g	0.011		0	FLA	4		0.003	0.012	
8:0.....g	0.008		0	FLA	4		0.002	0.008	
10:0.....g	0.018		0	FLA	4		0.005	0.019	
12:0.....g	0.019		0	FLA	4		0.005	0.020	
13:0.....g									
14:0.....g	0.088		0	FLA	4		0.025	0.092	
15:0.....g									
16:0.....g	1.469		0	FLA	4		0.416	1.542	
17:0.....g									
18:0.....g	0.685		0	FLA	4		0.194	0.719	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	4.797		0	FLA	4		1.360	5.037	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.099		0	FLA	4		0.028	0.104	
17:1.....g									
18:1 undifferentiated.....g	4.673		0	FLA	4		1.325	4.907	
20:1.....g	0.004		0	FLA	4		0.001	0.004	
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	3.723		0	FLA	4		1.055	3.909	
18:2 undifferentiated.....g	3.438		0	FLA	4		0.975	3.610	
18:3 undifferentiated.....g	0.249		0	FLA	4		0.071	0.261	
18:4.....g	0.000		0	FLA	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.021		0	FLA	4		0.006	0.022	
20:5 n-3 (EPA).....g	0.001		0	FLA	4		0.000	0.001	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	FLA	4		0.000	0.000	
22:6 n-3 (DHA).....g	0.006		0	FLA	4		0.002	0.006	
Fatty acids, total trans.....g									
Cholesterol.....mg	33	5.933	6		1		9	35	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.071		0		1		0.020	0.075	
Threonine.....g	0.225		0		1		0.064	0.236	
Isoleucine.....g	0.281		0		1		0.080	0.295	
Leucine.....g	0.455		0		1		0.129	0.478	
Lysine.....g	0.348		0		1		0.099	0.365	
Methionine.....g	0.138		0		1		0.039	0.145	
Cystine.....g	0.099		0		1		0.028	0.104	
Phenylalanine.....g	0.269		0		1		0.076	0.282	
Tyrosine.....g	0.214		0		1		0.061	0.225	
Valine.....g	0.315		0		1		0.089	0.331	
Arginine.....g	0.251		0		1		0.071	0.264	
Histidine.....g	0.127		0		1		0.036	0.133	
Alanine.....g	0.229		0		1		0.065	0.240	
Aspartic acid.....g	0.421		0		1		0.119	0.442	
Glutamic acid.....g	1.085		0		1		0.308	1.139	
Glycine.....g	0.159		0		1		0.045	0.167	
Proline.....g	0.400		0		1		0.113	0.420	
Serine.....g	0.334		0		1		0.095	0.351	
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	FLC	4		0	0	

NDB No. 18317

Pie, egg custard, commercially prepared

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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				
Theobromine.....mg	0		0	FLC	4		0		0

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Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 = 105g: 1 piece (1/6 of 8" pie)

**Calories Factors: Protein 4.3**

**Fat 8.9**

**Carbohydrate 4**

**Food Group:** 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)



NDB No. 18444  
Pie, fried pies, cherry

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	37.60	0.542	28		1		10.66	48.13	
Energy.....kcal	316		0	NC	4		90	404	
Energy.....kJ	1322				4		375	1692	
Protein (N x 5.8).....g	3.00	0.165	23		1		0.85	3.84	
Total lipid (fat).....g	16.10	0.484	30		1		4.56	20.61	
Ash.....g	1.10	0.064	15		1		0.31	1.41	
Carbohydrate, by difference.....g	42.60		0		4		12.08	54.53	
Fiber, total dietary.....g	2.6		0		4		0.7	3.3	
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	22	2.244	23		1		6	28	
Iron, Fe.....mg	1.22	0.129	22		1		0.35	1.56	
Magnesium, Mg.....mg	10	0.912	8		1		3	13	
Phosphorus, P.....mg	43	6.343	11		1		12	55	
Potassium, K.....mg	65	11.540	6		1		18	83	
Sodium, Na.....mg	374	12.764	23		1		106	479	
Zinc, Zn.....mg	0.23	0.026	8		1		0.07	0.29	
Copper, Cu.....mg	0.047	0.003	8		1		0.013	0.060	
Manganese, Mn.....mg	0.224	0.036	8		1		0.064	0.287	
Selenium, Se.....µg	2.4		0	FLA	4		0.7	3.1	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	1.3	0.163	6		1		0.4	1.7	
Thiamin.....mg	0.141	0.020	22		1		0.040	0.180	
Riboflavin.....mg	0.106	0.013	22		1		0.030	0.136	
Niacin.....mg	1.425	0.171	22		1		0.404	1.824	
Pantothenic acid.....mg	0.110	0.014	5		1		0.031	0.141	
Vitamin B-6.....mg	0.030	0.010	7		1		0.009	0.038	
Folate, total.....µg	18		0	FLA	4		5	23	
Folic acid.....µg	15		0	NC	4		4	19	
Folate, food.....µg	3		2		1		1	4	
Folate, DFE.....µg	29		0	NC	4		8	36	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.08	0.044	4		1		0.02	0.10	
Vitamin A, RAE.....µg	9		0	NC	4		2	11	
Retinol.....µg	0		0	Z	7		0	0	
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	172		0		4		49	220	
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									
<b>Lipids:</b>									

**NDB No. 18444**  
**Pie, fried pies, cherry**

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common</u>				
	Mean	Std. Error	Number		measures of food				
			of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated.....g	2.457		0	FLA	4		0.697	3.145	
4:0.....g	0.001		0	FLA	4		0.000	0.001	
6:0.....g									
8:0.....g									
10:0.....g	0.001		0	FLA	4		0.000	0.001	
12:0.....g	0.001		0		4		0.000	0.001	
13:0.....g									
14:0.....g	0.032		0	FLA	4		0.009	0.041	
15:0.....g									
16:0.....g	1.516		0	FLA	4		0.430	1.940	
17:0.....g									
18:0.....g	0.834		0	FLA	4		0.236	1.068	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	7.449		0	FLA	4		2.112	9.535	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.012		0		4		0.003	0.015	
17:1.....g									
18:1 undifferentiated.....g	7.299		0	FLA	4		2.069	9.343	
20:1.....g	0.089		0	FLA	4		0.025	0.114	
22:1 undifferentiated.....g	0.032		0		4		0.009	0.041	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	5.376		0	FLA	4		1.524	6.881	
18:2 undifferentiated.....g	4.808		0	FLA	4		1.363	6.154	
18:3 undifferentiated.....g	0.568		0	FLA	4		0.161	0.727	
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		4		0	0	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.042		0		4		0.012	0.054	
Threonine.....g	0.089		0		4		0.025	0.114	
Isoleucine.....g	0.120		0		4		0.034	0.154	
Leucine.....g	0.211		0		4		0.060	0.270	
Lysine.....g	0.121		0		4		0.034	0.155	
Methionine.....g	0.052		0		4		0.015	0.067	
Cystine.....g	0.059		0		4		0.017	0.076	
Phenylalanine.....g	0.138		0		4		0.039	0.177	
Tyrosine.....g	0.090		0		4		0.026	0.115	
Valine.....g	0.138		0		4		0.039	0.177	
Arginine.....g	0.112		0		4		0.032	0.143	
Histidine.....g	0.062		0		4		0.018	0.079	
Alanine.....g	0.093		0		4		0.026	0.119	
Aspartic acid.....g	0.156		0		4		0.044	0.200	
Glutamic acid.....g	0.906		0		4		0.257	1.160	
Glycine.....g	0.098		0		4		0.028	0.125	
Proline.....g	0.314		0		4		0.089	0.402	
Serine.....g	0.154		0		4		0.044	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. 18444**

**Pie, fried pies, cherry**

**Common Measures:**

Measure 1 = 28.35g: 1 oz

Measure 2 = 128g: 1 pie (5" x 3-3/4")

**Calories Factors: Protein 4**

**Fat 8.8**

**Carbohydrate 3.8**

**Food Group: 18 Baked Products**

USDA National Nutrient Database for Standard Reference, Release 27 (2014)



NDB No. 18319  
Pie, fried pies, fruit

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Lipids:</b>									
Fatty acids, total saturated.....g	2.457		0	FLA	4		0.697	3.145	
4:0.....g	0.001		0	FLA	4		0.000	0.001	
6:0.....g	0.000		0	FLA	4		0.000	0.000	
8:0.....g	0.000		0	FLA	4		0.000	0.000	
10:0.....g	0.001		0	FLA	4		0.000	0.001	
12:0.....g	0.001		0	FLA	4		0.000	0.001	
13:0.....g									
14:0.....g	0.032		0	FLA	4		0.009	0.041	
15:0.....g									
16:0.....g	1.516		0	FLA	4		0.430	1.940	
17:0.....g									
18:0.....g	0.834		0	FLA	4		0.236	1.068	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	7.449		0	FLA	4		2.112	9.535	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.012		0	FLA	4		0.003	0.015	
17:1.....g									
18:1 undifferentiated.....g	7.299		0	FLA	4		2.069	9.343	
20:1.....g	0.089		0	FLA	4		0.025	0.114	
22:1 undifferentiated.....g	0.032		0	FLA	4		0.009	0.041	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	5.376		0	FLA	4		1.524	6.881	
18:2 undifferentiated.....g	4.808		0	FLA	4		1.363	6.154	
18:3 undifferentiated.....g	0.568		0	FLA	4		0.161	0.727	
18:4.....g	0.000		0	FLA	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
20:5 n-3 (EPA).....g	0.000		0	FLA	4		0.000	0.000	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	FLA	4		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0	FLA	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		4		0	0	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.042		0		1		0.012	0.054	
Threonine.....g	0.089		0		1		0.025	0.114	
Isoleucine.....g	0.120		0		1		0.034	0.154	
Leucine.....g	0.211		0		1		0.060	0.270	
Lysine.....g	0.121		0		1		0.034	0.155	
Methionine.....g	0.052		0		1		0.015	0.067	
Cystine.....g	0.059		0		1		0.017	0.076	
Phenylalanine.....g	0.138		0		1		0.039	0.177	
Tyrosine.....g	0.090		0		1		0.026	0.115	
Valine.....g	0.138		0		1		0.039	0.177	
Arginine.....g	0.112		0		1		0.032	0.143	
Histidine.....g	0.062		0		1		0.018	0.079	
Alanine.....g	0.093		0		1		0.026	0.119	
Aspartic acid.....g	0.156		0		1		0.044	0.200	
Glutamic acid.....g	0.906		0		1		0.257	1.160	
Glycine.....g	0.098		0		1		0.028	0.125	
Proline.....g	0.314		0		1		0.089	0.402	
Serine.....g	0.154		0		1		0.044	0.197	
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	RA	4		0.0	0.0	
Caffeine.....mg	0		0	FLC	4		0	0	

NDB No. 18319  
Pie, fried pies, fruit

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			
Theobromine.....mg	0		0	FLC	4	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 28.35g: 1 oz  
Measure 2 = 128g: 1 pie (5" x 3-3/4")

**Calories Factors: Protein 4                      Fat 8.8                      Carbohydrate 3.8**

**Food Group:** 18 Baked Products  
USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 18445

Pie, fried pies, lemon

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
<b>Proximates:</b>									
Water.....g	37.60	0.542	28		1		10.66	48.13	
Energy.....kcal	316		0	NC	4		90	404	
Energy.....kJ	1322				4		375	1692	
Protein (N x 5.8).....g	3.00	0.165	23		1		0.85	3.84	
Total lipid (fat).....g	16.10	0.484	30		1		4.56	20.61	
Ash.....g	1.10	0.064	15		1		0.31	1.41	
Carbohydrate, by difference.....g	42.60		0		4		12.08	54.53	
Fiber, total dietary.....g	2.6		0		4		0.7	3.3	
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	22	2.244	23		1		6	28	
Iron, Fe.....mg	1.22	0.129	22		1		0.35	1.56	
Magnesium, Mg.....mg	10	0.912	8		1		3	13	
Phosphorus, P.....mg	43	6.343	11		1		12	55	
Potassium, K.....mg	65	11.540	6		1		18	83	
Sodium, Na.....mg	374	12.764	23		1		106	479	
Zinc, Zn.....mg	0.23	0.026	8		1		0.07	0.29	
Copper, Cu.....mg	0.047	0.003	8		1		0.013	0.060	
Manganese, Mn.....mg	0.224	0.036	8		1		0.064	0.287	
Selenium, Se.....µg	2.4		0	FLA	4		0.7	3.1	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0		4		0.0	0.0	
Thiamin.....mg	0.141	0.020	22		1		0.040	0.180	
Riboflavin.....mg	0.106	0.013	22		1		0.030	0.136	
Niacin.....mg	1.425	0.171	22		1		0.404	1.824	
Pantothenic acid.....mg	0.110	0.014	5		1		0.031	0.141	
Vitamin B-6.....mg	0.030	0.010	7		1		0.009	0.038	
Folate, total.....µg	18		0	FLA	4		5	23	
Folic acid.....µg	15		0	NC	4		4	19	
Folate, food.....µg	3		2		1		1	4	
Folate, DFE.....µg	29		0	NC	4		8	36	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.08	0.044	4		1		0.02	0.10	
Vitamin A, RAE.....µg	2		0	NC	4		0	2	
Retinol.....µg	0		0	Z	7		0	0	
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	32		0		4		9	41	
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									
<b>Lipids:</b>									

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated.....g	2.457		0	FLA	4		0.697	3.145	
4:0.....g	0.001		0	FLA	4		0.000	0.001	
6:0.....g									
8:0.....g									
10:0.....g	0.001		0	FLA	4		0.000	0.001	
12:0.....g	0.001		0		4		0.000	0.001	
13:0.....g									
14:0.....g	0.032		0	FLA	4		0.009	0.041	
15:0.....g									
16:0.....g	1.516		0	FLA	4		0.430	1.940	
17:0.....g									
18:0.....g	0.834		0	FLA	4		0.236	1.068	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	7.449		0	FLA	4		2.112	9.535	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.012		0		4		0.003	0.015	
17:1.....g									
18:1 undifferentiated.....g	7.299		0	FLA	4		2.069	9.343	
20:1.....g	0.089		0	FLA	4		0.025	0.114	
22:1 undifferentiated.....g	0.032		0		4		0.009	0.041	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	5.376		0	FLA	4		1.524	6.881	
18:2 undifferentiated.....g	4.808		0	FLA	4		1.363	6.154	
18:3 undifferentiated.....g	0.568		0	FLA	4		0.161	0.727	
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		4		0	0	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.042		0		4		0.012	0.054	
Threonine.....g	0.089		0		4		0.025	0.114	
Isoleucine.....g	0.120		0		4		0.034	0.154	
Leucine.....g	0.211		0		4		0.060	0.270	
Lysine.....g	0.121		0		4		0.034	0.155	
Methionine.....g	0.052		0		4		0.015	0.067	
Cystine.....g	0.059		0		4		0.017	0.076	
Phenylalanine.....g	0.138		0		4		0.039	0.177	
Tyrosine.....g	0.090		0		4		0.026	0.115	
Valine.....g	0.138		0		4		0.039	0.177	
Arginine.....g	0.112		0		4		0.032	0.143	
Histidine.....g	0.062		0		4		0.018	0.079	
Alanine.....g	0.093		0		4		0.026	0.119	
Aspartic acid.....g	0.156		0		4		0.044	0.200	
Glutamic acid.....g	0.906		0		4		0.257	1.160	
Glycine.....g	0.098		0		4		0.028	0.125	
Proline.....g	0.314		0		4		0.089	0.402	
Serine.....g	0.154		0		4		0.044	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. 18445**

**Pie, fried pies, lemon**

**Common Measures:**

Measure 1 = 28.35g: 1 oz

Measure 2 = 128g: 1 pie (5" x 3-3/4")

**Calories Factors: Protein 4**

**Fat 8.8**

**Carbohydrate 3.8**

**Food Group: 18 Baked 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 of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Lipids:</b>									
Fatty acids, total saturated.....g	1.766		0	FLA	4		0.501	1.996	
4:0.....g	0.000		0	FLA	4		0.000	0.000	
6:0.....g	0.000		0	FLA	4		0.000	0.000	
8:0.....g	0.000		0	FLA	4		0.000	0.000	
10:0.....g	0.001		0	FLA	4		0.000	0.001	
12:0.....g	0.000		0	FLA	4		0.000	0.000	
13:0.....g									
14:0.....g	0.027		0	FLA	4		0.008	0.031	
15:0.....g									
16:0.....g	1.345		0	FLA	4		0.381	1.520	
17:0.....g									
18:0.....g	0.384		0	FLA	4		0.109	0.434	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	2.685		0	FLA	4		0.761	3.034	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.060		0	FLA	4		0.017	0.068	
17:1.....g									
18:1 undifferentiated.....g	2.619		0	FLA	4		0.742	2.959	
20:1.....g	0.004		0	FLA	4		0.001	0.005	
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	3.648		0	FLA	4		1.034	4.122	
18:2 undifferentiated.....g	3.414		0	FLA	4		0.968	3.858	
18:3 undifferentiated.....g	0.205		0	FLA	4		0.058	0.232	
18:4.....g	0.000		0	FLA	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.022		0	FLA	4		0.006	0.025	
20:5 n-3 (EPA).....g	0.001		0	FLA	4		0.000	0.001	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	FLA	4		0.000	0.000	
22:6 n-3 (DHA).....g	0.006		0	FLA	4		0.002	0.007	
Fatty acids, total trans.....g									
Cholesterol.....mg	45		2		1		13	51	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.019		0		1		0.005	0.021	
Threonine.....g	0.060		0		1		0.017	0.068	
Isoleucine.....g	0.066		0		1		0.019	0.075	
Leucine.....g	0.116		0		1		0.033	0.131	
Lysine.....g	0.084		0		1		0.024	0.095	
Methionine.....g	0.030		0		1		0.009	0.034	
Cystine.....g	0.029		0		1		0.008	0.033	
Phenylalanine.....g	0.066		0		1		0.019	0.075	
Tyrosine.....g	0.054		0		1		0.015	0.061	
Valine.....g	0.074		0		1		0.021	0.084	
Arginine.....g	0.081		0		1		0.023	0.092	
Histidine.....g	0.034		0		1		0.010	0.038	
Alanine.....g	0.061		0		1		0.017	0.069	
Aspartic acid.....g	0.106		0		1		0.030	0.120	
Glutamic acid.....g	0.342		0		1		0.097	0.386	
Glycine.....g	0.048		0		1		0.014	0.054	
Proline.....g	0.116		0		1		0.033	0.131	
Serine.....g	0.101		0		1		0.029	0.114	
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	FLC	4		0	0	

NDB No. 18320

Pie, lemon meringue, commercially prepared

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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 Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Code					
Theobromine.....mg	0		0	FLC	4		0		0

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Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 = 113g: 1 piece (1/6 of 8" pie)

**Calories Factors: Protein 4.2**

**Fat 8.9**

**Carbohydrate 3.9**

**Food Group:** 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 18321

Pie, lemon meringue, prepared from recipe

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
<b>Proximates:</b>									
Water.....g	43.30		0		1		12.28	54.99	
Energy.....kcal	285		0	NC	4		81	362	
Energy.....kJ	1192				4		338	1514	
Protein (N x 0).....g	3.80		0		1		1.08	4.83	
Total lipid (fat).....g	12.90		0		1		3.66	16.38	
Ash.....g	0.90		0		1		0.26	1.14	
Carbohydrate, by difference.....g	39.10		0	NC	4		11.08	49.66	
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	12		0		1		3	15	
Iron, Fe.....mg	1.00		0		1		0.28	1.27	
Magnesium, Mg.....mg	6		0		1		2	8	
Phosphorus, P.....mg	42		0		1		12	53	
Potassium, K.....mg	65		0		1		18	83	
Sodium, Na.....mg	242		0		1		69	307	
Zinc, Zn.....mg	0.28		0		1		0.08	0.36	
Copper, Cu.....mg	0.042		0		1		0.012	0.053	
Manganese, Mn.....mg	0.128		0		1		0.036	0.163	
Selenium, Se.....µg	11.6		0	RK	4		3.3	14.7	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	3.3		0		1		0.9	4.2	
Thiamin.....mg	0.118		0		1		0.033	0.150	
Riboflavin.....mg	0.159		0		1		0.045	0.202	
Niacin.....mg	0.944		0		1		0.268	1.199	
Pantothenic acid.....mg	0.214		0		1		0.061	0.272	
Vitamin B-6.....mg	0.027		0		1		0.008	0.034	
Folate, total.....µg	25		0	RK	4		7	32	
Folic acid.....µg	16		0	NC	4		5	20	
Folate, food.....µg	9		0		1		3	11	
Folate, DFE.....µg	36		0	NC	4		10	46	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.12		0		1		0.03	0.15	
Vitamin A, RAE.....µg	43		0	NC	4		12	54	
Retinol.....µg	41		0	NC	4		12	52	
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	160		0		1		45	203	
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									
<b>Lipids:</b>									

Pie, lemon meringue, prepared from recipe

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated.....g	3.185		0		1		0.903	4.045	
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	0.047		0		1		0.013	0.060	
15:0.....g									
16:0.....g	1.881		0		1		0.533	2.389	
17:0.....g									
18:0.....g	1.249		0		1		0.354	1.586	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	5.582		0		1		1.582	7.089	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.038		0		1		0.011	0.048	
17:1.....g									
18:1 undifferentiated.....g	5.539		0		1		1.570	7.035	
20:1.....g	0.004		0		1		0.001	0.005	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	3.331		0		1		0.944	4.230	
18:2 undifferentiated.....g	3.121		0		1		0.885	3.964	
18:3 undifferentiated.....g	0.186		0		1		0.053	0.236	
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	0.018		0		1		0.005	0.023	
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	0.005		0		1		0.001	0.006	
Fatty acids, total trans.....g									
Cholesterol.....mg	53		0		1		15	67	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.046		0		1		0.013	0.058	
Threonine.....g	0.143		0		1		0.041	0.182	
Isoleucine.....g	0.169		0		1		0.048	0.215	
Leucine.....g	0.292		0		1		0.083	0.371	
Lysine.....g	0.181		0		1		0.051	0.230	
Methionine.....g	0.092		0		1		0.026	0.117	
Cystine.....g	0.083		0		1		0.024	0.105	
Phenylalanine.....g	0.194		0		1		0.055	0.246	
Tyrosine.....g	0.135		0		1		0.038	0.171	
Valine.....g	0.192		0		1		0.054	0.244	
Arginine.....g	0.191		0		1		0.054	0.243	
Histidine.....g	0.087		0		1		0.025	0.110	
Alanine.....g	0.166		0		1		0.047	0.211	
Aspartic acid.....g	0.272		0		1		0.077	0.345	
Glutamic acid.....g	0.864		0		1		0.245	1.097	
Glycine.....g	0.130		0		1		0.037	0.165	
Proline.....g	0.288		0		1		0.082	0.366	
Serine.....g	0.236		0		1		0.067	0.300	
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. 18321**

**Pie, lemon meringue, prepared from recipe**

**Common Measures:**

Measure 1 = 28.35g: 1 oz

Measure 2 = 127g: 1 piece (1/8 of 9" dia)

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)





NDB No. 18322

Pie, mince, prepared from recipe

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
<b>Lipids:</b>								
Fatty acids, total saturated.....g	2.682		0		1		0.760	4.425
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	0.043		0		1		0.012	0.071
15:0.....g								
16:0.....g	1.529		0		1		0.433	2.523
17:0.....g								
18:0.....g	1.110		0		1		0.315	1.832
20:0.....g								
22:0.....g								
24:0.....g								
Fatty acids, total monounsaturated.....g	4.654		0		1		1.319	7.679
14:1.....g								
15:1.....g								
16:1 undifferentiated.....g	0.001		0		1		0.000	0.002
17:1.....g								
18:1 undifferentiated.....g	4.654		0		1		1.319	7.679
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	2.842		0		1		0.806	4.689
18:2 undifferentiated.....g	2.661		0		1		0.754	4.391
18:3 undifferentiated.....g	0.180		0		1		0.051	0.297
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		1		0	0
Phytosterols.....mg								
<b>Amino Acids:</b>								
Tryptophan.....g	0.027		0		1		0.008	0.045
Threonine.....g	0.070		0		1		0.020	0.116
Isoleucine.....g	0.074		0		1		0.021	0.122
Leucine.....g	0.149		0		1		0.042	0.246
Lysine.....g	0.058		0		1		0.016	0.096
Methionine.....g	0.053		0		1		0.015	0.087
Cystine.....g	0.051		0		1		0.014	0.084
Phenylalanine.....g	0.112		0		1		0.032	0.185
Tyrosine.....g	0.070		0		1		0.020	0.116
Valine.....g	0.096		0		1		0.027	0.158
Arginine.....g	0.122		0		1		0.035	0.201
Histidine.....g	0.064		0		1		0.018	0.106
Alanine.....g	0.087		0		1		0.025	0.144
Aspartic acid.....g	0.157		0		1		0.045	0.259
Glutamic acid.....g	0.779		0		1		0.221	1.285
Glycine.....g	0.073		0		1		0.021	0.120
Proline.....g	0.232		0		1		0.066	0.383
Serine.....g	0.101		0		1		0.029	0.167
Hydroxyproline.....g								
<b>Others:</b>								
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0
Caffeine.....mg	0		0	RA	4		0	0

NDB No. 18322

Pie, mince, prepared from recipe

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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 Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Code					
Theobromine.....mg	0		0	RA	4	0		0	

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Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 = 165g: 1 piece (1/8 of 9" dia)

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked 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				
	Mean	Std. Error	Number of Data Points	Deriv Code	measures of food				
					Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Lipids:</b>									
Fatty acids, total saturated.....g	1.508		0	FLA	4		0.428	1.764	
4:0.....g	0.000		0	FLA	4		0.000	0.000	
6:0.....g	0.000		0	FLA	4		0.000	0.000	
8:0.....g	0.000		0	FLA	4		0.000	0.000	
10:0.....g	0.000		0	FLA	4		0.000	0.000	
12:0.....g	0.000		0	FLA	4		0.000	0.000	
13:0.....g									
14:0.....g	0.011		0	FLA	4		0.003	0.013	
15:0.....g									
16:0.....g	0.995		0	FLA	4		0.282	1.164	
17:0.....g									
18:0.....g	0.501		0	FLA	4		0.142	0.586	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	4.241		0	FLA	4		1.202	4.962	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.038		0	FLA	4		0.011	0.044	
17:1.....g									
18:1 undifferentiated.....g	4.193		0	FLA	4		1.189	4.906	
20:1.....g	0.000		0	FLA	4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	3.749		0	FLA	4		1.063	4.386	
18:2 undifferentiated.....g	3.485		0	FLA	4		0.988	4.077	
18:3 undifferentiated.....g	0.255		0	FLA	4		0.072	0.298	
18:4.....g	0.000		0	FLA	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
20:5 n-3 (EPA).....g	0.000		0	FLA	4		0.000	0.000	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	FLA	4		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0	FLA	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		1		0	0	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.022		0		1		0.006	0.026	
Threonine.....g	0.057		0		1		0.016	0.067	
Isoleucine.....g	0.067		0		1		0.019	0.078	
Leucine.....g	0.122		0		1		0.035	0.143	
Lysine.....g	0.064		0		1		0.018	0.075	
Methionine.....g	0.035		0		1		0.010	0.041	
Cystine.....g	0.035		0		1		0.010	0.041	
Phenylalanine.....g	0.081		0		1		0.023	0.095	
Tyrosine.....g	0.052		0		1		0.015	0.061	
Valine.....g	0.086		0		1		0.024	0.101	
Arginine.....g	0.066		0		1		0.019	0.077	
Histidine.....g	0.037		0		1		0.010	0.043	
Alanine.....g	0.069		0		1		0.020	0.081	
Aspartic acid.....g	0.132		0		1		0.037	0.154	
Glutamic acid.....g	0.538		0		1		0.153	0.629	
Glycine.....g	0.064		0		1		0.018	0.075	
Proline.....g	0.178		0		1		0.050	0.208	
Serine.....g	0.095		0		1		0.027	0.111	
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	FLC	4		0	0	

NDB No. 18323

Pie, peach

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
			Points	Code	Code				
Theobromine.....mg	0		0	FLC	4		0		0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 28.35g: 1 oz

Measure 2 = 117g: 1 piece (1/6 of 8" pie)

**Calories Factors: Protein 3.9**

**Fat 8.8**

**Carbohydrate 3.9**

**Food Group:** 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 18324

Pie, pecan, commercially prepared

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
<b>Proximates:</b>									
Water.....g	18.25		2	A	1		5.17	24.27	152.02
Energy.....kcal	407		0	NC	4		115	541	3388
Energy.....kJ	1702		0	NC	4		483	2264	14178
Protein.....g	4.50		2	A	1		1.28	5.98	37.48
Total lipid (fat).....g	16.69		2	A	1		4.73	22.20	139.07
Ash.....g	0.95		2	A	1		0.27	1.26	7.91
Carbohydrate, by difference.....g	59.61		0	NC	4		16.90	79.28	496.51
Fiber, total dietary.....g	2.1		2	A	1		0.6	2.9	17.9
Sugars, total.....g	25.18		2	A	1		7.14	33.49	209.75
Sucrose.....g	14.44		2	A	1		4.09	19.21	120.31
Glucose (dextrose).....g	5.53		2	A	1		1.57	7.36	46.10
Fructose.....g	0.00		2	A	1		0.00	0.00	0.00
Lactose.....g	0.23		2	A	1		0.06	0.30	1.88
Maltose.....g	4.98		2	A	1		1.41	6.62	41.46
Galactose.....g	0.00		2	A	1		0.00	0.00	0.00
Starch.....g	16.95		2	A	1		4.80	22.54	141.15
<b>Minerals:</b>									
Calcium, Ca.....mg	22		2	A	1		6	29	183
Iron, Fe.....mg	0.93		2	A	1		0.26	1.24	7.75
Magnesium, Mg.....mg	22		2	A	1		6	29	183
Phosphorus, P.....mg	83		2	A	1		24	110	691
Potassium, K.....mg	99		2	A	1		28	132	825
Sodium, Na.....mg	275		0	LC	8		78	365	2287
Zinc, Zn.....mg	0.87		2	A	1		0.25	1.16	7.25
Copper, Cu.....mg	0.184		2	A	1		0.052	0.244	1.530
Manganese, Mn.....mg	0.710		2	A	1		0.201	0.944	5.914
Selenium, Se.....µg	7.0		2	A	1		2.0	9.4	58.7
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		2	A	1		0.0	0.0	0.0
Thiamin.....mg	0.204		2	A	1		0.058	0.272	1.703
Riboflavin.....mg	0.078		2	A	1		0.022	0.104	0.653
Niacin.....mg	1.310		1	A	1		0.371	1.742	10.911
Pantothenic acid.....mg	0.391		2	A	1		0.111	0.521	3.261
Vitamin B-6.....mg	0.038		2	A	1		0.011	0.051	0.319
Folate, total.....µg	32		2	A	1		9	43	267
Folic acid.....µg	16		2	A	1		4	21	129
Folate, food.....µg	17		0	AS	1		5	22	137
Folate, DFE.....µg	43		0	NC	4		12	57	357
Choline, total.....mg	49.5		0	AS	1		14.0	65.9	412.6
Betaine.....mg	5.2		1	A	1		1.5	6.9	43.4
Vitamin B-12.....µg	0.12		0	FLA	4		0.04	0.16	1.03
Vitamin B-12, added.....µg	0.00		0	FLA	4		0.00	0.00	0.00
Vitamin A, RAE.....µg	51		0	FLC	4		14	67	422
Retinol.....µg	50		0	FLC	4		14	67	419
Carotene, beta.....µg	4		0	FLA	4		1	5	32
Carotene, alpha.....µg	0		0	FLA	4		0	0	0
Cryptoxanthin, beta.....µg	2		0	FLA	4		0	2	15
Vitamin A, IU.....IU	175	28.358	4		1		50	233	1458
Lycopene.....µg	0		0	FLA	4		0	0	0
Lutein + zeaxanthin.....µg	39		0	FLA	4		11	52	327
Vitamin E (alpha-tocopherol).....mg	0.80		2	A	1		0.23	1.06	6.66
Vitamin E, added.....mg	0.00		0	FLA	4		0.00	0.00	0.00
Tocopherol, beta.....mg	0.08		2	A	1		0.02	0.11	0.67
Tocopherol, gamma.....mg	6.64		2	A	1		1.88	8.84	55.35
Tocopherol, delta.....mg	1.62		2	A	1		0.46	2.15	13.49
Tocotrienol, alpha.....mg	0.02		2	A	1		0.01	0.03	0.21
Tocotrienol, beta.....mg	0.00		2	A	1		0.00	0.00	0.00

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 Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	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	0.1		0	NR	4		0.0	0.1	0.7
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	3		0	FLA	4		1	5	29
Vitamin K (phylloquinone).....µg	15.5		2	A	1		4.4	20.6	129.1
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg	0.2		2	A	1		0.1	0.3	1.9
<b>Lipids:</b>									
Fatty acids, total saturated.....g	2.654		0	NC	4		0.752	3.529	22.104
4:0.....g	0.000		0	FLA	4		0.000	0.000	0.000
6:0.....g	0.000		0	FLA	4		0.000	0.000	0.000
8:0.....g	0.000		2	A	1		0.000	0.000	0.000
10:0.....g	0.008		2	A	1		0.002	0.010	0.065
12:0.....g	0.000		2	A	1		0.000	0.000	0.000
13:0.....g	0.000		0	FLA	4		0.000	0.000	0.000
14:0.....g	0.032		2	A	1		0.009	0.042	0.263
15:0.....g	0.000		2	A	1		0.000	0.000	0.000
16:0.....g	1.568		2	A	1		0.444	2.085	13.059
17:0.....g	0.000		2	A	1		0.000	0.000	0.000
18:0.....g	1.015		2	A	1		0.288	1.350	8.454
20:0.....g	0.016		2	A	1		0.004	0.021	0.131
22:0.....g	0.016		2	A	1		0.004	0.021	0.131
24:0.....g	0.000		2	A	1		0.000	0.000	0.000
Fatty acids, total monounsaturated.....g	8.317		0	NC	4		2.358	11.061	69.279
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	0.043		2	A	1		0.012	0.058	0.362
17:1.....g	0.000		2	A	1		0.000	0.000	0.000
18:1 undifferentiated.....g	8.238		2	A	1		2.335	10.956	68.622
20:1.....g	0.036		2	A	1		0.010	0.047	0.296
22:1 undifferentiated.....g	0.000		2	A	1		0.000	0.000	0.000
24:1 c.....g	0.000		2	A	1		0.000	0.000	0.000
Fatty acids, total polyunsaturated.....g	3.554		0	NC	4		1.008	4.727	29.606
18:2 undifferentiated.....g	3.361		2	A	1		0.953	4.470	27.995
18:3 undifferentiated.....g	0.193		2	A	1		0.055	0.257	1.612
18:4.....g	0.000		2	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		2	A	1		0.000	0.000	0.000
21:5.....g	0.000		2	A	1		0.000	0.000	0.000
22:4.....g	0.000		2	A	1		0.000	0.000	0.000
22:5 n-3 (DPA).....g	0.000		2	A	1		0.000	0.000	0.000
22:6 n-3 (DHA).....g	0.000		2	A	1		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	42		0	FLA	4		12	56	351
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.050		0	A	1		0.014	0.067	0.418
Threonine.....g	0.146		0	A	1		0.041	0.194	1.214
Isoleucine.....g	0.170		0	A	1		0.048	0.226	1.415
Leucine.....g	0.310		0	A	1		0.088	0.413	2.585
Lysine.....g	0.125		0	A	1		0.035	0.166	1.041
Methionine.....g	0.080		0	A	1		0.023	0.107	0.668
Cystine.....g	0.080		0	A	1		0.023	0.107	0.668
Phenylalanine.....g	0.205		0	A	1		0.058	0.272	1.705
Tyrosine.....g	0.090		0	A	1		0.025	0.119	0.747
Valine.....g	0.215		0	A	1		0.061	0.286	1.790
Arginine.....g	0.290		0	A	1		0.082	0.385	2.414
Histidine.....g	0.105		0	A	1		0.030	0.140	0.875

NDB No. 18324

Pie, pecan, commercially prepared

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 Code
Alanine.....g	0.195		0	A	1	0.055	0.260	1.627
Aspartic acid.....g	0.340		0	A	1	0.097	0.453	2.836
Glutamic acid.....g	0.953		0	A	1	0.270	1.268	7.940
Glycine.....g	0.175		0	A	1	0.050	0.233	1.460
Proline.....g	0.254		0	A	1	0.072	0.337	2.114
Serine.....g	0.216		0	A	1	0.061	0.287	1.798
Hydroxyproline.....g								
<b>Others:</b>								
Alcohol, ethyl.....g	0.0		0	FLA	4	0.0	0.0	0.0
Caffeine.....mg	0		0	FLA	4	0	0	0
Theobromine.....mg	0		0	FLA	4	0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

- Measure 1 = 28.35g: 1 oz
- Measure 2 = 133g: 1 slice
- Measure 3 = 833g: 1 pie

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)



NDB No. 18325

Pie, pecan, prepared from recipe

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
<b>Proximates:</b>									
Water.....g	19.50		0		1		5.53	23.79	
Energy.....kcal	412		0	NC	4		117	503	
Energy.....kJ	1724				4		489	2103	
Protein (N x 0).....g	4.90		0		1		1.39	5.98	
Total lipid (fat).....g	22.20		0		1		6.29	27.08	
Ash.....g	1.10		0		1		0.31	1.34	
Carbohydrate, by difference.....g	52.20		0	NC	4		14.80	63.68	
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	32		0		1		9	39	
Iron, Fe.....mg	1.48		0		1		0.42	1.81	
Magnesium, Mg.....mg	26		0		1		7	32	
Phosphorus, P.....mg	94		0		1		27	115	
Potassium, K.....mg	133		0		1		38	162	
Sodium, Na.....mg	262		0		1		74	320	
Zinc, Zn.....mg	1.02		0		1		0.29	1.24	
Copper, Cu.....mg	0.211		0		1		0.060	0.257	
Manganese, Mn.....mg	0.712		0		1		0.202	0.869	
Selenium, Se.....µg	12.0		0	RK	4		3.4	14.6	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.2		0		1		0.1	0.2	
Thiamin.....mg	0.188		0		1		0.053	0.229	
Riboflavin.....mg	0.180		0		1		0.051	0.220	
Niacin.....mg	0.847		0		1		0.240	1.033	
Pantothenic acid.....mg	0.479		0		1		0.136	0.584	
Vitamin B-6.....mg	0.060		0		1		0.017	0.073	
Folate, total.....µg	26		0	RK	4		7	32	
Folic acid.....µg	12		0	NC	4		3	15	
Folate, food.....µg	14		0		1		4	17	
Folate, DFE.....µg	34		0	NC	4		10	42	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.17		0		1		0.05	0.21	
Vitamin A, RAE.....µg	82		0	NC	4		23	100	
Retinol.....µg	77		0		4		22	94	
Carotene, beta.....µg	60		0	RK	4		17	73	
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	357		0	NC	4		101	435	
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									
<b>Lipids:</b>									

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			
Fatty acids, total saturated.....g	3.989		0		1	1.131	4.867
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	0.001		0		1	0.000	0.001
10:0.....g	0.001		0		1	0.000	0.001
12:0.....g	0.001		0		1	0.000	0.001
13:0.....g							
14:0.....g	0.047		0		1	0.013	0.057
15:0.....g							
16:0.....g	2.549		0		1	0.723	3.110
17:0.....g							
18:0.....g	1.382		0		1	0.392	1.686
20:0.....g							
22:0.....g							
24:0.....g							
Fatty acids, total monounsaturated.....g	11.181		0		1	3.170	13.641
14:1.....g							
15:1.....g							
16:1 undifferentiated.....g	0.099		0		1	0.028	0.121
17:1.....g							
18:1 undifferentiated.....g	11.018		0		1	3.124	13.442
20:1.....g	0.063		0		1	0.018	0.077
22:1 undifferentiated.....g	0.001		0		1	0.000	0.001
24:1 c.....g							
Fatty acids, total polyunsaturated.....g	5.710		0		1	1.619	6.966
18:2 undifferentiated.....g	5.402		0		1	1.531	6.590
18:3 undifferentiated.....g	0.271		0		1	0.077	0.331
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	0.029		0		1	0.008	0.035
20:5 n-3 (EPA).....g	0.001		0		1	0.000	0.001
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	0.008		0		1	0.002	0.010
Fatty acids, total trans.....g							
Cholesterol.....mg	87		0		1	25	106
Phytosterols.....mg							
<b>Amino Acids:</b>							
Tryptophan.....g	0.069		0		1	0.020	0.084
Threonine.....g	0.189		0		1	0.054	0.231
Isoleucine.....g	0.223		0		1	0.063	0.272
Leucine.....g	0.372		0		1	0.105	0.454
Lysine.....g	0.248		0		1	0.070	0.303
Methionine.....g	0.125		0		1	0.035	0.153
Cystine.....g	0.111		0		1	0.031	0.135
Phenylalanine.....g	0.250		0		1	0.071	0.305
Tyrosine.....g	0.178		0		1	0.050	0.217
Valine.....g	0.255		0		1	0.072	0.311
Arginine.....g	0.325		0		1	0.092	0.397
Histidine.....g	0.116		0		1	0.033	0.142
Alanine.....g	0.223		0		1	0.063	0.272
Aspartic acid.....g	0.392		0		1	0.111	0.478
Glutamic acid.....g	0.972		0		1	0.276	1.186
Glycine.....g	0.176		0		1	0.050	0.215
Proline.....g	0.305		0		1	0.086	0.372
Serine.....g	0.301		0		1	0.085	0.367
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. 18325**

**Pie, pecan, prepared from recipe**

**Common Measures:**

Measure 1 = 28.35g: 1 oz

Measure 2 = 122g: 1 piece (1/8 of 9" dia)

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 18326

Pie, pumpkin, commercially prepared

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
<b>Proximates:</b>									
Water.....g	50.39	2.974	3	A	1		14.28	67.01	501.35
Energy.....kcal	243		0	NC	4		69	323	2414
Energy.....kJ	1015		0	NC	4		288	1350	10099
Protein.....g	3.90	0.571	3	A	1		1.10	5.18	38.76
Total lipid (fat).....g	9.75		2	A	1		2.76	12.97	97.01
Ash.....g	1.14	0.046	3	A	1		0.32	1.52	11.34
Carbohydrate, by difference.....g	34.83		0	NC	4		9.87	46.32	346.54
Fiber, total dietary.....g	1.8	0.145	3	A	1		0.5	2.3	17.6
Sugars, total.....g	18.88		0	FLA	4		5.35	25.11	187.86
Sucrose.....g	9.30	5.960	3	A	1		2.64	12.37	92.57
Glucose (dextrose).....g	3.78	2.037	3	A	1		1.07	5.03	37.61
Fructose.....g	2.85	1.574	3	A	1		0.81	3.79	28.36
Lactose.....g	2.00	0.546	3	A	1		0.57	2.66	19.87
Maltose.....g	0.95	0.380	3	A	1		0.27	1.27	9.49
Galactose.....g	0.01		0	FLA	4		0.00	0.01	0.07
Starch.....g	10.73	1.637	3	A	1		3.04	14.28	106.80
<b>Minerals:</b>									
Calcium, Ca.....mg	64	18.169	3	A	1		18	85	633
Iron, Fe.....mg	0.90	0.125	3	A	1		0.25	1.19	8.92
Magnesium, Mg.....mg	14	0.882	3	A	1		4	19	143
Phosphorus, P.....mg	81	9.539	3	A	1		23	108	806
Potassium, K.....mg	167	12.019	3	A	1		47	222	1658
Sodium, Na.....mg	239		0	LC	8		68	318	2382
Zinc, Zn.....mg	0.39	0.050	3	A	1		0.11	0.52	3.88
Copper, Cu.....mg	0.148	0.000	3	A	1		0.042	0.196	1.468
Manganese, Mn.....mg	0.227	0.027	3	A	1		0.064	0.301	2.255
Selenium, Se.....µg	5.4	0.788	3	A	1		1.5	7.2	54.1
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0	0.000	3	A	1		0.0	0.0	0.0
Thiamin.....mg	0.177	0.036	3	A	1		0.050	0.235	1.761
Riboflavin.....mg	0.124	0.014	3	A	1		0.035	0.165	1.231
Niacin.....mg	1.107	0.184	3	A	1		0.314	1.472	11.014
Pantothenic acid.....mg	0.452	0.061	3	A	1		0.128	0.601	4.494
Vitamin B-6.....mg	0.063		2	A	1		0.018	0.083	0.622
Folate, total.....µg	26	4.055	3	A	1		7	34	255
Folic acid.....µg	16	4.978	3	A	1		4	21	156
Folate, food.....µg	10	1.000	3	AS	1		3	13	100
Folate, DFE.....µg	37		0	NC	4		10	49	365
Choline, total.....mg	37.5		0	AS	1		10.6	49.9	373.6
Betaine.....mg	7.3		1	A	1		2.1	9.7	72.7
Vitamin B-12.....µg	0.35		0	FLA	4		0.10	0.47	3.52
Vitamin B-12, added.....µg	0.00		0	FLA	4		0.00	0.00	0.00
Vitamin A, RAE.....µg	448		0	FLC	4		127	596	4459
Retinol.....µg	334		0	FLC	4		95	445	3325
Carotene, beta.....µg	1023		0	FLC	4		290	1361	10179
Carotene, alpha.....µg	686		0	FLC	4		194	912	6824
Cryptoxanthin, beta.....µg	3		0	FLC	4		1	4	29
Vitamin A, IU.....IU	3434		0	FLA	4		974	4567	34168
Lycopene.....µg	0		0	FLC	4		0	0	3
Lutein + zeaxanthin.....µg	20		0	FLA	4		6	27	201
Vitamin E (alpha-tocopherol).....mg	0.76	0.223	3	A	1		0.21	1.01	7.53
Vitamin E, added.....mg	0.00		0	FLA	4		0.00	0.00	0.00
Tocopherol, beta.....mg	0.05	0.010	3	A	1		0.01	0.07	0.50
Tocopherol, gamma.....mg	3.49	0.938	3	A	1		0.99	4.64	34.72
Tocopherol, delta.....mg	1.00	0.221	3	A	1		0.28	1.33	9.92
Tocotrienol, alpha.....mg	0.01	0.007	3	A	1		0.00	0.02	0.13
Tocotrienol, beta.....mg	0.00	0.000	3	A	1		0.00	0.00	0.00

Pie, pumpkin, commercially prepared

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	0.00	0.000	3	A	1		0.00	0.00	0.00
Tocotrienol, delta.....mg	0.00	0.000	3	A	1		0.00	0.00	0.00
Vitamin D (D2 + D3).....µg	0.1		0	NR	4		0.0	0.1	0.5
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	2		0	FLA	4		1	3	21
Vitamin K (phylloquinone).....µg	13.2		2	A	1		3.8	17.6	131.8
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg	0.0		2	A	1		0.0	0.0	0.0
<b>Lipids:</b>									
Fatty acids, total saturated.....g	1.988		0	NC	4		0.563	2.643	19.776
4:0.....g	0.007		0	FLA	4		0.002	0.009	0.069
6:0.....g	0.001		0	FLA	4		0.000	0.001	0.010
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	FLA	4		0.000	0.000	0.000
14:0.....g	0.027	0.003	3	A	1		0.008	0.035	0.264
15:0.....g	0.000	0.000	3	A	1		0.000	0.000	0.000
16:0.....g	1.107	0.106	3	A	1		0.314	1.472	11.011
17:0.....g	0.000	0.000	3	A	1		0.000	0.000	0.000
18:0.....g	0.810	0.081	3	A	1		0.230	1.077	8.059
20:0.....g	0.013	0.003	3	A	1		0.004	0.018	0.132
22:0.....g	0.023	0.003	3	A	1		0.007	0.031	0.231
24:0.....g	0.000	0.000	3	A	1		0.000	0.000	0.000
Fatty acids, total monounsaturated.....g	4.600		0	NC	4		1.304	6.118	45.768
14:1.....g	0.000	0.000	3	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	0.033	0.003	3	A	1		0.009	0.044	0.331
17:1.....g	0.000	0.000	3	A	1		0.000	0.000	0.000
18:1 undifferentiated.....g	4.567	0.645	3	A	1		1.295	6.074	45.437
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	1.770		0	NC	4		0.502	2.354	17.611
18:2 undifferentiated.....g	1.650	0.060	3	A	1		0.468	2.194	16.417
18:3 undifferentiated.....g	0.117	0.029	3	A	1		0.033	0.155	1.161
18:4.....g	0.000	0.000	3	A	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	0.003	0.003	3	A	1		0.001	0.004	0.033
20:5 n-3 (EPA).....g	0.000	0.000	3	A	1		0.000	0.000	0.000
21:5.....g	0.000	0.000	3	A	1		0.000	0.000	0.000
22:4.....g	0.000	0.000	3	A	1		0.000	0.000	0.000
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	26		0	FLA	4		8	35	263
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.048		0	A	1		0.014	0.064	0.479
Threonine.....g	0.154		0	A	1		0.044	0.205	1.533
Isoleucine.....g	0.158		0	A	1		0.045	0.210	1.574
Leucine.....g	0.297		0	A	1		0.084	0.396	2.960
Lysine.....g	0.192		0	A	1		0.054	0.256	1.912
Methionine.....g	0.249		0	A	1		0.071	0.331	2.475
Cystine.....g	0.062		0	A	1		0.018	0.082	0.615
Phenylalanine.....g	0.175		0	A	1		0.050	0.233	1.743
Tyrosine.....g	0.118		0	A	1		0.033	0.157	1.175
Valine.....g	0.211		0	A	1		0.060	0.281	2.101
Arginine.....g	0.154		0	A	1		0.044	0.205	1.533
Histidine.....g	0.088		0	A	1		0.025	0.116	0.871

NDB No. 18326

Pie, pumpkin, commercially prepared

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 Code
Alanine.....g	0.150		0	A	1	0.043	0.199	1.492
Aspartic acid.....g	0.299		0	A	1	0.085	0.397	2.972
Glutamic acid.....g	0.844		0	A	1	0.239	1.123	8.403
Glycine.....g	0.115		0	A	1	0.033	0.153	1.147
Proline.....g	0.286		0	A	1	0.081	0.380	2.844
Serine.....g	0.220		0	A	1	0.062	0.292	2.188
Hydroxyproline.....g								
<b>Others:</b>								
Alcohol, ethyl.....g	0.0		0	FLA	4	0.0	0.0	0.0
Caffeine.....mg	0		0	FLA	4	0	0	0
Theobromine.....mg	0		0	FLA	4	0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

- Measure 1 = 28.35g: 1 oz
- Measure 2 = 133g: 1 slice
- Measure 3 = 995g: 1 pie

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 18327

Pie, pumpkin, prepared from recipe

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
<b>Proximates:</b>									
Water.....g	58.50		0		1		16.58	90.68	
Energy.....kcal	204		0	NC	4		58	316	
Energy.....kJ	854				4		242	1323	
Protein (N x 0).....g	4.50		0		1		1.28	6.98	
Total lipid (fat).....g	9.30		0		1		2.64	14.42	
Ash.....g	1.30		0		1		0.37	2.02	
Carbohydrate, by difference.....g	26.40		0	NC	4		7.48	40.92	
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	94		0		1		27	146	
Iron, Fe.....mg	1.27		0		1		0.36	1.97	
Magnesium, Mg.....mg	19		0		1		5	29	
Phosphorus, P.....mg	98		0		1		28	152	
Potassium, K.....mg	186		0		1		53	288	
Sodium, Na.....mg	225		0		1		64	349	
Zinc, Zn.....mg	0.46		0		1		0.13	0.71	
Copper, Cu.....mg	0.066		0		1		0.019	0.102	
Manganese, Mn.....mg	0.198		0		1		0.056	0.307	
Selenium, Se.....µg	7.1		0	RK	4		2.0	11.0	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	1.7		0		1		0.5	2.6	
Thiamin.....mg	0.092		0		1		0.026	0.143	
Riboflavin.....mg	0.201		0		1		0.057	0.312	
Niacin.....mg	0.782		0		1		0.222	1.212	
Pantothenic acid.....mg	0.445		0		1		0.126	0.690	
Vitamin B-6.....mg	0.047		0		1		0.013	0.073	
Folate, total.....µg	21		0	RK	4		6	33	
Folic acid.....µg	10		0	NC	4		3	16	
Folate, food.....µg	11		0		1		3	17	
Folate, DFE.....µg	28		0	NC	4		8	43	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.09		0		1		0.03	0.14	
Vitamin A, RAE.....µg	426		0	NC	4		121	660	
Retinol.....µg	30		0	RK	4		9	47	
Carotene, beta.....µg	4752		0	RK	4		1347	7366	
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	8020		0	NC	4		2274	12431	
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									
<b>Lipids:</b>									

Pie, pumpkin, prepared from recipe

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			
Fatty acids, total saturated.....g	3.171		0		1	0.899	4.915
4:0.....g	0.057		0		1	0.016	0.088
6:0.....g	0.039		0		1	0.011	0.060
8:0.....g	0.016		0		1	0.005	0.025
10:0.....g	0.032		0		1	0.009	0.050
12:0.....g	0.049		0		1	0.014	0.076
13:0.....g							
14:0.....g	0.247		0		1	0.070	0.383
15:0.....g							
16:0.....g	1.675		0		1	0.475	2.596
17:0.....g							
18:0.....g	0.977		0		1	0.277	1.514
20:0.....g							
22:0.....g							
24:0.....g							
Fatty acids, total monounsaturated.....g	3.697		0		1	1.048	5.730
14:1.....g							
15:1.....g							
16:1 undifferentiated.....g	0.077		0		1	0.022	0.119
17:1.....g							
18:1 undifferentiated.....g	3.594		0		1	1.019	5.571
20:1.....g	0.002		0		1	0.001	0.003
22:1 undifferentiated.....g	0.000		0		1	0.000	0.000
24:1 c.....g							
Fatty acids, total polyunsaturated.....g	1.810		0		1	0.513	2.806
18:2 undifferentiated.....g	1.668		0		1	0.473	2.585
18:3 undifferentiated.....g	0.128		0		1	0.036	0.198
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	0.011		0		1	0.003	0.017
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	0.003		0		1	0.001	0.005
Fatty acids, total trans.....g							
Cholesterol.....mg	42		0		1	12	65
Phytosterols.....mg							
<b>Amino Acids:</b>							
Tryptophan.....g	0.059		0		1	0.017	0.091
Threonine.....g	0.180		0		1	0.051	0.279
Isoleucine.....g	0.226		0		1	0.064	0.350
Leucine.....g	0.376		0		1	0.107	0.583
Lysine.....g	0.276		0		1	0.078	0.428
Methionine.....g	0.105		0		1	0.030	0.163
Cystine.....g	0.067		0		1	0.019	0.104
Phenylalanine.....g	0.219		0		1	0.062	0.339
Tyrosine.....g	0.187		0		1	0.053	0.290
Valine.....g	0.253		0		1	0.072	0.392
Arginine.....g	0.199		0		1	0.056	0.308
Histidine.....g	0.109		0		1	0.031	0.169
Alanine.....g	0.171		0		1	0.048	0.265
Aspartic acid.....g	0.339		0		1	0.096	0.525
Glutamic acid.....g	1.004		0		1	0.285	1.556
Glycine.....g	0.127		0		1	0.036	0.197
Proline.....g	0.375		0		1	0.106	0.581
Serine.....g	0.256		0		1	0.073	0.397
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. 18327**

**Pie, pumpkin, prepared from recipe**

**Common Measures:**

Measure 1 = 28.35g: 1 oz

Measure 2 = 155g: 1 piece (1/8 of 9" dia)

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)



NDB No. 18328

Pie, vanilla cream, prepared from recipe

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					
<b>Lipids:</b>								
Fatty acids, total saturated.....g	4.030		0		1		1.143	5.078
4:0.....g	0.042		0		1		0.012	0.053
6:0.....g	0.025		0		1		0.007	0.032
8:0.....g	0.015		0		1		0.004	0.019
10:0.....g	0.033		0		1		0.009	0.042
12:0.....g	0.037		0		1		0.010	0.047
13:0.....g								
14:0.....g	0.179		0		1		0.051	0.226
15:0.....g								
16:0.....g	2.263		0		1		0.642	2.851
17:0.....g								
18:0.....g	1.426		0		1		0.404	1.797
20:0.....g								
22:0.....g								
24:0.....g								
Fatty acids, total monounsaturated.....g	6.043		0		1		1.713	7.614
14:1.....g								
15:1.....g								
16:1 undifferentiated.....g	0.070		0		1		0.020	0.088
17:1.....g								
18:1 undifferentiated.....g	5.965		0		1		1.691	7.516
20:1.....g	0.004		0		1		0.001	0.005
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	3.438		0		1		0.975	4.332
18:2 undifferentiated.....g	3.205		0		1		0.909	4.038
18:3 undifferentiated.....g	0.208		0		1		0.059	0.262
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	0.020		0		1		0.006	0.025
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	0.005		0		1		0.001	0.006
Fatty acids, total trans.....g								
Cholesterol.....mg	62		0		1		18	78
Phytosterols.....mg								
<b>Amino Acids:</b>								
Tryptophan.....g	0.060		0		1		0.017	0.076
Threonine.....g	0.184		0		1		0.052	0.232
Isoleucine.....g	0.228		0		1		0.065	0.287
Leucine.....g	0.397		0		1		0.113	0.500
Lysine.....g	0.266		0		1		0.075	0.335
Methionine.....g	0.103		0		1		0.029	0.130
Cystine.....g	0.071		0		1		0.020	0.089
Phenylalanine.....g	0.224		0		1		0.064	0.282
Tyrosine.....g	0.189		0		1		0.054	0.238
Valine.....g	0.255		0		1		0.072	0.321
Arginine.....g	0.203		0		1		0.058	0.256
Histidine.....g	0.117		0		1		0.033	0.147
Alanine.....g	0.169		0		1		0.048	0.213
Aspartic acid.....g	0.309		0		1		0.088	0.389
Glutamic acid.....g	1.143		0		1		0.324	1.440
Glycine.....g	0.133		0		1		0.038	0.168
Proline.....g	0.444		0		1		0.126	0.559
Serine.....g	0.269		0		1		0.076	0.339
Hydroxyproline.....g								
<b>Others:</b>								
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0
Caffeine.....mg	0		0	RKI	6		0	0

NDB No. 18328

Pie, vanilla cream, prepared from recipe

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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				
Theobromine.....mg	0		0	RKI	6		0		0

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**Common Measures:**

Measure 1 = 28.35g: 1 oz

Measure 2 = 126g: 1 piece (1/8 of 9" dia)

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 18339  
 Popovers, dry mix, enriched

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
<b>Proximates:</b>									
Water.....g	11.70	0.123	19		1		3.32	19.89	
Energy.....kcal	371		0	NC	4		105	631	
Energy.....kJ	1552				4		440	2639	
Protein (N x 5.7).....g	10.40	0.079	15		1		2.95	17.68	
Total lipid (fat).....g	4.30	0.133	19		1		1.22	7.31	
Ash.....g	2.60	0.033	11		1		0.74	4.42	
Carbohydrate, by difference.....g	71.00		0	NC	4		20.13	120.70	
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	32	0.853	11		1		9	54	
Iron, Fe.....mg	2.97	0.583	4		1		0.84	5.05	
Magnesium, Mg.....mg	25	0.707	5		1		7	43	
Phosphorus, P.....mg	100	2.288	11		1		28	170	
Potassium, K.....mg	100	2.639	5		1		28	170	
Sodium, Na.....mg	906	34.871	5		1		257	1540	
Zinc, Zn.....mg	0.88		0	FLA	4		0.25	1.50	
Copper, Cu.....mg	0.171		0	FLA	4		0.048	0.291	
Manganese, Mn.....mg	0.741		0	FLA	4		0.210	1.260	
Selenium, Se.....µg	37.6		0	FLA	4		10.7	63.9	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.1		0	FLA	4		0.0	0.2	
Thiamin.....mg	0.430	0.098	5		1		0.122	0.731	
Riboflavin.....mg	0.147	0.028	5		1		0.042	0.250	
Niacin.....mg	3.378	0.567	4		1		0.958	5.743	
Pantothenic acid.....mg	0.480		0	FLA	4		0.136	0.816	
Vitamin B-6.....mg	0.042		0	FLA	4		0.012	0.071	
Folate, total.....µg	145		0	FLA	4		41	247	
Folic acid.....µg	120		0	NC	4		34	204	
Folate, food.....µg	25		0		4		7	43	
Folate, DFE.....µg	229		0	NC	4		65	389	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.08		0	FLA	4		0.02	0.14	
Vitamin A, RAE.....µg	0		0	NC	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	FLA	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									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									

**NDB No. 18339**  
**Popovers, dry mix, enriched**

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common</u>				
	Mean	Std. Error	Number		measures of food				
			of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated.....g	0.983		0		1		0.279	1.671	
4:0.....g	0.001		0		1		0.000	0.002	
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	0.018		0		1		0.005	0.031	
15:0.....g									
16:0.....g	0.555		0		1		0.157	0.944	
17:0.....g									
18:0.....g	0.408		0		1		0.116	0.694	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	1.984		0		1		0.562	3.373	
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	1.984		0		1		0.562	3.373	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.823		0		1		0.233	1.399	
18:2 undifferentiated.....g	0.784		0		1		0.222	1.333	
18:3 undifferentiated.....g	0.039		0		1		0.011	0.066	
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	FLA	4		0	0	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.123		0		1		0.035	0.209	
Threonine.....g	0.293		0		1		0.083	0.498	
Isoleucine.....g	0.407		0		1		0.115	0.692	
Leucine.....g	0.747		0		1		0.212	1.270	
Lysine.....g	0.249		0		1		0.071	0.423	
Methionine.....g	0.191		0		1		0.054	0.325	
Cystine.....g	0.225		0		1		0.064	0.383	
Phenylalanine.....g	0.517		0		1		0.147	0.879	
Tyrosine.....g	0.304		0		1		0.086	0.517	
Valine.....g	0.458		0		1		0.130	0.779	
Arginine.....g	0.365		0		1		0.103	0.621	
Histidine.....g	0.229		0		1		0.065	0.389	
Alanine.....g	0.324		0		1		0.092	0.551	
Aspartic acid.....g	0.451		0		1		0.128	0.767	
Glutamic acid.....g	3.565		0		1		1.011	6.061	
Glycine.....g	0.348		0		1		0.099	0.592	
Proline.....g	1.216		0		1		0.345	2.067	
Serine.....g	0.513		0		1		0.145	0.872	
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. 18339**

**Popovers, dry mix, enriched**

**Common Measures:**

Measure 1 = 28.35g: 1 oz

Measure 2 = 170g: 1 package (6 oz)

**Calories Factors: Protein 4.1**

**Fat 8.7**

**Carbohydrate 4.1**

**Food Group: 18 Baked Products**

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 18447  
 Popovers, dry mix, unenriched

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
<b>Proximates:</b>									
Water.....g	11.70	0.123	19		1		3.32	19.89	
Energy.....kcal	371		0	NC	4		105	631	
Energy.....kJ	1552				4		440	2639	
Protein (N x 5.7).....g	10.40	0.079	15		1		2.95	17.68	
Total lipid (fat).....g	4.30	0.133	19		1		1.22	7.31	
Ash.....g	2.60	0.033	11		1		0.74	4.42	
Carbohydrate, by difference.....g	71.00		0		4		20.13	120.70	
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	32	0.853	11		1		9	54	
Iron, Fe.....mg	0.82		0		4		0.23	1.39	
Magnesium, Mg.....mg	25	0.707	5		1		7	43	
Phosphorus, P.....mg	100	2.288	11		1		28	170	
Potassium, K.....mg	100	2.639	5		1		28	170	
Sodium, Na.....mg	906	34.871	5		1		257	1540	
Zinc, Zn.....mg	0.88		0	BFZN	4		0.25	1.50	
Copper, Cu.....mg	0.174		0	BFZN	4		0.049	0.296	
Manganese, Mn.....mg	0.741		0	BFZN	4		0.210	1.260	
Selenium, Se.....µg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.1		0	BFZN	4		0.0	0.2	
Thiamin.....mg	0.101		0		4		0.029	0.172	
Riboflavin.....mg	0.026		0		4		0.007	0.044	
Niacin.....mg	1.041		0		4		0.295	1.770	
Pantothenic acid.....mg	0.480		0	BFZN	4		0.136	0.816	
Vitamin B-6.....mg	0.042		0	BFZN	4		0.012	0.071	
Folate, total.....µg	25		0		4		7	43	
Folic acid.....µg	0		0	Z	7		0	0	
Folate, food.....µg	25		0		4		7	43	
Folate, DFE.....µg	25		0	NC	4		7	43	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.08		0	BFZN	4		0.02	0.14	
Vitamin A, RAE.....µg	0		0	NC	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	BFZN	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									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									



**NDB No. 18447**  
**Popovers, dry mix, unenriched**

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 Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Code					
Fatty acids, total saturated.....g	0.983		0		4		0.279	1.671	
4:0.....g	0.001		0		4		0.000	0.002	
6:0.....g	0.000		0		4		0.000	0.000	
8:0.....g	0.000		0		4		0.000	0.000	
10:0.....g	0.000		0		4		0.000	0.000	
12:0.....g	0.000		0		4		0.000	0.000	
13:0.....g									
14:0.....g	0.018		0		4		0.005	0.031	
15:0.....g									
16:0.....g	0.555		0		4		0.157	0.944	
17:0.....g									
18:0.....g	0.408		0		4		0.116	0.694	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	1.984		0		4		0.562	3.373	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	1.984		0		4		0.562	3.373	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.823		0		4		0.233	1.399	
18:2 undifferentiated.....g	0.784		0		4		0.222	1.333	
18:3 undifferentiated.....g	0.039		0		4		0.011	0.066	
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		4		0	0	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.123		0		4		0.035	0.209	
Threonine.....g	0.293		0		4		0.083	0.498	
Isoleucine.....g	0.407		0		4		0.115	0.692	
Leucine.....g	0.747		0		4		0.212	1.270	
Lysine.....g	0.249		0		4		0.071	0.423	
Methionine.....g	0.191		0		4		0.054	0.325	
Cystine.....g	0.225		0		4		0.064	0.383	
Phenylalanine.....g	0.517		0		4		0.147	0.879	
Tyrosine.....g	0.304		0		4		0.086	0.517	
Valine.....g	0.458		0		4		0.130	0.779	
Arginine.....g	0.365		0		4		0.103	0.621	
Histidine.....g	0.229		0		4		0.065	0.389	
Alanine.....g	0.324		0		4		0.092	0.551	
Aspartic acid.....g	0.451		0		4		0.128	0.767	
Glutamic acid.....g	3.565		0		4		1.011	6.061	
Glycine.....g	0.348		0		4		0.099	0.592	
Proline.....g	1.216		0		4		0.345	2.067	
Serine.....g	0.513		0		4		0.145	0.872	
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. 18447**

**Popovers, dry mix, unenriched**

**Common Measures:**

Measure 1 = 28.35g: 1 oz

Measure 2 = 170g: 1 package (6 oz)

**Calories Factors: Protein 4.1**

**Fat 8.7**

**Carbohydrate 4.1**

**Food Group: 18 Baked Products**

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 18337

Puff pastry, frozen, ready-to-bake

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
<b>Proximates:</b>									
Water.....g	8.50		0		1		2.41	4.00	
Energy.....kcal	551		0	NC	4		156	259	
Energy.....kJ	2305		0		4		654	1084	
Protein (N x 0).....g	7.30		0		1		2.07	3.43	
Total lipid (fat).....g	38.10		0		1		10.80	17.91	
Ash.....g	1.00		0		1		0.28	0.47	
Carbohydrate, by difference.....g	45.10		0	NC	4		12.79	21.20	
Fiber, total dietary.....g	1.5		0		4		0.4	0.7	
Sugars, total.....g	0.74		0	FLC	4		0.21	0.35	
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	10		0		1		3	5	
Iron, Fe.....mg	2.56		0		1		0.73	1.20	
Magnesium, Mg.....mg	16		0		1		5	8	
Phosphorus, P.....mg	60		0		1		17	28	
Potassium, K.....mg	61		0		1		17	29	
Sodium, Na.....mg	249		0		1		71	117	
Zinc, Zn.....mg	0.53		0		1		0.15	0.25	
Copper, Cu.....mg	0.114		0		1		0.032	0.054	
Manganese, Mn.....mg	0.488		0		1		0.138	0.229	
Selenium, Se.....µg	24.2		0	FLA	4		6.9	11.4	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0		1		0.0	0.0	
Thiamin.....mg	0.398		0		1		0.113	0.187	
Riboflavin.....mg	0.283		0		1		0.080	0.133	
Niacin.....mg	4.168		0		1		1.182	1.959	
Pantothenic acid.....mg	0.000		0		1		0.000	0.000	
Vitamin B-6.....mg	0.021		0		1		0.006	0.010	
Folate, total.....µg	78		0	FLC	4		22	37	
Folic acid.....µg	65		0		4		18	31	
Folate, food.....µg	13		0		1		4	6	
Folate, DFE.....µg	124		0	NC	4		35	58	
Choline, total.....mg	6.4		0	FLC	4		1.8	3.0	
Betaine.....mg									
Vitamin B-12.....µg	0.00		0		1		0.00	0.00	
Vitamin A, RAE.....µg	0		0	NC	4		0	0	
Retinol.....µg	0		0	FLC	4		0	0	
Carotene, beta.....µg	0		0	FLC	4		0	0	
Carotene, alpha.....µg	0		0	FLC	4		0	0	
Cryptoxanthin, beta.....µg	0		0	FLC	4		0	0	
Vitamin A, IU.....IU	1		0	NC	4		0	0	
Lycopene.....µg	0		0	FLC	4		0	0	
Lutein + zeaxanthin.....µg	43		0	FLC	4		12	20	
Vitamin E (alpha-tocopherol).....mg	0.54		0	FLC	4		0.15	0.25	
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	16.1		0	FLC	4		4.6	7.6	
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									

Puff pastry, frozen, ready-to-bake

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion 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	9.643		0	FLA	4		2.734	4.532	
4:0.....g	0.000		0	FLA	4		0.000	0.000	
6:0.....g	0.000		0	FLA	4		0.000	0.000	
8:0.....g	0.000		0	FLA	4		0.000	0.000	
10:0.....g	0.000		0	FLA	4		0.000	0.000	
12:0.....g	0.000		0	FLA	4		0.000	0.000	
13:0.....g									
14:0.....g	0.186		0	FLA	4		0.053	0.087	
15:0.....g									
16:0.....g	4.954		0	FLA	4		1.404	2.328	
17:0.....g									
18:0.....g	4.494		0	FLA	4		1.274	2.112	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	21.597		0	FLA	4		6.123	10.151	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.003		0	FLA	4		0.001	0.001	
17:1.....g									
18:1 undifferentiated.....g	21.594		0	FLA	4		6.122	10.149	
20:1.....g	0.000		0	FLA	4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	4.894		0	FLA	4		1.387	2.300	
18:2 undifferentiated.....g	4.645		0	FLA	4		1.317	2.183	
18:3 undifferentiated.....g	0.249		0	FLA	4		0.071	0.117	
18:4.....g	0.000		0	FLA	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
20:5 n-3 (EPA).....g	0.000		0	FLA	4		0.000	0.000	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	FLA	4		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0	FLA	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		1		0	0	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.085		0		1		0.024	0.040	
Threonine.....g	0.196		0		1		0.056	0.092	
Isoleucine.....g	0.272		0		1		0.077	0.128	
Leucine.....g	0.508		0		1		0.144	0.239	
Lysine.....g	0.142		0		1		0.040	0.067	
Methionine.....g	0.129		0		1		0.037	0.061	
Cystine.....g	0.165		0		1		0.047	0.078	
Phenylalanine.....g	0.362		0		1		0.103	0.170	
Tyrosine.....g	0.201		0		1		0.057	0.094	
Valine.....g	0.308		0		1		0.087	0.145	
Arginine.....g	0.255		0		1		0.072	0.120	
Histidine.....g	0.156		0		1		0.044	0.073	
Alanine.....g	0.224		0		1		0.064	0.105	
Aspartic acid.....g	0.296		0		1		0.084	0.139	
Glutamic acid.....g	2.574		0		1		0.730	1.210	
Glycine.....g	0.251		0		1		0.071	0.118	
Proline.....g	0.864		0		1		0.245	0.406	
Serine.....g	0.356		0		1		0.101	0.167	
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	FLC	4		0	0	
Theobromine.....mg	0		0	FLC	4		0	0	

NDB No. 18337

Puff pastry, frozen, ready-to-bake

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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			

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Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 = 47g: 1 shell

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)



NDB No. 18211

Puff pastry, frozen, ready-to-bake, baked

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	measures of food				
					Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Lipids:</b>									
Fatty acids, total saturated.....g	5.502		0		1		1.560	13.480	2.201
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	0.039		0		1		0.011	0.096	0.016
15:0.....g									
16:0.....g	4.016		0		1		1.139	9.839	1.606
17:0.....g									
18:0.....g	1.438		0		1		0.408	3.523	0.575
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	8.828		0		1		2.503	21.629	3.531
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.078		0		1		0.022	0.191	0.031
17:1.....g									
18:1 undifferentiated.....g	8.674		0		1		2.459	21.251	3.470
20:1.....g	0.075		0		1		0.021	0.184	0.030
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	22.228		0		1		6.302	54.459	8.891
18:2 undifferentiated.....g	19.640		0		1		5.568	48.118	7.856
18:3 undifferentiated.....g	2.588		0		1		0.734	6.341	1.035
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		1		0	0	0
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.086		0		1		0.024	0.211	0.034
Threonine.....g	0.198		0		1		0.056	0.485	0.079
Isoleucine.....g	0.275		0		1		0.078	0.674	0.110
Leucine.....g	0.514		0		1		0.146	1.259	0.206
Lysine.....g	0.144		0		1		0.041	0.353	0.058
Methionine.....g	0.131		0		1		0.037	0.321	0.052
Cystine.....g	0.167		0		1		0.047	0.409	0.067
Phenylalanine.....g	0.367		0		1		0.104	0.899	0.147
Tyrosine.....g	0.204		0		1		0.058	0.500	0.082
Valine.....g	0.312		0		1		0.088	0.764	0.125
Arginine.....g	0.259		0		1		0.073	0.635	0.104
Histidine.....g	0.158		0		1		0.045	0.387	0.063
Alanine.....g	0.227		0		1		0.064	0.556	0.091
Aspartic acid.....g	0.300		0		1		0.085	0.735	0.120
Glutamic acid.....g	2.607		0		1		0.739	6.387	1.043
Glycine.....g	0.255		0		1		0.072	0.625	0.102
Proline.....g	0.875		0		1		0.248	2.144	0.350
Serine.....g	0.360		0		1		0.102	0.882	0.144
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	RA	4		0.0	0.0	0.0
Caffeine.....mg	0		0	RA	4		0	0	0

NDB No. 18211

Puff pastry, frozen, ready-to-bake, baked

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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
Theobromine.....mg	0		0	RA	4		0	0	0

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Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 = 245g: 1 sheet

Measure 3 = 40g: 1 shell

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked 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 of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Lipids:</b>									
Fatty acids, total saturated.....g	1.577		0	FLA	4		0.447	0.552	
4:0.....g	0.000		0	FLA	4		0.000	0.000	
6:0.....g	0.000		0	FLA	4		0.000	0.000	
8:0.....g	0.000		0	FLA	4		0.000	0.000	
10:0.....g	0.000		0	FLA	4		0.000	0.000	
12:0.....g	0.001		0	FLA	4		0.000	0.000	
13:0.....g									
14:0.....g	0.025		0	FLA	4		0.007	0.009	
15:0.....g									
16:0.....g	0.945		0	FLA	4		0.268	0.331	
17:0.....g									
18:0.....g	0.595		0	FLA	4		0.169	0.208	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	2.930		0	FLA	4		0.831	1.026	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.055		0	FLA	4		0.016	0.019	
17:1.....g									
18:1 undifferentiated.....g	2.870		0	FLA	4		0.814	1.005	
20:1.....g	0.003		0	FLA	4		0.001	0.001	
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.128		0	FLA	4		0.320	0.395	
18:2 undifferentiated.....g	1.041		0	FLA	4		0.295	0.364	
18:3 undifferentiated.....g	0.055		0	FLA	4		0.016	0.019	
18:4.....g	0.002		0	FLA	4		0.001	0.001	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.017		0	FLA	4		0.005	0.006	
20:5 n-3 (EPA).....g	0.008		0	FLA	4		0.002	0.003	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	FLA	4		0.000	0.000	
22:6 n-3 (DHA).....g	0.005		0	FLA	4		0.001	0.002	
Fatty acids, total trans.....g									
Cholesterol.....mg	50		0	FLA	4		14	18	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.111		0		1		0.031	0.039	
Threonine.....g	0.310		0		1		0.088	0.109	
Isoleucine.....g	0.395		0		1		0.112	0.138	
Leucine.....g	0.686		0		1		0.194	0.240	
Lysine.....g	0.328		0		1		0.093	0.115	
Methionine.....g	0.186		0		1		0.053	0.065	
Cystine.....g	0.201		0		1		0.057	0.070	
Phenylalanine.....g	0.467		0		1		0.132	0.163	
Tyrosine.....g	0.292		0		1		0.083	0.102	
Valine.....g	0.443		0		1		0.126	0.155	
Arginine.....g	0.384		0		1		0.109	0.134	
Histidine.....g	0.209		0		1		0.059	0.073	
Alanine.....g	0.364		0		1		0.103	0.127	
Aspartic acid.....g	0.533		0		1		0.151	0.187	
Glutamic acid.....g	2.769		0		1		0.785	0.969	
Glycine.....g	0.338		0		1		0.096	0.118	
Proline.....g	0.915		0		1		0.259	0.320	
Serine.....g	0.490		0		1		0.139	0.172	
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	FLC	4		0	0	

NDB No. 18344  
 Rolls, dinner, egg

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
Theobromine.....mg	0		0	FLC	4		0		0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 28.35g: 1 oz  
 Measure 2 = 35g: 1 roll (2-1/2" dia)

**Calories Factors: Protein 3.9                      Fat 8.8                      Carbohydrate 4.1**

**Food Group:** 18 Baked Products  
 USDA National Nutrient Database for Standard Reference, Release 27 (2014)



NDB No. 18345  
Rolls, dinner, oat bran

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.619		0		1		0.175	0.204	
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	0.002		0		1		0.001	0.001	
13:0.....g									
14:0.....g	0.004		0		1		0.001	0.001	
15:0.....g									
16:0.....g	0.448		0		1		0.127	0.148	
17:0.....g									
18:0.....g	0.157		0		1		0.045	0.052	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	1.488		0		1		0.422	0.491	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.030		0		1		0.009	0.010	
17:1.....g									
18:1 undifferentiated.....g	1.458		0		1		0.413	0.481	
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	1.568		0		1		0.445	0.517	
18:2 undifferentiated.....g	1.471		0		1		0.417	0.485	
18:3 undifferentiated.....g	0.097		0		1		0.027	0.032	
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		1		0	0	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.120		0		1		0.034	0.040	
Threonine.....g	0.274		0		1		0.078	0.090	
Isoleucine.....g	0.367		0		1		0.104	0.121	
Leucine.....g	0.672		0		1		0.191	0.222	
Lysine.....g	0.270		0		1		0.077	0.089	
Methionine.....g	0.164		0		1		0.046	0.054	
Cystine.....g	0.215		0		1		0.061	0.071	
Phenylalanine.....g	0.475		0		1		0.135	0.157	
Tyrosine.....g	0.297		0		1		0.084	0.098	
Valine.....g	0.423		0		1		0.120	0.140	
Arginine.....g	0.408		0		1		0.116	0.135	
Histidine.....g	0.206		0		1		0.058	0.068	
Alanine.....g	0.339		0		1		0.096	0.112	
Aspartic acid.....g	0.500		0		1		0.142	0.165	
Glutamic acid.....g	2.902		0		1		0.823	0.958	
Glycine.....g	0.360		0		1		0.102	0.119	
Proline.....g	0.970		0		1		0.275	0.320	
Serine.....g	0.460		0		1		0.130	0.152	
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	FLC	4		0	0	

NDB No. 18345  
 Rolls, dinner, oat bran

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			
Theobromine.....mg	0		0	FLC	4	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 28.35g: 1 oz

Measure 2 = 33g: 1 roll

**Calories Factors: Protein 3.7**

**Fat 8.7**

**Carbohydrate 4**

**Food Group:** 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)



Rolls, dinner, plain, commercially prepared (includes brown-and-serve)

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Lipids:</b>									
Fatty acids, total saturated.....g	1.375		0	NC	4		0.385	0.344	0.591
4:0.....g	0.001		0	FLA	4		0.000	0.000	0.000
6:0.....g	0.000		0	FLA	4		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									
14:0.....g	0.009	0.009	3	A	1		0.003	0.002	0.004
15:0.....g	0.000	0.000	3	A	1		0.000	0.000	0.000
16:0.....g	0.785	0.042	3	A	1		0.220	0.196	0.338
17:0.....g	0.000	0.000	3	A	1		0.000	0.000	0.000
18:0.....g	0.537	0.047	3	A	1		0.150	0.134	0.231
20:0.....g	0.020	0.001	3	A	1		0.006	0.005	0.009
22:0.....g	0.024	0.001	3	A	1		0.007	0.006	0.010
24:0.....g	0.000		0	FLA	4		0.000	0.000	0.000
Fatty acids, total monounsaturated.....g	1.881		0	NC	4		0.527	0.470	0.809
14:1.....g	0.000	0.000	3	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	0.027	0.001	3	A	1		0.008	0.007	0.012
17:1.....g	0.000	0.000	3	A	1		0.000	0.000	0.000
18:1 undifferentiated.....g	1.833	0.183	3	A	1		0.513	0.458	0.788
20:1.....g	0.021	0.001	3	A	1		0.006	0.005	0.009
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.509		0	NC	4		0.702	0.627	1.079
18:2 undifferentiated.....g	2.285	0.130	3	A	1		0.640	0.571	0.982
18:3 undifferentiated.....g	0.224		0	AS	1		0.063	0.056	0.096
18:3 n-3 c,c,c (ALA).....g	0.224	0.005	3	A	1		0.063	0.056	0.096
18:3 n-6 c,c,c.....g	0.000	0.000	3	A	1		0.000	0.000	0.000
18:3i.....g									
18:4.....g	0.000		0	FLA	4		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
20:3 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	FLA	4		0.000	0.000	0.000
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	FLA	4		0.000	0.000	0.000
22:6 n-3 (DHA).....g	0.001		0	FLA	4		0.000	0.000	0.000
Fatty acids, total trans.....g	0.000		0	NR	4		0.000	0.000	0.000
Cholesterol.....mg	4		0	FLA	4		1	1	2
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.081	0.002	3	A	1		0.023	0.020	0.035
Threonine.....g	0.286	0.004	3	A	1		0.080	0.071	0.123
Isoleucine.....g	0.337	0.020	3	A	1		0.094	0.084	0.145
Leucine.....g	0.729	0.004	3	A	1		0.204	0.182	0.314
Lysine.....g	0.233	0.010	3	A	1		0.065	0.058	0.100
Methionine.....g	0.145	0.002	3	A	1		0.040	0.036	0.062
Cystine.....g	0.227	0.003	3	A	1		0.064	0.057	0.098
Phenylalanine.....g	0.506	0.007	3	A	1		0.142	0.126	0.217
Tyrosine.....g	0.290	0.013	3	A	1		0.081	0.072	0.125
Valine.....g	0.401	0.016	3	A	1		0.112	0.100	0.172
Arginine.....g	0.378	0.001	3	A	1		0.106	0.094	0.162
Histidine.....g	0.222	0.002	3	A	1		0.062	0.055	0.095
Alanine.....g	0.343	0.005	3	A	1		0.096	0.086	0.147
Aspartic acid.....g	0.450	0.003	3	A	1		0.126	0.112	0.193
Glutamic acid.....g	3.510	0.083	3	A	1		0.983	0.878	1.509
Glycine.....g	0.386	0.007	3	A	1		0.108	0.096	0.166



NDB No. 18342

Rolls, dinner, plain, commercially prepared (includes brown-and-serve)

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 Code			
Proline.....g	1.213	0.032	3	A	1	0.340	0.303	0.522
Serine.....g	0.546	0.020	3	A	1	0.153	0.136	0.235
Hydroxyproline.....g								
<b>Others:</b>								
Alcohol, ethyl.....g	0.0		0	FLA	4	0.0	0.0	0.0
Caffeine.....mg	0		0	FLA	4	0	0	0
Theobromine.....mg	0		0	FLA	4	0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 28g: 1 roll (1 oz)

Measure 2 = 25g: 1 each (pan, dinner, or small roll) (2" square, 2" high)

Measure 3 = 43g: 1 roll (hamburger, frankfurter, onion roll, bun, large roll)

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 18396

Rolls, dinner, plain, prepared from recipe, made with low fat (2%) milk

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
<b>Proximates:</b>									
Water.....g	29.10		0		1		8.25	12.51	10.19
Energy.....kcal	316		0	NC	4		90	136	111
Energy.....kJ	1322				4		375	569	463
Protein (N x 0).....g	8.50		0		1		2.41	3.66	2.98
Total lipid (fat).....g	7.30		0		1		2.07	3.14	2.56
Ash.....g	1.70		0		1		0.48	0.73	0.60
Carbohydrate, by difference.....g	53.40		0	NC	4		15.14	22.96	18.69
Fiber, total dietary.....g	1.9		0		4		0.5	0.8	0.7
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	60		0		1		17	26	21
Iron, Fe.....mg	2.96		0		1		0.84	1.27	1.04
Magnesium, Mg.....mg	19		0		1		5	8	7
Phosphorus, P.....mg	126		0		1		36	54	44
Potassium, K.....mg	152		0		1		43	65	53
Sodium, Na.....mg	415		0		1		118	178	145
Zinc, Zn.....mg	0.70		0		1		0.20	0.30	0.25
Copper, Cu.....mg	0.114		0		1		0.032	0.049	0.040
Manganese, Mn.....mg	0.401		0		1		0.114	0.172	0.140
Selenium, Se.....µg	22.8		0	RK	4		6.5	9.8	8.0
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.2		0		1		0.1	0.1	0.1
Thiamin.....mg	0.393		0		1		0.111	0.169	0.138
Riboflavin.....mg	0.408		0		1		0.116	0.175	0.143
Niacin.....mg	3.448		0		1		0.978	1.483	1.207
Pantothenic acid.....mg	0.450		0		1		0.128	0.194	0.158
Vitamin B-6.....mg	0.060		0		1		0.017	0.026	0.021
Folate, total.....µg	90		0	RK	4		26	39	32
Folic acid.....µg	47		0	NC	4		13	20	16
Folate, food.....µg	43		0		1		12	18	15
Folate, DFE.....µg	123		0	NC	4		35	53	43
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.14		0		1		0.04	0.06	0.05
Vitamin A, RAE.....µg	87		0	NC	4		25	37	30
Retinol.....µg	84		0	NC	4		24	36	29
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	338		0		1		96	145	118
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									
<b>Lipids:</b>									



NDB No. 18396

Rolls, dinner, plain, prepared from recipe, made with low fat (2%) milk

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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	Measure 1	Measure 2	Measure 3
			of Data Points	Confidence Code			

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Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 = 43g: 1 large roll or bun (3-1/2" dia)

Measure 3 = 35g: 1 roll (2-1/2" dia)

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked 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 of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.605		0		1		0.260	0.218	0.169
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		0.004	0.004	0.003
15:0.....g									
16:0.....g	0.367		0		1		0.158	0.132	0.103
17:0.....g									
18:0.....g	0.227		0		1		0.098	0.082	0.064
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	1.236		0		1		0.531	0.445	0.346
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.009		0		1		0.004	0.003	0.003
17:1.....g									
18:1 undifferentiated.....g	1.225		0		1		0.527	0.441	0.343
20:1.....g	0.002		0		1		0.001	0.001	0.001
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.708		0		1		0.304	0.255	0.198
18:2 undifferentiated.....g	0.656		0		1		0.282	0.236	0.184
18:3 undifferentiated.....g	0.052		0		1		0.022	0.019	0.015
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		1		0	0	0
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.119		0		1		0.051	0.043	0.033
Threonine.....g	0.313		0		1		0.135	0.113	0.088
Isoleucine.....g	0.396		0		1		0.170	0.143	0.111
Leucine.....g	0.712		0		1		0.306	0.256	0.199
Lysine.....g	0.282		0		1		0.121	0.102	0.079
Methionine.....g	0.172		0		1		0.074	0.062	0.048
Cystine.....g	0.215		0		1		0.092	0.077	0.060
Phenylalanine.....g	0.510		0		1		0.219	0.184	0.143
Tyrosine.....g	0.262		0		1		0.113	0.094	0.073
Valine.....g	0.468		0		1		0.201	0.168	0.131
Arginine.....g	0.403		0		1		0.173	0.145	0.113
Histidine.....g	0.224		0		1		0.096	0.081	0.063
Alanine.....g	0.362		0		1		0.156	0.130	0.101
Aspartic acid.....g	0.532		0		1		0.229	0.192	0.149
Glutamic acid.....g	3.231		0		1		1.389	1.163	0.905
Glycine.....g	0.369		0		1		0.159	0.133	0.103
Proline.....g	1.125		0		1		0.484	0.405	0.315
Serine.....g	0.512		0		1		0.220	0.184	0.143
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	FLA	4		0	0	0

NDB No. 18346  
 Rolls, dinner, rye

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 Code
Theobromine.....mg	0		0	FLA	4	0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 43g: 1 large (approx 3-1/2" to 4" dia)

Measure 2 = 36g: 1 medium

Measure 3 = 28g: 1 small (2-3/8" dia)

**Calories Factors: Protein 3.7**

**Fat 8.7**

**Carbohydrate 4.1**

**Food Group: 18 Baked 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 of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Lipids:</b>									
Fatty acids, total saturated.....g	1.497		0	FLA	4		0.419		
4:0.....g	0.000		0	FLA	4		0.000		
6:0.....g	0.000		0	FLA	4		0.000		
8:0.....g	0.003		0	FLA	4		0.001		
10:0.....g	0.000		0	FLA	4		0.000		
12:0.....g	0.000		0	FLA	4		0.000		
13:0.....g									
14:0.....g	0.027		0	FLA	4		0.008		
15:0.....g									
16:0.....g	0.825		0	FLA	4		0.231		
17:0.....g									
18:0.....g	0.633		0	FLA	4		0.177		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	3.109		0	FLA	4		0.871		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.005		0	FLA	4		0.001		
17:1.....g									
18:1 undifferentiated.....g	3.104		0	FLA	4		0.869		
20:1.....g	0.000		0	FLA	4		0.000		
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.107		0	FLA	4		0.310		
18:2 undifferentiated.....g	1.049		0	FLA	4		0.294		
18:3 undifferentiated.....g	0.058		0	FLA	4		0.016		
18:4.....g	0.000		0	FLA	4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLA	4		0.000		
20:5 n-3 (EPA).....g	0.000		0	FLA	4		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	FLA	4		0.000		
22:6 n-3 (DHA).....g	0.000		0	FLA	4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		1		0		
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.118		0		1		0.033		
Threonine.....g	0.241		0		1		0.067		
Isoleucine.....g	0.321		0		1		0.090		
Leucine.....g	0.594		0		1		0.166		
Lysine.....g	0.205		0		1		0.057		
Methionine.....g	0.145		0		1		0.041		
Cystine.....g	0.199		0		1		0.056		
Phenylalanine.....g	0.419		0		1		0.117		
Tyrosine.....g	0.246		0		1		0.069		
Valine.....g	0.379		0		1		0.106		
Arginine.....g	0.353		0		1		0.099		
Histidine.....g	0.193		0		1		0.054		
Alanine.....g	0.287		0		1		0.080		
Aspartic acid.....g	0.400		0		1		0.112		
Glutamic acid.....g	2.897		0		1		0.811		
Glycine.....g	0.324		0		1		0.091		
Proline.....g	0.964		0		1		0.270		
Serine.....g	0.416		0		1		0.116		
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0		
Caffeine.....mg	0		0	FLA	4		0		

NDB No. 18347  
 Rolls, dinner, wheat

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			
Theobromine.....mg	0		0	FLA	4		0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 28g: 1 roll (1 oz)

**Calories Factors: Protein 3.9**

**Fat 8.8**

**Carbohydrate 4**

**Food Group:** 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)



**NDB No. 18348**  
**Rolls, dinner, whole-wheat**

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	measures of food				
					Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.836		0		1		0.234	0.359	1.129
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	0.011		0		1		0.003	0.005	0.015
10:0.....g	0.000		0		1		0.000	0.000	0.000
12:0.....g	0.001		0		1		0.000	0.000	0.001
13:0.....g									
14:0.....g	0.013		0		1		0.004	0.006	0.018
15:0.....g									
16:0.....g	0.661		0		1		0.185	0.284	0.892
17:0.....g									
18:0.....g	0.141		0		1		0.039	0.061	0.190
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	1.199		0		1		0.336	0.516	1.619
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.026		0		1		0.007	0.011	0.035
17:1.....g									
18:1 undifferentiated.....g	1.173		0		1		0.328	0.504	1.584
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	2.161		0		1		0.605	0.929	2.917
18:2 undifferentiated.....g	2.038		0		1		0.571	0.876	2.751
18:3 undifferentiated.....g	0.121		0		1		0.034	0.052	0.163
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	0.001		0		1		0.000	0.000	0.001
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		1		0	0	0
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.134		0		1		0.038	0.058	0.181
Threonine.....g	0.260		0		1		0.073	0.112	0.351
Isoleucine.....g	0.333		0		1		0.093	0.143	0.450
Leucine.....g	0.601		0		1		0.168	0.258	0.811
Lysine.....g	0.266		0		1		0.074	0.114	0.359
Methionine.....g	0.138		0		1		0.039	0.059	0.186
Cystine.....g	0.196		0		1		0.055	0.084	0.265
Phenylalanine.....g	0.412		0		1		0.115	0.177	0.556
Tyrosine.....g	0.262		0		1		0.073	0.113	0.354
Valine.....g	0.403		0		1		0.113	0.173	0.544
Arginine.....g	0.407		0		1		0.114	0.175	0.549
Histidine.....g	0.204		0		1		0.057	0.088	0.275
Alanine.....g	0.314		0		1		0.088	0.135	0.424
Aspartic acid.....g	0.463		0		1		0.130	0.199	0.625
Glutamic acid.....g	2.692		0		1		0.754	1.158	3.634
Glycine.....g	0.347		0		1		0.097	0.149	0.468
Proline.....g	0.893		0		1		0.250	0.384	1.206
Serine.....g	0.414		0		1		0.116	0.178	0.559
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	FLA	4		0	0	0

**NDB No. 18348**  
**Rolls, dinner, whole-wheat**

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
Theobromine.....mg	0		0	FLA	4		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

- Measure 1 = 28g: 1 roll (1 oz)
- Measure 2 = 43g: 1 roll (hamburger, frankfurter roll)
- Measure 3 = 135g: 1 roll, large submarine, hoagie

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked 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		
	Mean	Std. Error	Number		Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code			
<b>Lipids:</b>							
Fatty acids, total saturated.....g	0.962		0		1	0.273	0.366
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	0.016		0		1	0.005	0.006
15:0.....g							
16:0.....g	0.549		0		1	0.156	0.209
17:0.....g							
18:0.....g	0.396		0		1	0.112	0.150
20:0.....g							
22:0.....g							
24:0.....g							
Fatty acids, total monounsaturated.....g	1.961		0		1	0.556	0.745
14:1.....g							
15:1.....g							
16:1 undifferentiated.....g	0.019		0		1	0.005	0.007
17:1.....g							
18:1 undifferentiated.....g	1.942		0		1	0.551	0.738
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	0.834		0		1	0.236	0.317
18:2 undifferentiated.....g	0.795		0		1	0.225	0.302
18:3 undifferentiated.....g	0.039		0		1	0.011	0.015
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		1	0	0
Phytosterols.....mg							
<b>Amino Acids:</b>							
Tryptophan.....g	0.099		0		1	0.028	0.038
Threonine.....g	0.255		0		1	0.072	0.097
Isoleucine.....g	0.336		0		1	0.095	0.128
Leucine.....g	0.608		0		1	0.172	0.231
Lysine.....g	0.231		0		1	0.065	0.088
Methionine.....g	0.153		0		1	0.043	0.058
Cystine.....g	0.182		0		1	0.052	0.069
Phenylalanine.....g	0.422		0		1	0.120	0.160
Tyrosine.....g	0.249		0		1	0.071	0.095
Valine.....g	0.380		0		1	0.108	0.144
Arginine.....g	0.320		0		1	0.091	0.122
Histidine.....g	0.188		0		1	0.053	0.071
Alanine.....g	0.302		0		1	0.086	0.115
Aspartic acid.....g	0.414		0		1	0.117	0.157
Glutamic acid.....g	2.772		0		1	0.786	1.053
Glycine.....g	0.309		0		1	0.088	0.117
Proline.....g	0.926		0		1	0.263	0.352
Serine.....g	0.416		0		1	0.118	0.158
Hydroxyproline.....g							
<b>Others:</b>							
Alcohol, ethyl.....g	0.0		0		7	0.0	0.0
Caffeine.....mg	0		0	FLA	4	0	0

NDB No. 18349

Rolls, french

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			
Theobromine.....mg	0		0	FLA	4	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 28.35g: 1 oz

Measure 2 = 38g: 1 roll

**Calories Factors: Protein 3.9**

**Fat 8.7**

**Carbohydrate 4.1**

**Food Group:** 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)





NDB No. 18351

Rolls, hamburger or hotdog, mixed-grain

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data Points					
<b>Lipids:</b>								
Fatty acids, total saturated.....g	1.390		0	FLA	4	0.394	0.598	
4:0.....g	0.000		0	FLA	4	0.000	0.000	
6:0.....g	0.000		0	FLA	4	0.000	0.000	
8:0.....g	0.001		0	FLA	4	0.000	0.000	
10:0.....g	0.000		0	FLA	4	0.000	0.000	
12:0.....g	0.000		0	FLA	4	0.000	0.000	
13:0.....g								
14:0.....g	0.025		0	FLA	4	0.007	0.011	
15:0.....g								
16:0.....g	0.781		0	FLA	4	0.221	0.336	
17:0.....g								
18:0.....g	0.572		0	FLA	4	0.162	0.246	
20:0.....g								
22:0.....g								
24:0.....g								
Fatty acids, total monounsaturated.....g	2.839		0	FLA	4	0.805	1.221	
14:1.....g								
15:1.....g								
16:1 undifferentiated.....g	0.013		0	FLA	4	0.004	0.006	
17:1.....g								
18:1 undifferentiated.....g	2.825		0	FLA	4	0.801	1.215	
20:1.....g	0.000		0	FLA	4	0.000	0.000	
22:1 undifferentiated.....g	0.000		0	FLA	4	0.000	0.000	
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	1.153		0	FLA	4	0.327	0.496	
18:2 undifferentiated.....g	1.087		0	FLA	4	0.308	0.467	
18:3 undifferentiated.....g	0.066		0	FLA	4	0.019	0.028	
18:4.....g	0.000		0	FLA	4	0.000	0.000	
20:2 n-6 c,c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g	0.000		0	FLA	4	0.000	0.000	
20:5 n-3 (EPA).....g	0.000		0	FLA	4	0.000	0.000	
21:5.....g								
22:4.....g								
22:5 n-3 (DPA).....g	0.000		0	FLA	4	0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0	FLA	4	0.000	0.000	
Fatty acids, total trans.....g								
Cholesterol.....mg	0		1		1	0	0	
Phytosterols.....mg								
<b>Amino Acids:</b>								
Tryptophan.....g	0.121		0		1	0.034	0.052	
Threonine.....g	0.282		0		1	0.080	0.121	
Isoleucine.....g	0.357		0		1	0.101	0.154	
Leucine.....g	0.655		0		1	0.186	0.282	
Lysine.....g	0.254		0		1	0.072	0.109	
Methionine.....g	0.161		0		1	0.046	0.069	
Cystine.....g	0.214		0		1	0.061	0.092	
Phenylalanine.....g	0.459		0		1	0.130	0.197	
Tyrosine.....g	0.264		0		1	0.075	0.114	
Valine.....g	0.425		0		1	0.120	0.183	
Arginine.....g	0.405		0		1	0.115	0.174	
Histidine.....g	0.212		0		1	0.060	0.091	
Alanine.....g	0.342		0		1	0.097	0.147	
Aspartic acid.....g	0.491		0		1	0.139	0.211	
Glutamic acid.....g	3.015		0		1	0.855	1.296	
Glycine.....g	0.371		0		1	0.105	0.160	
Proline.....g	1.030		0		1	0.292	0.443	
Serine.....g	0.458		0		1	0.130	0.197	
Hydroxyproline.....g								
<b>Others:</b>								
Alcohol, ethyl.....g	0.0		0		7	0.0	0.0	
Caffeine.....mg	0		0	Z	7	0	0	

NDB No. 18351

Rolls, hamburger or hotdog, mixed-grain

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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 Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Code					
Theobromine.....mg	0		0	Z	7	0		0	

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Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 = 43g: 1 roll

**Calories Factors: Protein 3.8**

**Fat 8.8**

**Carbohydrate 3.9**

**Food Group:** 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 18350  
Rolls, hamburger or hotdog, plain

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	34.18	0.158	7	A	1		14.35	112.10	9.69
Energy.....kcal	278		0	NC	4		117	912	79
Energy.....kJ	1164		0	NC	4		489	3818	330
Protein (N x 5.8).....g	9.87	0.174	7	A	1		4.14	32.36	2.80
Total lipid (fat).....g	3.76	0.071	7	A	1		1.58	12.32	1.06
Ash.....g	2.06	0.066	7	A	1		0.86	6.74	0.58
Carbohydrate, by difference.....g	50.15		0	NC	4		21.06	164.48	14.22
Fiber, total dietary.....g	2.1	0.066	6	A	1		0.9	6.9	0.6
Sugars, total.....g	6.37	0.319	6	A	1		2.68	20.90	1.81
Sucrose.....g	0.00	0.000	6	A	1		0.00	0.00	0.00
Glucose (dextrose).....g	1.92	0.184	6	A	1		0.81	6.31	0.55
Fructose.....g	2.44	0.116	6	A	1		1.03	8.01	0.69
Lactose.....g	0.00	0.000	6	A	1		0.00	0.00	0.00
Maltose.....g	2.01	0.325	6	A	1		0.84	6.58	0.57
Galactose.....g	0.00	0.000	6	A	1		0.00	0.00	0.00
Starch.....g	40.03	1.208	6	A	1		16.81	131.31	11.35
<b>Minerals:</b>									
Calcium, Ca.....mg	173	18.346	12	A	1		73	569	49
Iron, Fe.....mg	3.43	0.172	12	A	1		1.44	11.25	0.97
Magnesium, Mg.....mg	24	0.701	12	A	1		10	79	7
Phosphorus, P.....mg	107	2.641	12	A	1		45	352	30
Potassium, K.....mg	127	3.776	12	A	1		53	417	36
Sodium, Na.....mg	500	10.381	12	A	1		210	1639	142
Zinc, Zn.....mg	0.86	0.017	12	A	1		0.36	2.82	0.24
Copper, Cu.....mg	0.127	0.004	12	A	1		0.053	0.417	0.036
Manganese, Mn.....mg	0.553	0.029	12	A	1		0.232	1.813	0.157
Selenium, Se.....µg	22.8	1.595	6	A	1		9.6	74.9	6.5
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	1.3		2	A	1		0.6	4.3	0.4
Thiamin.....mg	0.642	0.020	6	A	1		0.269	2.105	0.182
Riboflavin.....mg	0.213	0.012	6	A	1		0.090	0.700	0.060
Niacin.....mg	4.765	0.196	6	A	1		2.001	15.629	1.351
Pantothenic acid.....mg									
Vitamin B-6.....mg	0.071	0.003	6	A	1		0.030	0.232	0.020
Folate, total.....µg	111		0	T	4		47	364	31
Folic acid.....µg	86		0	T	4		36	282	24
Folate, food.....µg	25		0	T	4		10	81	7
Folate, DFE.....µg	171		0	NC	4		72	561	48
Choline, total.....mg	14.6		0	BFZN	4		6.1	48.0	4.1
Betaine.....mg									
Vitamin B-12.....µg	0.20		2	A	1		0.08	0.64	0.06
Vitamin B-12, added.....µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE.....µg	0		0	FLC	4		0	0	0
Retinol.....µg	0		0	FLC	4		0	0	0
Carotene, beta.....µg	0		0	FLC	4		0	1	0
Carotene, alpha.....µg	0		0	FLC	4		0	0	0
Cryptoxanthin, beta.....µg	0		0	FLC	4		0	1	0
Vitamin A, IU.....IU	1		0	NC	4		0	3	0
Lycopene.....µg	0		0	FLC	4		0	0	0
Lutein + zeaxanthin.....µg	45		0	FLC	4		19	147	13
Vitamin E (alpha-tocopherol).....mg	0.07		2	A	1		0.03	0.23	0.02
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta.....mg	0.02		2	A	1		0.01	0.08	0.01
Tocopherol, gamma.....mg	0.70		2	A	1		0.29	2.30	0.20
Tocopherol, delta.....mg	0.22		2	A	1		0.09	0.72	0.06
Tocotrienol, alpha.....mg	0.01		2	A	1		0.01	0.05	0.00
Tocotrienol, beta.....mg	0.00		2	A	1		0.00	0.00	0.00

**NDB No. 18350**  
**Rolls, hamburger or hotdog, plain**

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common		
	Mean	Std. Error	Number			measures of food			
			of Data Points	Deriv Code	Source Code	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	3.1		2	T	4		1.3	10.0	0.9
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.885		0	NC	4		0.372	2.901	0.251
4:0.....g	0.000		2	A	1		0.000	0.000	0.000
6:0.....g	0.000		2	A	1		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	0.000		2	A	1		0.000	0.000	0.000
15:0.....g	0.000		2	A	1		0.000	0.000	0.000
16:0.....g	0.549		2	A	1		0.231	1.801	0.156
17:0.....g	0.000		2	A	1		0.000	0.000	0.000
18:0.....g	0.336		2	A	1		0.141	1.100	0.095
20:0.....g	0.000		2	A	1		0.000	0.000	0.000
22:0.....g	0.000		2	A	1		0.000	0.000	0.000
24:0.....g	0.000		2	A	1		0.000	0.000	0.000
Fatty acids, total monounsaturated.....g	0.901		0	NC	4		0.378	2.956	0.255
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		2	A	1		0.000	0.000	0.000
17:1.....g									
18:1 undifferentiated.....g	0.901		2	A	1		0.378	2.956	0.255
20:1.....g	0.000		2	A	1		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		1	A	1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.594		0	NC	4		0.670	5.230	0.452
18:2 undifferentiated.....g	1.428		2	A	1		0.600	4.682	0.405
18:3 undifferentiated.....g	0.167		2	A	1		0.070	0.548	0.047
18:4.....g	0.000		2	A	1		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		2	A	1		0.000	0.000	0.000
20:5 n-3 (EPA).....g	0.000		2	A	1		0.000	0.000	0.000
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		2	A	1		0.000	0.000	0.000
22:6 n-3 (DHA).....g	0.000		2	A	1		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0		2	A	1		0	0	0
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	FLC	4		0.0	0.0	0.0
Caffeine.....mg	0		0	FLC	4		0	0	0
Theobromine.....mg	0		0	FLC	4		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 42g: 1 roll

Measure 2 = 328g: 1 package

**NDB No. 18350**

**Rolls, hamburger or hotdog, plain**

Measure 3 = 28.35g: 1 oz

**Calories Factors: Protein 4**

**Fat 8.8**

**Carbohydrate 4.1**

**Food Group:** 18 Baked 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 of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.325		0		1		0.092	0.140	
4:0.....g	0.003		0		1		0.001	0.001	
6:0.....g	0.002		0		1		0.001	0.001	
8:0.....g	0.001		0		1		0.000	0.000	
10:0.....g	0.002		0		1		0.001	0.001	
12:0.....g	0.003		0		1		0.001	0.001	
13:0.....g									
14:0.....g	0.011		0		1		0.003	0.005	
15:0.....g									
16:0.....g	0.233		0		1		0.066	0.100	
17:0.....g									
18:0.....g	0.068		0		1		0.019	0.029	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.524		0		1		0.149	0.225	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.023		0		1		0.007	0.010	
17:1.....g									
18:1 undifferentiated.....g	0.501		0		1		0.142	0.215	
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	0.763		0		1		0.216	0.328	
18:2 undifferentiated.....g	0.714		0		1		0.202	0.307	
18:3 undifferentiated.....g	0.048		0		1		0.014	0.021	
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		1		1		0	0	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.083		0		1		0.024	0.036	
Threonine.....g	0.229		0		1		0.065	0.098	
Isoleucine.....g	0.296		0		1		0.084	0.127	
Leucine.....g	0.512		0		1		0.145	0.220	
Lysine.....g	0.299		0		1		0.085	0.129	
Methionine.....g	0.119		0		1		0.034	0.051	
Cystine.....g	0.112		0		1		0.032	0.048	
Phenylalanine.....g	0.321		0		1		0.091	0.138	
Tyrosine.....g	0.229		0		1		0.065	0.098	
Valine.....g	0.324		0		1		0.092	0.139	
Arginine.....g									
Histidine.....g	0.157		0		1		0.045	0.068	
Alanine.....g	0.229		0		1		0.065	0.098	
Aspartic acid.....g	0.452		0		1		0.128	0.194	
Glutamic acid.....g	1.777		0		1		0.504	0.764	
Glycine.....g	0.216		0		1		0.061	0.093	
Proline.....g	0.632		0		1		0.179	0.272	
Serine.....g	0.337		0		1		0.096	0.145	
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	



NDB No. 18352

Rolls, hamburger or hotdog, reduced-calorie

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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
Theobromine.....mg	0		0	Z	7	0		0	

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Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 = 43g: 1 roll

**Calories Factors: Protein 3.9**

**Fat 8.5**

**Carbohydrate 3.5**

**Food Group:** 18 Baked Products

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Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.606		0		1		0.172	0.345	
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	0.001		0		1		0.000	0.001	
13:0.....g									
14:0.....g	0.002		0		1		0.001	0.001	
15:0.....g									
16:0.....g	0.476		0		1		0.135	0.271	
17:0.....g									
18:0.....g	0.127		0		1		0.036	0.072	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	1.133		0		1		0.321	0.646	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.033		0		1		0.009	0.019	
17:1.....g									
18:1 undifferentiated.....g	1.100		0		1		0.312	0.627	
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	1.719		0		1		0.487	0.980	
18:2 undifferentiated.....g	1.621		0		1		0.460	0.924	
18:3 undifferentiated.....g	0.097		0		1		0.027	0.055	
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		1		0	0	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.117		0		1		0.033	0.067	
Threonine.....g	0.285		0		1		0.081	0.162	
Isoleucine.....g	0.383		0		1		0.109	0.218	
Leucine.....g	0.693		0		1		0.196	0.395	
Lysine.....g	0.242		0		1		0.069	0.138	
Methionine.....g	0.176		0		1		0.050	0.100	
Cystine.....g	0.216		0		1		0.061	0.123	
Phenylalanine.....g	0.489		0		1		0.139	0.279	
Tyrosine.....g	0.284		0		1		0.081	0.162	
Valine.....g	0.432		0		1		0.122	0.246	
Arginine.....g	0.360		0		1		0.102	0.205	
Histidine.....g	0.214		0		1		0.061	0.122	
Alanine.....g	0.331		0		1		0.094	0.189	
Aspartic acid.....g	0.449		0		1		0.127	0.256	
Glutamic acid.....g	3.314		0		1		0.940	1.889	
Glycine.....g	0.350		0		1		0.099	0.200	
Proline.....g	1.105		0		1		0.313	0.630	
Serine.....g	0.480		0		1		0.136	0.274	
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	FLA	4		0	0	

NDB No. 18353  
 Rolls, hard (includes kaiser)

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			
Theobromine.....mg	0		0	FLA	4	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 28.35g: 1 oz  
 Measure 2 = 57g: 1 roll (3-1/2" dia)

**Calories Factors:** Protein 4                      Fat 8.6                      Carbohydrate 4.1

**Food Group:** 18 Baked Products  
 USDA National Nutrient Database for Standard Reference, Release 27 (2014)



**NDB No. 43441**  
**Rolls, pumpnickel**

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common			
	Mean	Std. Error	Number	Source	measures of food			
			of Data Points		Confidence Code	Measure 1	Measure 2	Measure 3
<b><u>Lipids:</u></b>								
Fatty acids, total saturated.....g	0.495		0		4		0.178	0.139
4:0.....g	0.000		0		4		0.000	0.000
6:0.....g	0.000		0		4		0.000	0.000
8:0.....g	0.000		0		4		0.000	0.000
10:0.....g	0.000		0		4		0.000	0.000
12:0.....g	0.000		0		4		0.000	0.000
13:0.....g								
14:0.....g	0.001		0		4		0.000	0.000
15:0.....g								
16:0.....g	0.316		0		4		0.114	0.088
17:0.....g								
18:0.....g	0.170		0		4		0.061	0.048
20:0.....g								
22:0.....g								
24:0.....g								
Fatty acids, total monounsaturated.....g	0.609		0		4		0.219	0.171
14:1.....g								
15:1.....g								
16:1 undifferentiated.....g	0.006		0		4		0.002	0.002
17:1.....g								
18:1 undifferentiated.....g	0.601		0		4		0.216	0.168
20:1.....g	0.003		0		4		0.001	0.001
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	1.184		0		4		0.426	0.332
18:2 undifferentiated.....g	1.073		0		4		0.386	0.300
18:3 undifferentiated.....g	0.113		0		4		0.041	0.032
18:4.....g	0.000		0		4		0.000	0.000
20:2 n-6 c,c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000
20:5 n-3 (EPA).....g	0.000		0		4		0.000	0.000
21:5.....g								
22:4.....g								
22:5 n-3 (DPA).....g	0.000		0		4		0.000	0.000
22:6 n-3 (DHA).....g	0.000		0		4		0.000	0.000
Fatty acids, total trans.....g								
Cholesterol.....mg	0		0		4		0	0
Phytosterols.....mg	3		0	RA	4		1	1
<b><u>Amino Acids:</u></b>								
Tryptophan.....g	0.106		0	RA	4		0.038	0.030
Threonine.....g	0.273		0	RA	4		0.098	0.076
Isoleucine.....g	0.347		0	RA	4		0.125	0.097
Leucine.....g	0.635		0	RA	4		0.229	0.178
Lysine.....g	0.233		0	RA	4		0.084	0.065
Methionine.....g	0.153		0	RA	4		0.055	0.043
Cystine.....g	0.196		0	RA	4		0.071	0.055
Phenylalanine.....g	0.456		0	RA	4		0.164	0.128
Tyrosine.....g	0.229		0	RA	4		0.082	0.064
Valine.....g	0.412		0	RA	4		0.148	0.115
Arginine.....g	0.354		0	RA	4		0.127	0.099
Histidine.....g	0.198		0	RA	4		0.071	0.056
Alanine.....g	0.319		0	RA	4		0.115	0.089
Aspartic acid.....g	0.468		0	RA	4		0.168	0.131
Glutamic acid.....g	2.963		0	RA	4		1.067	0.830
Glycine.....g	0.328		0	RA	4		0.118	0.092
Proline.....g	1.036		0	RA	4		0.373	0.290
Serine.....g	0.463		0	RA	4		0.167	0.130
Hydroxyproline.....g								
<b><u>Others:</u></b>								
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0
Caffeine.....mg	0		0	RA	4		0	0

NDB No. 43441  
 Rolls, pumpernickel

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			
Theobromine.....mg	0		0	RA	4	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 36g: 1 medium (2-1/2" dia)

Measure 2 = 28g: 1 roll (pan, dinner, or small roll) (2" square, 2" high)

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)





NDB No. 28250

SUNSHINE, CHEEZ-IT, 100 Calorie RIGHT BITES, Extra Cheesy Party Mix

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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

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Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 21g: 1 pouch

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)



NDB No. 28251

SUNSHINE, CHEEZ-IT, 100 Calorie Right Bites, Reduced Fat

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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

---

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 21g: 1 package

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)



NDB No. 28234  
SUNSHINE, CHEEZ-IT, Asiago Crackers

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Nutrients and Units	<u>Amount in 100 grams of edible portion</u>			<u>Amount in edible portion of common</u>			<u>measures of food</u>		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

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Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 30g: 25 crackers

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)



NDB No. 28236  
SUNSHINE, CHEEZ-IT, BIG Crackers

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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

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Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 30g: 13 crackers

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)





NDB No. 28235

SUNSHINE, CHEEZ-IT, Baby Swiss Crackers

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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					

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Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 30g: 25 crackers

Measure 2 = 21g: 1 pouch

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)



NDB No. 28237

SUNSHINE, CHEEZ-IT, Cheddar Jack Crackers

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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						

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Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 30g: 25 crackers

Measure 2 = 21g: 1 pouch

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)



**NDB No. 28238**  
**SUNSHINE, CHEEZ-IT, Colby Crackers**

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
			Points	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 = 30g: 25 crackers  
 Measure 2 = 21g: 1 pouch

**Calories Factors: Protein**                      **Fat**                      **Carbohydrate**

**Food Group:** 18 Baked Products  
 USDA National Nutrient Database for Standard Reference, Release 27 (2014)



NDB No. 28245

SUNSHINE, CHEEZ-IT, Crackers (made with Whole Grain)

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Nutrients and Units	<u>Amount in 100 grams of edible portion</u>						<u>Amount in edible portion of common</u>		
							<u>measures of food</u>		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

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Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 30g: 27 crackers

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)





NDB No. 28239

SUNSHINE, CHEEZ-IT, Duoz Sharp Cheddar Parmesan Crackers

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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

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Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 30g: 25 crackers

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)



NDB No. 28240

SUNSHINE, CHEEZ-IT, Duoz Smoked Cheddar Monterey Jack Crackers

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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

---

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 30g: 25 crackers

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)



NDB No. 28243

SUNSHINE, CHEEZ-IT, Hot & Spicy Crackers

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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

---

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 30g: 25 crackers

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)



NDB No. 28244

SUNSHINE, CHEEZ-IT, Italian Four Cheese Crackers

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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

---

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 30g: 25 crackers

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)





NDB No. 28246

SUNSHINE, CHEEZ-IT, Mozzarella Crackers

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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

---

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 30g: 25 crackers

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)



NDB No. 28280

SUNSHINE, CHEEZ-IT, Original Crackers

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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						

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Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 30g: 27 crackers

Measure 2 = 35g: 1 package

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)



NDB No. 28247

SUNSHINE, CHEEZ-IT, Parmesan Garlic Crackers

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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

---

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 30g: 25 crackers

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)



NDB No. 28248

SUNSHINE, CHEEZ-IT, Pepper Jack Crackers

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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 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 = 30g: 25 crackers

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)





NDB No. 28281

SUNSHINE, CHEEZ-IT, Reduced Fat Crackers

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Nutrients and Units	<u>Amount in 100 grams of edible portion</u>						<u>Amount in edible portion of common</u>		
	Mean	Std. Error	Number			Source Code	measures of food		
			of Data Points	Deriv Code	Confidence Code		Measure 1	Measure 2	Measure 3

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Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 30g: 29 crackers

Measure 2 = 35g: 1 package

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)



NDB No. 28252

SUNSHINE, CHEEZ-IT, Scrabble Jr. Crackers

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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

---

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 30g: 26 crackers

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)



NDB No. 28253  
SUNSHINE, CHEEZ-IT, Snack Mix

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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

---

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 30g: .5 cup

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)



NDB No. 28254

SUNSHINE, CHEEZ-IT, Snack Mix, White Cheddar

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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

---

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 30g: .5 cup 25 crackers

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)





NDB No. 28249

SUNSHINE, CHEEZ-IT, White Cheddar, Reduced Fat Crackers

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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

---

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 30g: 25 crackers

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)



NDB No. 28241  
SUNSHINE, GRIPZ, Cheez-It Crackers

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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

---

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 25g: 1 package

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)



NDB No. 28242

SUNSHINE, GRIPZ, Cheez-It Mixx and Cheesy Pizza Crackers

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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

---

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 25g: 1 pouch

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)



NDB No. 28282

SUNSHINE, KRISPY, Soup & Oyster Crackers (large)

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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

---

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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: 16 crackers

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked 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				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	measures of food			
						Confidence Code	Measure 1	Measure 2	Measure 3
<b>Lipids:</b>									
Fatty acids, total saturated.....g	2.044		0	FLA	4		0.579	1.451	
4:0.....g	0.001		0	FLA	4		0.000	0.001	
6:0.....g	0.000		0	FLA	4		0.000	0.000	
8:0.....g	0.000		0	FLA	4		0.000	0.000	
10:0.....g	0.001		0	FLA	4		0.000	0.001	
12:0.....g	0.001		0	FLA	4		0.000	0.001	
13:0.....g									
14:0.....g	0.037		0	FLA	4		0.010	0.026	
15:0.....g									
16:0.....g	1.583		0	FLA	4		0.449	1.124	
17:0.....g									
18:0.....g	0.416		0	FLA	4		0.118	0.295	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	3.267		0	FLA	4		0.926	2.320	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.026		0	FLA	4		0.007	0.018	
17:1.....g									
18:1 undifferentiated.....g	3.240		0	FLA	4		0.919	2.300	
20:1.....g	0.000		0	FLA	4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	5.315		0	FLA	4		1.507	3.774	
18:2 undifferentiated.....g	5.002		0	FLA	4		1.418	3.551	
18:3 undifferentiated.....g	0.310		0	FLA	4		0.088	0.220	
18:4.....g	0.000		0	FLA	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.002		0	FLA	4		0.001	0.001	
20:5 n-3 (EPA).....g	0.000		0	FLA	4		0.000	0.000	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	FLA	4		0.000	0.000	
22:6 n-3 (DHA).....g	0.001		0	FLA	4		0.000	0.001	
Fatty acids, total trans.....g									
Cholesterol.....mg	6		0	FLA	4		2	4	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.039		0		1		0.011	0.028	
Threonine.....g	0.119		0		1		0.034	0.084	
Isoleucine.....g	0.147		0		1		0.042	0.104	
Leucine.....g	0.257		0		1		0.073	0.182	
Lysine.....g	0.153		0		1		0.043	0.109	
Methionine.....g	0.067		0		1		0.019	0.048	
Cystine.....g	0.058		0		1		0.016	0.041	
Phenylalanine.....g	0.151		0		1		0.043	0.107	
Tyrosine.....g	0.115		0		1		0.033	0.082	
Valine.....g	0.164		0		1		0.046	0.116	
Arginine.....g	0.135		0		1		0.038	0.096	
Histidine.....g	0.076		0		1		0.022	0.054	
Alanine.....g	0.116		0		1		0.033	0.082	
Aspartic acid.....g	0.206		0		1		0.058	0.146	
Glutamic acid.....g	0.848		0		1		0.240	0.602	
Glycine.....g	0.097		0		1		0.027	0.069	
Proline.....g	0.305		0		1		0.086	0.217	
Serine.....g	0.183		0		1		0.052	0.130	
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	FLA	4		0	0	

NDB No. 18354

Strudel, apple

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
Theobromine.....mg	0		0	FLA	4		0		0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 28.35g: 1 oz

Measure 2 = 71g: 1 piece

**Calories Factors: Protein 4.2**

**Fat 8.9**

**Carbohydrate 3.9**

**Food Group:** 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

**NDB No. 18355**  
**Sweet rolls, cheese**

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	29.40		2		1		8.33	19.40	
Energy.....kcal	360		0	NC	4		102	238	
Energy.....kJ	1506				4		427	994	
Protein (N x 6).....g	7.10		2		1		2.01	4.69	
Total lipid (fat).....g	18.30		2		1		5.19	12.08	
Ash.....g	1.40		2		1		0.40	0.92	
Carbohydrate, by difference.....g	43.70		0	NC	4		12.39	28.84	
Fiber, total dietary.....g	1.2		0		1		0.3	0.8	
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	118		2		1		33	78	
Iron, Fe.....mg	0.76		2		1		0.22	0.50	
Magnesium, Mg.....mg	19		2		1		5	13	
Phosphorus, P.....mg	98		2		1		28	65	
Potassium, K.....mg	137		0	FLA	4		39	90	
Sodium, Na.....mg	357		2		1		101	236	
Zinc, Zn.....mg	0.63		2		1		0.18	0.42	
Copper, Cu.....mg	0.095		2		1		0.027	0.063	
Manganese, Mn.....mg	0.210		2		1		0.060	0.139	
Selenium, Se.....µg	11.9		0	FLA	4		3.4	7.9	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.2		0	FLA	4		0.1	0.1	
Thiamin.....mg	0.150		2		1		0.043	0.099	
Riboflavin.....mg	0.130		2		1		0.037	0.086	
Niacin.....mg	0.830		2		1		0.235	0.548	
Pantothenic acid.....mg	0.416		0	FLA	4		0.118	0.275	
Vitamin B-6.....mg	0.069		0	FLA	4		0.020	0.046	
Folate, total.....µg	43		0	FLA	4		12	28	
Folic acid.....µg	12		0	NC	4		3	8	
Folate, food.....µg	31		0		4		9	20	
Folate, DFE.....µg	51		0	NC	4		15	34	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.30		0	FLA	4		0.09	0.20	
Vitamin A, RAE.....µg									
Retinol.....µg									
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	254		0	FLA	4		72	168	
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									
<b>Lipids:</b>									

**NDB No. 18355**  
**Sweet rolls, cheese**

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>					<u>Amount in edible portion of common</u>			
	Mean	Std. Error	Number			measures of food			
			of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated.....g	6.059		0	FLA	4		1.718	3.999	
4:0.....g	0.102		0	FLA	4		0.029	0.067	
6:0.....g	0.030		0	FLA	4		0.009	0.020	
8:0.....g	0.035		0	FLA	4		0.010	0.023	
10:0.....g	0.069		0	FLA	4		0.020	0.046	
12:0.....g	0.048		0	FLA	4		0.014	0.032	
13:0.....g									
14:0.....g	0.437		0	FLA	4		0.124	0.288	
15:0.....g									
16:0.....g	3.138		0	FLA	4		0.890	2.071	
17:0.....g									
18:0.....g	2.084		0	FLA	4		0.591	1.375	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	9.057		0	FLA	4		2.568	5.978	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.159		0	FLA	4		0.045	0.105	
17:1.....g									
18:1 undifferentiated.....g	8.843		0	FLA	4		2.507	5.836	
20:1.....g	0.004		0	FLA	4		0.001	0.003	
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.032		0	FLA	4		0.576	1.341	
18:2 undifferentiated.....g	1.861		0	FLA	4		0.528	1.228	
18:3 undifferentiated.....g	0.142		0	FLA	4		0.040	0.094	
18:4.....g	0.000		0	FLA	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.022		0	FLA	4		0.006	0.015	
20:5 n-3 (EPA).....g	0.001		0	FLA	4		0.000	0.001	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	FLA	4		0.000	0.000	
22:6 n-3 (DHA).....g	0.006		0	FLA	4		0.002	0.004	
Fatty acids, total trans.....g									
Cholesterol.....mg	76		0	FLA	4		22	50	
Phytosterols.....mg									
<b><u>Amino Acids:</u></b>									
Tryptophan.....g	0.078		0		1		0.022	0.051	
Threonine.....g	0.262		0		1		0.074	0.173	
Isoleucine.....g	0.319		0		1		0.090	0.211	
Leucine.....g	0.555		0		1		0.157	0.366	
Lysine.....g	0.388		0		1		0.110	0.256	
Methionine.....g	0.142		0		1		0.040	0.094	
Cystine.....g	0.112		0		1		0.032	0.074	
Phenylalanine.....g	0.343		0		1		0.097	0.226	
Tyrosine.....g	0.256		0		1		0.073	0.169	
Valine.....g	0.354		0		1		0.100	0.234	
Arginine.....g	0.313		0		1		0.089	0.207	
Histidine.....g	0.183		0		1		0.052	0.121	
Alanine.....g	0.267		0		1		0.076	0.176	
Aspartic acid.....g	0.485		0		1		0.137	0.320	
Glutamic acid.....g	1.725		0		1		0.489	1.139	
Glycine.....g	0.221		0		1		0.063	0.146	
Proline.....g	0.600		0		1		0.170	0.396	
Serine.....g	0.374		0		1		0.106	0.247	
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. 18355**

**Sweet rolls, cheese**

**Common Measures:**

Measure 1 = 28.35g: 1 oz

Measure 2 = 66g: 1 roll

**Calories Factors: Protein 4**

**Fat 8.8**

**Carbohydrate 3.9**

**Food Group: 18 Baked Products**

USDA National Nutrient Database for Standard Reference, Release 27 (2014)



Sweet rolls, cinnamon, commercially prepared with raisins

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	measures of food				
					Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Lipids:</b>									
Fatty acids, total saturated.....g	3.079		0	FLA	4		0.873	2.556	1.847
4:0.....g	0.001		0	FLA	4		0.000	0.001	0.001
6:0.....g	0.000		0	FLA	4		0.000	0.000	0.000
8:0.....g	0.000		0	FLA	4		0.000	0.000	0.000
10:0.....g	0.001		0	FLA	4		0.000	0.001	0.001
12:0.....g	0.001		0	FLA	4		0.000	0.001	0.001
13:0.....g									
14:0.....g	0.049		0	FLA	4		0.014	0.041	0.029
15:0.....g									
16:0.....g	2.383		0	FLA	4		0.676	1.978	1.430
17:0.....g									
18:0.....g	0.633		0	FLA	4		0.179	0.525	0.380
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	4.797		0	FLA	4		1.360	3.982	2.878
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.070		0	FLA	4		0.020	0.058	0.042
17:1.....g									
18:1 undifferentiated.....g	4.724		0	FLA	4		1.339	3.921	2.834
20:1.....g	0.003		0	FLA	4		0.001	0.002	0.002
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	7.473		0	FLA	4		2.119	6.203	4.484
18:2 undifferentiated.....g	7.021		0	FLA	4		1.990	5.827	4.213
18:3 undifferentiated.....g	0.433		0	FLA	4		0.123	0.359	0.260
18:4.....g	0.000		0	FLA	4		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.015		0	FLA	4		0.004	0.012	0.009
20:5 n-3 (EPA).....g	0.000		0	FLA	4		0.000	0.000	0.000
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	FLA	4		0.000	0.000	0.000
22:6 n-3 (DHA).....g	0.004		0	FLA	4		0.001	0.003	0.002
Fatty acids, total trans.....g									
Cholesterol.....mg	66		2		1		19	55	40
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.074		0		1		0.021	0.061	0.044
Threonine.....g	0.211		0		1		0.060	0.175	0.127
Isoleucine.....g	0.259		0		1		0.073	0.215	0.155
Leucine.....g	0.458		0		1		0.130	0.380	0.275
Lysine.....g	0.243		0		1		0.069	0.202	0.146
Methionine.....g	0.117		0		1		0.033	0.097	0.070
Cystine.....g	0.120		0		1		0.034	0.100	0.072
Phenylalanine.....g	0.300		0		1		0.085	0.249	0.180
Tyrosine.....g	0.200		0		1		0.057	0.166	0.120
Valine.....g	0.291		0		1		0.082	0.242	0.175
Arginine.....g	0.283		0		1		0.080	0.235	0.170
Histidine.....g	0.145		0		1		0.041	0.120	0.087
Alanine.....g	0.233		0		1		0.066	0.193	0.140
Aspartic acid.....g	0.407		0		1		0.115	0.338	0.244
Glutamic acid.....g	1.732		0		1		0.491	1.438	1.039
Glycine.....g	0.219		0		1		0.062	0.182	0.131
Proline.....g	0.582		0		1		0.165	0.483	0.349
Serine.....g	0.331		0		1		0.094	0.275	0.199
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	FLA	4		0	0	0

NDB No. 18356

Sweet rolls, cinnamon, commercially prepared with raisins

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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
Theobromine.....mg	0		0	FLA	4		0	0	0

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Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 = 83g: 1 large

Measure 3 = 60g: 1 roll (2-3/4" square)

**Calories Factors: Protein** 3.9

**Fat** 8.8

**Carbohydrate**4

**Food Group:** 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)



NDB No. 18357

Sweet rolls, cinnamon, refrigerated dough with frosting

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
<b>Proximates:</b>									
Water.....g	28.90	0.671	16		1		8.19	8.67	
Energy.....kcal	333		0	NC	4		94	100	
Energy.....kJ	1393				4		395	418	
Protein (N x 5.7).....g	5.00	0.138	16		1		1.42	1.50	
Total lipid (fat).....g	12.20	0.640	16		1		3.46	3.66	
Ash.....g	2.40	0.043	16		1		0.68	0.72	
Carbohydrate, by difference.....g	51.60		0	NC	4		14.63	15.48	
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	31	10.831	14		1		9	9	
Iron, Fe.....mg	2.44	0.163	10		1		0.69	0.73	
Magnesium, Mg.....mg	11	0.344	11		1		3	3	
Phosphorus, P.....mg	321	10.313	11		1		91	96	
Potassium, K.....mg	58	8.078	11		1		16	17	
Sodium, Na.....mg	765	15.494	14		1		217	230	
Zinc, Zn.....mg	0.31	0.017	8		1		0.09	0.09	
Copper, Cu.....mg	0.065	0.004	11		1		0.018	0.020	
Manganese, Mn.....mg	0.415		0	FLA	4		0.118	0.125	
Selenium, Se.....µg	16.3		0	FLA	4		4.6	4.9	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.2		0	FLA	4		0.1	0.1	
Thiamin.....mg	0.470	0.068	10		1		0.133	0.141	
Riboflavin.....mg	0.249	0.028	10		1		0.071	0.075	
Niacin.....mg	3.703	0.331	10		1		1.050	1.111	
Pantothenic acid.....mg	0.260		0	FLA	4		0.074	0.078	
Vitamin B-6.....mg	0.031		0	FLA	4		0.009	0.009	
Folate, total.....µg	50		0	FLA	4		14	15	
Folic acid.....µg	42		0	NC	4		12	13	
Folate, food.....µg	8		0		4		2	2	
Folate, DFE.....µg	79		0	NC	4		23	24	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.02		0	FLA	4		0.01	0.01	
Vitamin A, RAE.....µg	0		0	NC	4		0	0	
Retinol.....µg	0		0	Z	7		0	0	
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	2		0	FLA	4		1	1	
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									
<b>Lipids:</b>									

Sweet rolls, cinnamon, refrigerated dough with frosting

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated.....g	3.081		0	FLA	4		0.873	0.924	
4:0.....g	0.001		0	FLA	4		0.000	0.000	
6:0.....g	0.000		0	FLA	4		0.000	0.000	
8:0.....g	0.000		0	FLA	4		0.000	0.000	
10:0.....g	0.000		0	FLA	4		0.000	0.000	
12:0.....g	0.000		0	FLA	4		0.000	0.000	
13:0.....g									
14:0.....g	0.060		0	FLA	4		0.017	0.018	
15:0.....g									
16:0.....g	1.599		0	FLA	4		0.453	0.480	
17:0.....g									
18:0.....g	1.421		0	FLA	4		0.403	0.426	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	6.839		0	FLA	4		1.939	2.052	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	6.838		0	FLA	4		1.939	2.051	
20:1.....g	0.000		0	FLA	4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.604		0	FLA	4		0.455	0.481	
18:2 undifferentiated.....g	1.523		0	FLA	4		0.432	0.457	
18:3 undifferentiated.....g	0.081		0	FLA	4		0.023	0.024	
18:4.....g	0.000		0	FLA	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
20:5 n-3 (EPA).....g	0.000		0	FLA	4		0.000	0.000	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	FLA	4		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0	FLA	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		4		0	0	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.063		0		1		0.018	0.019	
Threonine.....g	0.147		0		1		0.042	0.044	
Isoleucine.....g	0.180		0		1		0.051	0.054	
Leucine.....g	0.351		0		1		0.100	0.105	
Lysine.....g	0.128		0		1		0.036	0.038	
Methionine.....g	0.089		0		1		0.025	0.027	
Cystine.....g	0.105		0		1		0.030	0.032	
Phenylalanine.....g	0.245		0		1		0.069	0.074	
Tyrosine.....g	0.152		0		1		0.043	0.046	
Valine.....g	0.205		0		1		0.058	0.062	
Arginine.....g	0.200		0		1		0.057	0.060	
Histidine.....g	0.110		0		1		0.031	0.033	
Alanine.....g	0.166		0		1		0.047	0.050	
Aspartic acid.....g	0.231		0		1		0.065	0.069	
Glutamic acid.....g	1.613		0		1		0.457	0.484	
Glycine.....g	0.175		0		1		0.050	0.053	
Proline.....g	0.555		0		1		0.157	0.167	
Serine.....g	0.248		0		1		0.070	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. 18357**

**Sweet rolls, cinnamon, refrigerated dough with frosting**

**Common Measures:**

Measure 1 = 28.35g: 1 oz

Measure 2 = 30g: 1 roll

**Calories Factors: Protein 4**

**Fat 8.8**

**Carbohydrate4**

**Food Group: 18 Baked Products**

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 18358

Sweet rolls, cinnamon, refrigerated dough with frosting, baked

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
<b>Proximates:</b>									
Water.....g	22.70		0		4		6.44	6.81	
Energy.....kcal	362		0		4		103	109	
Energy.....kJ	1515				4		429	454	
Protein.....g	5.40		0		4		1.53	1.62	
Total lipid (fat).....g	13.20		0		4		3.74	3.96	
Ash.....g	2.60		0		4		0.74	0.78	
Carbohydrate, by difference.....g	56.10		0		4		15.90	16.83	
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	34		0		4		10	10	
Iron, Fe.....mg	2.65		0		4		0.75	0.80	
Magnesium, Mg.....mg	12		0		4		3	4	
Phosphorus, P.....mg	348		0		4		99	104	
Potassium, K.....mg	63		0		4		18	19	
Sodium, Na.....mg	832		0		4		236	250	
Zinc, Zn.....mg	0.34		0		4		0.10	0.10	
Copper, Cu.....mg	0.071		0		4		0.020	0.021	
Manganese, Mn.....mg	0.418		0		4		0.119	0.125	
Selenium, Se.....µg	17.7		0	RP	4		5.0	5.3	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.2		0		4		0.1	0.1	
Thiamin.....mg	0.409		0		4		0.116	0.123	
Riboflavin.....mg	0.244		0		4		0.069	0.073	
Niacin.....mg	3.622		0		4		1.027	1.087	
Pantothenic acid.....mg	0.266		0		4		0.075	0.080	
Vitamin B-6.....mg	0.034		0		4		0.010	0.010	
Folate, total.....µg	55		0	RP	4		16	17	
Folic acid.....µg	49		0	NC	4		14	15	
Folate, food.....µg	6		0		4		2	2	
Folate, DFE.....µg	89		0	NC	4		25	27	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.05		0		4		0.01	0.02	
Vitamin A, RAE.....µg	0		0	NC	4		0	0	
Retinol.....µg	0		0	Z	7		0	0	
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	2		0		4		1	1	
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									
<b>Lipids:</b>									

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated.....g	3.348		0		4		0.949	1.004	
4:0.....g	0.001		0		4		0.000	0.000	
6:0.....g	0.001		0		4		0.000	0.000	
8:0.....g	0.000		0		4		0.000	0.000	
10:0.....g	0.001		0		4		0.000	0.000	
12:0.....g	0.001		0		4		0.000	0.000	
13:0.....g									
14:0.....g	0.067		0		4		0.019	0.020	
15:0.....g									
16:0.....g	1.734		0		4		0.492	0.520	
17:0.....g									
18:0.....g	1.544		0		4		0.438	0.463	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	7.421		0		4		2.104	2.226	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0		4		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	7.420		0		4		2.104	2.226	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.728		0		4		0.490	0.518	
18:2 undifferentiated.....g	1.641		0		4		0.465	0.492	
18:3 undifferentiated.....g	0.088		0		4		0.025	0.026	
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		4		0	0	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.068		0		4		0.019	0.020	
Threonine.....g	0.160		0		4		0.045	0.048	
Isoleucine.....g	0.195		0		4		0.055	0.059	
Leucine.....g	0.382		0		4		0.108	0.115	
Lysine.....g	0.139		0		4		0.039	0.042	
Methionine.....g	0.097		0		4		0.027	0.029	
Cystine.....g	0.115		0		4		0.033	0.035	
Phenylalanine.....g	0.266		0		4		0.075	0.080	
Tyrosine.....g	0.165		0		4		0.047	0.050	
Valine.....g	0.223		0		4		0.063	0.067	
Arginine.....g	0.218		0		4		0.062	0.065	
Histidine.....g	0.119		0		4		0.034	0.036	
Alanine.....g	0.181		0		4		0.051	0.054	
Aspartic acid.....g	0.251		0		4		0.071	0.075	
Glutamic acid.....g	1.753		0		4		0.497	0.526	
Glycine.....g	0.190		0		4		0.054	0.057	
Proline.....g	0.603		0		4		0.171	0.181	
Serine.....g	0.270		0		4		0.077	0.081	
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. 18358**

**Sweet rolls, cinnamon, refrigerated dough with frosting, baked**

**Common Measures:**

Measure 1 = 28.35g: 1 oz

Measure 2 = 30g: 1 roll

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)



NDB No. 18360  
Taco shells, baked (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, delta.....									
Vitamin D (D2 + D3).....	0.0		0	Z	7		0.0	0.0	0.0
Vitamin D.....	0		0	Z	7		0	0	0
Vitamin K (phylloquinone).....	8.6	2.707	3	A	1		1.1	1.1	1.1
Dihydrophylloquinone.....									
Menaquinone-4.....									
<b>Lipids:</b>									
Fatty acids, total saturated.....	7.105		0	NC	4		0.917	0.902	0.945
4:0.....	0.006	0.000	9	A	1		0.001	0.001	0.001
6:0.....	0.004	0.004	9	A	1		0.000	0.000	0.000
8:0.....	0.057	0.051	9	A	1		0.007	0.007	0.008
10:0.....	0.053	0.041	9	A	1		0.007	0.007	0.007
12:0.....	0.342	0.317	9	A	1		0.044	0.043	0.046
13:0.....									
14:0.....	0.251	0.119	9	A	1		0.032	0.032	0.033
15:0.....	0.008	0.000	9	A	1		0.001	0.001	0.001
16:0.....	5.530	0.179	9	A	1		0.713	0.702	0.735
17:0.....	0.012	0.002	9	A	1		0.002	0.002	0.002
18:0.....	0.757	0.020	9	A	1		0.098	0.096	0.101
20:0.....	0.067	0.002	9	A	1		0.009	0.008	0.009
22:0.....	0.000	0.000	9	A	1		0.000	0.000	0.000
24:0.....	0.019	0.002	9	A	1		0.002	0.002	0.002
Fatty acids, total monounsaturated.....	6.935		0	NC	4		0.895	0.881	0.922
14:1.....	0.000	0.000	9	A	1		0.000	0.000	0.000
15:1.....	0.000	0.000	9	A	1		0.000	0.000	0.000
16:1 undifferentiated.....	0.028	0.003	9	AS	1		0.004	0.004	0.004
16:1 c.....	0.028	0.003	9	A	1		0.004	0.004	0.004
16:1 t.....	0.000	0.000	9	A	1		0.000	0.000	0.000
17:1.....	0.007	0.001	9	A	1		0.001	0.001	0.001
18:1 undifferentiated.....	6.854	0.242	9	AS	1		0.884	0.870	0.912
18:1 c.....	6.759	0.245	9	A	1		0.872	0.858	0.899
18:1 t.....	0.095	0.013	9	A	1		0.012	0.012	0.013
18:1-11 t (18:1t n-7).....									
20:1.....	0.043	0.002	9	A	1		0.006	0.005	0.006
22:1 undifferentiated.....	0.002	0.000	9	AS	1		0.000	0.000	0.000
22:1 c.....	0.001	0.000	9	A	1		0.000	0.000	0.000
22:1 t.....	0.001	0.000	9	A	1		0.000	0.000	0.000
24:1 c.....	0.000	0.000	9	A	1		0.000	0.000	0.000
Fatty acids, total polyunsaturated.....	5.495		0	NC	4		0.709	0.698	0.731
18:2 undifferentiated.....	5.182	0.506	9	AS	1		0.668	0.658	0.689
18:2 n-6 c,c.....	5.097	0.494	9	A	1		0.658	0.647	0.678
18:2 CLAs.....	0.009	0.002	9	A	1		0.001	0.001	0.001
18:2 t,t.....									
18:2 i.....									
18:2 t not further defined.....	0.076	0.016	9	A	1		0.010	0.010	0.010
18:3 undifferentiated.....	0.284	0.032	9	AS	1		0.037	0.036	0.038
18:3 n-3 c,c,c (ALA).....	0.270	0.031	9	A	1		0.035	0.034	0.036
18:3 n-6 c,c,c.....	0.014	0.001	9	A	1		0.002	0.002	0.002
18:3i.....									
18:4.....	0.000	0.000	9	A	1		0.000	0.000	0.000
20:2 n-6 c,c.....	0.005	0.000	9	A	1		0.001	0.001	0.001
20:3 undifferentiated.....	0.000	0.000	9	AS	1		0.000	0.000	0.000
20:3 n-3.....	0.000	0.000	9	A	1		0.000	0.000	0.000
20:3 n-6.....	0.000	0.000	9	A	1		0.000	0.000	0.000
20:4 undifferentiated.....	0.000	0.000	9	A	1		0.000	0.000	0.000
20:4 n-6.....									
20:5 n-3 (EPA).....	0.000	0.000	9	A	1		0.000	0.000	0.000
21:5.....									
22:4.....	0.000	0.000	9	A	1		0.000	0.000	0.000
22:5 n-3 (DPA).....	0.000	0.000	9	A	1		0.000	0.000	0.000
22:6 n-3 (DHA).....	0.000	0.000	9	A	1		0.000	0.000	0.000
Fatty acids, total trans.....	0.172		0	NC	4		0.022	0.022	0.023
Fatty acids, total trans-monoenoic.....	0.096		0	NC	4		0.012	0.012	0.013



**NDB No. 18360**  
**Taco shells, baked (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			
Fatty acids, total trans-polyenoic.....g	0.076		0	NC	4	0.010	0.010	0.010
Cholesterol.....mg	0		0	FLA	4	0	0	0
Phytosterols.....mg								
<b><u>Amino Acids:</u></b>								
Tryptophan.....g	0.040	0.006	3	A	1	0.005	0.005	0.005
Threonine.....g	0.227	0.017	3	A	1	0.029	0.029	0.030
Isoleucine.....g	0.220	0.015	3	A	1	0.028	0.028	0.029
Leucine.....g	0.837	0.022	3	A	1	0.108	0.106	0.111
Lysine.....g	0.197	0.013	3	A	1	0.025	0.025	0.026
Methionine.....g	0.180	0.006	3	A	1	0.023	0.023	0.024
Cystine.....g	0.140	0.006	3	A	1	0.018	0.018	0.019
Phenylalanine.....g	0.290	0.010	3	A	1	0.037	0.037	0.039
Tyrosine.....g	0.223	0.003	3	A	1	0.029	0.028	0.030
Valine.....g	0.287	0.007	3	A	1	0.037	0.036	0.038
Arginine.....g	0.287	0.007	3	A	1	0.037	0.036	0.038
Histidine.....g	0.167	0.007	3	A	1	0.021	0.021	0.022
Alanine.....g	0.457	0.015	3	A	1	0.059	0.058	0.061
Aspartic acid.....g	0.540	0.031	3	A	1	0.070	0.069	0.072
Glutamic acid.....g	1.257	0.024	3	A	1	0.162	0.160	0.167
Glycine.....g	0.250	0.006	3	A	1	0.032	0.032	0.033
Proline.....g	0.770	0.067	3	A	1	0.099	0.098	0.102
Serine.....g	0.367	0.019	3	A	1	0.047	0.047	0.049
Hydroxyproline.....g	0.000	0.000	3	A	1	0.000	0.000	0.000
<b><u>Others:</u></b>								
Alcohol, ethyl.....g	0.0		0	FLA	4	0.0	0.0	0.0
Caffeine.....mg	0		0	FLA	4	0	0	0
Theobromine.....mg	0		0	FLA	4	0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 12.9g: 1 shell

Measure 2 = 12.7g: 1 taco

Measure 3 = 13.3g: 1 medium (approx 5" dia)

**Footnotes:**

1 Item includes both regular corn and whole grain corn tortilla shells.

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group: 18 Baked Products**

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 18448

Taco shells, baked, without added 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
<b>Proximates:</b>									
Water.....g	6.00	0.396	5		1		1.70	0.78	0.30
Energy.....kcal	468		0	NC	4		133	61	23
Energy.....kJ	1958				4		555	255	98
Protein (N x 6.2).....g	7.20	0.544	3		1		2.04	0.94	0.36
Total lipid (fat).....g	22.60	0.156	3		1		6.41	2.94	1.13
Ash.....g	1.80	0.218	3		1		0.51	0.23	0.09
Carbohydrate, by difference.....g	62.40		0		4		17.69	8.11	3.12
Fiber, total dietary.....g	7.5		0		4		2.1	1.0	0.4
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	160	45.511	3		1		45	21	8
Iron, Fe.....mg	2.50	1.097	3		1		0.71	0.33	0.13
Magnesium, Mg.....mg	105	15.717	3		1		30	14	5
Phosphorus, P.....mg	248	25.045	3		1		70	32	12
Potassium, K.....mg	179	35.176	3		1		51	23	9
Sodium, Na.....mg	15		0		4		4	2	1
Zinc, Zn.....mg	1.40	0.099	3		1		0.40	0.18	0.07
Copper, Cu.....mg	0.120	0.042	3		1		0.034	0.016	0.006
Manganese, Mn.....mg	0.435	0.029	3		1		0.123	0.057	0.022
Selenium, Se.....µg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0		4		0.0	0.0	0.0
Thiamin.....mg	0.228	0.015	9		1		0.065	0.030	0.011
Riboflavin.....mg	0.053	0.001	8		1		0.015	0.007	0.003
Niacin.....mg	1.350	0.067	8		1		0.383	0.176	0.068
Pantothenic acid.....mg	0.470	0.035	9		1		0.133	0.061	0.024
Vitamin B-6.....mg	0.296		0	BFZN	4		0.084	0.038	0.015
Folate, total.....µg	105		0	FLA	4		30	14	5
Folic acid.....µg	99		0	NC	4		28	13	5
Folate, food.....µg	6	0.081	8		1		2	1	0
Folate, DFE.....µg	174		0	NC	4		49	23	9
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		0		4		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									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	0		0	BFZN	4		0	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									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									

NDB No. 18448

Taco shells, baked, without added 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		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			Deriv Code	Points					
Fatty acids, total saturated.....g	3.245		0	BFZN	4		0.920	0.422	0.162
4:0.....g									
6:0.....g									
8:0.....g									
10:0.....g									
12:0.....g									
13:0.....g									
14:0.....g	0.019		0	BFZN	4		0.005	0.002	0.001
15:0.....g									
16:0.....g	2.217		0	BFZN	4		0.629	0.288	0.111
17:0.....g									
18:0.....g	0.994		0	BFZN	4		0.282	0.129	0.050
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	8.934		0	BFZN	4		2.533	1.161	0.447
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.078		0	BFZN	4		0.022	0.010	0.004
17:1.....g									
18:1 undifferentiated.....g	8.837		0	BFZN	4		2.505	1.149	0.442
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	8.494		0	BFZN	4		2.408	1.104	0.425
18:2 undifferentiated.....g	7.941		0	BFZN	4		2.251	1.032	0.397
18:3 undifferentiated.....g	0.534		0	BFZN	4		0.151	0.069	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		4		0	0	0
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.052		0		4		0.015	0.007	0.003
Threonine.....g	0.271		0		4		0.077	0.035	0.014
Isoleucine.....g	0.259		0		4		0.073	0.034	0.013
Leucine.....g	0.886		0		4		0.251	0.115	0.044
Lysine.....g	0.203		0		4		0.058	0.026	0.010
Methionine.....g	0.151		0		4		0.043	0.020	0.008
Cystine.....g	0.130		0		4		0.037	0.017	0.007
Phenylalanine.....g	0.354		0		4		0.100	0.046	0.018
Tyrosine.....g	0.294		0		4		0.083	0.038	0.015
Valine.....g	0.366		0		4		0.104	0.048	0.018
Arginine.....g	0.360		0		4		0.102	0.047	0.018
Histidine.....g	0.221		0		4		0.063	0.029	0.011
Alanine.....g	0.540		0		4		0.153	0.070	0.027
Aspartic acid.....g	0.502		0		4		0.142	0.065	0.025
Glutamic acid.....g	1.354		0		4		0.384	0.176	0.068
Glycine.....g	0.297		0		4		0.084	0.039	0.015
Proline.....g	0.630		0		4		0.179	0.082	0.032
Serine.....g	0.343		0		4		0.097	0.045	0.017
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. 18448**

**Taco shells, baked, without added salt**

**Common Measures:**

Measure 1 = 28.35g: 1 oz

Measure 2 = 13.0g: 1 medium (approx 5" dia)

Measure 3 = 5.0g: 1 miniature (3" dia)

**Calories Factors: Protein 2.7**

**Fat 8.8**

**Carbohydrate 4**

**Food Group:** 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)



NDB No. 18494

Toaster Pastries, KELLOGG, KELLOGG'S LOW FAT POP TARTS, Frosted brown sugar cinnamon

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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

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Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 50g: 1 pastry

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)



NDB No. 18497

Toaster Pastries, KELLOGG, KELLOGG'S LOW FAT POP TARTS, Frosted strawberry

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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	Measure 1	Measure 2	Measure 3
			of Data Points	Confidence Code			

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Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 50g: 1 pastry

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)



NDB No. 18476

Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Blueberry

Kellogg, Co.

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
<b>Proximates:</b>									
Water.....g	12.50		0	MC	9		6.50		
Energy.....kcal	412		0	NC	4		214		
Energy.....kJ	1723		0	NC	4		896		
Protein.....g	4.60		0	MC	9		2.39		
Total lipid (fat).....g	13.30		0	MC	9		6.92		
Ash.....g	1.19		0	MC	9		0.62		
Carbohydrate, by difference.....g	68.41		0	NC	4		35.57		
Fiber, total dietary.....g	1.1		0	MC	9		0.6		
Sugars, total.....g	30.90		0	MC	9		16.07		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	24		0	MC	9		12		
Iron, Fe.....mg	3.50		0	MC	9		1.82		
Magnesium, Mg.....mg	16		0	MC	9		8		
Phosphorus, P.....mg	88		0	MC	9		46		
Potassium, K.....mg	95		0	MC	9		49		
Sodium, Na.....mg	350		0	MC	9		182		
Zinc, Zn.....mg	1.27		0	MC	9		0.66		
Copper, Cu.....mg	0.150		0	MC	9		0.078		
Manganese, Mn.....mg									
Selenium, Se.....µg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0	MC	9		0.0		
Thiamin.....mg	0.290		0	MC	9		0.151		
Riboflavin.....mg	0.330		0	MC	9		0.172		
Niacin.....mg	3.800		0	MC	9		1.976		
Pantothenic acid.....mg	0.000		0	MC	9		0.000		
Vitamin B-6.....mg	0.380		0	MC	9		0.198		
Folate, total.....µg	80		0	MC	9		42		
Folic acid.....µg									
Folate, food.....µg	80		0	MC	9		42		
Folate, DFE.....µg									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		0	MC	9		0.00		
Vitamin A, RAE.....µg	289		0	NR	4		150		
Retinol.....µg									
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	962		0	MC	9		500		
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									
<b>Lipids:</b>									

**NDB No. 18476**  
**Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Blueberry**

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common</u>				
	Mean	Std. Error	Number			<u>measures of food</u>			
			of Data	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			Points	Code	Code	Code			
Fatty acids, total saturated.....g	2.020		0	MC	9		1.050		
Fatty acids, total monounsaturated.....g	6.500		0	MC	9		3.380		
Fatty acids, total polyunsaturated.....g	4.810		0	MC	9		2.501		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	MC	9		0		
Phytosterols.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 52g: 1 pastry

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 18478

Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Brown sugar cinnamon

Kellogg, Co.

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
<b>Proximates:</b>									
Water.....g	10.50		0	MC	9		5.25		
Energy.....kcal	438		0	MC	9		219		
Energy.....kJ	1833		0	MC	9		917		
Protein.....g	5.40		0	MC	9		2.70		
Total lipid (fat).....g	18.40		0	MC	9		9.20		
Ash.....g	1.36		0	MC	9		0.68		
Carbohydrate, by difference.....g	64.40		0	MC	9		32.20		
Fiber, total dietary.....g	1.5		0	MC	9		0.8		
Sugars, total.....g	25.40		0	MC	9		12.70		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	31		0	MC	9		16		
Iron, Fe.....mg	3.60		0	MC	9		1.80		
Magnesium, Mg.....mg	16		0	MC	9		8		
Phosphorus, P.....mg	63		0	MC	9		32		
Potassium, K.....mg	135		0	MC	9		68		
Sodium, Na.....mg	380		0	MC	9		190		
Zinc, Zn.....mg	1.22		0	MC	9		0.61		
Copper, Cu.....mg	0.080		0	MC	9		0.040		
Manganese, Mn.....mg									
Selenium, Se.....µg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0	MC	9		0.0		
Thiamin.....mg	0.300		0	MC	9		0.150		
Riboflavin.....mg	0.340		0	MC	9		0.170		
Niacin.....mg	4.000		0	MC	9		2.000		
Pantothenic acid.....mg	0.000		0	MC	9		0.000		
Vitamin B-6.....mg	0.400		0	MC	9		0.200		
Folate, total.....µg	80		0	MC	9		40		
Folic acid.....µg									
Folate, food.....µg	80		0	MC	9		40		
Folate, DFE.....µg									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		0	MC	9		0.00		
Vitamin A, RAE.....µg									
Retinol.....µg									
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	1000		0	MC	9		500		
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									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	2.080		0	MC	9				

NDB No. 18478

Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Brown sugar cinnamon

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 Code			
Fatty acids, total saturated.....g	2.080			MC	9	1.040		
Fatty acids, total monounsaturated.....g	7.140		0	MC	9	3.570		
Fatty acids, total polyunsaturated.....g	9.140		0	MC	9	4.570		
Fatty acids, total trans.....g								
Cholesterol.....mg	0		0	MC	9	0		
Phytosterols.....mg								

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 50g: 1 pastry

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 18477

Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Frosted blueberry

Kellogg, Co.

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
<b>Proximates:</b>									
Water.....g	12.50		0	MC	9		6.50		
Energy.....kcal	391		0	MC	9		203		
Energy.....kJ	1636		0	MC	9		851		
Protein.....g	4.60		0	MC	9		2.39		
Total lipid (fat).....g	10.00		0	MC	9		5.20		
Ash.....g	1.19		0	MC	9		0.62		
Carbohydrate, by difference.....g	71.77		0	MC	9		37.32		
Fiber, total dietary.....g	1.1		0	MC	9		0.6		
Sugars, total.....g	31.20		0	MC	9		16.22		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	24		0	MC	9		12		
Iron, Fe.....mg	3.50		0	MC	9		1.82		
Magnesium, Mg.....mg	16		0	MC	9		8		
Phosphorus, P.....mg	85		0	MC	9		44		
Potassium, K.....mg	95		0	MC	9		49		
Sodium, Na.....mg	320		0	MC	9		166		
Zinc, Zn.....mg	1.23		0	MC	9		0.64		
Copper, Cu.....mg	0.150		0	MC	9		0.078		
Manganese, Mn.....mg									
Selenium, Se.....µg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0	MC	9		0.0		
Thiamin.....mg	0.290		0	MC	9		0.151		
Riboflavin.....mg	0.330		0	MC	9		0.172		
Niacin.....mg	3.800		0	MC	9		1.976		
Pantothenic acid.....mg	0.000		0	MC	9		0.000		
Vitamin B-6.....mg	0.380		0	MC	9		0.198		
Folate, total.....µg	80		0	MC	9		42		
Folic acid.....µg									
Folate, food.....µg	80		0	MC	9		42		
Folate, DFE.....µg									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		0	MC	9		0.00		
Vitamin A, RAE.....µg									
Retinol.....µg									
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	962		0	MC	9		500		
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									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	1.980		0	MC	9				

NDB No. 18477

Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Frosted blueberry

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	Measure 1	Measure 2	Measure 3
			of Data Points	Confidence Code			
Fatty acids, total saturated.....g	1.980		MC	9	1.030		
Fatty acids, total monounsaturated.....g	6.830		0	MC	9	3.552	
Fatty acids, total polyunsaturated.....g	1.130		0	MC	9	0.588	
Fatty acids, total trans.....g							
Cholesterol.....mg	0		0	MC	9	0	
Phytosterols.....mg							

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**Common Measures:**

Measure 1 = 52g: 1 pastry

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)



NDB No. 18479

Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Frosted brown sugar cinnam on

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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

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Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 50g: 1 pastry

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)



NDB No. 18481

Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Frosted cherry

Kellogg, Co.

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
<b>Proximates:</b>									
Water.....g	12.50		0	MC	9		6.50		
Energy.....kcal	397		0	NC	4		206		
Energy.....kJ	1659		0	NC	4		863		
Protein.....g	4.20		0	MC	9		2.18		
Total lipid (fat).....g	10.20		0	MC	9		5.30		
Ash.....g	1.10		0	MC	9		0.57		
Carbohydrate, by difference.....g	72.00		0	NC	4		37.44		
Fiber, total dietary.....g	1.0		0	MC	9		0.5		
Sugars, total.....g	36.00		0	MC	9		18.72		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	25		0	MC	9		13		
Iron, Fe.....mg	3.50		0	MC	9		1.82		
Magnesium, Mg.....mg	14		0	MC	9		7		
Phosphorus, P.....mg	80		0	MC	9		42		
Potassium, K.....mg	95		0	MC	9		49		
Sodium, Na.....mg	320		0	NR	4		166		
Zinc, Zn.....mg	1.46		0	MC	9		0.76		
Copper, Cu.....mg	0.190		0	MC	9		0.099		
Manganese, Mn.....mg									
Selenium, Se.....µg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0	MC	9		0.0		
Thiamin.....mg	0.290		0	MC	9		0.151		
Riboflavin.....mg	0.330		0	MC	9		0.172		
Niacin.....mg	3.850		0	MC	9		2.002		
Pantothenic acid.....mg	0.000		0	MC	9		0.000		
Vitamin B-6.....mg	0.390		0	MC	9		0.203		
Folate, total.....µg	80		0	MC	9		42		
Folic acid.....µg									
Folate, food.....µg	80		0	MC	9		42		
Folate, DFE.....µg									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		0	MC	9		0.00		
Vitamin A, RAE.....µg	289		0	NR	4		150		
Retinol.....µg									
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	962		0	MC	9		500		
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									
<b>Lipids:</b>									

NDB No. 18481

Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Frosted cherry

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common</u> <u>measures of food</u>		
	Mean	Std. Error	Number	Source	Measure 1	Measure 2	Measure 3
			of Data Points	Confidence Code			
Fatty acids, total saturated.....g	1.940		0	MC 9	1.009		
Fatty acids, total monounsaturated.....g	6.690		0	MC 9	3.479		
Fatty acids, total polyunsaturated.....g	1.580		0	MC 9	0.822		
Fatty acids, total trans.....g							
Cholesterol.....mg	0		0	MC 9	0		
Phytosterols.....mg							

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 52g: 1 pastry

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)



NDB No. 18482

Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Frosted chocolate fudge

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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

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Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 52g: 1 pastry

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 18486

Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Frosted raspberry

Kellogg, Co.

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
<b>Proximates:</b>									
Water.....g	12.50		0	MC	9		6.50		
Energy.....kcal	399		0	NC	4		207		
Energy.....kJ	1668		0	NC	4		867		
Protein.....g	4.20		0	MC	9		2.18		
Total lipid (fat).....g	10.60		0	MC	9		5.51		
Ash.....g	1.08		0	MC	9		0.56		
Carbohydrate, by difference.....g	71.62		0	NC	4		37.24		
Fiber, total dietary.....g	1.0		0	MC	9		0.5		
Sugars, total.....g	35.40		0	MC	9		18.41		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	22		0	MC	9		11		
Iron, Fe.....mg	3.50		0	MC	9		1.82		
Magnesium, Mg.....mg	16		0	MC	9		8		
Phosphorus, P.....mg	88		0	MC	9		46		
Potassium, K.....mg	85		0	MC	9		44		
Sodium, Na.....mg	320		0	MC	9		166		
Zinc, Zn.....mg	1.21		0	MC	9		0.63		
Copper, Cu.....mg	0.080		0	MC	9		0.042		
Manganese, Mn.....mg									
Selenium, Se.....µg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0	MC	9		0.0		
Thiamin.....mg	0.290		0	MC	9		0.151		
Riboflavin.....mg	0.330		0	MC	9		0.172		
Niacin.....mg	3.800		0	MC	9		1.976		
Pantothenic acid.....mg	0.000		0	MC	9		0.000		
Vitamin B-6.....mg	0.400		0	MC	9		0.208		
Folate, total.....µg	100		0	MC	9		52		
Folic acid.....µg									
Folate, food.....µg	100		0	MC	9		52		
Folate, DFE.....µg									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		0	MC	9		0.00		
Vitamin A, RAE.....µg	289		0	NR	4		150		
Retinol.....µg									
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	962		0	MC	9		500		
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. 18486

Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Frosted raspberry

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 Code			
Fatty acids, total saturated.....g	1.880		0	MC	9	0.978		
Fatty acids, total monounsaturated.....g	6.170		0	MC	9	3.208		
Fatty acids, total polyunsaturated.....g	2.560		0	MC	9	1.331		
Fatty acids, total trans.....g								
Cholesterol.....mg	0		0	MC	9	0		
Phytosterols.....mg								

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 52g: 1 pastry

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)



NDB No. 18489

Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Frosted strawberry

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Nutrients and Units	<u>Amount in 100 grams of edible portion</u>						<u>Amount in edible portion of common</u>		
	Mean	Std. Error	Number			Source Code	measures of food		
			of Data Points	Deriv Code	Confidence Code		Measure 1	Measure 2	Measure 3

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Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 52g: 1 pastry

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)





NDB No. 18490

Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Frosted wild berry

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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

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Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 52g: 1 pastry

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 18487

Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, S'mores

Kellogg, Co.

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
<b>Proximates:</b>									
Water.....g	12.50		0	MC	9		6.50		
Energy.....kcal	392		0	MC	9		204		
Energy.....kJ	1640		0	MC	9		853		
Protein.....g	6.20		0	MC	9		3.22		
Total lipid (fat).....g	10.50		0	MC	9		5.46		
Ash.....g	1.20		0	MC	9		0.62		
Carbohydrate, by difference.....g	69.60		0	MC	9		36.19		
Fiber, total dietary.....g	1.4		0	MC	9		0.7		
Sugars, total.....g	36.50		0	MC	9		18.98		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	29		0	MC	9		15		
Iron, Fe.....mg	3.50		0	MC	9		1.82		
Magnesium, Mg.....mg	21		0	MC	9		11		
Phosphorus, P.....mg	75		0	MC	9		39		
Potassium, K.....mg	125		0	MC	9		65		
Sodium, Na.....mg	410		0	MC	9		213		
Zinc, Zn.....mg	0.40		0	MC	9		0.21		
Copper, Cu.....mg	0.100		0	MC	9		0.052		
Manganese, Mn.....mg									
Selenium, Se.....µg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0	MC	9		0.0		
Thiamin.....mg	0.300		0	MC	9		0.156		
Riboflavin.....mg	0.300		0	MC	9		0.156		
Niacin.....mg	3.800		0	MC	9		1.976		
Pantothenic acid.....mg	0.000		0	MC	9		0.000		
Vitamin B-6.....mg	0.400		0	MC	9		0.208		
Folate, total.....µg	100		0	MC	9		52		
Folic acid.....µg									
Folate, food.....µg	100		0	MC	9		52		
Folate, DFE.....µg									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		0	MC	9		0.00		
Vitamin A, RAE.....µg									
Retinol.....µg									
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	962		0	MC	9		500		
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									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	2.800		0	MC	9				

NDB No. 18487

Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, S'mores

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common</u>			
	Mean	Std. Error	Number		Measure 1	Measure 2	Measure 3	
			of Data Points	Deriv Code				Source Code
Fatty acids, total saturated.....g	2.800			MC	9	1.456		
Fatty acids, total monounsaturated.....g	5.900		0	MC	9	3.068		
Fatty acids, total polyunsaturated.....g	1.800		0	MC	9	0.936		
Fatty acids, total trans.....g								
Cholesterol.....mg	0		0	MC	9	0		
Phytosterols.....mg								

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 52g: 1 pastry

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)



NDB No. 18488

Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Strawberry

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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

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Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 52g: 1 pastry

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 18938

Toaster Pastries, fruit, frosted (include apples, blueberry, cherry, straw berry)

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
<b>Proximates:</b>									
Water.....g	14.04	0.132	17	A	1		7.44	3.98	
Energy.....kcal	385		0	NC	4		204	109	
Energy.....kJ	1609		0	NC	4		853	456	
Protein.....g	4.01	0.033	17	A	1		2.13	1.14	
Total lipid (fat).....g	9.02	0.120	17	A	1		4.78	2.56	
Ash.....g	1.10	0.017	17	A	1		0.58	0.31	
Carbohydrate, by difference.....g	71.83		0	NC	4		38.07	20.36	
Fiber, total dietary.....g	1.8	0.201	11	A	1		1.0	0.5	
Sugars, total.....g	31.00	0.434	11	A	1		16.43	8.79	
Sucrose.....g	8.88	0.180	11	A	1		4.71	2.52	
Glucose (dextrose).....g	14.90	0.177	11	A	1		7.90	4.22	
Fructose.....g	3.88	0.068	11	A	1		2.06	1.10	
Lactose.....g	0.26	0.014	11	A	1		0.14	0.07	
Maltose.....g	3.07	0.148	11	A	1		1.63	0.87	
Galactose.....g	0.00	0.000	11	A	1		0.00	0.00	
Starch.....g	29.65	0.175	11	A	1		15.71	8.41	
<b>Minerals:</b>									
Calcium, Ca.....mg	12	0.129	17	A	1		6	3	
Iron, Fe.....mg	4.35	0.119	17	A	1		2.30	1.23	
Magnesium, Mg.....mg	11	0.095	17	A	1		6	3	
Phosphorus, P.....mg	71	0.893	17	A	1		38	20	
Potassium, K.....mg	86	2.137	17	A	1		46	24	
Sodium, Na.....mg	311	5.545	17	A	1		165	88	
Zinc, Zn.....mg	0.36	0.004	17	A	1		0.19	0.10	
Copper, Cu.....mg	0.062	0.002	17	A	1		0.033	0.017	
Manganese, Mn.....mg	0.322	0.006	17	A	1		0.171	0.091	
Selenium, Se.....µg	3.4	0.151	11	A	1		1.8	1.0	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		2	A	1		0.0	0.0	
Thiamin.....mg	0.519	0.012	9	A	1		0.275	0.147	
Riboflavin.....mg	0.495	0.020	9	A	1		0.262	0.140	
Niacin.....mg	6.174	0.201	9	A	1		3.272	1.750	
Pantothenic acid.....mg	0.304	0.002	6	A	1		0.161	0.086	
Vitamin B-6.....mg	0.495	0.022	9	A	1		0.262	0.140	
Folate, total.....µg	90	3.064	7	A	1		48	26	
Folic acid.....µg	36		1	A	1		19	10	
Folate, food.....µg	54		0	NC	4		29	15	
Folate, DFE.....µg	115		0	NC	4		61	33	
Choline, total.....mg	8.4		0	AS	1		4.4	2.4	
Betaine.....mg	21.0		1	A	1		11.1	6.0	
Vitamin B-12.....µg	0.01		0	FLA	4		0.01	0.00	
Vitamin B-12, added.....µg	0.00		0	FLA	4		0.00	0.00	
Vitamin A, RAE.....µg	202		0	AS	1		107	57	
Retinol.....µg	202		2	A	1		107	57	
Carotene, beta.....µg	0		1	A	1		0	0	
Carotene, alpha.....µg	0		1	A	1		0	0	
Cryptoxanthin, beta.....µg	0		1	A	1		0	0	
Vitamin A, IU.....IU	672		0	AS	1		356	190	
Lycopene.....µg	0		1	A	1		0	0	
Lutein + zeaxanthin.....µg	52		1	A	1		28	15	
Vitamin E (alpha-tocopherol).....mg	0.74	0.014	9	A	1		0.39	0.21	
Vitamin E, added.....mg	0.00		0	FLA	4		0.00	0.00	
Tocopherol, beta.....mg	0.16	0.010	9	A	1		0.08	0.05	
Tocopherol, gamma.....mg	3.30	0.108	9	A	1		1.75	0.94	
Tocopherol, delta.....mg	1.15	0.054	9	A	1		0.61	0.33	
Tocotrienol, alpha.....mg	0.17	0.011	9	A	1		0.09	0.05	
Tocotrienol, beta.....mg	0.49	0.038	9	A	1		0.26	0.14	

Toaster Pastries, fruit, frosted (include apples, blueberry, cherry, strawberry)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Tocotrienol, gamma.....mg	0.24	0.017	9	A	1		0.13	0.07	
Tocotrienol, delta.....mg	0.08	0.013	9	A	1		0.04	0.02	
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	6.9		2	A	1		3.7	2.0	
Dihydrophyloquinone.....µg	28.4		2	A	1		15.1	8.1	
Menaquinone-4.....µg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	3.091		0	NC	4		1.638	0.876	
4:0.....g	0.000	0.000	11	A	1		0.000	0.000	
6:0.....g	0.000	0.000	11	A	1		0.000	0.000	
8:0.....g	0.000	0.000	11	A	1		0.000	0.000	
10:0.....g	0.009	0.000	11	A	1		0.005	0.002	
12:0.....g	0.010	0.000	11	A	1		0.005	0.003	
13:0.....g									
14:0.....g	0.049	0.001	11	A	1		0.026	0.014	
15:0.....g	0.005	0.000	11	A	1		0.003	0.001	
16:0.....g	2.561	0.016	11	A	1		1.357	0.726	
17:0.....g	0.014	0.000	11	A	1		0.007	0.004	
18:0.....g	0.385	0.002	11	A	1		0.204	0.109	
20:0.....g	0.030	0.000	11	A	1		0.016	0.009	
22:0.....g	0.018	0.000	11	A	1		0.009	0.005	
24:0.....g	0.009	0.000	11	A	1		0.005	0.003	
Fatty acids, total monounsaturated.....g	2.186		0	NC	4		1.159	0.620	
14:1.....g	0.000	0.000	11	A	1		0.000	0.000	
15:1.....g	0.000	0.000	11	A	1		0.000	0.000	
16:1 undifferentiated.....g	0.009	0.000	11	AS	1		0.005	0.003	
16:1 c.....g	0.009	0.000	11	A	1		0.005	0.003	
16:1 t.....g	0.000	0.000	11	A	1		0.000	0.000	
17:1.....g	0.004	0.000	11	A	1		0.002	0.001	
18:1 undifferentiated.....g	2.151	0.016	11	AS	1		1.140	0.610	
18:1 c.....g	2.139	0.017	11	A	1		1.134	0.606	
18:1 t.....g	0.012	0.002	11	A	1		0.006	0.003	
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.022	0.002	11	A	1		0.011	0.006	
22:1 undifferentiated.....g	0.000	0.000	11	AS	1		0.000	0.000	
22:1 c.....g	0.000	0.000	11	A	1		0.000	0.000	
22:1 t.....g	0.000	0.000	11	A	1		0.000	0.000	
24:1 c.....g	0.000	0.000	11	A	1		0.000	0.000	
Fatty acids, total polyunsaturated.....g	3.360		0	NC	4		1.781	0.952	
18:2 undifferentiated.....g	2.982	0.016	11	AS	1		1.580	0.845	
18:2 n-6 c,c.....g	2.954	0.018	11	A	1		1.566	0.838	
18:2 CLAs.....g	0.006	0.001	11	A	1		0.003	0.002	
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.022	0.003	11	A	1		0.011	0.006	
18:3 undifferentiated.....g	0.372	0.009	11	AS	1		0.197	0.105	
18:3 n-3 c,c,c (ALA).....g	0.358	0.009	11	A	1		0.190	0.101	
18:3 n-6 c,c,c.....g	0.014	0.001	11	A	1		0.007	0.004	
18:3i.....g	0.000	0.000	11	A	1		0.000	0.000	
18:4.....g	0.000	0.000	11	A	1		0.000	0.000	
20:2 n-6 c,c.....g	0.003	0.000	11	A	1		0.001	0.001	
20:3 undifferentiated.....g	0.000	0.000	11	AS	1		0.000	0.000	
20:3 n-3.....g	0.000	0.000	11	A	1		0.000	0.000	
20:3 n-6.....g	0.000	0.000	11	A	1		0.000	0.000	
20:4 undifferentiated.....g	0.004	0.001	11	A	1		0.002	0.001	
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.000	0.000	11	A	1		0.000	0.000	
21:5.....g									
22:4.....g	0.000	0.000	11	A	1		0.000	0.000	
22:5 n-3 (DPA).....g	0.000	0.000	11	A	1		0.000	0.000	



NDB No. 18938

Toaster Pastries, fruit, frosted (include apples, blueberry, cherry, strawberry)

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
22:6 n-3 (DHA).....g	0.000	0.000	11	A	1		0.000	0.000	
Fatty acids, total trans.....g	0.034		0	NC	4		0.018	0.010	
Fatty acids, total trans-monoenoic.....g	0.012		0	NC	4		0.006	0.003	
Fatty acids, total trans-polyenoic.....g	0.022		0	NC	4		0.012	0.006	
Cholesterol.....mg	0		0	FLA	4		0	0	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.066		0	A	1		0.035	0.019	
Threonine.....g	0.100		0	A	1		0.053	0.028	
Isoleucine.....g	0.133		0	A	1		0.070	0.038	
Leucine.....g	0.275		0	A	1		0.146	0.078	
Lysine.....g	0.143		0	A	1		0.076	0.041	
Methionine.....g	0.071		0	A	1		0.038	0.020	
Cystine.....g	0.095		0	A	1		0.050	0.027	
Phenylalanine.....g	0.166		0	A	1		0.088	0.047	
Tyrosine.....g	0.090		0	A	1		0.048	0.026	
Valine.....g	0.152		0	A	1		0.081	0.043	
Arginine.....g	0.128		0	A	1		0.068	0.036	
Histidine.....g	0.066		0	A	1		0.035	0.019	
Alanine.....g	0.123		0	A	1		0.065	0.035	
Aspartic acid.....g	0.294		0	A	1		0.156	0.083	
Glutamic acid.....g	1.425		0	A	1		0.755	0.404	
Glycine.....g	0.152		0	A	1		0.081	0.043	
Proline.....g	0.323		0	A	1		0.171	0.092	
Serine.....g	0.228		0	A	1		0.121	0.065	
Hydroxyproline.....g	0.000		2	A	1		0.000	0.000	
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	FLA	4		0.0	0.0	
Caffeine.....mg	0		0	FLA	4		0	0	
Theobromine.....mg	0		0	FLA	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 53g: 1 piece

Measure 2 = 28.35g: 1 oz

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)



NDB No. 18361

Toaster pastries, brown-sugar-cinnamon

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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

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Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 = 51g: 1 pastry

**Calories Factors: Protein** 4.1

**Fat** 8.8

**Carbohydrate**3.9

**Food Group:** 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 18362

Toaster pastries, fruit (includes apple, blueberry, cherry, strawberry)

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
<b>Proximates:</b>									
Water.....g	14.33	0.176	11	A	1		4.06	7.74	
Energy.....kcal	388		0	NC	4		110	209	
Energy.....kJ	1622		0	NC	4		460	876	
Protein (N x 6.25).....g	4.20	0.116	11	A	1		1.19	2.27	
Total lipid (fat).....g	9.95	0.195	11	A	1		2.82	5.37	
Ash.....g	1.20	0.050	11	A	1		0.34	0.65	
Carbohydrate, by difference.....g	70.32		0	NC	4		19.94	37.97	
Fiber, total dietary.....g	1.0	0.047	5	A	1		0.3	0.5	
Sugars, total.....g	26.13	0.903	5	A	1		7.41	14.11	
Sucrose.....g	1.78	1.118	5	A	1		0.50	0.96	
Glucose (dextrose).....g	15.20	1.125	5	A	1		4.31	8.21	
Fructose.....g	4.39	0.045	5	A	1		1.25	2.37	
Lactose.....g	0.72	0.440	5	A	1		0.21	0.39	
Maltose.....g	4.03	0.417	5	A	1		1.14	2.18	
Galactose.....g	0.00	0.000	5	A	1		0.00	0.00	
Starch.....g	33.03	1.288	5	A	1		9.36	17.84	
<b>Minerals:</b>									
Calcium, Ca.....mg	16	1.528	11	A	1		5	9	
Iron, Fe.....mg	5.51	0.127	11	A	1		1.56	2.98	
Magnesium, Mg.....mg	12	0.212	11	A	1		4	7	
Phosphorus, P.....mg	87	5.057	11	A	1		25	47	
Potassium, K.....mg	102	7.031	11	A	1		29	55	
Sodium, Na.....mg	334	7.919	11	A	1		95	180	
Zinc, Zn.....mg	0.38	0.018	11	A	1		0.11	0.20	
Copper, Cu.....mg	0.069	0.002	11	A	1		0.020	0.037	
Manganese, Mn.....mg	0.324	0.023	11	A	1		0.092	0.175	
Selenium, Se.....µg	3.1	0.336	5	A	1		0.9	1.7	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0	FLC	4		0.0	0.0	
Thiamin.....mg	0.649	0.043	5	A	1		0.184	0.350	
Riboflavin.....mg	0.558	0.027	5	A	1		0.158	0.302	
Niacin.....mg	6.791	0.482	5	A	1		1.925	3.667	
Pantothenic acid.....mg	0.273	0.023	3	A	1		0.077	0.148	
Vitamin B-6.....mg	0.520	0.050	5	A	1		0.147	0.281	
Folate, total.....µg	111	11.520	5	A	1		31	60	
Folic acid.....µg	91		0	FLC	4		26	49	
Folate, food.....µg	20		0	FLC	4		6	11	
Folate, DFE.....µg	174		0	NC	4		49	94	
Choline, total.....mg	6.4		0	FLC	4		1.8	3.5	
Betaine.....mg									
Vitamin B-12.....µg	0.00		0	FLC	4		0.00	0.00	
Vitamin B-12, added.....µg	0.00		0	FLC	4		0.00	0.00	
Vitamin A, RAE.....µg	202		0	BFZN	4		57	109	
Retinol.....µg	202		0	BFZN	4		57	109	
Carotene, beta.....µg	3		0	BFZN	4		1	1	
Carotene, alpha.....µg	3		0	BFZN	4		1	1	
Cryptoxanthin, beta.....µg	3		0	BFZN	4		1	1	
Vitamin A, IU.....IU	680		0	NC	4		193	367	
Lycopene.....µg	0		0	BFZN	4		0	0	
Lutein + zeaxanthin.....µg	52		0	BFZN	4		15	28	
Vitamin E (alpha-tocopherol).....mg	0.90	0.008	3	A	1		0.25	0.48	
Vitamin E, added.....mg	0.00		0	FLC	4		0.00	0.00	
Tocopherol, beta.....mg	0.19	0.010	3	A	1		0.05	0.10	
Tocopherol, gamma.....mg	3.33	0.171	3	A	1		0.94	1.80	
Tocopherol, delta.....mg	1.25	0.071	3	A	1		0.35	0.67	
Tocotrienol, alpha.....mg	0.16	0.011	3	A	1		0.05	0.09	
Tocotrienol, beta.....mg	0.58	0.026	3	A	1		0.16	0.31	

NDB No. 18362

Toaster pastries, fruit (includes apple, blueberry, cherry, strawberry)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Tocotrienol, gamma.....mg	0.25	0.018	3	A	1		0.07	0.14	
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	15.4		2	A	1		4.4	8.3	
Dihydrophyloquinone.....µg	0.0		2	A	1		0.0	0.0	
Menaquinone-4.....µg	0.0		2	A	1		0.0	0.0	
<b>Lipids:</b>									
Fatty acids, total saturated.....g	3.615		0	NC	4		1.025	1.952	
4:0.....g	0.000	0.000	5	A	1		0.000	0.000	
6:0.....g	0.000	0.000	5	A	1		0.000	0.000	
8:0.....g	0.000	0.000	5	A	1		0.000	0.000	
10:0.....g	0.018	0.002	5	A	1		0.005	0.010	
12:0.....g	0.013	0.002	5	A	1		0.004	0.007	
13:0.....g									
14:0.....g	0.060	0.008	5	A	1		0.017	0.032	
15:0.....g	0.006	0.000	5	A	1		0.002	0.003	
16:0.....g	3.014	0.208	5	A	1		0.854	1.628	
17:0.....g	0.013	0.002	5	A	1		0.004	0.007	
18:0.....g	0.427	0.014	5	A	1		0.121	0.231	
20:0.....g	0.033	0.001	5	A	1		0.009	0.018	
22:0.....g	0.020	0.003	5	A	1		0.006	0.011	
24:0.....g	0.011	0.001	5	A	1		0.003	0.006	
Fatty acids, total monounsaturated.....g	2.723		0	NC	4		0.772	1.470	
14:1.....g	0.000	0.000	5	A	1		0.000	0.000	
15:1.....g	0.000	0.000	5	A	1		0.000	0.000	
16:1 undifferentiated.....g	0.011	0.001	5	AS	1		0.003	0.006	
16:1 c.....g	0.011	0.001	5	A	1		0.003	0.006	
16:1 t.....g	0.000	0.000	5	A	1		0.000	0.000	
17:1.....g	0.004	0.000	5	A	1		0.001	0.002	
18:1 undifferentiated.....g	2.688	0.187	5	AS	1		0.762	1.452	
18:1 c.....g	2.677	0.189	5	A	1		0.759	1.446	
18:1 t.....g	0.011	0.002	5	A	1		0.003	0.006	
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.020	0.002	5	A	1		0.006	0.011	
22:1 undifferentiated.....g	0.000	0.000	5	AS	1		0.000	0.000	
22:1 c.....g	0.000	0.000	5	A	1		0.000	0.000	
22:1 t.....g	0.000	0.000	5	A	1		0.000	0.000	
24:1 c.....g	0.000	0.000	5	A	1		0.000	0.000	
Fatty acids, total polyunsaturated.....g	3.235		0	NC	4		0.917	1.747	
18:2 undifferentiated.....g	2.902	0.523	5	AS	1		0.823	1.567	
18:2 n-6 c,c.....g	2.880	0.520	5	A	1		0.816	1.555	
18:2 CLAs.....g	0.005	0.001	5	A	1		0.001	0.003	
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.017	0.001	5	A	1		0.005	0.009	
18:3 undifferentiated.....g	0.328	0.086	5	AS	1		0.093	0.177	
18:3 n-3 c,c,c (ALA).....g	0.314	0.083	5	A	1		0.089	0.170	
18:3 n-6 c,c,c.....g	0.014	0.003	5	A	1		0.004	0.007	
18:3i.....g	0.000	0.000	5	A	1		0.000	0.000	
18:4.....g	0.000	0.000	5	A	1		0.000	0.000	
20:2 n-6 c,c.....g	0.002	0.001	5	A	1		0.001	0.001	
20:3 undifferentiated.....g	0.000	0.000	5	AS	1		0.000	0.000	
20:3 n-3.....g	0.000	0.000	5	A	1		0.000	0.000	
20:3 n-6.....g	0.000	0.000	5	A	1		0.000	0.000	
20:4 undifferentiated.....g	0.003	0.000	5	A	1		0.001	0.002	
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.000	0.000	5	A	1		0.000	0.000	
21:5.....g									
22:4.....g	0.000	0.000	5	A	1		0.000	0.000	
22:5 n-3 (DPA).....g	0.000	0.000	5	A	1		0.000	0.000	

NDB No. 18362

Toaster pastries, fruit (includes apple, blueberry, cherry, strawberry)

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 Code			
22:6 n-3 (DHA).....g	0.000	0.000	5	A	1	0.000	0.000	
Fatty acids, total trans.....g	0.028		0	NC	4	0.008	0.015	
Fatty acids, total trans-monoenoic.....g	0.011		0	NC	4	0.003	0.006	
Fatty acids, total trans-polyenoic.....g	0.017		0	NC	4	0.005	0.009	
Cholesterol.....mg	0		0	FLC	4	0	0	
Phytosterols.....mg								
<b>Others:</b>								
Alcohol, ethyl.....g	0.0		0	FLC	4	0.0	0.0	
Caffeine.....mg	0		0	FLC	4	0	0	
Theobromine.....mg	0		0	FLC	4	0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 28.35g: 1 oz

Measure 2 = 54g: 1 pastry

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 18939

Toaster pastries, fruit, toasted (include apple, blueberry, cherry, strawberry)

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
<b>Proximates:</b>									
Water.....g	10.46		2	A	1		5.33		
Energy.....kcal	409		0	NC	4		209		
Energy.....kJ	1711		0	NC	4		872		
Protein.....g	4.70		2	A	1		2.40		
Total lipid (fat).....g	11.03		2	A	1		5.62		
Ash.....g	1.11		2	A	1		0.57		
Carbohydrate, by difference.....g	72.70		0	NC	4		37.08		
Fiber, total dietary.....g	1.0		2	A	1		0.5		
Sugars, total.....g	28.99		2	A	1		14.78		
Starch.....g	34.20		2	A	1		17.44		
<b>Minerals:</b>									
Calcium, Ca.....mg	11		1	A	1		6		
Iron, Fe.....mg	3.92		1	A	1		2.00		
Magnesium, Mg.....mg	12		1	A	1		6		
Phosphorus, P.....mg	76		1	A	1		39		
Potassium, K.....mg	81		1	A	1		41		
Sodium, Na.....mg	354		1	A	1		181		
Zinc, Zn.....mg	0.38		1	A	1		0.20		
Copper, Cu.....mg	0.068		1	A	1		0.035		
Manganese, Mn.....mg	0.332		1	A	1		0.169		
Selenium, Se.....µg	5.1		2	A	1		2.6		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		2	A	1		0.0		
Thiamin.....mg	0.365		2	A	1		0.186		
Riboflavin.....mg	0.415		2	A	1		0.212		
Niacin.....mg	5.250		2	A	1		2.677		
Pantothenic acid.....mg	0.340		2	A	1		0.173		
Vitamin B-6.....mg	0.465		2	A	1		0.237		
Folate, total.....µg	48		2	A	1		24		
Folic acid.....µg	40		2	A	1		20		
Folate, food.....µg	8		0	AS	1		4		
Folate, DFE.....µg	76		0	NC	4		39		
Choline, total.....mg	9.2		0	AS	1		4.7		
Betaine.....mg									
Vitamin B-12.....µg									
Vitamin A, RAE.....µg	467		0	AS	1		238		
Retinol.....µg	467		2	A	1		238		
Carotene, beta.....µg	3		2	A	1		1		
Carotene, alpha.....µg	3		2	A	1		1		
Cryptoxanthin, beta.....µg	3		2	A	1		1		
Vitamin A, IU.....IU	1563		0	AS	1		797		
Lycopene.....µg	3		2	A	1		1		
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg	0.90		2	A	1		0.46		
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	6.6		2	A	1		3.4		
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									

NDB No. 18939

Toaster pastries, fruit, toasted (include apple, blueberry, cherry, strawberry)

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					
Fatty acids, total saturated.....g	2.637		0	NC	4		1.345		
4:0.....g	0.000		2	A	1		0.000		
6:0.....g	0.000		2	A	1		0.000		
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	1.518		2	A	1		0.774		
17:0.....g	0.000		2	A	1		0.000		
18:0.....g	1.097		2	A	1		0.559		
20:0.....g	0.022		2	A	1		0.011		
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	6.550		0	NC	4		3.340		
14:1.....g	0.000		2	A	1		0.000		
15:1.....g	0.000		2	A	1		0.000		
16:1 undifferentiated.....g	0.000		2	A	1		0.000		
17:1.....g	0.000		2	A	1		0.000		
18:1 undifferentiated.....g	6.527		0	AS	1		3.329		
18:1 c.....g									
18:1 t.....g									
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.000		2	A	1		0.000		
22:1 undifferentiated.....g	0.022		2	A	1		0.011		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.281		0	NC	4		0.653		
18:2 undifferentiated.....g	1.208		2	A	1		0.616		
18:3 undifferentiated.....g	0.073		0	AS	1		0.037		
18:3 n-3 c,c,c (ALA).....g	0.073		2	A	1		0.037		
18:3 n-6 c,c,c.....g	0.000		2	A	1		0.000		
18:3i.....g									
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		
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.000		2	A	1		0.000		
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.000		2	A	1		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g									
22:6 n-3 (DHA).....g	0.000		2	A	1		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg									
Phytosterols.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 51g: 1 pastry

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)





**NDB No. 18363**  
**Tortillas, ready-to-bake or -fry, corn**

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.453		0	NC	4		0.128	0.086	0.109
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	0.414	0.012	6	A	1		0.117	0.079	0.099
17:0.....g									
18:0.....g	0.039		0		1		0.011	0.007	0.009
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.692		0	NC	4		0.196	0.132	0.166
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.002		0		1		0.001	0.000	0.000
17:1.....g									
18:1 undifferentiated.....g	0.690	0.017	6	A	1		0.196	0.131	0.166
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	1.419		0	NC	4		0.402	0.270	0.341
18:2 undifferentiated.....g	1.385	0.035	6	A	1		0.393	0.263	0.332
18:3 undifferentiated.....g	0.034		0		1		0.010	0.006	0.008
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		1		0	0	0
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.042		0		1		0.012	0.008	0.010
Threonine.....g	0.218		0		1		0.062	0.041	0.052
Isoleucine.....g	0.208		0		1		0.059	0.040	0.050
Leucine.....g	0.711		0		1		0.202	0.135	0.171
Lysine.....g	0.163		0		1		0.046	0.031	0.039
Methionine.....g	0.121		0		1		0.034	0.023	0.029
Cystine.....g	0.105		0		1		0.030	0.020	0.025
Phenylalanine.....g	0.285		0		1		0.081	0.054	0.068
Tyrosine.....g	0.236		0		1		0.067	0.045	0.057
Valine.....g	0.294		0		1		0.083	0.056	0.071
Arginine.....g	0.289		0		1		0.082	0.055	0.069
Histidine.....g	0.177		0		1		0.050	0.034	0.042
Alanine.....g	0.434		0		1		0.123	0.082	0.104
Aspartic acid.....g	0.403		0		1		0.114	0.077	0.097
Glutamic acid.....g	1.087		0		1		0.308	0.207	0.261
Glycine.....g	0.238		0		1		0.067	0.045	0.057
Proline.....g	0.506		0		1		0.143	0.096	0.121
Serine.....g	0.275		0		1		0.078	0.052	0.066
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	FLA	4		0	0	0

NDB No. 18363

Tortillas, ready-to-bake or -fry, corn

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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
Theobromine.....mg	0		0	FLA	4		0	0	0

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Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 = 19g: 1 enchilada

Measure 3 = 24g: 1 tortilla

**Calories Factors: Protein 2.7**

**Fat 8.4**

**Carbohydrate 4**

**Food Group: 18 Baked Products**

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 18449

Tortillas, ready-to-bake or -fry, corn, w without added 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
<b>Proximates:</b>									
Water.....g	44.10	0.662	42		1		12.50	11.47	
Energy.....kcal	222		0	NC	4		63	58	
Energy.....kJ	929				4		263	242	
Protein (N x 6.2).....g	5.70	0.128	29		1		1.62	1.48	
Total lipid (fat).....g	2.50	0.238	25		1		0.71	0.65	
Ash.....g	1.20	0.058	29		1		0.34	0.31	
Carbohydrate, by difference.....g	46.60		0		4		13.21	12.12	
Fiber, total dietary.....g	5.2		0		4		1.5	1.4	
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	175	7.154	53		1		50	46	
Iron, Fe.....mg	1.40	0.071	44		1		0.40	0.36	
Magnesium, Mg.....mg	65	1.531	30		1		18	17	
Phosphorus, P.....mg	314	26.162	42		1		89	82	
Potassium, K.....mg	154	7.238	35		1		44	40	
Sodium, Na.....mg	11		0		4		3	3	
Zinc, Zn.....mg	0.94	0.076	33		1		0.27	0.24	
Copper, Cu.....mg	0.154	0.015	13		1		0.044	0.040	
Manganese, Mn.....mg	0.402	0.011	12		1		0.114	0.105	
Selenium, Se.....µg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0	0.000	5		1		0.0	0.0	
Thiamin.....mg	0.112	0.015	31		1		0.032	0.029	
Riboflavin.....mg	0.073	0.008	23		1		0.021	0.019	
Niacin.....mg	1.498	0.096	33		1		0.425	0.389	
Pantothenic acid.....mg	0.194	0.014	12		1		0.055	0.050	
Vitamin B-6.....mg	0.219	0.027	11		1		0.062	0.057	
Folate, total.....µg	114		0	BFZN	4		32	30	
Folic acid.....µg	99		0	NC	4		28	26	
Folate, food.....µg	15	1.288	11		1		4	4	
Folate, DFE.....µg	183		0	NC	4		52	48	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		0		4		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									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	0		0	BFZN	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									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion 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	0.334		0		4		0.095	0.087	
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	0.295		0		4		0.084	0.077	
17:0.....g									
18:0.....g	0.039		0		4		0.011	0.010	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.649		0		4		0.184	0.169	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.002		0		4		0.001	0.001	
17:1.....g									
18:1 undifferentiated.....g	0.647		0		4		0.183	0.168	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.122		0		4		0.318	0.292	
18:2 undifferentiated.....g	1.088		0		4		0.308	0.283	
18:3 undifferentiated.....g	0.034		0		4		0.010	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		4		0	0	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.042		0		4		0.012	0.011	
Threonine.....g	0.218		0		4		0.062	0.057	
Isoleucine.....g	0.208		0		4		0.059	0.054	
Leucine.....g	0.711		0		4		0.202	0.185	
Lysine.....g	0.163		0		4		0.046	0.042	
Methionine.....g	0.121		0		4		0.034	0.031	
Cystine.....g	0.105		0		4		0.030	0.027	
Phenylalanine.....g	0.285		0		4		0.081	0.074	
Tyrosine.....g	0.236		0		4		0.067	0.061	
Valine.....g	0.294		0		4		0.083	0.076	
Arginine.....g	0.289		0		4		0.082	0.075	
Histidine.....g	0.177		0		4		0.050	0.046	
Alanine.....g	0.434		0		4		0.123	0.113	
Aspartic acid.....g	0.403		0		4		0.114	0.105	
Glutamic acid.....g	1.087		0		4		0.308	0.283	
Glycine.....g	0.238		0		4		0.067	0.062	
Proline.....g	0.506		0		4		0.143	0.132	
Serine.....g	0.275		0		4		0.078	0.072	
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**NDB No. 18449**

**Tortillas, ready-to-bake or -fry, corn, without added salt**

**Common Measures:**

Measure 1 = 28.35g: 1 oz

Measure 2 = 26g: 1 tortilla, medium (approx 6" dia)

**Calories Factors: Protein 2.7**

**Fat 8.4**

**Carbohydrate 4**

**Food Group: 18 Baked Products**

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

**NDB No. 18364**  
**Tortillas, ready-to-bake or -fry, flour, refrigerated**

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
<b>Proximates:</b>									
Water.....g	32.43	0.231	13	A	1		15.24	9.19	9.73
Energy.....kcal	293		0	NC	4		138	83	88
Energy.....kJ	1227		0	NC	4		577	348	368
Protein (N x 5.7).....g	7.93	0.099	13	A	1		3.73	2.25	2.38
Total lipid (fat).....g	5.87	0.784	13	A	1		2.76	1.66	1.76
Ash.....g	2.59	0.030	13	A	1		1.22	0.73	0.78
Carbohydrate, by difference.....g	51.18		0	NC	4		24.05	14.51	15.35
Fiber, total dietary.....g	2.5	0.381	13	A	1		1.2	0.7	0.7
Sugars, total.....g	3.34	0.512	13	A	1		1.57	0.95	1.00
Sucrose.....g	0.78	0.435	13	A	1		0.37	0.22	0.23
Glucose (dextrose).....g	0.04	0.022	13	A	1		0.02	0.01	0.01
Fructose.....g	0.01	0.000	13	A	1		0.01	0.00	0.00
Lactose.....g	0.00	0.000	13	A	1		0.00	0.00	0.00
Maltose.....g	2.51	0.117	13	A	1		1.18	0.71	0.75
Galactose.....g	0.00	0.000	13	A	1		0.00	0.00	0.00
Starch.....g	43.53	1.072	13	A	1		20.46	12.34	13.06
<b>Minerals:</b>									
Calcium, Ca.....mg	127	7.963	13	A	1		60	36	38
Iron, Fe.....mg	3.27	0.139	13	A	1		1.54	0.93	0.98
Magnesium, Mg.....mg	20	0.232	13	A	1		9	6	6
Phosphorus, P.....mg	190	26.182	13	A	1		89	54	57
Potassium, K.....mg	146	17.741	13	A	1		68	41	44
Sodium, Na.....mg	709	35.997	13	A	1		333	201	213
Zinc, Zn.....mg	0.55	0.013	13	A	1		0.26	0.16	0.16
Copper, Cu.....mg	0.109	0.003	13	A	1		0.051	0.031	0.033
Manganese, Mn.....mg	0.491	0.012	13	A	1		0.231	0.139	0.147
Selenium, Se.....µg	25.1	1.452	13	A	1		11.8	7.1	7.5
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0	0.000	4		1		0.0	0.0	0.0
Thiamin.....mg	0.492	0.023	13	A	1		0.231	0.140	0.148
Riboflavin.....mg	0.134	0.030	13	A	1		0.063	0.038	0.040
Niacin.....mg	3.622	0.215	13	A	1		1.703	1.027	1.087
Pantothenic acid.....mg	0.164	0.004	6	A	1		0.077	0.046	0.049
Vitamin B-6.....mg	0.050		2		1		0.024	0.014	0.015
Folate, total.....µg	123		0	FLA	4		58	35	37
Folic acid.....µg	111		0	NC	4		52	31	33
Folate, food.....µg	12	1.079	10		1		6	3	4
Folate, DFE.....µg	201		0	NC	4		94	57	60
Choline, total.....mg	7.9		0	AS	1		3.7	2.2	2.4
Betaine.....mg	5.3		1	A	1		2.5	1.5	1.6
Vitamin B-12.....µg	0.00		0		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	FLA	4		0	0	0
Retinol.....µg	0		0	FLA	4		0	0	0
Carotene, beta.....µg	0		0	FLA	4		0	0	0
Carotene, alpha.....µg	0		0	FLA	4		0	0	0
Cryptoxanthin, beta.....µg	0		0	FLA	4		0	0	0
Vitamin A, IU.....IU	0		0	FLA	4		0	0	0
Lycopene.....µg	0		0	FLA	4		0	0	0
Lutein + zeaxanthin.....µg	12		0	FLA	4		6	3	4
Vitamin E (alpha-tocopherol).....mg	0.19	0.035	3	A	1		0.09	0.05	0.06
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta.....mg	0.04	0.006	3	A	1		0.02	0.01	0.01
Tocopherol, gamma.....mg	1.75	0.275	3	A	1		0.82	0.50	0.52
Tocopherol, delta.....mg	0.63	0.055	3	A	1		0.30	0.18	0.19
Tocotrienol, alpha.....mg	0.01	0.013	3	A	1		0.01	0.00	0.00
Tocotrienol, beta.....mg	0.00	0.000	3	A	1		0.00	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	0.01	0.010	3	A	1	0.00	0.00	0.00	
Tocotrienol, delta.....mg	0.00	0.000	3	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	3.4		2	A	1	1.6	1.0	1.0	
Dihydrophyloquinone.....µg	8.3		2	A	1	3.9	2.3	2.5	
Menaquinone-4.....µg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	1.428		0	NC	4	0.671	0.405	0.428	
4:0.....g	0.000	0.000	6	A	1	0.000	0.000	0.000	
6:0.....g	0.000	0.000	6	A	1	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									
14:0.....g	0.000	0.000	6	A	1	0.000	0.000	0.000	
15:0.....g	0.000	0.000	6	A	1	0.000	0.000	0.000	
16:0.....g	0.827	0.194	6	A	1	0.389	0.234	0.248	
17:0.....g	0.000	0.000	6	A	1	0.000	0.000	0.000	
18:0.....g	0.601	0.122	6	A	1	0.283	0.171	0.180	
20:0.....g	0.000	0.000	6	A	1	0.000	0.000	0.000	
22:0.....g	0.000	0.000	6	A	1	0.000	0.000	0.000	
24:0.....g	0.000	0.000	6	A	1	0.000	0.000	0.000	
Fatty acids, total monounsaturated.....g	2.950		0	NC	4	1.386	0.836	0.885	
14:1.....g	0.000	0.000	6	A	1	0.000	0.000	0.000	
15:1.....g									
16:1 undifferentiated.....g	0.000	0.000	6	A	1	0.000	0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	2.937	0.629	6	A	1	1.380	0.833	0.881	
20:1.....g	0.013	0.019	6	A	1	0.006	0.004	0.004	
22:1 undifferentiated.....g	0.000	0.000	6	A	1	0.000	0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.200		0	NC	4	0.564	0.340	0.360	
18:2 undifferentiated.....g	1.154	0.208	6	A	1	0.542	0.327	0.346	
18:3 undifferentiated.....g	0.046	0.030	6	A	1	0.021	0.013	0.014	
18:4.....g	0.000	0.000	6	A	1	0.000	0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000	0.000	6	A	1	0.000	0.000	0.000	
20:5 n-3 (EPA).....g	0.000	0.000	6	A	1	0.000	0.000	0.000	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000	0.000	6	A	1	0.000	0.000	0.000	
22:6 n-3 (DHA).....g	0.000	0.000	6	A	1	0.000	0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		1	0	0	0	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.106		0		1	0.050	0.030	0.032	
Threonine.....g	0.245		0		1	0.115	0.069	0.074	
Isoleucine.....g	0.307		0		1	0.144	0.087	0.092	
Leucine.....g	0.600		0		1	0.282	0.170	0.180	
Lysine.....g	0.213		0		1	0.100	0.060	0.064	
Methionine.....g	0.155		0		1	0.073	0.044	0.047	
Cystine.....g	0.181		0		1	0.085	0.051	0.054	
Phenylalanine.....g	0.435		0		1	0.204	0.123	0.131	
Tyrosine.....g	0.266		0		1	0.125	0.075	0.080	
Valine.....g	0.356		0		1	0.167	0.101	0.107	
Arginine.....g	0.356		0		1	0.167	0.101	0.107	
Histidine.....g	0.195		0		1	0.092	0.055	0.059	
Alanine.....g	0.289		0		1	0.136	0.082	0.087	



NDB No. 18364

Tortillas, ready-to-bake or -fry, flour, refrigerated

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
Aspartic acid.....g	0.386		0		1		0.181	0.109	0.116
Glutamic acid.....g	2.850		0		1		1.340	0.808	0.855
Glycine.....g	0.316		0		1		0.149	0.090	0.095
Proline.....g	0.979		0		1		0.460	0.278	0.294
Serine.....g	0.432		0		1		0.203	0.122	0.130
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	FLA	4		0	0	0
Theobromine.....mg	0		0	FLA	4		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 47g: 1 tortilla

Measure 2 = 28.35g: 1 oz

Measure 3 = 30g: 1 tortilla medium (approx 6" dia)

**Calories Factors: Protein 4**

**Fat 8.8**

**Carbohydrate 4.1**

**Food Group: 18 Baked Products**

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 18970

Tortillas, ready-to-bake or -fry, flour, shelf stable

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
<b>Proximates:</b>									
Water.....g	32.43	0.502	12	A	1		15.89	156.97	
Energy.....kcal	297		0	NC	4		146	1439	
Energy.....kJ	1244		0	NC	4		610	6021	
Protein (N x 6.25).....g	8.01	0.189	12	A	1		3.92	38.75	
Total lipid (fat).....g	7.58	0.336	12	A	1		3.72	36.70	
Ash.....g	2.71	0.115	12	A	1		1.33	13.10	
Carbohydrate, by difference.....g	49.27		0	NC	4		24.14	238.48	
Fiber, total dietary.....g	2.4	0.108	12	A	1		1.2	11.9	
Sugars, total.....g	2.66	0.151	12	A	1		1.30	12.88	
Sucrose.....g	0.48	0.193	12	A	1		0.23	2.32	
Glucose (dextrose).....g	0.09	0.050	12	A	1		0.05	0.46	
Fructose.....g	0.03	0.030	12	A	1		0.01	0.15	
Lactose.....g	0.00	0.000	12	A	1		0.00	0.00	
Maltose.....g	2.06	0.086	12	A	1		1.01	9.96	
Galactose.....g	0.00	0.000	12	A	1		0.00	0.00	
Starch.....g	40.20	0.959	12	A	1		19.70	194.57	
<b>Minerals:</b>									
Calcium, Ca.....mg	163	13.267	12	A	1		80	789	
Iron, Fe.....mg	3.32	0.116	12	A	1		1.63	16.06	
Magnesium, Mg.....mg	21	0.962	12	A	1		10	103	
Phosphorus, P.....mg	213	15.499	12	A	1		104	1032	
Potassium, K.....mg	133	12.569	12	A	1		65	642	
Sodium, Na.....mg	742	35.202	12	A	1		364	3593	
Zinc, Zn.....mg	0.57	0.039	12	A	1		0.28	2.76	
Copper, Cu.....mg	0.115	0.005	12	A	1		0.057	0.558	
Manganese, Mn.....mg	0.516	0.041	12	A	1		0.253	2.497	
Selenium, Se.....µg	21.9	3.029	12	A	1		10.7	106.1	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0	FLC	4		0.0	0.0	
Thiamin.....mg	0.487	0.036	12	A	1		0.238	2.355	
Riboflavin.....mg	0.124	0.012	12	A	1		0.061	0.601	
Niacin.....mg	4.191	0.167	12	A	1		2.054	20.284	
Pantothenic acid.....mg	0.283		0	FLC	4		0.139	1.370	
Vitamin B-6.....mg	0.028		0	FLC	4		0.014	0.138	
Folate, total.....µg	118		0	FLC	4		58	573	
Folic acid.....µg	100		0	FLC	4		49	482	
Folate, food.....µg	19		0	FLC	4		9	91	
Folate, DFE.....µg	188		0	NC	4		92	911	
Choline, total.....mg	6.8		0	FLC	4		3.3	32.7	
Betaine.....mg	45.4		0	FLC	4		22.3	219.8	
Vitamin B-12.....µg	0.00		0	FLC	4		0.00	0.00	
Vitamin B-12, added.....µg	0.00		0	FLC	4		0.00	0.00	
Vitamin A, RAE.....µg	0		0	FLC	4		0	0	
Retinol.....µg	0		0	FLC	4		0	0	
Carotene, beta.....µg	0		0	FLC	4		0	0	
Carotene, alpha.....µg	0		0	FLC	4		0	0	
Cryptoxanthin, beta.....µg	0		0	FLC	4		0	0	
Vitamin A, IU.....IU	0		0	FLC	4		0	1	
Lycopene.....µg	0		0	FLC	4		0	0	
Lutein + zeaxanthin.....µg	12		0	FLC	4		6	57	
Vitamin E (alpha-tocopherol).....mg	0.86		0	FLC	4		0.42	4.15	
Vitamin E, added.....mg	0.00		0	FLC	4		0.00	0.00	
Tocopherol, beta.....mg	0.06		0	FLC	4		0.03	0.28	
Tocopherol, gamma.....mg	2.32		0	FLC	4		1.14	11.23	
Tocopherol, delta.....mg	0.58		0	FLC	4		0.28	2.80	
Tocotrienol, alpha.....mg	0.01		0	FLC	4		0.01	0.07	
Tocotrienol, beta.....mg	0.05		0	FLC	4		0.03	0.27	

NDB No. 18970

Tortillas, ready-to-bake or -fry, flour, shelf stable

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	measures of food				
					Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Tocotrienol, gamma.....mg	0.00		0	FLC	4		0.00	0.00	
Tocotrienol, delta.....mg	0.00		0	FLC	4		0.00	0.00	
Vitamin D (D2 + D3).....µg	0.0		0	FLC	4		0.0	0.0	
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	0		0	FLC	4		0	0	
Vitamin K (phylloquinone).....µg	4.2		0	FLC	4		2.0	20.2	
Dihydrophyloquinone.....µg	0.0		0	FLC	4		0.0	0.0	
Menaquinone-4.....µg	0.0		0	FLC	4		0.0	0.0	
<b>Lipids:</b>									
Fatty acids, total saturated.....g	1.225		0	FLC	4		0.600	5.928	
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	0.000		0	FLC	4		0.000	0.000	
10:0.....g	0.000		0	FLC	4		0.000	0.000	
12:0.....g	0.000		0	FLC	4		0.000	0.000	
13:0.....g									
14:0.....g	0.014		0	FLC	4		0.007	0.067	
15:0.....g	0.000		0	FLC	4		0.000	0.000	
16:0.....g	0.735		0	FLC	4		0.360	3.557	
17:0.....g	0.000		0	FLC	4		0.000	0.000	
18:0.....g	0.445		0	FLC	4		0.218	2.156	
20:0.....g	0.023		0	FLC	4		0.011	0.109	
22:0.....g	0.011		0	FLC	4		0.006	0.055	
24:0.....g									
Fatty acids, total monounsaturated.....g	3.801		0	FLC	4		1.862	18.397	
14:1.....g	0.000		0	FLC	4		0.000	0.000	
15:1.....g	0.000		0	FLC	4		0.000	0.000	
16:1 undifferentiated.....g	0.007		0	FLC	4		0.004	0.036	
17:1.....g	0.000		0	FLC	4		0.000	0.000	
18:1 undifferentiated.....g	3.748		0	FLC	4		1.836	18.139	
20:1.....g	0.046		0	FLC	4		0.022	0.222	
22:1 undifferentiated.....g	0.000		0	FLC	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.152		0	FLC	4		1.054	10.414	
18:2 undifferentiated.....g	1.764		0	FLC	4		0.865	8.539	
18:3 undifferentiated.....g	0.387		0	FLC	4		0.190	1.874	
18:4.....g	0.000		0	FLC	4		0.000	0.000	
20:2 n-6 c,c.....g	0.000		0	FLC	4		0.000	0.000	
20:3 undifferentiated.....g	0.000		0	FLC	4		0.000	0.000	
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	0.014		0	FLC	4		0.007	0.066	
Cholesterol.....mg	0		0	FLC	4		0	0	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.082		0	FLC	4		0.040	0.397	
Threonine.....g	0.182		0	FLC	4		0.089	0.879	
Isoleucine.....g	0.231		0	FLC	4		0.113	1.117	
Leucine.....g	0.459		0	FLC	4		0.225	2.221	
Lysine.....g	0.147		0	FLC	4		0.072	0.713	
Methionine.....g	0.118		0	FLC	4		0.058	0.572	
Cystine.....g	0.142		0	FLC	4		0.069	0.685	
Phenylalanine.....g	0.336		0	FLC	4		0.165	1.627	
Tyrosine.....g	0.202		0	FLC	4		0.099	0.976	
Valine.....g	0.268		0	FLC	4		0.131	1.298	
Arginine.....g	0.270		0	FLC	4		0.132	1.304	
Histidine.....g	0.149		0	FLC	4		0.073	0.719	
Alanine.....g	0.215		0	FLC	4		0.105	1.039	

NDB No. 18970

Tortillas, ready-to-bake or -fry, flour, shelf stable

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			
Aspartic acid.....g	0.281		0	FLC	4	0.138	1.361
Glutamic acid.....g	2.249		0	FLC	4	1.102	10.883
Glycine.....g	0.240		0	FLC	4	0.117	1.161
Proline.....g	0.774		0	FLC	4	0.379	3.747
Serine.....g	0.333		0	FLC	4	0.163	1.614
Hydroxyproline.....g							
<b>Others:</b>							
Alcohol, ethyl.....g	0.0		0	FLC	4	0.0	0.0
Caffeine.....mg	0		0	FLC	4	0	0
Theobromine.....mg	0		0	FLC	4	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 49g: 1 tortilla

Measure 2 = 484g: 1 package

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 18450

Tortillas, ready-to-bake or -fry, flour, without added calcium

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
<b>Proximates:</b>									
Water.....g	26.80	0.902	14		1		7.60	8.58	19.30
Energy.....kcal	325		0	NC	4		92	104	234
Energy.....kJ	1360				4		386	435	979
Protein (N x 5.7).....g	8.70	0.581	12		1		2.47	2.78	6.26
Total lipid (fat).....g	7.10	0.579	11		1		2.01	2.27	5.11
Ash.....g	1.80	0.151	12		1		0.51	0.58	1.30
Carbohydrate, by difference.....g	55.60		0		4		15.76	17.79	40.03
Fiber, total dietary.....g	3.3		0	BFZN	4		0.9	1.1	2.4
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	39		0		4		11	12	28
Iron, Fe.....mg	3.30	0.125	38		1		0.94	1.06	2.38
Magnesium, Mg.....mg	26	1.328	38		1		7	8	19
Phosphorus, P.....mg	124	7.926	38		1		35	40	89
Potassium, K.....mg	131	7.293	40		1		37	42	94
Sodium, Na.....mg	478	24.050	40		1		136	153	344
Zinc, Zn.....mg	0.71	0.083	40		1		0.20	0.23	0.51
Copper, Cu.....mg	0.267	0.141	36		1		0.076	0.085	0.192
Manganese, Mn.....mg	0.462	0.011	35		1		0.131	0.148	0.333
Selenium, Se.....µg	23.4	2.389	34	A	1		6.6	7.5	16.8
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0	0.000	4		1		0.0	0.0	0.0
Thiamin.....mg	0.531	0.025	14		1		0.151	0.170	0.382
Riboflavin.....mg	0.293	0.069	14		1		0.083	0.094	0.211
Niacin.....mg	3.572	0.135	14		1		1.013	1.143	2.572
Pantothenic acid.....mg	0.582	0.061	12		1		0.165	0.186	0.419
Vitamin B-6.....mg	0.050		2		1		0.014	0.016	0.036
Folate, total.....µg	123		0	BFZN	4		35	39	89
Folic acid.....µg	111		0	NC	4		31	36	80
Folate, food.....µg	12	1.079	10		1		3	4	9
Folate, DFE.....µg	201		0	NC	4		57	64	145
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		0		4		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									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	0		0		4		0	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									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									



NDB No. 18450

Tortillas, ready-to-bake or -fry, flour, without added calcium

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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

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Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 = 32g: 1 tortilla, medium (approx 6" dia)

Measure 3 = 72g: 1 tortilla (approx 10" dia)

**Calories Factors: Protein 4**

**Fat 8.8**

**Carbohydrate 4.1**

**Food Group: 18 Baked Products**

USDA National Nutrient Database for Standard Reference, Release 27 (2014)





NDB No. 28295

Tortillas, ready-to-bake or -fry, whole wheat

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Lipids:</b>									
Fatty acids, total saturated.....g	4.878		0	LC	8		2.000		
4:0.....g	0.000		0	FLC	4		0.000		
6:0.....g	0.000		0	FLC	4		0.000		
8:0.....g	0.000		0	FLC	4		0.000		
10:0.....g	0.000		0	FLC	4		0.000		
12:0.....g	0.021		0	FLC	4		0.009		
13:0.....g									
14:0.....g	0.023		0	FLC	4		0.009		
15:0.....g	0.000		0	FLC	4		0.000		
16:0.....g	2.556		0	FLC	4		1.048		
17:0.....g	0.000		0	FLC	4		0.000		
18:0.....g	2.197		0	FLC	4		0.901		
20:0.....g	0.000		0	FLC	4		0.000		
22:0.....g	0.000		0	FLC	4		0.000		
24:0.....g	0.000		0	FLC	4		0.000		
Fatty acids, total monounsaturated.....g	3.062		0	FLC	4		1.255		
14:1.....g	0.000		0	FLC	4		0.000		
15:1.....g	0.000		0	FLC	4		0.000		
16:1 undifferentiated.....g	0.068		0	FLC	4		0.028		
17:1.....g	0.000		0	FLC	4		0.000		
18:1 undifferentiated.....g	2.986		0	FLC	4		1.224		
20:1.....g	0.005		0	FLC	4		0.002		
22:1 undifferentiated.....g	0.000		0	FLC	4		0.000		
24:1 c.....g	0.000		0	FLC	4		0.000		
Fatty acids, total polyunsaturated.....g	0.992		0	FLC	4		0.407		
18:2 undifferentiated.....g	0.959		0	FLC	4		0.393		
18:3 undifferentiated.....g	0.033		0	FLC	4		0.013		
18:4.....g	0.000		0	FLC	4		0.000		
20:2 n-6 c,c.....g	0.000		0	FLC	4		0.000		
20:3 undifferentiated.....g	0.000		0	FLC	4		0.000		
20:4 undifferentiated.....g	0.000		0	FLC	4		0.000		
20:5 n-3 (EPA).....g	0.000		0	FLC	4		0.000		
21:5.....g	0.000		0	FLC	4		0.000		
22:4.....g	0.000		0	FLC	4		0.000		
22:5 n-3 (DPA).....g	0.000		0	FLC	4		0.000		
22:6 n-3 (DHA).....g	0.000		0	FLC	4		0.000		
Fatty acids, total trans.....g	0.000		0	LC	8		0.000		
Cholesterol.....mg	0		0	LC	8		0		
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.129		0	FLC	4		0.053		
Threonine.....g	0.312		0	FLC	4		0.128		
Isoleucine.....g	0.353		0	FLC	4		0.145		
Leucine.....g	0.671		0	FLC	4		0.275		
Lysine.....g	0.370		0	FLC	4		0.152		
Methionine.....g	0.163		0	FLC	4		0.067		
Cystine.....g	0.187		0	FLC	4		0.076		
Phenylalanine.....g	0.488		0	FLC	4		0.200		
Tyrosine.....g	0.217		0	FLC	4		0.089		
Valine.....g	0.444		0	FLC	4		0.182		
Arginine.....g	0.480		0	FLC	4		0.197		
Histidine.....g	0.255		0	FLC	4		0.105		
Alanine.....g	0.400		0	FLC	4		0.164		
Aspartic acid.....g	0.626		0	FLC	4		0.257		
Glutamic acid.....g	2.871		0	FLC	4		1.177		
Glycine.....g	0.429		0	FLC	4		0.176		
Proline.....g	1.307		0	FLC	4		0.536		
Serine.....g	0.462		0	FLC	4		0.189		
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	FLC	4		0.0		

NDB No. 28295

Tortillas, ready-to-bake or -fry, whole wheat

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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
Caffeine.....mg	0		0	FLC	4		0		
Theobromine.....mg	0		0	FLC	4		0		

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Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 41g: 1 tortilla 1 serving

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)



**NDB No. 18952**  
**Tostada shells, corn**

Nutrients and 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	Measure 2	Measure 3
			Points	Deriv Code	Code					
14:0.....g	0.132	0.066	3	A	1		0.016	0.049		
15:0.....g	0.006	0.003	3	A	1		0.001	0.002		
16:0.....g	5.967	1.911	3	A	1		0.734	2.208		
17:0.....g	0.021	0.004	3	A	1		0.003	0.008		
18:0.....g	0.729	0.182	3	A	1		0.090	0.270		
20:0.....g	0.088	0.005	3	A	1		0.011	0.032		
22:0.....g	0.026	0.005	3	A	1		0.003	0.010		
24:0.....g										
Fatty acids, total monounsaturated.....g	7.217		0	NC	4		0.888	2.670		
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	0.054	0.025	3	A	1		0.007	0.020		
17:1.....g	0.000	0.000	3	A	1		0.000	0.000		
18:1 undifferentiated.....g	7.086	1.259	3	A	1		0.872	2.622		
18:1 c.....g										
18:1 t.....g	0.032	0.006	3	A	1		0.004	0.012		
18:1-11 t (18:1t n-7).....g										
20:1.....g	0.046	0.001	3	A	1		0.006	0.017		
22:1 undifferentiated.....g										
24:1 c.....g										
Fatty acids, total polyunsaturated.....g	8.285		0	NC	4		1.019	3.065		
18:2 undifferentiated.....g	8.025	2.170	3	A	1		0.987	2.969		
18:2 n-6 c,c.....g										
18:2 CLAs.....g										
18:2 t,t.....g	0.131	0.070	3	A	1		0.016	0.048		
18:2 i.....g										
18:2 t not further defined.....g										
18:3 undifferentiated.....g	0.124	0.028	3	AS	1		0.015	0.046		
18:3 n-3 c,c,c (ALA).....g	0.124	0.028	3	A	1		0.015	0.046		
18:3 n-6 c,c,c.....g	0.000	0.000	3	A	1		0.000	0.000		
18:3i.....g										
18:4.....g										
20:2 n-6 c,c.....g	0.005	0.003	3	A	1		0.001	0.002		
20:3 undifferentiated.....g	0.000	0.000	3	A	1		0.000	0.000		
20:3 n-3.....g										
20:3 n-6.....g										
20:4 undifferentiated.....g	0.000	0.000	3	A	1		0.000	0.000		
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	0.163		0	NC	4		0.020	0.060		
Fatty acids, total trans-monoenoic.....g	0.032		0	NC	4		0.004	0.012		
Fatty acids, total trans-polyenoic.....g	0.131		0	NC	4		0.016	0.048		
Cholesterol.....mg										
Phytosterols.....mg										

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 12.3g: 1 piece

Measure 2 = 37g: 3 pieces (mean serving weight, aggregated over brands)

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**NDB No. 18952**  
**Tostada shells, corn**

**Food Group:** 18 Baked Products  
USDA National Nutrient Database for Standard Reference, Release 27 (2014)



NDB No. 18930  
 USDA Commodity, Bakery, Flour Mix

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									
Vitamin K (phylloquinone).....µg	7.9		1	A					
Dihydrophylloquinone.....µg	16.3		1	A					
Menaquinone-4.....µg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	3.090		0	NC					
4:0.....g									
6:0.....g									
8:0.....g	0.000		1	A					
10:0.....g	0.000		1	A					
12:0.....g	0.000		1	A					
13:0.....g									
14:0.....g	0.020		1	A					
15:0.....g	0.000		1	A					
16:0.....g	1.480		1	A					
17:0.....g	0.010		1	A					
18:0.....g	1.490		1	A					
20:0.....g	0.040		1	A					
22:0.....g	0.040		1	A					
24:0.....g	0.010		1	A					
Fatty acids, total monounsaturated.....g	6.790		0	NC					
14:1.....g	0.000		1	A					
15:1.....g	0.000		1	A					
16:1 undifferentiated.....g	0.010		1	A					
17:1.....g	0.000		1	A					
18:1 undifferentiated.....g	6.750		1	A					
20:1.....g	0.030		1	A					
22:1 undifferentiated.....g	0.000		1	A					
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.960		0	NC					
18:2 undifferentiated.....g	1.910		1	A					
18:3 undifferentiated.....g	0.050		1	A					
18:4.....g	0.000		1	A					
20:2 n-6 c,c.....g	0.000		1	A					
20:3 undifferentiated.....g	0.000		1	A					
20:4 undifferentiated.....g	0.000		1	A					
20:5 n-3 (EPA).....g	0.000		1	A					
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		1	A					
22:6 n-3 (DHA).....g	0.000		1	A					
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z					
Phytosterols.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)





NDB No. 18931  
 USDA Commodity, Bakery, Flour Mix 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 of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.850		0	NC					4
4:0.....g									
6:0.....g									
8:0.....g	0.000		1	A					1
10:0.....g	0.000		1	A					1
12:0.....g	0.000		1	A					1
13:0.....g									
14:0.....g	0.000		1	A					1
15:0.....g	0.000		1	A					1
16:0.....g	0.460		1	A					1
17:0.....g	0.000		1	A					1
18:0.....g	0.370		1	A					1
20:0.....g	0.010		1	A					1
22:0.....g	0.010		1	A					1
24:0.....g	0.000		1	A					1
Fatty acids, total monounsaturated.....g	1.830		0	NC					4
14:1.....g	0.000		1	A					1
15:1.....g	0.000		1	A					1
16:1 undifferentiated.....g	0.000		1	A					1
17:1.....g	0.000		1	A					1
18:1 undifferentiated.....g	1.820		1	A					1
20:1.....g	0.010		1	A					1
22:1 undifferentiated.....g	0.000		1	A					1
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.650		0	NC					4
18:2 undifferentiated.....g	0.620		1	A					1
18:3 undifferentiated.....g	0.030		1	A					1
18:4.....g	0.000		1	A					1
20:2 n-6 c,c.....g	0.000		1	A					1
20:3 undifferentiated.....g	0.000		1	A					1
20:4 undifferentiated.....g	0.000		1	A					1
20:5 n-3 (EPA).....g	0.000		1	A					1
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		1	A					1
22:6 n-3 (DHA).....g	0.000		1	A					1
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z					7
Phytosterols.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)



NDB No. 18934

Waffle, buttermilk, frozen, ready-to-heat, microwaved

Nutrients and 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			
Vitamin D2 (ergocalciferol).....µg								
Vitamin D3 (cholecalciferol).....µg								
Vitamin D.....IU								
Vitamin K (phylloquinone).....µg	10.8		1	A	1		3.8	
Dihydrophyloquinone.....µg	20.8		1	A	1		7.3	
Menaquinone-4.....µg								
<b>Lipids:</b>								
Fatty acids, total saturated.....g	2.057		0	NC	4		0.720	
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								
14:0.....g	0.023		2	A	1		0.008	
15:0.....g	0.000		2	A	1		0.000	
16:0.....g	1.112		2	A	1		0.389	
17:0.....g	0.011		2	A	1		0.004	
18:0.....g	0.843		2	A	1		0.295	
20:0.....g	0.032		2	A	1		0.011	
22:0.....g	0.035		2	A	1		0.012	
24:0.....g								
Fatty acids, total monounsaturated.....g	4.864		0	NC	4		1.702	
14:1.....g	0.000		2	A	1		0.000	
15:1.....g	0.000		2	A	1		0.000	
16:1 undifferentiated.....g	0.024		2	A	1		0.008	
17:1.....g	0.000		2	A	1		0.000	
18:1 undifferentiated.....g	4.797		2	A	1		1.679	
20:1.....g	0.043		2	A	1		0.015	
22:1 undifferentiated.....g								
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	1.615		0	NC	4		0.565	
18:2 undifferentiated.....g	1.482		2	A	1		0.519	
18:3 undifferentiated.....g	0.123		2	A	1		0.043	
18:3 n-3 c,c,c (ALA).....g								
18:3 n-6 c,c,c.....g	0.005		2	A	1		0.002	
18:3i.....g								
18:4.....g								
20:2 n-6 c,c,c.....g	0.000		2	A	1		0.000	
20:3 undifferentiated.....g	0.000		2	A	1		0.000	
20:3 n-3.....g								
20:3 n-6.....g								
20:4 undifferentiated.....g	0.005		2	A	1		0.002	
20:4 n-6.....g								
20:5 n-3 (EPA).....g								
21:5.....g								
22:4.....g								
22:5 n-3 (DPA).....g								
22:6 n-3 (DHA).....g								
Fatty acids, total trans.....g								
Cholesterol.....mg	16		2	A	1		6	
Phytosterols.....mg								

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 35g: 1 waffle

**NDB No. 18934**

**Waffle, buttermilk, frozen, ready-to-heat, microwaved**

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)



NDB No. 18933

Waffle, buttermilk, frozen, ready-to-heat, toasted

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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, 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	12.5		1	A	1	3.5	4.1	4.1	
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	2.283		0	NC	4	0.639	0.754	0.754	
4:0.....g	0.005		0	RA	4	0.001	0.002	0.002	
6:0.....g	0.003		0	RA	4	0.001	0.001	0.001	
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									
14:0.....g	0.027	0.002	3	A	1	0.008	0.009	0.009	
15:0.....g	0.000	0.000	3	A	1	0.000	0.000	0.000	
16:0.....g	1.202	0.052	3	A	1	0.337	0.397	0.397	
17:0.....g	0.013	0.000	3	A	1	0.004	0.004	0.004	
18:0.....g	0.967	0.076	3	A	1	0.271	0.319	0.319	
20:0.....g	0.031	0.001	3	A	1	0.009	0.010	0.010	
22:0.....g	0.036	0.001	3	A	1	0.010	0.012	0.012	
24:0.....g									
Fatty acids, total monounsaturated.....g	5.292		0	NC	4	1.482	1.746	1.746	
14:1.....g	0.000	0.000	3	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	0.022	0.005	3	A	1	0.006	0.007	0.007	
17:1.....g	0.000	0.000	3	A	1	0.000	0.000	0.000	
18:1 undifferentiated.....g	5.230	0.411	3	A	1	1.464	1.726	1.726	
20:1.....g	0.040	0.006	3	A	1	0.011	0.013	0.013	
22:1 undifferentiated.....g	0.000		0	RA	4	0.000	0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.526		0	NC	4	0.427	0.504	0.504	
18:2 undifferentiated.....g	1.396	0.290	3	A	1	0.391	0.461	0.461	
18:3 undifferentiated.....g	0.099	0.058	3	A	1	0.028	0.033	0.033	
18:3 n-3 c,c,c (ALA).....g									
18:3 n-6 c,c,c.....g	0.003	0.003	3	A	1	0.001	0.001	0.001	
18:3i.....g									
18:4.....g	0.003		0	RA	4	0.001	0.001	0.001	
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	
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.004	0.004	3	A	1	0.001	0.001	0.001	
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.013		0	RA	4	0.004	0.004	0.004	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	RA	4	0.000	0.000	0.000	
22:6 n-3 (DHA).....g	0.008		0	RA	4	0.002	0.003	0.003	
Fatty acids, total trans.....g									
Cholesterol.....mg	13	6.346	3	A	1	4	4	4	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.082		0	RA	4	0.023	0.027	0.027	
Threonine.....g	0.250		0	RA	4	0.070	0.083	0.083	
Isoleucine.....g	0.312		0	RA	4	0.087	0.103	0.103	
Leucine.....g	0.544		0	RA	4	0.152	0.179	0.179	
Lysine.....g	0.329		0	RA	4	0.092	0.109	0.109	
Methionine.....g	0.148		0	RA	4	0.041	0.049	0.049	
Cystine.....g	0.172		0	RA	4	0.048	0.057	0.057	
Phenylalanine.....g	0.337		0	RA	4	0.094	0.111	0.111	
Tyrosine.....g	0.172		0	RA	4	0.048	0.057	0.057	
Valine.....g	0.362		0	RA	4	0.101	0.120	0.120	

NDB No. 18933

Waffle, buttermilk, frozen, ready-to-heat, toasted

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Arginine.....g	0.314		0	RA	4		0.088	0.103	0.103
Histidine.....g	0.159		0	RA	4		0.044	0.052	0.052
Alanine.....g	0.276		0	RA	4		0.077	0.091	0.091
Aspartic acid.....g	0.451		0	RA	4		0.126	0.149	0.149
Glutamic acid.....g	1.793		0	RA	4		0.502	0.592	0.592
Glycine.....g	0.237		0	RA	4		0.066	0.078	0.078
Proline.....g	0.621		0	RA	4		0.174	0.205	0.205
Serine.....g	0.385		0	RA	4		0.108	0.127	0.127
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	RA	4		0.0	0.0	0.0
Caffeine.....mg	0		0	RA	4		0	0	0
Theobromine.....mg	0		0	RA	4		0	0	0

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**Common Measures:**

Measure 1 = 28g: 1 oz

Measure 2 = 33g: 1 waffle round (4" dia)

Measure 3 = 33g: 1 waffle square (4" square)

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)





NDB No. 18935

Waffle, plain, frozen, ready-to-heat, microwave

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion 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 D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg	8.1		1	A	1			2.6	
Dihydrophyloquinone.....µg	23.0		1	A	1			7.4	
Menaquinone-4.....µg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	1.580		0	NC	4			0.506	
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									
14:0.....g	0.012		2	A	1			0.004	
15:0.....g	0.000		2	A	1			0.000	
16:0.....g	0.909		2	A	1			0.291	
17:0.....g	0.005		2	A	1			0.002	
18:0.....g	0.576		2	A	1			0.184	
20:0.....g	0.042		2	A	1			0.014	
22:0.....g	0.035		2	A	1			0.011	
24:0.....g									
Fatty acids, total monounsaturated.....g	5.195		0	NC	4			1.663	
14:1.....g	0.000		2	A	1			0.000	
15:1.....g	0.000		2	A	1			0.000	
16:1 undifferentiated.....g	0.026		2	A	1			0.008	
17:1.....g	0.000		2	A	1			0.000	
18:1 undifferentiated.....g	5.099		2	A	1			1.632	
20:1.....g	0.070		2	A	1			0.022	
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.240		0	NC	4			0.717	
18:2 undifferentiated.....g	1.856		2	A	1			0.594	
18:3 undifferentiated.....g	0.371		2	A	1			0.119	
18:3 n-3 c,c,c (ALA).....g									
18:3 n-6 c,c,c.....g	0.000		2	A	1			0.000	
18:3i.....g									
18:4.....g									
20:2 n-6 c,c.....g	0.007		2	A	1			0.002	
20:3 undifferentiated.....g	0.000		2	A	1			0.000	
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.005		2	A	1			0.002	
20:4 n-6.....g									
20:5 n-3 (EPA).....g									
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g									
22:6 n-3 (DHA).....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	16		2	A	1			5	
Phytosterols.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 32g: 1 waffle, round (4"dia)

**NDB No. 18935**

**Waffle, plain, frozen, ready-to-heat, microwave**

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 18932

Waffles, buttermilk, frozen, ready-to-heat

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
<b>Proximates:</b>									
Water.....g	40.34		2	A	1		15.73	15.33	
Energy.....kcal	273		0	NC	4		107	104	
Energy.....kJ	1144		0	NC	4		446	435	
Protein.....g	6.58		2	A	1		2.57	2.50	
Total lipid (fat).....g	9.22		2	A	1		3.60	3.50	
Ash.....g	2.81		2	A	1		1.10	1.07	
Carbohydrate, by difference.....g	41.05		0	NC	4		16.01	15.60	
Fiber, total dietary.....g	2.2		2	A	1		0.8	0.8	
Sugars, total.....g	4.30		2	A	1		1.68	1.63	
Sucrose.....g	2.67		2	A	1		1.04	1.01	
Glucose (dextrose).....g	0.00		2	A	1		0.00	0.00	
Fructose.....g	0.00		2	A	1		0.00	0.00	
Lactose.....g	1.35		2	A	1		0.53	0.51	
Maltose.....g	0.29		2	A	1		0.11	0.11	
Galactose.....g	0.00		2	A	1		0.00	0.00	
Starch.....g	35.51		2	A	1		13.85	13.49	
<b>Minerals:</b>									
Calcium, Ca.....mg	279		2	A	1		109	106	
Iron, Fe.....mg	6.04		2	A	1		2.36	2.30	
Magnesium, Mg.....mg	19		2	A	1		7	7	
Phosphorus, P.....mg	388		2	A	1		151	147	
Potassium, K.....mg	126		2	A	1		49	48	
Sodium, Na.....mg	621		2	A	1		242	236	
Zinc, Zn.....mg	0.48		2	A	1		0.19	0.18	
Copper, Cu.....mg	0.040		2	A	1		0.016	0.015	
Manganese, Mn.....mg	0.215		2	A	1		0.084	0.082	
Selenium, Se.....µg	9.5		2	A	1		3.7	3.6	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		2	A	1		0.0	0.0	
Thiamin.....mg	0.499		2	A	1		0.195	0.190	
Riboflavin.....mg	0.665		2	A	1		0.259	0.253	
Niacin.....mg	6.675		2	A	1		2.603	2.536	
Pantothenic acid.....mg	0.240		2	A	1		0.094	0.091	
Vitamin B-6.....mg	0.972		2	A	1		0.379	0.369	
Folate, total.....µg	63		2	A	1		24	24	
Folic acid.....µg	49		2	A	1		19	18	
Folate, food.....µg	14		0	AS	1		5	5	
Folate, DFE.....µg	96		0	NC	4		38	37	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	2.86		2	A	1		1.12	1.09	
Vitamin B-12, added.....µg	2.70		0	FLA	4		1.05	1.03	
Vitamin A, RAE.....µg	401		0	NC	4		156	152	
Retinol.....µg	401		2	A	1		156	152	
Carotene, beta.....µg	2		0	FLA	4		1	1	
Carotene, alpha.....µg	0		0	FLA	4		0	0	
Cryptoxanthin, beta.....µg	2		0	FLA	4		1	1	
Vitamin A, IU.....IU	1340		0	NC	4		522	509	
Lycopene.....µg	0		0	FLA	4		0	0	
Lutein + zeaxanthin.....µg	63		0	FLA	4		25	24	
Vitamin E (alpha-tocopherol).....mg	0.62		2	A	1		0.24	0.23	
Vitamin E, added.....mg	0.00		0	FLA	4		0.00	0.00	
Tocopherol, beta.....mg	0.07		2	A	1		0.03	0.03	
Tocopherol, gamma.....mg	4.03		2	A	1		1.57	1.53	
Tocopherol, delta.....mg	1.27		2	A	1		0.50	0.48	
Tocotrienol, alpha.....mg	0.03		2	A	1		0.01	0.01	
Tocotrienol, beta.....mg	0.00		2	A	1		0.00	0.00	

NDB No. 18932

Waffles, buttermilk, frozen, ready-to-heat

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	
Tocotrienol, delta.....mg	0.00		2	A	1		0.00	0.00	
Vitamin D (D2 + D3).....µg									
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg	10.5		1	A	1		4.1	4.0	
Dihydrophyloquinone.....µg	17.9		1	A	1		7.0	6.8	
Menaquinone-4.....µg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	1.898		0	NC	4		0.740	0.721	
4:0.....g	0.005		0	FLA	4		0.002	0.002	
6:0.....g	0.003		0	FLA	4		0.001	0.001	
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	0.021		2	A	1		0.008	0.008	
15:0.....g	0.000		2	A	1		0.000	0.000	
16:0.....g	1.025		2	A	1		0.400	0.389	
17:0.....g	0.010		2	A	1		0.004	0.004	
18:0.....g	0.772		2	A	1		0.301	0.293	
20:0.....g	0.031		2	A	1		0.012	0.012	
22:0.....g	0.030		2	A	1		0.012	0.011	
24:0.....g									
Fatty acids, total monounsaturated.....g	4.530		0	NC	4		1.767	1.722	
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	0.022		2	A	1		0.009	0.008	
17:1.....g	0.000		2	A	1		0.000	0.000	
18:1 undifferentiated.....g	4.469		2	A	1		1.743	1.698	
20:1.....g	0.039		2	A	1		0.015	0.015	
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.539		0	NC	4		0.600	0.585	
18:2 undifferentiated.....g	1.414		2	A	1		0.552	0.537	
18:3 undifferentiated.....g	0.000		0	AS	1		0.000	0.000	
18:3 n-3 c,c,c (ALA).....g									
18:3 n-6 c,c,c.....g	0.000		2	A	1		0.000	0.000	
18:3i.....g									
18:4.....g	0.002		0	FLA	4		0.001	0.001	
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	
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.009		2	A	1		0.004	0.003	
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.012		0	FLA	4		0.005	0.004	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	FLA	4		0.000	0.000	
22:6 n-3 (DHA).....g	0.007		0	FLA	4		0.003	0.003	
Fatty acids, total trans.....g									
Cholesterol.....mg	15		2	A	1		6	6	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.074		0	FLA	4		0.029	0.028	
Threonine.....g	0.225		0	FLA	4		0.088	0.086	
Isoleucine.....g	0.281		0	FLA	4		0.110	0.107	
Leucine.....g	0.489		0	FLA	4		0.191	0.186	
Lysine.....g	0.296		0	FLA	4		0.116	0.113	
Methionine.....g	0.133		0	FLA	4		0.052	0.051	
Cystine.....g	0.154		0	FLA	4		0.060	0.059	

NDB No. 18932

Waffles, buttermilk, frozen, ready-to-heat

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Phenylalanine.....g	0.304		0	FLA	4		0.118	0.115	
Tyrosine.....g	0.154		0	FLA	4		0.060	0.059	
Valine.....g	0.326		0	FLA	4		0.127	0.124	
Arginine.....g	0.282		0	FLA	4		0.110	0.107	
Histidine.....g	0.143		0	FLA	4		0.056	0.054	
Alanine.....g	0.249		0	FLA	4		0.097	0.095	
Aspartic acid.....g	0.406		0	FLA	4		0.158	0.154	
Glutamic acid.....g	1.614		0	FLA	4		0.629	0.613	
Glycine.....g	0.214		0	FLA	4		0.083	0.081	
Proline.....g	0.559		0	FLA	4		0.218	0.212	
Serine.....g	0.347		0	FLA	4		0.135	0.132	
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	FLA	4		0.0	0.0	
Caffeine.....mg	0		0	FLA	4		0	0	
Theobromine.....mg	0		0	FLA	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 39g: 1 waffle, square

Measure 2 = 38g: 1 waffle, round

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)



NDB No. 18951

Waffles, chocolate chip, frozen, ready-to-heat

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Lipids:</b>									
Fatty acids, total saturated.....g	3.567		0	NC	4		2.497		
4:0.....g	0.002		0	FLC	4		0.001		
6:0.....g	0.008		0	FLC	4		0.006		
8:0.....g	0.096		0	FLC	4		0.067		
10:0.....g	0.072		0	FLC	4		0.050		
12:0.....g	0.833		0	FLC	4		0.583		
13:0.....g									
14:0.....g	0.268		0	FLC	4		0.188		
15:0.....g	0.000		0	FLC	4		0.000		
16:0.....g	1.685		0	FLC	4		1.180		
17:0.....g	0.002		0	FLC	4		0.001		
18:0.....g	0.563		0	FLC	4		0.394		
20:0.....g	0.024		0	FLC	4		0.017		
22:0.....g	0.014		0	FLC	4		0.009		
24:0.....g	0.000		0	FLC	4		0.000		
Fatty acids, total monounsaturated.....g	2.564		0	NC	4		1.794		
14:1.....g	0.000		0	FLC	4		0.000		
15:1.....g	0.000		0	FLC	4		0.000		
16:1 undifferentiated.....g	0.015		0	FLC	4		0.010		
17:1.....g	0.000		0	FLC	4		0.000		
18:1 undifferentiated.....g	2.535		0	FLC	4		1.775		
20:1.....g	0.013		0	FLC	4		0.009		
22:1 undifferentiated.....g	0.000		0	FLC	4		0.000		
24:1 c.....g	0.000		0	FLC	4		0.000		
Fatty acids, total polyunsaturated.....g	3.272		0	NC	4		2.291		
18:2 undifferentiated.....g	2.916		0	FLC	4		2.041		
18:3 undifferentiated.....g	0.347		0	FLC	4		0.243		
18:4.....g	0.000		0	FLC	4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g	0.000		0	FLC	4		0.000		
20:4 undifferentiated.....g	0.007		0	FLC	4		0.005		
20:5 n-3 (EPA).....g	0.000		0	FLC	4		0.000		
21:5.....g									
22:4.....g	0.000		0	FLC	4		0.000		
22:5 n-3 (DPA).....g	0.000		0	FLC	4		0.000		
22:6 n-3 (DHA).....g	0.002		0	FLC	4		0.001		
Fatty acids, total trans.....g	0.200		0	MC	9		0.140		
Cholesterol.....mg	21		0	MC	9		15		
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.061		0	FLC	4		0.043		
Threonine.....g	0.150		0	FLC	4		0.105		
Isoleucine.....g	0.179		0	FLC	4		0.125		
Leucine.....g	0.331		0	FLC	4		0.232		
Lysine.....g	0.158		0	FLC	4		0.110		
Methionine.....g	0.085		0	FLC	4		0.060		
Cystine.....g	0.094		0	FLC	4		0.066		
Phenylalanine.....g	0.240		0	FLC	4		0.168		
Tyrosine.....g	0.156		0	FLC	4		0.109		
Valine.....g	0.224		0	FLC	4		0.157		
Arginine.....g	0.220		0	FLC	4		0.154		
Histidine.....g	0.103		0	FLC	4		0.072		
Alanine.....g	0.180		0	FLC	4		0.126		
Aspartic acid.....g	0.285		0	FLC	4		0.200		
Glutamic acid.....g	1.336		0	FLC	4		0.935		
Glycine.....g	0.178		0	FLC	4		0.125		
Proline.....g	0.450		0	FLC	4		0.315		
Serine.....g	0.248		0	FLC	4		0.173		
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	FLC	4		0.0		

NDB No. 18951

Waffles, chocolate chip, frozen, ready-to-heat

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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 Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Code					
Caffeine.....mg	10		0	FLC	4		7		
Theobromine.....mg	89		0	FLC	4		63		

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Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 70g: 2 waffles

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)





NDB No. 18403

Waffles, plain, frozen, ready -to-heat, toasted

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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, 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	6.8		1	A	1	1.9	2.2	2.2	
Dihydrophyloquinone.....µg	35.5		1	A	1	10.1	11.7	11.7	
Menaquinone-4.....µg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	1.638		0	NC	4	0.464	0.541	0.541	
4:0.....g	0.001		0	RA	4	0.000	0.000	0.000	
6:0.....g	0.000		0	RA	4	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									
14:0.....g	0.012	0.000	3	A	1	0.003	0.004	0.004	
15:0.....g	0.000	0.000	3	A	1	0.000	0.000	0.000	
16:0.....g	0.920	0.150	3	A	1	0.261	0.304	0.304	
17:0.....g	0.009	0.001	3	A	1	0.003	0.003	0.003	
18:0.....g	0.624	0.149	3	A	1	0.177	0.206	0.206	
20:0.....g	0.038	0.011	3	A	1	0.011	0.013	0.013	
22:0.....g	0.033	0.004	3	A	1	0.009	0.011	0.011	
24:0.....g	0.000		0	RA	4	0.000	0.000	0.000	
Fatty acids, total monounsaturated.....g	4.914		0	NC	4	1.393	1.622	1.622	
14:1.....g	0.000	0.000	3	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	0.024	0.004	3	A	1	0.007	0.008	0.008	
17:1.....g	0.000	0.000	3	A	1	0.000	0.000	0.000	
18:1 undifferentiated.....g	4.829	0.749	3	A	1	1.369	1.594	1.594	
20:1.....g	0.061	0.029	3	A	1	0.017	0.020	0.020	
22:1 undifferentiated.....g	0.000		0	RA	4	0.000	0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.197		0	NC	4	0.623	0.725	0.725	
18:2 undifferentiated.....g	1.874	0.514	3	A	1	0.531	0.618	0.618	
18:3 undifferentiated.....g	0.312	0.247	3	A	1	0.088	0.103	0.103	
18:3 n-3 c,c,c (ALA).....g									
18:3 n-6 c,c,c.....g	0.000	0.000	3	A	1	0.000	0.000	0.000	
18:3i.....g									
18:4.....g	0.001		0	RA	4	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	
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.005	0.005	3	A	1	0.001	0.002	0.002	
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.005		0	RA	4	0.001	0.002	0.002	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	RA	4	0.000	0.000	0.000	
22:6 n-3 (DHA).....g	0.003		0	RA	4	0.001	0.001	0.001	
Fatty acids, total trans.....g									
Cholesterol.....mg	15	5.521	3	A	1	4	5	5	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.084		0	RA	4	0.024	0.028	0.028	
Threonine.....g	0.253		0	RA	4	0.072	0.084	0.084	
Isoleucine.....g	0.298		0	RA	4	0.084	0.098	0.098	
Leucine.....g	0.526		0	RA	4	0.149	0.174	0.174	
Lysine.....g	0.311		0	RA	4	0.088	0.103	0.103	
Methionine.....g	0.134		0	RA	4	0.038	0.044	0.044	
Cystine.....g	0.174		0	RA	4	0.049	0.058	0.058	
Phenylalanine.....g	0.310		0	RA	4	0.088	0.102	0.102	
Tyrosine.....g	0.149		0	RA	4	0.042	0.049	0.049	
Valine.....g	0.337		0	RA	4	0.096	0.111	0.111	

NDB No. 18403

Waffles, plain, frozen, ready -to-heat, toasted

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Arginine.....g	0.287		0	RA	4		0.081	0.095	0.095
Histidine.....g	0.148		0	RA	4		0.042	0.049	0.049
Alanine.....g	0.268		0	RA	4		0.076	0.088	0.088
Aspartic acid.....g	0.437		0	RA	4		0.124	0.144	0.144
Glutamic acid.....g	1.813		0	RA	4		0.514	0.598	0.598
Glycine.....g	0.230		0	RA	4		0.065	0.076	0.076
Proline.....g	0.611		0	RA	4		0.173	0.202	0.202
Serine.....g	0.360		0	RA	4		0.102	0.119	0.119
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	RA	4		0.0	0.0	0.0
Caffeine.....mg	0		0	RA	4		0	0	0
Theobromine.....mg	0		0	RA	4		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 28.35g: 1 oz

Measure 2 = 33g: 1 waffle, round (4" dia)

Measure 3 = 33g: 1 waffle, square (4" square)

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 18365

Waffles, plain, frozen, ready-to-heat

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
<b>Proximates:</b>									
Water.....g	37.95		2	A	1		10.76	13.28	
Energy.....kcal	285		0	NC	4		81	100	
Energy.....kJ	1193		0	NC	4		338	418	
Protein.....g	6.47		2	A	1		1.84	2.27	
Total lipid (fat).....g	9.70		2	A	1		2.75	3.39	
Ash.....g	2.90		2	A	1		0.82	1.01	
Carbohydrate, by difference.....g	42.98		0	NC	4		12.18	15.04	
Fiber, total dietary.....g	2.2		2	A	1		0.6	0.8	
Sugars, total.....g	4.91		2	A	1		1.39	1.72	
Sucrose.....g	3.16		2	A	1		0.90	1.11	
Glucose (dextrose).....g	0.00		2	A	1		0.00	0.00	
Fructose.....g	0.00		2	A	1		0.00	0.00	
Lactose.....g	1.48		2	A	1		0.42	0.52	
Maltose.....g	0.26		2	A	1		0.07	0.09	
Galactose.....g	0.00		2	A	1		0.00	0.00	
Starch.....g	34.90		2	A	1		9.90	12.22	
<b>Minerals:</b>									
Calcium, Ca.....mg	308		2	A	1		87	108	
Iron, Fe.....mg	5.61		2	A	1		1.59	1.96	
Magnesium, Mg.....mg	23		2	A	1		7	8	
Phosphorus, P.....mg	361		2	A	1		102	126	
Potassium, K.....mg	125		2	A	1		35	44	
Sodium, Na.....mg	638		2	A	1		181	223	
Zinc, Zn.....mg	0.59		2	A	1		0.17	0.20	
Copper, Cu.....mg	0.043		2	A	1		0.012	0.015	
Manganese, Mn.....mg	0.225		2	A	1		0.064	0.079	
Selenium, Se.....µg	12.2		2	A	1		3.4	4.3	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0	0.000	3		1		0.0	0.0	
Thiamin.....mg	0.620		2	A	1		0.176	0.217	
Riboflavin.....mg	0.620		2	A	1		0.176	0.217	
Niacin.....mg	7.575		2	A	1		2.147	2.651	
Pantothenic acid.....mg	0.315		2	A	1		0.089	0.110	
Vitamin B-6.....mg	0.898		2	A	1		0.255	0.314	
Folate, total.....µg	68		1	A	1		19	24	
Folic acid.....µg	57		1	A	1		16	20	
Folate, food.....µg	11		0	AS	1		3	4	
Folate, DFE.....µg	108		0	NC	4		31	38	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	2.93		2	A	1		0.83	1.03	
Vitamin B-12, added.....µg	2.70		0	FLA	4		0.77	0.94	
Vitamin A, RAE.....µg	381		0	FLA	4		108	133	
Retinol.....µg	380		0	FLA	4		108	133	
Carotene, beta.....µg	1		0	FLA	4		0	0	
Carotene, alpha.....µg	0		0	FLA	4		0	0	
Cryptoxanthin, beta.....µg	1		0	FLA	4		0	0	
Vitamin A, IU.....IU	1271		0	FLA	4		360	445	
Lycopene.....µg	0		0	FLA	4		0	0	
Lutein + zeaxanthin.....µg	48		0	FLA	4		14	17	
Vitamin E (alpha-tocopherol).....mg	1.05		2	A	1		0.30	0.37	
Vitamin E, added.....mg	0.00		0	FLA	4		0.00	0.00	
Tocopherol, beta.....mg	0.07		2	A	1		0.02	0.03	
Tocopherol, gamma.....mg	4.40		2	A	1		1.25	1.54	
Tocopherol, delta.....mg	0.97		2	A	1		0.27	0.34	
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. 18365

Waffles, plain, frozen, ready-to-heat

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion 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	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									
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg	7.8		1	A	1		2.2	2.7	
Dihydrophyloquinone.....µg	19.6		1	A	1		5.5	6.9	
Menaquinone-4.....µg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	1.531		0	NC	4		0.434	0.536	
4:0.....g	0.001		0	FLA	4		0.000	0.000	
6:0.....g	0.000		0	FLA	4		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	0.011		2	A	1		0.003	0.004	
15:0.....g	0.000		2	A	1		0.000	0.000	
16:0.....g	0.880		2	A	1		0.250	0.308	
17:0.....g	0.005		2	A	1		0.001	0.002	
18:0.....g	0.560		2	A	1		0.159	0.196	
20:0.....g	0.040		2	A	1		0.011	0.014	
22:0.....g	0.036		2	A	1		0.010	0.012	
24:0.....g	0.000		0	FLA	4		0.000	0.000	
Fatty acids, total monounsaturated.....g	5.129		0	NC	4		1.454	1.795	
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	0.025		2	A	1		0.007	0.009	
17:1.....g	0.000		2	A	1		0.000	0.000	
18:1 undifferentiated.....g	5.036		2	A	1		1.428	1.763	
20:1.....g	0.068		2	A	1		0.019	0.024	
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.165		0	NC	4		0.614	0.758	
18:2 undifferentiated.....g	1.798		2	A	1		0.510	0.629	
18:3 undifferentiated.....g	0.354		2	A	1		0.100	0.124	
18:3 n-3 c,c,c (ALA).....g									
18:3 n-6 c,c,c.....g	0.000		2	A	1		0.000	0.000	
18:3i.....g									
18:4.....g	0.001		0	FLA	4		0.000	0.000	
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	
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.005		2	A	1		0.001	0.002	
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.004		0	FLA	4		0.001	0.001	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	FLA	4		0.000	0.000	
22:6 n-3 (DHA).....g	0.003		0	FLA	4		0.001	0.001	
Fatty acids, total trans.....g									
Cholesterol.....mg	14		2	A	1		4	5	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.076		0	FLA	4		0.021	0.026	
Threonine.....g	0.228		0	FLA	4		0.065	0.080	
Isoleucine.....g	0.268		0	FLA	4		0.076	0.094	
Leucine.....g	0.474		0	FLA	4		0.134	0.166	
Lysine.....g	0.280		0	FLA	4		0.079	0.098	
Methionine.....g	0.120		0	FLA	4		0.034	0.042	
Cystine.....g	0.157		0	FLA	4		0.044	0.055	

NDB No. 18365

Waffles, plain, frozen, ready-to-heat

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Phenylalanine.....g	0.279		0	FLA	4		0.079	0.098	
Tyrosine.....g	0.134		0	FLA	4		0.038	0.047	
Valine.....g	0.304		0	FLA	4		0.086	0.106	
Arginine.....g	0.259		0	FLA	4		0.073	0.091	
Histidine.....g	0.133		0	FLA	4		0.038	0.046	
Alanine.....g	0.241		0	FLA	4		0.068	0.084	
Aspartic acid.....g	0.394		0	FLA	4		0.112	0.138	
Glutamic acid.....g	1.631		0	FLA	4		0.462	0.571	
Glycine.....g	0.207		0	FLA	4		0.059	0.072	
Proline.....g	0.550		0	FLA	4		0.156	0.192	
Serine.....g	0.324		0	FLA	4		0.092	0.113	
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	FLA	4		0.0	0.0	
Caffeine.....mg	0		0	FLA	4		0	0	
Theobromine.....mg	0		0	FLA	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 28.35g: 1 oz

Measure 2 = 35g: 1 waffle, square (4" square) (include frozen)

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 18367

Waffles, plain, prepared from recipe

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
<b>Proximates:</b>									
Water.....g	42.00		0		1		11.91	31.50	
Energy.....kcal	291		0	NC	4		82	218	
Energy.....kJ	1218				4		345	913	
Protein (N x 0).....g	7.90		0		1		2.24	5.93	
Total lipid (fat).....g	14.10		0		1		4.00	10.58	
Ash.....g	3.10		0		1		0.88	2.33	
Carbohydrate, by difference.....g	32.90		0	NC	4		9.33	24.68	
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	255		0		1		72	191	
Iron, Fe.....mg	2.31		0		1		0.65	1.73	
Magnesium, Mg.....mg	19		0		1		5	14	
Phosphorus, P.....mg	190		0		1		54	143	
Potassium, K.....mg	159		0		1		45	119	
Sodium, Na.....mg	511		0		1		145	383	
Zinc, Zn.....mg	0.68		0		1		0.19	0.51	
Copper, Cu.....mg	0.062		0		1		0.018	0.047	
Manganese, Mn.....mg	0.265		0		1		0.075	0.199	
Selenium, Se.....µg	46.2		0	RK	4		13.1	34.7	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.4		0		1		0.1	0.3	
Thiamin.....mg	0.263		0		1		0.075	0.197	
Riboflavin.....mg	0.347		0		1		0.098	0.260	
Niacin.....mg	2.073		0		1		0.588	1.555	
Pantothenic acid.....mg	0.485		0		1		0.137	0.364	
Vitamin B-6.....mg	0.056		0		1		0.016	0.042	
Folate, total.....µg	46		0	RK	4		13	35	
Folic acid.....µg	31		0	NC	4		9	23	
Folate, food.....µg	15		0		1		4	11	
Folate, DFE.....µg	68		0	NC	4		19	51	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.25		0		1		0.07	0.19	
Vitamin A, RAE.....µg	65		0	NC	4		18	48	
Retinol.....µg	64		0	NC	4		18	48	
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	228		0		1		65	171	
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									
<b>Lipids:</b>									

Waffles, plain, prepared from recipe

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			
Fatty acids, total saturated.....g	2.866		0		1	0.813	2.150
4:0.....g	0.041		0		1	0.012	0.031
6:0.....g	0.025		0		1	0.007	0.019
8:0.....g	0.014		0		1	0.004	0.011
10:0.....g	0.032		0		1	0.009	0.024
12:0.....g	0.036		0		1	0.010	0.027
13:0.....g							
14:0.....g	0.145		0		1	0.041	0.109
15:0.....g							
16:0.....g	1.865		0		1	0.529	1.399
17:0.....g							
18:0.....g	0.696		0		1	0.197	0.522
20:0.....g							
22:0.....g							
24:0.....g							
Fatty acids, total monounsaturated.....g	3.521		0		1	0.998	2.641
14:1.....g							
15:1.....g							
16:1 undifferentiated.....g	0.096		0		1	0.027	0.072
17:1.....g							
18:1 undifferentiated.....g	3.395		0		1	0.962	2.546
20:1.....g	0.026		0		1	0.007	0.020
22:1 undifferentiated.....g	0.000		0		1	0.000	0.000
24:1 c.....g							
Fatty acids, total polyunsaturated.....g	6.785		0		1	1.924	5.089
18:2 undifferentiated.....g	5.975		0		1	1.694	4.481
18:3 undifferentiated.....g	0.782		0		1	0.222	0.587
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	0.021		0		1	0.006	0.016
20:5 n-3 (EPA).....g	0.001		0		1	0.000	0.001
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	0.006		0		1	0.002	0.005
Fatty acids, total trans.....g							
Cholesterol.....mg	69		0		1	20	52
Phytosterols.....mg							
<b>Amino Acids:</b>							
Tryptophan.....g	0.099		0		1	0.028	0.074
Threonine.....g	0.289		0		1	0.082	0.217
Isoleucine.....g	0.362		0		1	0.103	0.272
Leucine.....g	0.630		0		1	0.179	0.473
Lysine.....g	0.384		0		1	0.109	0.288
Methionine.....g	0.179		0		1	0.051	0.134
Cystine.....g	0.145		0		1	0.041	0.109
Phenylalanine.....g	0.395		0		1	0.112	0.296
Tyrosine.....g	0.293		0		1	0.083	0.220
Valine.....g	0.409		0		1	0.116	0.307
Arginine.....g	0.345		0		1	0.098	0.259
Histidine.....g	0.187		0		1	0.053	0.140
Alanine.....g	0.301		0		1	0.085	0.226
Aspartic acid.....g	0.509		0		1	0.144	0.382
Glutamic acid.....g	1.989		0		1	0.564	1.492
Glycine.....g	0.247		0		1	0.070	0.185
Proline.....g	0.726		0		1	0.206	0.545
Serine.....g	0.447		0		1	0.127	0.335
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. 18367**

**Waffles, plain, prepared from recipe**

**Common Measures:**

Measure 1 = 28.35g: 1 oz

Measure 2 = 75g: 1 waffle, round (7" dia)

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)



NDB No. 28304

Waffles, whole wheat, lowfat, frozen, ready-to-heat

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.714		0	LC	8		0.500		
4:0.....g	0.000		0	FLC	4		0.000		
6:0.....g	0.001		0	FLC	4		0.001		
8:0.....g	0.021		0	FLC	4		0.014		
10:0.....g	0.023		0	FLC	4		0.016		
12:0.....g	0.292		0	FLC	4		0.204		
13:0.....g									
14:0.....g	0.102		0	FLC	4		0.071		
15:0.....g	0.000		0	FLC	4		0.000		
16:0.....g	0.219		0	FLC	4		0.153		
17:0.....g	0.000		0	FLC	4		0.000		
18:0.....g	0.052		0	FLC	4		0.036		
20:0.....g	0.002		0	FLC	4		0.002		
22:0.....g	0.002		0	FLC	4		0.002		
24:0.....g	0.000		0	FLC	4		0.000		
Fatty acids, total monounsaturated.....g	0.714		0	LC	8		0.500		
14:1.....g	0.000		0	FLC	4		0.000		
15:1.....g	0.000		0	FLC	4		0.000		
16:1 undifferentiated.....g	0.001		0	FLC	4		0.001		
17:1.....g	0.000		0	FLC	4		0.000		
18:1 undifferentiated.....g	0.705		0	FLC	4		0.494		
20:1.....g	0.007		0	FLC	4		0.005		
22:1 undifferentiated.....g	0.000		0	FLC	4		0.000		
24:1 c.....g	0.000		0	FLC	4		0.000		
Fatty acids, total polyunsaturated.....g	1.429		0	LC	8		1.000		
18:2 undifferentiated.....g	1.296		0	FLC	4		0.907		
18:3 undifferentiated.....g	0.133		0	FLC	4		0.093		
18:4.....g	0.000		0	FLC	4		0.000		
20:2 n-6 c,c.....g	0.000		0	FLC	4		0.000		
20:3 undifferentiated.....g	0.000		0	FLC	4		0.000		
20:4 undifferentiated.....g	0.000		0	FLC	4		0.000		
20:5 n-3 (EPA).....g	0.000		0	FLC	4		0.000		
21:5.....g	0.000		0	FLC	4		0.000		
22:4.....g	0.000		0	FLC	4		0.000		
22:5 n-3 (DPA).....g	0.000		0	FLC	4		0.000		
22:6 n-3 (DHA).....g	0.000		0	FLC	4		0.000		
Fatty acids, total trans.....g	0.000		0	LC	8		0.000		
Cholesterol.....mg	0		0	LC	8		0		
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	FLC	4		0.0		
Caffeine.....mg	0		0	FLC	4		0		
Theobromine.....mg	0		0	FLC	4		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 70g: 1 serving 2 waffles

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 18368

Wonton wrappers (includes egg roll wrappers)

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
<b>Proximates:</b>									
Water.....g	28.80		0		1		8.16	9.22	2.30
Energy.....kcal	291		0	NC	4		82	93	23
Energy.....kJ	1218				4		345	390	97
Protein (N x 0).....g	9.80		0		1		2.78	3.14	0.78
Total lipid (fat).....g	1.50		0		1		0.43	0.48	0.12
Ash.....g	1.90		0		1		0.54	0.61	0.15
Carbohydrate, by difference.....g	57.90		0	NC	4		16.41	18.53	4.63
Fiber, total dietary.....g	1.8		0		4		0.5	0.6	0.1
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	47		0		1		13	15	4
Iron, Fe.....mg	3.36		0		1		0.95	1.08	0.27
Magnesium, Mg.....mg	20		0		1		6	6	2
Phosphorus, P.....mg	81		0		1		23	26	6
Potassium, K.....mg	82		0		1		23	26	7
Sodium, Na.....mg	572		0		1		162	183	46
Zinc, Zn.....mg	0.71		0		1		0.20	0.23	0.06
Copper, Cu.....mg	0.147		0		1		0.042	0.047	0.012
Manganese, Mn.....mg	0.638		0		1		0.181	0.204	0.051
Selenium, Se.....µg	28.2		0	FLA	4		8.0	9.0	2.3
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0		1		0.0	0.0	0.0
Thiamin.....mg	0.519		0		1		0.147	0.166	0.042
Riboflavin.....mg	0.378		0		1		0.107	0.121	0.030
Niacin.....mg	5.424		0		1		1.538	1.736	0.434
Pantothenic acid.....mg	0.025		0		1		0.007	0.008	0.002
Vitamin B-6.....mg	0.030		0		1		0.009	0.010	0.002
Folate, total.....µg	86		0	FLA	4		24	28	7
Folic acid.....µg	69		0	NC	4		20	22	6
Folate, food.....µg	17		0		1		5	5	1
Folate, DFE.....µg	134		0	NC	4		38	43	11
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.02		0		1		0.01	0.01	0.00
Vitamin A, RAE.....µg	4		0	NC	4		1	1	0
Retinol.....µg	4		0	NC	4		1	1	0
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	14		0		1		4	4	1
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									
<b>Lipids:</b>									



NDB No. 18368

Wonton wrappers (includes egg roll wrappers)

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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	Measure 1	Measure 2	Measure 3
			of Data Points	Confidence Code			

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Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 = 32g: 1 wrapper, eggroll (7" square)

Measure 3 = 8.0g: 1 wrapper, wonton (3-1/2" square)

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)