NDB No. 19146

Baking chocolate, MARS SNACKFOOD US, M&M's Milk Chocolate Mini Baking Bits

Masterfoods USA

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	1.50		0	BFZN	4		0.21		
Energy ... kcal	502		1	MC	9		70		
Energy ... kJ	2102		0	MC	9		294		
Protein ... g	4.78		1	MC	9		0.67		
Total lipid (fat) ... g	23.36		1	MC	9		3.27		
Ash ... g	1.78		0	BFZN	4		0.25		
Carbohydrate, by difference ... g	68.40		1	MC	9		9.58		
Fiber, total dietary ... g	2.7		1	MC	9		0.4		
Sugars, total ... g	62.54		1	MC	9		8.76		
Starch ... g									
Minerals:									
Calcium, Ca ... mg	116		1	MC	9		16		
Iron, Fe ... mg	1.23		1	MC	9		0.17		
Magnesium, Mg ... mg									
Phosphorus, P ... mg									
Potassium, K ... mg									
Sodium, Na ... mg	68		1	MC	9		9		
Zinc, Zn ... mg									
Copper, Cu ... mg									
Manganese, Mn ... mg									
Selenium, Se ... µg									
Vitamins:									
Vitamin C, total ascorbic acid ... mg	0.6		1	MC	9		0.1		
Thiamin ... mg									
Riboflavin ... mg									
Niacin ... mg									
Pantothenic acid ... mg									
Vitamin B-6 ... mg									
Folate, total ... µg									
Folic acid ... µg									
Folate, food ... µg									
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	224		1	MC	9		31		
Lycopene ... µg									
Lutein + zeaxanthin ... µg									
Vitamin E (alpha-tocopherol) ... mg									
Tocopherol, beta ... mg									
Tocopherol, gamma ... mg									
Tocopherol, delta ... mg									
Tocotrienol, alpha ... mg									
Tocotrienol, beta ... mg									
Tocotrienol, gamma ... mg									
Tocotrienol, delta ... mg									
Vitamin D (D2 + D3) ... µg									
Vitamin D ... IU									
Vitamin K (phylloquinone) ... µg									
Dihydrophylloquinone ... µg									
Menaquinone-4 ... µg									
Lipids:									
Fatty acids, total saturated ... g	14.466		1	MC	9		2.025		

NDB No. 19146

Baking chocolate, MARS SNACKFOOD US, M&M's Milk Chocolate Mini Baking Bits

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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 monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g	0.184		1	MC	9		0.026		
Cholesterol.....mg	15		1	MC	9		2		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g									
Caffeine.....mg									
Theobromine.....mg									

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

Common Measures:

Measure 1 = 14.0g: 1 serving 0.5 oz, about 1 tbsp

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

Food Group: 19 Sweets

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

NDB No. 19139

Baking chocolate, MARS SNACKFOOD US, M&M's Semisweet Chocolate Mini Baking Bits

Masterfoods USA

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	1.27		0	MC	9		0.18	4.32	
Energy....kcal	517		1	MC	9		72	1757	
Energy....kJ	2163		0	MC	9		303	7353	
Protein....g	4.44		1	MC	9		0.62	15.08	
Total lipid (fat)....g	26.15		1	MC	9		3.66	88.92	
Ash....g	2.07		0	MC	9		0.29	7.04	
Carbohydrate, by difference....g	65.96		1	MC	9		9.23	224.26	
Fiber, total dietary....g	6.7		1	MC	9		0.9	22.7	
Sugars, total....g	53.07		1	MC	9		7.43	180.42	
Starch....g									
Minerals:									
Calcium, Ca....mg	34		1	MC	9		5	115	
Iron, Fe....mg	2.91		1	MC	9		0.41	9.91	
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg									
Sodium, Na....mg	2		1	MC	9		0	7	
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		1	MC	9		0.0	0.0	
Thiamin....mg									
Riboflavin....mg									
Niacin....mg									
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....µg									
Folic acid....µg									
Folate, food....µg									
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	74		1	MC	9		10	251	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	15.618		1	MC	9		2.187	53.101	

NDB No. 19139

Baking chocolate, MARS SNACKFOOD US, M&M's Semisweet Chocolate Mini Baking Bits

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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 monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g	0.042		1	MC	9		0.006	0.143	
Cholesterol.....mg	3		1	MC	9		0	10	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g									
Caffeine.....mg									
Theobromine.....mg									

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

Common Measures:

Measure 1 = 14.0g: 1 serving 0.5 oz, about 1 tbsp

Measure 2 = 340g: 1 package (net weight, 12 oz)

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

Food Group: 19 Sweets

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

NDB No. 19124
Baking chocolate, mexican, squares

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	1.59		2	A	1		0.32		
Energy....kcal	426		0	NC	4		85		
Energy....kJ	1782		0		4		356		
Protein (N x 6.25)....g	3.64		2	A	1		0.73		
Total lipid (fat)....g	15.59		2	A	1		3.12		
Ash....g	1.34		2	A	1		0.27		
Carbohydrate, by difference....g	77.41		0	NC	4		15.48		
Fiber, total dietary....g	4.0	0.152	4	AI	13		0.8		
Sugars, total....g	69.40		0	FLA	4		13.88		
Starch....g									
Minerals:									
Calcium, Ca....mg	34		2	A	1		7		
Iron, Fe....mg	2.18		2	A	1		0.44		
Magnesium, Mg....mg	95		2	A	1		19		
Phosphorus, P....mg	142		2	A	1		28		
Potassium, K....mg	397		2	A	1		79		
Sodium, Na....mg	3		2	A	1		1		
Zinc, Zn....mg	1.26		2	A	1		0.25		
Copper, Cu....mg	0.670		2	A	1		0.134		
Manganese, Mn....mg	0.449		2	A	1		0.090		
Selenium, Se....µg	1.8		0	FLA	4		0.4		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.1		2	A	1		0.0		
Thiamin....mg	0.057		2	A	1		0.011		
Riboflavin....mg	0.105		2	A	1		0.021		
Niacin....mg	1.829		2	A	1		0.366		
Pantothenic acid....mg	0.180		2	A	1		0.036		
Vitamin B-6....mg	0.034		2	A	1		0.007		
Folate, total....µg	5		0	FLA	4		1		
Folic acid....µg	0		0	FLA	4		0		
Folate, food....µg	5		0	FLA	4		1		
Folate, DFE....µg	5		0	NC	4		1		
Choline, total....mg	45.6		0	O	4		9.1		
Betaine....mg									
Vitamin B-12....µg	0.00		0	Z	7		0.00		
Vitamin B-12, added....µg	0.00		0	Z	7		0.00		
Vitamin A, RAE....µg	0		0	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	7		0	FLA	4		1		
Vitamin E (alpha-tocopherol)....mg	0.36		0	FLA	4		0.07		
Vitamin E, added....mg	0.00		0	Z	7		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		
Vitamin D....IU	0		0	Z	7		0		
Vitamin K (phylloquinone)....µg	2.2		0	FLA	4		0.4		
Dihydrophylloquinone....µg									
Menaquinone-4....µg									

NDB No. 19124
Baking chocolate, mexican, squares

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated.....g	8.606		2	A	1		1.721		
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									
14:0.....g	0.010		2	A	1		0.002		
15:0.....g									
16:0.....g	3.628		2	A	1		0.726		
17:0.....g									
18:0.....g	4.705		2	A	1		0.941		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	5.044		2	A	1		1.009		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.037		2	A	1		0.007		
17:1.....g									
18:1 undifferentiated.....g	5.007		2	A	1		1.001		
20:1.....g	0.000		2	A	1		0.000		
22:1 undifferentiated.....g	0.000		2	A	1		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.162		2	A	1		0.232		
18:2 undifferentiated.....g	0.942		2	A	1		0.188		
18:3 undifferentiated.....g	0.072		2	A	1		0.014		
18:4.....g	0.000		2	A	1		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.148		2	A	1		0.030		
20:5 n-3 (EPA).....g	0.000		2	A	1		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		2	A	1		0.000		
22:6 n-3 (DHA).....g	0.000		2	A	1		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		2	A	1		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	14		0	FLA	4		3		
Theobromine.....mg	231		0	FLA	4		46		

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

Common Measures:

Measure 1 = 20g: 1 tablet

Calories Factors: Protein 2 **Fat** 8.4 **Carbohydrate** 3.7

Food Group: 19 Sweets

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

NDB No. 19077
Baking chocolate, unsweetened, liquid

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	0.90		1		1		0.26		
Energy	kcal	472		0		4		134		
Energy	kJ	1975		0		4		560		
Protein (N x 5.63)	g	12.10		1		1		3.43		
Total lipid (fat)	g	47.70		1		1		13.52		
Ash	g	3.10		1		1		0.88		
Carbohydrate, by difference	g	36.20		0	NC	4		10.26		
Fiber, total dietary	g	18.1		0	FLA	4		5.1		
Sugars, total	g	0.00		0	LC	8		0.00		
Starch	g									
Minerals:										
Calcium, Ca	mg	54		1		1		15		
Iron, Fe	mg	4.15		1		1		1.18		
Magnesium, Mg	mg	265		1		1		75		
Phosphorus, P	mg	340		1		1		96		
Potassium, K	mg	1166		1		1		331		
Sodium, Na	mg	12		1		1		3		
Zinc, Zn	mg	3.68		1		1		1.04		
Copper, Cu	mg	1.910		1		1		0.541		
Manganese, Mn	mg	1.650		1		1		0.468		
Selenium, Se	µg	7.9		0	FLA	4		2.2		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	FLA	4		0.0		
Thiamin	mg	0.050		1		1		0.014		
Riboflavin	mg	0.279		0	FLA	4		0.079		
Niacin	mg	2.100		1		1		0.595		
Pantothenic acid	mg	0.154		0	FLA	4		0.044		
Vitamin B-6	mg	0.072		0	FLA	4		0.020		
Folate, total	µg	19		0	FLA	4		5		
Folic acid	µg	0		0	Z	7		0		
Folate, food	µg	19		0	FLA	4		5		
Folate, DFE	µg	19		0	NC	4		5		
Choline, total	mg									
Betaine	mg									
Vitamin B-12	µg	0.00		0	FLA	4		0.00		
Vitamin A, RAE	µg	1		0	NC	4		0		
Retinol	µg	0		0	Z	7		0		
Carotene, beta	µg									
Carotene, alpha	µg									
Cryptoxanthin, beta	µg									
Vitamin A, IU	IU	12		0	FLA	4		3		
Lycopene	µg									
Lutein + zeaxanthin	µg									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Tocotrienol, alpha	mg									
Tocotrienol, beta	mg									
Tocotrienol, gamma	mg									
Tocotrienol, delta	mg									
Vitamin D (D2 + D3)	µg									
Vitamin D	IU									
Vitamin K (phylloquinone)	µg									
Dihydrophylloquinone	µg									
Menaquinone-4	µg									
Lipids:										

NDB No. 19077
Baking chocolate, unsweetened, liquid

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	25.290		0		1		7.170		
4:0....g									
6:0....g	0.130		1		1		0.037		
8:0....g	1.590		1		1		0.451		
10:0....g	1.270		1		1		0.360		
12:0....g	9.450		1		1		2.679		
13:0....g									
14:0....g	3.630		1		1		1.029		
15:0....g									
16:0....g	6.060		1		1		1.718		
17:0....g									
18:0....g	3.160		1		1		0.896		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	9.230		0		1		2.617		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.050		1		1		0.014		
17:1....g									
18:1 undifferentiated....g	9.180		1		1		2.603		
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	10.700		0		1		3.033		
18:2 undifferentiated....g	10.100		1		1		2.863		
18:3 undifferentiated....g	0.600		1		1		0.170		
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		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.182		0		1		0.052		
Threonine....g	0.481		0		1		0.136		
Isoleucine....g	0.471		0		1		0.134		
Leucine....g	0.737		0		1		0.209		
Lysine....g	0.609		0		1		0.173		
Methionine....g	0.125		0		1		0.035		
Cystine....g	0.148		0		1		0.042		
Phenylalanine....g	0.584		0		1		0.166		
Tyrosine....g	0.456		0		1		0.129		
Valine....g	0.730		0		1		0.207		
Arginine....g	0.689		0		1		0.195		
Histidine....g	0.210		0		1		0.060		
Alanine....g	0.561		0		1		0.159		
Aspartic acid....g	1.211		0		1		0.343		
Glutamic acid....g	1.828		0		1		0.518		
Glycine....g	0.545		0		1		0.155		
Proline....g	0.520		0		1		0.147		
Serine....g	0.525		0		1		0.149		
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g									
Caffeine....mg	47		0	FLA	4		13		
Theobromine....mg	1597		0	FLA	4		453		

NDB No. 19077
Baking chocolate, unsweetened, liquid

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

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 1.83 **Fat** 8.4 **Carbohydrate** 1.33

Food Group: 19 Sweets

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

NDB No. 19078
Baking chocolate, unsweetened, squares

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	1.34	0.092	3	A	1		0.39	1.77	0.19
Energy....kcal	642		0	NC	4		186	847	91
Energy....kJ	2685		0	NC	4		779	3544	381
Protein....g	14.32	0.180	3	A	1		4.15	18.90	2.03
Adjusted Protein....g	12.90	0.162	3	NC	4		3.74	17.03	1.83
Total lipid (fat)....g	52.31	0.337	3	A	1		15.17	69.05	7.43
Ash....g	3.60	0.146	3	A	1		1.04	4.76	0.51
Carbohydrate, by difference....g	28.42		0	NC	4		8.24	37.52	4.04
Fiber, total dietary....g	16.6	0.242	3	A	1		4.8	21.9	2.4
Sugars, total....g	0.91	0.177	3	A	1		0.26	1.21	0.13
Sucrose....g	0.91	0.177	3	A	1		0.26	1.21	0.13
Glucose (dextrose)....g	0.00	0.000	3	A	1		0.00	0.00	0.00
Fructose....g	0.00	0.000	3	A	1		0.00	0.00	0.00
Lactose....g	0.00	0.000	3	A	1		0.00	0.00	0.00
Maltose....g	0.00	0.000	3	A	1		0.00	0.00	0.00
Galactose....g	0.00	0.000	3	A	1		0.00	0.00	0.00
Starch....g									
Minerals:									
Calcium, Ca....mg	101	7.206	3	A	1		29	134	14
Iron, Fe....mg	17.40	2.854	3	A	1		5.05	22.97	2.47
Magnesium, Mg....mg	327	7.767	3	A	1		95	432	46
Phosphorus, P....mg	400	25.115	3	A	1		116	528	57
Potassium, K....mg	830	41.914	3	A	1		241	1096	118
Sodium, Na....mg	24	2.671	3	A	1		7	31	3
Zinc, Zn....mg	9.63	1.011	3	A	1		2.79	12.72	1.37
Copper, Cu....mg	3.233	0.088	3	A	1		0.938	4.268	0.459
Manganese, Mn....mg	4.167	0.186	3	A	1		1.208	5.500	0.592
Selenium, Se....µg	8.1		2	A	1		2.4	10.7	1.2
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		1	A	1		0.0	0.0	0.0
Thiamin....mg	0.147		2	A	1		0.043	0.194	0.021
Riboflavin....mg	0.100		2	A	1		0.029	0.132	0.014
Niacin....mg	1.355		2	A	1		0.393	1.789	0.192
Pantothenic acid....mg	0.168		2	A	1		0.049	0.222	0.024
Vitamin B-6....mg	0.027		2	A	1		0.008	0.036	0.004
Folate, total....µg	28		2	A	1		8	37	4
Folic acid....µg	0		0	Z	7		0	0	0
Folate, food....µg	28		2	A	1		8	37	4
Folate, DFE....µg	28		0	NC	4		8	37	4
Choline, total....mg	45.7		1	A	1		13.2	60.3	6.5
Betaine....mg	2.6		1	A	1		0.7	3.4	0.4
Vitamin B-12....µg	0.00		1	NC	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	AS	1		0	0	0
Retinol....µg	0		0	Z	7		0	0	0
Carotene, beta....µg	0		2	A	1		0	0	0
Carotene, alpha....µg	0		2	A	1		0	0	0
Cryptoxanthin, beta....µg	0		2	A	1		0	0	0
Vitamin A, IU....IU	0		0	AS	1		0	0	0
Lycopene....µg	0		2	A	1		0	0	0
Lutein + zeaxanthin....µg	38		0	NR	4		11	51	5
Vitamin E (alpha-tocopherol)....mg	0.40		1	A	1		0.12	0.53	0.06
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta....mg	0.00		1	A	1		0.00	0.00	0.00
Tocopherol, gamma....mg	5.83		1	A	1		1.69	7.70	0.83
Tocopherol, delta....mg	0.00		1	A	1		0.00	0.00	0.00
Tocotrienol, alpha....mg	0.00		1	A	1		0.00	0.00	0.00

NDB No. 19078
Baking chocolate, unsweetened, squares

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Tocotrienol, beta....mg	0.00		1	A	1		0.00	0.00	0.00
Tocotrienol, gamma....mg	0.00		1	A	1		0.00	0.00	0.00
Tocotrienol, delta....mg	0.00		1	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	9.7		2	A	1		2.8	12.8	1.4
Dihydrophylloquinone....µg	0.0		2	A	1		0.0	0.0	0.0
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	32.277		0	NC	4		9.360	42.605	4.583
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	0.000	0.000	3	A	1		0.000	0.000	0.000
14:0....g	0.033	0.033	3	A	1		0.010	0.043	0.005
15:0....g	0.000	0.000	3	A	1		0.000	0.000	0.000
16:0....g	13.309	0.010	3	A	1		3.860	17.568	1.890
17:0....g	0.100	0.001	3	A	1		0.029	0.132	0.014
18:0....g	18.232	0.348	3	A	1		5.287	24.066	2.589
20:0....g	0.553	0.026	3	A	1		0.160	0.730	0.078
22:0....g	0.050	0.029	3	A	1		0.015	0.066	0.007
24:0....g	0.000	0.000	3	A	1		0.000	0.000	0.000
Fatty acids, total monounsaturated....g	16.068		0	NC	4		4.660	21.210	2.282
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	0.100	0.001	3	A	1		0.029	0.132	0.014
17:1....g	0.000	0.000	3	A	1		0.000	0.000	0.000
18:1 undifferentiated....g	15.969		0	AS	1		4.631	21.079	2.268
18:1 c....g	15.969	0.039	3	A	1		4.631	21.079	2.268
18:1 t....g	0.000	0.000	3	A	1		0.000	0.000	0.000
18:1-11 t (18:1t n-7)....g									
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	1.551		0	NC	4		0.450	2.048	0.220
18:2 undifferentiated....g	1.435	0.008	3	A	1		0.416	1.894	0.204
18:3 undifferentiated....g	0.117		0	AS	1		0.034	0.154	0.017
18:3 n-3 c,c,c (ALA)....g	0.117	0.016	3	A	1		0.034	0.154	0.017
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	NR	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	0.000	3	A	1		0.000	0.000	0.000
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	NR	4		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	0.000		0	NC	4		0.000	0.000	0.000
Fatty acids, total trans-monoenoic....g	0.000		0	NC	4		0.000	0.000	0.000
Fatty acids, total trans-polyenoic....g									
Cholesterol....mg	2		2	A	1		1	2	0
Phytosterols....mg									
Stigmasterol....mg	38		2	A	1		11	50	5
Campesterol....mg	13		2	A	1		4	18	2

NDB No. 19078
Baking chocolate, unsweetened, squares

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Beta-sitosterol....mg	85		2	A	1		25	112	12
Amino Acids:									
Tryptophan....g	0.130		2	A	1		0.038	0.172	0.018
Threonine....g	0.370		2	A	1		0.107	0.488	0.053
Isoleucine....g	0.410		2	A	1		0.119	0.541	0.058
Leucine....g	0.695		2	A	1		0.202	0.917	0.099
Lysine....g	0.470		2	A	1		0.136	0.620	0.067
Methionine....g	0.140		2	A	1		0.041	0.185	0.020
Cystine....g	0.225		2	A	1		0.065	0.297	0.032
Phenylalanine....g	0.525		2	A	1		0.152	0.693	0.075
Tyrosine....g	0.425		2	A	1		0.123	0.561	0.060
Valine....g	0.655		2	A	1		0.190	0.865	0.093
Arginine....g	0.815		2	A	1		0.236	1.076	0.116
Histidine....g	0.215		2	A	1		0.062	0.284	0.031
Alanine....g	0.475		2	A	1		0.138	0.627	0.067
Aspartic acid....g	1.270		2	A	1		0.368	1.676	0.180
Glutamic acid....g	1.870		2	A	1		0.542	2.468	0.266
Glycine....g	0.505		2	A	1		0.146	0.667	0.072
Proline....g	0.880		2	A	1		0.255	1.162	0.125
Serine....g	0.530		2	A	1		0.154	0.700	0.075
Hydroxyproline....g	0.000		2	A	1		0.000	0.000	0.000
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	0.0
Caffeine....mg	80	0.000	3	A	1		23	106	11
Theobromine....mg	1297	34.801	3	A	1		376	1712	184

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

Measure 2 = 132g: 1 cup, grated

Measure 3 = 14.2g: .5 oz Hersheys

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

Food Group: 19 Sweets

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

NDB No. 19098
Candies, 5TH AVENUE Candy Bar

Hershey Food Corp.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	2.30		1	MC	9		1.29	0.37	
Energy....kcal	482		1	MC	9		270	77	
Energy....kJ	2017		0	MC	9		1130	323	
Protein....g	8.78		1	MC	9		4.92	1.40	
Total lipid (fat)....g	23.98		1	MC	9		13.43	3.84	
Ash....g	1.91		1	MC	9		1.07	0.31	
Carbohydrate, by difference....g	62.68		1	MC	9		35.10	10.03	
Fiber, total dietary....g	3.1		1	MC	9		1.7	0.5	
Sugars, total....g	47.19		1	MC	9		26.43	7.55	
Starch....g									
Minerals:									
Calcium, Ca....mg	73		1	MC	9		41	12	
Iron, Fe....mg	1.20		1	MC	9		0.67	0.19	
Magnesium, Mg....mg	62		1	MC	9		35	10	
Phosphorus, P....mg	141		1	MC	9		79	23	
Potassium, K....mg	347		1	MC	9		195	56	
Sodium, Na....mg	225		1	MC	9		126	36	
Zinc, Zn....mg	1.12		1	MC	9		0.63	0.18	
Copper, Cu....mg	0.210		1	MC	9		0.118	0.034	
Manganese, Mn....mg	0.050		1	MC	9		0.028	0.008	
Selenium, Se....µg	0.6		1	MC	9		0.3	0.1	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.4		1	MC	9		0.2	0.1	
Thiamin....mg	0.140		1	MC	9		0.078	0.022	
Riboflavin....mg	0.090		1	MC	9		0.050	0.014	
Niacin....mg	3.900		1	MC	9		2.184	0.624	
Pantothenic acid....mg	0.540		1	MC	9		0.302	0.086	
Vitamin B-6....mg	0.110		1	MC	9		0.062	0.018	
Folate, total....µg	36		0	FLM	4		20	6	
Folic acid....µg	0		0	FLM	4		0	0	
Folate, food....µg	36		0	FLM	4		20	6	
Folate, DFE....µg	36		0	NC	4		20	6	
Choline, total....mg	14.9		0	O	4		8.3	2.4	
Betaine....mg									
Vitamin B-12....µg	0.18		0	FLM	4		0.10	0.03	
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....µg	14		0	FLM	4		8	2	
Retinol....µg	14		0	FLM	4		8	2	
Carotene, beta....µg	1		0	FLM	4		0	0	
Carotene, alpha....µg	0		0	FLM	4		0	0	
Cryptoxanthin, beta....µg	0		0	FLM	4		0	0	
Vitamin A, IU....IU	51		0	FLM	4		28	8	
Lycopene....µg	0		0	FLM	4		0	0	
Lutein + zeaxanthin....µg	0		0	FLM	4		0	0	
Vitamin E (alpha-tocopherol)....mg	2.70		0	FLM	4		1.51	0.43	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)....µg	2.7		0	FLM	4		1.5	0.4	
Dihydrophylloquinone....µg									

NDB No. 19098
Candies, 5TH AVENUE Candy Bar

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	6.650		1	MC	9		3.724	1.064	
4:0....g	0.128		0	FLM	4		0.072	0.020	
6:0....g	0.045		0	FLM	4		0.025	0.007	
8:0....g	0.028		0	FLM	4		0.015	0.004	
10:0....g	0.053		0	FLM	4		0.030	0.009	
12:0....g	0.058		0	FLM	4		0.033	0.009	
13:0....g	0.000		0	FLM	4		0.000	0.000	
14:0....g	0.213		0	FLM	4		0.119	0.034	
15:0....g	0.016		0	FLM	4		0.009	0.003	
16:0....g	3.532		0	FLM	4		1.978	0.565	
17:0....g	0.015		0	FLM	4		0.008	0.002	
18:0....g	1.974		0	FLM	4		1.106	0.316	
20:0....g	0.040		0	FLM	4		0.022	0.006	
22:0....g	0.004		0	FLM	4		0.002	0.001	
24:0....g	0.000		0	FLM	4		0.000	0.000	
Fatty acids, total monounsaturated....g	10.600		1	MC	9		5.936	1.696	
14:1....g	0.014		0	FLM	4		0.008	0.002	
15:1....g	0.000		0	FLM	4		0.000	0.000	
16:1 undifferentiated....g	0.054		0	FLM	4		0.030	0.009	
17:1....g	0.004		0	FLM	4		0.002	0.001	
18:1 undifferentiated....g	8.355		0	FLM	4		4.679	1.337	
20:1....g	0.145		0	FLM	4		0.081	0.023	
22:1 undifferentiated....g	0.000		0	FLM	4		0.000	0.000	
24:1 c....g	0.000		0	FLM	4		0.000	0.000	
Fatty acids, total polyunsaturated....g	3.390		0	FLM	4		1.898	0.542	
18:2 undifferentiated....g	3.305		0	FLM	4		1.851	0.529	
18:3 undifferentiated....g	0.084		0	FLM	4		0.047	0.014	
18:4....g	0.000		0	FLM	4		0.000	0.000	
20:2 n-6 c,c....g	0.000		0	FLM	4		0.000	0.000	
20:3 undifferentiated....g	0.000		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									
Cholesterol....mg	6		1	MC	9		3	1	
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		1	MC	9		0.0	0.0	
Caffeine....mg	5		0	FLM	4		3	1	
Theobromine....mg	79		0	FLM	4		44	13	

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

Common Measures:

Measure 1 = 56g: 1 bar 2 oz

Measure 2 = 16g: 1 bar snack size

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

Food Group: 19 Sweets

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

NDB No. 19065

Candies, ALMOND JOY Candy Bar

Hershey Food Corp.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	8.20		1	MC	9		4.02	1.56	
Energy....kcal	479		1	MC	9		235	91	
Energy....kJ	2003		0	MC	9		981	380	
Protein....g	4.13		1	MC	9		2.02	0.78	
Total lipid (fat)....g	26.93		1	MC	9		13.20	5.12	
Ash....g	1.23		1	MC	9		0.60	0.23	
Carbohydrate, by difference....g	59.51		0	NC	4		29.16	11.31	
Fiber, total dietary....g	5.0		1	MC	9		2.5	1.0	
Sugars, total....g	48.34		1	MC	9		23.69	9.18	
Starch....g									
Minerals:									
Calcium, Ca....mg	64		1	MC	9		31	12	
Iron, Fe....mg	1.27		1	MC	9		0.62	0.24	
Magnesium, Mg....mg									
Phosphorus, P....mg	112		1	MC	9		55	21	
Potassium, K....mg	254		1	MC	9		124	48	
Sodium, Na....mg	142		1	MC	9		70	27	
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.7		1	MC	9		0.3	0.1	
Thiamin....mg									
Riboflavin....mg									
Niacin....mg									
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....µg									
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg									
Vitamin A, RAE....µg									
Vitamin A, IU....IU	42		1	MC	9		21	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									
Lipids:									
Fatty acids, total saturated....g	17.590		1	MC	9		8.619	3.342	
Fatty acids, total monounsaturated....g	5.260		1	MC	9		2.577	0.999	
Fatty acids, total polyunsaturated....g	1.180		1	MC	9		0.578	0.224	
Fatty acids, total trans....g									
Cholesterol....mg	4		1	MC	9		2	1	
Phytosterols....mg									

NDB No. 19065
Candies, ALMOND JOY Candy Bar

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

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

Common Measures:

Measure 1 = 49g: 1 package 1.76 oz

Measure 2 = 19g: 1 bar snack size

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

Food Group: 19 Sweets

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

NDB No. 19075
Candies, CARAMELLO Candy Bar
Hershey Food Corp.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	6.79		1	MC	9		2.38	3.06	2.92
Energy....kcal	462		1	MC	9		162	208	199
Energy....kJ	1932		0	MC	9		676	869	831
Protein....g	6.19		1	MC	9		2.17	2.79	2.66
Total lipid (fat)....g	21.19		1	MC	9		7.42	9.54	9.11
Ash....g	1.46		1	MC	9		0.51	0.66	0.63
Carbohydrate, by difference....g	63.81		1	MC	9		22.33	28.71	27.44
Fiber, total dietary....g	1.2		1	MC	9		0.4	0.5	0.5
Sugars, total....g	56.92		1	MC	9		19.92	25.61	24.48
Starch....g									
Minerals:									
Calcium, Ca....mg	213		1	MC	9		74	96	92
Iron, Fe....mg	1.09		1	MC	9		0.38	0.49	0.47
Magnesium, Mg....mg									
Phosphorus, P....mg	150		1	MC	9		53	68	65
Potassium, K....mg	341		1	MC	9		119	154	147
Sodium, Na....mg	122		1	MC	9		43	55	52
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	1.7		1	MC	9		0.6	0.8	0.7
Thiamin....mg									
Riboflavin....mg									
Niacin....mg									
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....µg									
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg									
Vitamin A, RAE....µg									
Vitamin A, IU....IU	303		1	MC	9		106	136	130
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	12.720		1	MC	9		4.452	5.724	5.470
Fatty acids, total monounsaturated....g	5.290		1	MC	9		1.852	2.381	2.275
Fatty acids, total polyunsaturated....g	0.630		1	MC	9		0.221	0.284	0.271
Fatty acids, total trans....g									
Cholesterol....mg	27		1	MC	9		9	12	11
Phytosterols....mg									

NDB No. 19075
Candies, CARAMELLO Candy Bar

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

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

Common Measures:

Measure 1 = 35g: 1 bar 1.25 oz

Measure 2 = 45g: 1 bar 1.6 oz

Measure 3 = 43g: 6 blocks

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

Food Group: 19 Sweets

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

NDB No. 19243
Candies, HEATH BITES
Hershey Food Corp.

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	0.86		1	MC	9		0.34		
Energy	kcal	530		1	MC	9		207		
Energy	kJ	2217		0	MC	9		864		
Protein (N x 6.25)	g	3.94		1	MC	9		1.54		
Total lipid (fat)	g	30.38		1	MC	9		11.85		
Ash	g	1.16		1	MC	9		0.45		
Carbohydrate, by difference	g	63.39		1	MC	9		24.72		
Fiber, total dietary	g	2.0		1	MC	9		0.8		
Sugars, total	g	60.02		1	MC	9		23.41		
Starch	g									
Minerals:										
Calcium, Ca	mg	86		1	MC	9		34		
Iron, Fe	mg	0.78		1	MC	9		0.30		
Magnesium, Mg	mg	6		1	MC	9		2		
Phosphorus, P	mg	71		1	MC	9		28		
Potassium, K	mg	210		1	MC	9		82		
Sodium, Na	mg	245		1	MC	9		96		
Zinc, Zn	mg	0.11		1	MC	9		0.04		
Copper, Cu	mg	0.030		1	MC	9		0.012		
Manganese, Mn	mg	0.000		1	MC	9		0.000		
Selenium, Se	µg	0.0		1	MC	9		0.0		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.8		1	MC	9		0.3		
Thiamin	mg	0.020		1	MC	9		0.008		
Riboflavin	mg	0.110		1	MC	9		0.043		
Niacin	mg	0.090		1	MC	9		0.035		
Pantothenic acid	mg	0.010		1	MC	9		0.004		
Vitamin B-6	mg	0.000		1	MC	9		0.000		
Folate, total	µg	1		1	MC	9		1		
Folic acid	µg									
Folate, food	µg									
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	232		1	MC	9		91		
Lycopene	µg									
Lutein + zeaxanthin	µg									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Tocotrienol, alpha	mg									
Tocotrienol, beta	mg									
Tocotrienol, gamma	mg									
Tocotrienol, delta	mg									
Vitamin D (D2 + D3)	µg									
Vitamin D	IU									
Vitamin K (phylloquinone)	µg									
Dihydrophylloquinone	µg									
Menaquinone-4	µg									
Lipids:										
Fatty acids, total saturated	g	15.620		1	MC	9		6.092		

NDB No. 19243
Candies, HEATH BITES

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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 monounsaturated.....g	8.800		1	MC	9		3.432		
Fatty acids, total polyunsaturated.....g	2.550		1	MC	9		0.995		
Fatty acids, total trans.....g									
Cholesterol.....mg	19		1	MC	9		7		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		1	MC	9		0.0		
Caffeine.....mg	0		1	MC	9		0		
Theobromine.....mg									

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

Common Measures:

Measure 1 = 39g: 15 pieces

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

Food Group: 19 Sweets

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

NDB No. 19084

Candies, HERSHEY'S GOLDEN ALMOND SOLITAIRES

Hershey Food Corp.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g									
Energy....kcal	570		0	NC	4		234		
Energy....kJ	2384		0	NC	4		977		
Protein (N x 6.25)....g	11.97		1	MC	9		4.91		
Total lipid (fat)....g	37.13		1	MC	9		15.22		
Ash....g									
Carbohydrate, by difference....g	46.91		1	MC	9		19.23		
Fiber, total dietary....g	4.4		1	MC	9		1.8		
Sugars, total....g	37.13		1	MC	9		15.22		
Starch....g									
Minerals:									
Calcium, Ca....mg	203		1	MC	9		83		
Iron, Fe....mg	2.50		1	MC	9		1.03		
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg									
Sodium, Na....mg	52		1	MC	9		21		
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		1	MC	9		0.0		
Thiamin....mg									
Riboflavin....mg									
Niacin....mg									
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....µg									
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg									
Vitamin A, RAE....µg									
Vitamin A, IU....IU	0		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									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	15.230		1	MC	9		6.244		
Fatty acids, total monounsaturated....g									
Fatty acids, total polyunsaturated....g									
Fatty acids, total trans....g									
Cholesterol....mg	13		1	MC	9		5		
Phytosterols....mg									

NDB No. 19084
Candies, HERSHEY'S GOLDEN ALMOND SOLITAIRES

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

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

Common Measures:

Measure 1 = 41g: 13 pieces

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

Food Group: 19 Sweets

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

NDB No. 19236

Candies, HERSHEY'S MILK CHOCOLATE WITH ALMOND BITES

Hershey Food Corp.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	1.19		1	MC	9		0.46		
Energy ... kcal	568		0	NC	4		221		
Energy ... kJ	2375		0	NC	4		926		
Protein (N x 6.25) ... g	9.76		1	MC	9		3.81		
Total lipid (fat) ... g	35.73		1	MC	9		13.93		
Ash ... g	1.59		1	MC	9		0.62		
Carbohydrate, by difference ... g	51.72		0	NC	4		20.17		
Fiber, total dietary ... g	3.6		1	MC	9		1.4		
Sugars, total ... g	44.59		1	MC	9		17.39		
Starch ... g									
Minerals:									
Calcium, Ca ... mg									
Iron, Fe ... mg	1.50		1	MC	9		0.59		
Magnesium, Mg ... mg	59		1	MC	9		23		
Phosphorus, P ... mg	227		1	MC	9		88		
Potassium, K ... mg	471		1	MC	9		184		
Sodium, Na ... mg	74		1	MC	9		29		
Zinc, Zn ... mg	1.34		1	MC	9		0.52		
Copper, Cu ... mg	0.200		1	MC	9		0.078		
Manganese, Mn ... mg	0.010		1	MC	9		0.004		
Selenium, Se ... µg	3.4		1	MC	9		1.3		
Vitamins:									
Vitamin C, total ascorbic acid ... mg	1.8		1	MC	9		0.7		
Thiamin ... mg	0.070		1	MC	9		0.027		
Riboflavin ... mg	0.380		1	MC	9		0.148		
Niacin ... mg	0.620		1	MC	9		0.242		
Pantothenic acid ... mg	0.470		1	MC	9		0.183		
Vitamin B-6 ... mg	0.070		1	MC	9		0.027		
Folate, total ... µg	16		1	MC	9		6		
Folic acid ... µg									
Folate, food ... µg									
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	177		1	MC	9		69		
Lycopene ... µg									
Lutein + zeaxanthin ... µg									
Vitamin E (alpha-tocopherol) ... mg									
Tocopherol, beta ... mg									
Tocopherol, gamma ... mg									
Tocopherol, delta ... mg									
Tocotrienol, alpha ... mg									
Tocotrienol, beta ... mg									
Tocotrienol, gamma ... mg									
Tocotrienol, delta ... mg									
Vitamin D (D2 + D3) ... µg									
Vitamin D ... IU									
Vitamin K (phylloquinone) ... µg									
Dihydrophylloquinone ... µg									
Menaquinone-4 ... µg									
Lipids:									
Fatty acids, total saturated ... g	17.390		1	MC	9		6.782		

NDB No. 19236
Candies, HERSHEY'S MILK CHOCOLATE WITH ALMOND BITES

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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 monounsaturated.....g	14.380		1	MC	9		5.608		
Fatty acids, total polyunsaturated.....g	2.420		1	MC	9		0.944		
Fatty acids, total trans.....g	0.150		1	MC	9		0.059		
Cholesterol.....mg	19		1	MC	9		7		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		1	MC	9		0.0		
Caffeine.....mg									
Theobromine.....mg									

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

Common Measures:

Measure 1 = 39g: 17 pieces

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

Food Group: 19 Sweets

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

NDB No. 19130

Candies, HERSHEY'S POT OF GOLD Almond Bar

Hershey Food Corp.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g									
Energy....kcal	577		1	MC	9		450		
Energy....kJ	2414		0	MC	9		1883		
Protein....g	12.82		1	MC	9		10.00		
Total lipid (fat)....g	38.46		1	MC	9		30.00		
Ash....g									
Carbohydrate, by difference....g	46.15		1	MC	9		36.00		
Fiber, total dietary....g	3.8		1	MC	9		3.0		
Sugars, total....g	38.46		1	MC	9		30.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	192		1	MC	9		150		
Iron, Fe....mg	1.85		1	MC	9		1.44		
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg									
Sodium, Na....mg	64		1	MC	9		50		
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		1	MC	9		0.0		
Thiamin....mg									
Riboflavin....mg									
Niacin....mg									
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....µg									
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg									
Vitamin A, RAE....µg									
Vitamin A, IU....IU									
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	16.667		1	MC	9		13.000		
Fatty acids, total monounsaturated....g									
Fatty acids, total polyunsaturated....g									
Fatty acids, total trans....g									
Cholesterol....mg	13		1	MC	9		10		
Phytosterols....mg									

NDB No. 19130
Candies, HERSHEY'S POT OF GOLD Almond Bar

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

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

Common Measures:

Measure 1 = 78g: 1 bar 2.8 oz

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

Food Group: 19 Sweets

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

NDB No. 19248

Candies, HERSHEY'S, ALMOND JOY BITES

Hershey Food Corp.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	1.26		1	MC	9		0.50		
Energy....kcal	563		0	NC	4		225		
Energy....kJ	2356		0	NC	4		942		
Protein (N x 6.25)....g	5.58		1	MC	9		2.23		
Total lipid (fat)....g	34.50		1	MC	9		13.80		
Ash....g	1.12		1	MC	9		0.45		
Carbohydrate, by difference....g	57.54		0	NC	4		23.02		
Fiber, total dietary....g	4.3		1	MC	9		1.7		
Sugars, total....g	51.71		1	MC	9		20.68		
Starch....g									
Minerals:									
Calcium, Ca....mg	109		1	MC	9		44		
Iron, Fe....mg	1.33		1	MC	9		0.53		
Magnesium, Mg....mg	38		1	MC	9		15		
Phosphorus, P....mg	129		1	MC	9		52		
Potassium, K....mg	306		1	MC	9		123		
Sodium, Na....mg	39		1	MC	9		16		
Zinc, Zn....mg	0.79		1	MC	9		0.32		
Copper, Cu....mg	0.180		1	MC	9		0.072		
Manganese, Mn....mg	0.000		1	MC	9		0.000		
Selenium, Se....µg	0.0		1	MC	9		0.0		
Vitamins:									
Vitamin C, total ascorbic acid....mg	1.0		1	MC	9		0.4		
Thiamin....mg	0.040		1	MC	9		0.016		
Riboflavin....mg	0.160		1	MC	9		0.064		
Niacin....mg	0.330		1	MC	9		0.132		
Pantothenic acid....mg	0.250		1	MC	9		0.100		
Vitamin B-6....mg	0.060		1	MC	9		0.024		
Folate, total....µg	8		1	MC	9		3		
Folic acid....µg									
Folate, food....µg									
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	117		1	MC	9		47		
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	20.600		1	MC	9		8.240		

NDB No. 19248
Candies, HERSHEY'S, ALMOND JOY BITES

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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 monounsaturated.....g	8.850		1	MC	9		3.540		
Fatty acids, total polyunsaturated.....g	1.460		1	MC	9		0.584		
Fatty acids, total trans.....g									
Cholesterol.....mg	11		1	MC	9		5		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		1	MC	9		0.0		
Caffeine.....mg									
Theobromine.....mg									

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

Common Measures:

Measure 1 = 40g: 18 pieces

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

Food Group: 19 Sweets

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

NDB No. 19250

Candies, HERSHEY, KIT KAT BIG KAT Bar

Hershey Food Corp.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	1.10		1	MC	9		0.61	0.87	
Energy....kcal	520		1	MC	9		286	411	
Energy....kJ	2175		0	MC	9		1196	1718	
Protein (N x 6.25)....g	6.24		1	MC	9		3.43	4.93	
Total lipid (fat)....g	27.84		1	MC	9		15.31	21.99	
Ash....g	0.96		1	MC	9		0.53	0.76	
Carbohydrate, by difference....g	63.64		1	MC	9		35.00	50.28	
Fiber, total dietary....g	1.9		1	MC	9		1.0	1.5	
Sugars, total....g	53.96		1	MC	9		29.68	42.63	
Starch....g									
Minerals:									
Calcium, Ca....mg	138		1	MC	9		76	109	
Iron, Fe....mg	0.84		1	MC	9		0.46	0.66	
Magnesium, Mg....mg	2		1	MC	9		1	2	
Phosphorus, P....mg	112		1	MC	9		62	89	
Potassium, K....mg	294		1	MC	9		162	233	
Sodium, Na....mg	64		1	MC	9		35	51	
Zinc, Zn....mg	0.07		1	MC	9		0.04	0.06	
Copper, Cu....mg	0.010		1	MC	9		0.006	0.008	
Manganese, Mn....mg	0.000		1	MC	9		0.000	0.000	
Selenium, Se....µg	0.0		1	MC	9		0.0	0.0	
Vitamins:									
Vitamin C, total ascorbic acid....mg	1.3		1	MC	9		0.7	1.1	
Thiamin....mg	0.050		1	MC	9		0.028	0.040	
Riboflavin....mg	0.170		1	MC	9		0.094	0.134	
Niacin....mg	0.180		1	MC	9		0.099	0.142	
Pantothenic acid....mg	0.040		1	MC	9		0.022	0.032	
Vitamin B-6....mg	0.000		1	MC	9		0.000	0.000	
Folate, total....µg	3		1	MC	9		2	2	
Folic acid....µg									
Folate, food....µg	3		1	MC	9		2	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	92		1	MC	9		50	72	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	17.990		1	MC	9				

NDB No. 19250
Candies, HERSHEY, KIT KAT BIG KAT Bar

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	17.990			MC	9		9.895	14.212	
Fatty acids, total monounsaturated.....g	4.910		1	MC	9		2.701	3.879	
Fatty acids, total polyunsaturated.....g	0.510		1	MC	9		0.281	0.403	
Fatty acids, total trans.....g	0.000		1	MC	9		0.000	0.000	
Cholesterol.....mg	9		1	MC	9		5	7	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		1	MC	9		0.0	0.0	
Caffeine.....mg	0		1	MC	9		0	0	
Theobromine.....mg									

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

Common Measures:

Measure 1 = 55g: 1 bar 1.94 oz

Measure 2 = 79g: 1 bar king size 2.8 oz

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

Food Group: 19 Sweets

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

NDB No. 19249

Candies, HERSHEY, REESESTICKS crispy wafers, peanut butter, milk chocolate

Hershey Food Corp.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	1.60		1	MC	9		0.67		
Energy ... kcal	521		1	MC	9		219		
Energy ... kJ	2181		0	MC	9		916		
Protein (N x 6.25) ... g	9.53		1	MC	9		4.00		
Total lipid (fat) ... g	31.34		1	MC	9		13.16		
Ash ... g	2.00		1	MC	9		0.84		
Carbohydrate, by difference ... g	55.38		1	MC	9		23.26		
Fiber, total dietary ... g	3.3		1	MC	9		1.4		
Sugars, total ... g	40.33		1	MC	9		16.94		
Starch ... g									
Minerals:									
Calcium, Ca ... mg	70		1	MC	9		30		
Iron, Fe ... mg	1.30		1	MC	9		0.55		
Magnesium, Mg ... mg	49		1	MC	9		21		
Phosphorus, P ... mg	144		1	MC	9		60		
Potassium, K ... mg	295		1	MC	9		124		
Sodium, Na ... mg	264		1	MC	9		111		
Zinc, Zn ... mg	0.99		1	MC	9		0.42		
Copper, Cu ... mg	0.200		1	MC	9		0.084		
Manganese, Mn ... mg	0.000		1	MC	9		0.000		
Selenium, Se ... µg	0.7		1	MC	9		0.3		
Vitamins:									
Vitamin C, total ascorbic acid ... mg	0.6		1	MC	9		0.2		
Thiamin ... mg	0.130		1	MC	9		0.055		
Riboflavin ... mg	0.100		1	MC	9		0.042		
Niacin ... mg	3.640		1	MC	9		1.529		
Pantothenic acid ... mg	0.440		1	MC	9		0.185		
Vitamin B-6 ... mg	0.080		1	MC	9		0.034		
Folate, total ... µg	40		1	MC	9		17		
Folic acid ... µg	0		0	FLC	4		0		
Folate, food ... µg	40		1	MC	9		17		
Folate, DFE ... µg	40		0	NC	4		17		
Choline, total ... mg	28.2		0	O	4		11.8		
Betaine ... mg									
Vitamin B-12 ... µg	0.15		0	FLC	4		0.06		
Vitamin B-12, added ... µg	0.00		0	Z	7		0.00		
Vitamin A, RAE ... µg	14		0	NC	4		6		
Retinol ... µg	14		0	O	4		6		
Carotene, beta ... µg	4		0	NR	4		2		
Carotene, alpha ... µg	0		0	FLC	4		0		
Cryptoxanthin, beta ... µg	0		0	FLC	4		0		
Vitamin A, IU ... IU	58		1	MC	9		24		
Lycopene ... µg	0		0	FLC	4		0		
Lutein + zeaxanthin ... µg	45		0	FLC	4		19		
Vitamin E (alpha-tocopherol) ... mg	2.77		0	FLC	4		1.16		
Vitamin E, added ... mg	0.00		0	Z	7		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		
Vitamin D ... IU	0		0	Z	7		0		
Vitamin K (phylloquinone) ... µg	5.9		0	FLC	4		2.5		
Dihydrophylloquinone ... µg									
Menaquinone-4 ... µg									

NDB No. 19249

Candies, HERSHEY, REESESTICKS crispy wafers, peanut butter, milk chocolate

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	13.210		1	MC	9		5.548		
4:0....g	0.119		0	FLC	4		0.050		
6:0....g	0.044		0	FLC	4		0.018		
8:0....g	0.040		0	FLC	4		0.017		
10:0....g	0.060		0	FLC	4		0.025		
12:0....g	0.222		0	FLC	4		0.093		
13:0....g	0.000		0	FLC	4		0.000		
14:0....g	0.236		0	FLC	4		0.099		
15:0....g	0.016		0	FLC	4		0.007		
16:0....g	6.006		0	FLC	4		2.523		
17:0....g	0.015		0	FLC	4		0.006		
18:0....g	6.155		0	FLC	4		2.585		
20:0....g	0.040		0	FLC	4		0.017		
22:0....g	0.004		0	FLC	4		0.002		
24:0....g	0.000		0	FLC	4		0.000		
Fatty acids, total monounsaturated....g	10.820		1	MC	9		4.544		
14:1....g	0.013		0	FLC	4		0.005		
15:1....g	0.000		0	FLC	4		0.000		
16:1 undifferentiated....g	0.053		0	FLC	4		0.022		
17:1....g	0.004		0	FLC	4		0.002		
18:1 undifferentiated....g	9.323		0	FLC	4		3.915		
20:1....g	0.113		0	FLC	4		0.048		
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	4.680		1	MC	9		1.966		
18:2 undifferentiated....g	4.593		0	FLC	4		1.929		
18:3 undifferentiated....g	0.049		0	FLC	4		0.020		
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									
Cholesterol....mg	6		1	MC	9		2		
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		1	MC	9		0.0		
Caffeine....mg	0		1	MC	9		0		
Theobromine....mg	48		0	FLC	4		20		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 serving 1.5 oz

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

Food Group: 19 Sweets

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

NDB No. 19109
Candies, KIT KAT Wafer Bar
Hershey Food Corp.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	1.63		1	A	1		0.68	0.16	0.75
Energy....kcal	518		0	NC	4		218	52	238
Energy....kJ	2169		0	NC	4		911	217	998
Protein (N x 6.25)....g	6.51		1	A	1		2.73	0.65	2.99
Total lipid (fat)....g	25.99		1	A	1		10.92	2.60	11.96
Ash....g	1.28		1	A	1		0.54	0.13	0.59
Carbohydrate, by difference....g	64.59		0	NC	4		27.13	6.46	29.71
Fiber, total dietary....g	1.0		1	A	1		0.4	0.1	0.5
Sugars, total....g	48.68		1	A	1		20.45	4.87	22.39
Sucrose....g	40.04		1	A	1		16.82	4.00	18.42
Glucose (dextrose)....g	0.16		1	A	1		0.07	0.02	0.07
Fructose....g	0.20		1	A	1		0.08	0.02	0.09
Lactose....g	8.21		1	A	1		3.45	0.82	3.78
Maltose....g	0.07		1	A	1		0.03	0.01	0.03
Galactose....g	0.00		1	A	1		0.00	0.00	0.00
Starch....g	10.60		1	A	1		4.45	1.06	4.88
Minerals:									
Calcium, Ca....mg	125		1	A	1		53	13	58
Iron, Fe....mg	1.00		1	A	1		0.42	0.10	0.46
Magnesium, Mg....mg	37		1	A	1		16	4	17
Phosphorus, P....mg	135		1	A	1		57	14	62
Potassium, K....mg	231		1	A	1		97	23	106
Sodium, Na....mg	54		1	A	1		23	5	25
Zinc, Zn....mg	0.09		1	MC	9		0.04	0.01	0.04
Copper, Cu....mg	0.220		1	A	1		0.092	0.022	0.101
Manganese, Mn....mg	0.100		1	A	1		0.042	0.010	0.046
Selenium, Se....µg	5.0		1	A	1		2.1	0.5	2.3
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		1	A	1		0.0	0.0	0.0
Thiamin....mg	0.117		1	A	1		0.049	0.012	0.054
Riboflavin....mg	0.210		1	A	1		0.088	0.021	0.097
Niacin....mg	0.500		1	A	1		0.210	0.050	0.230
Pantothenic acid....mg	0.640		1	A	1		0.269	0.064	0.294
Vitamin B-6....mg	0.020		1	A	1		0.008	0.002	0.009
Folate, total....µg	14		1	A	1		6	1	6
Folic acid....µg	6		1	A	1		3	1	3
Folate, food....µg	8		1	AS	1		3	1	4
Folate, DFE....µg	18		0	NC	4		8	2	8
Choline, total....mg	31.0		0	AS	1		13.0	3.1	14.2
Betaine....mg	6.1		1	A	1		2.6	0.6	2.8
Vitamin B-12....µg	0.56		1	A	1		0.24	0.06	0.26
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE....µg	24		0	AS	1		10	2	11
Retinol....µg	24		1	A	1		10	2	11
Carotene, beta....µg	0		1	A	1		0	0	0
Carotene, alpha....µg	0		1	A	1		0	0	0
Cryptoxanthin, beta....µg	0		1	A	1		0	0	0
Vitamin A, IU....IU	81		0	AS	1		34	8	37
Lycopene....µg	0		1	A	1		0	0	0
Lutein + zeaxanthin....µg	23		0	NR	4		10	2	11
Vitamin E (alpha-tocopherol)....mg	0.34		1	A	1		0.14	0.03	0.16
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta....mg	0.00		1	A	1		0.00	0.00	0.00
Tocopherol, gamma....mg	4.13		1	A	1		1.73	0.41	1.90
Tocopherol, delta....mg	0.22		1	A	1		0.09	0.02	0.10
Tocotrienol, alpha....mg	0.14		1	A	1		0.06	0.01	0.06
Tocotrienol, beta....mg	0.00		1	A	1		0.00	0.00	0.00

NDB No. 19109
Candies, KIT KAT Wafer Bar

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	0.11		1	A	1		0.05	0.01	0.05
Tocotrienol, delta....mg	0.00		1	A	1		0.00	0.00	0.00
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	0.0
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	0		0	Z	7		0	0	0
Vitamin K (phylloquinone)....µg	5.2		1	A	1		2.2	0.5	2.4
Dihydrophylloquinone....µg	0.4		1	A	1		0.2	0.0	0.2
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	17.953		0	NC	4		7.540	1.795	8.258
4:0....g	0.136		1	A	1		0.057	0.014	0.063
6:0....g	0.117		1	A	1		0.049	0.012	0.054
8:0....g	0.502		1	A	1		0.211	0.050	0.231
10:0....g	0.508		1	A	1		0.213	0.051	0.234
12:0....g	4.913		1	A	1		2.064	0.491	2.260
13:0....g	0.000		1	A	1		0.000	0.000	0.000
14:0....g	1.748		1	A	1		0.734	0.175	0.804
15:0....g	0.049		1	A	1		0.021	0.005	0.023
16:0....g	4.978		1	A	1		2.091	0.498	2.290
17:0....g	0.050		1	A	1		0.021	0.005	0.023
18:0....g	4.802		1	A	1		2.017	0.480	2.209
20:0....g	0.150		1	A	1		0.063	0.015	0.069
22:0....g	0.000		1	A	1		0.000	0.000	0.000
24:0....g	0.000		1	A	1		0.000	0.000	0.000
Fatty acids, total monounsaturated....g	5.844		0	NC	4		2.455	0.584	2.688
14:1....g	0.000		1	A	1		0.000	0.000	0.000
15:1....g	0.000		1	A	1		0.000	0.000	0.000
16:1 undifferentiated....g	0.149		1	A	1		0.062	0.015	0.068
17:1....g	0.000		1	A	1		0.000	0.000	0.000
18:1 undifferentiated....g	5.696		0	AS	1		2.392	0.570	2.620
18:1 c....g	5.596		1	A	1		2.350	0.560	2.574
18:1 t....g	0.099		1	A	1		0.042	0.010	0.046
18:1-11 t (18:1t n-7)....g									
20:1....g	0.000		1	A	1		0.000	0.000	0.000
22:1 undifferentiated....g	0.000		1	A	1		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.895		0	NC	4		0.376	0.090	0.412
18:2 undifferentiated....g	0.821		1	A	1		0.345	0.082	0.377
18:3 undifferentiated....g	0.075		0	AS	1		0.031	0.007	0.034
18:3 n-3 c,c,c (ALA)....g	0.075		1	A	1		0.031	0.007	0.034
18:3 n-6 c,c,c....g	0.000		1	A	1		0.000	0.000	0.000
18:3i....g									
18:4....g	0.000		0	O	4		0.000	0.000	0.000
20:2 n-6 c,c....g	0.000		1	A	1		0.000	0.000	0.000
20:3 undifferentiated....g	0.000		1	A	1		0.000	0.000	0.000
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.000		1	A	1		0.000	0.000	0.000
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000		1	A	1		0.000	0.000	0.000
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	O	4		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.000		1	A	1		0.000	0.000	0.000
Fatty acids, total trans....g	0.099		0	NC	4		0.042	0.010	0.046
Fatty acids, total trans-monoenoic....g	0.099		0	NC	4		0.042	0.010	0.046
Fatty acids, total trans-polyenoic....g									
Cholesterol....mg	11		1	A	1		4	1	5
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.090		1	A	1		0.038	0.009	0.041
Threonine....g	0.190		1	A	1		0.080	0.019	0.087

NDB No. 19109
Candies, KIT KAT Wafer Bar

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	0.280		1	A	1		0.118	0.028	0.129
Leucine....g	0.520		1	A	1		0.218	0.052	0.239
Lysine....g	0.280		1	A	1		0.118	0.028	0.129
Methionine....g	0.160		1	A	1		0.067	0.016	0.074
Cystine....g	0.120		1	A	1		0.050	0.012	0.055
Phenylalanine....g	0.270		1	A	1		0.113	0.027	0.124
Tyrosine....g	0.150		1	A	1		0.063	0.015	0.069
Valine....g	0.360		1	A	1		0.151	0.036	0.166
Arginine....g	0.200		1	A	1		0.084	0.020	0.092
Histidine....g	0.110		1	A	1		0.046	0.011	0.051
Alanine....g	0.200		1	A	1		0.084	0.020	0.092
Aspartic acid....g	0.470		1	A	1		0.197	0.047	0.216
Glutamic acid....g	1.520		1	A	1		0.638	0.152	0.699
Glycine....g	0.160		1	A	1		0.067	0.016	0.074
Proline....g	0.650		1	A	1		0.273	0.065	0.299
Serine....g	0.320		1	A	1		0.134	0.032	0.147
Hydroxyproline....g	0.000		1	A	1		0.000	0.000	0.000
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	0.0
Caffeine....mg	14		1	A	1		6	1	6
Theobromine....mg	116		1	A	1		49	12	53

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 bar (1.5 oz)

Measure 2 = 10.0g: 1 bar, miniature (.35 oz)

Measure 3 = 46g: 1 bar (1.625 oz)

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

Food Group: 19 Sweets

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

NDB No. 19110
Candies, KRACKEL Chocolate Bar
Hershey Food Corp.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	1.17		1	MC	9		0.48	0.66	0.43
Energy ... kcal	512		1	MC	9		210	287	189
Energy ... kJ	2143		0	MC	9		878	1200	793
Protein ... g	6.62		1	MC	9		2.71	3.71	2.45
Total lipid (fat) ... g	26.58		1	MC	9		10.90	14.88	9.83
Ash ... g	1.29		1	MC	9		0.53	0.72	0.48
Carbohydrate, by difference ... g	63.96		1	MC	9		26.22	35.82	23.67
Fiber, total dietary ... g	2.2		1	MC	9		0.9	1.3	0.8
Sugars, total ... g	52.53		1	MC	9		21.54	29.42	19.44
Starch ... g									
Minerals:									
Calcium, Ca ... mg	158		1	MC	9		65	88	58
Iron, Fe ... mg	1.06		1	MC	9		0.43	0.59	0.39
Magnesium, Mg ... mg	13		1	MC	9		5	7	5
Phosphorus, P ... mg	123		1	MC	9		51	69	46
Potassium, K ... mg	325		1	MC	9		133	182	120
Sodium, Na ... mg	196		1	MC	9		80	110	72
Zinc, Zn ... mg	0.49		1	MC	9		0.20	0.27	0.18
Copper, Cu ... mg	0.020		1	MC	9		0.008	0.011	0.007
Manganese, Mn ... mg	0.000		1	MC	9		0.000	0.000	0.000
Selenium, Se ... µg	3.5		1	MC	9		1.4	1.9	1.3
Vitamins:									
Vitamin C, total ascorbic acid ... mg	0.8		1	MC	9		0.3	0.4	0.3
Thiamin ... mg	0.050		1	MC	9		0.021	0.028	0.019
Riboflavin ... mg	0.190		1	MC	9		0.078	0.106	0.070
Niacin ... mg	0.260		1	MC	9		0.107	0.146	0.096
Pantothenic acid ... mg	0.420		1	MC	9		0.172	0.235	0.155
Vitamin B-6 ... mg	0.040		1	MC	9		0.016	0.022	0.015
Folate, total ... µg	6		1	MC	9		2	3	2
Folic acid ... µg									
Folate, food ... µg									
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	102		1	MC	9		42	57	38
Lycopene ... µg									
Lutein + zeaxanthin ... µg									
Vitamin E (alpha-tocopherol) ... mg									
Tocopherol, beta ... mg									
Tocopherol, gamma ... mg									
Tocopherol, delta ... mg									
Tocotrienol, alpha ... mg									
Tocotrienol, beta ... mg									
Tocotrienol, gamma ... mg									
Tocotrienol, delta ... mg									
Vitamin D (D2 + D3) ... µg									
Vitamin D ... IU									
Vitamin K (phylloquinone) ... µg									
Dihydrophylloquinone ... µg									
Menaquinone-4 ... µg									
Lipids:									
Fatty acids, total saturated ... g	15.920		1	MC	9		6.527	8.915	5.890

NDB No. 19110
Candies, KRACKEL Chocolate Bar

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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 monounsaturated.....g	6.250		1	MC	9		2.563	3.500	2.313
Fatty acids, total polyunsaturated.....g	0.570		1	MC	9		0.234	0.319	0.211
Fatty acids, total trans.....g									
Cholesterol.....mg	11		1	MC	9		4	6	4
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		1	MC	9		0.0	0.0	0.0
Caffeine.....mg									
Theobromine.....mg									

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

Common Measures:

Measure 1 = 41g: 1 bar 1.45 oz

Measure 2 = 56g: 1 bar 2 oz

Measure 3 = 37g: 3 blocks

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

Food Group: 19 Sweets

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

NDB No. 19914
Candies, M&M MARS 3 MUSKETEERS Truffle Crisp

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	0.18		0	FLC	4		0.06		
Energy....kcal	538		0	NC	4		167		
Energy....kJ	2250		0	NC	4		698		
Protein (N x 6.25)....g	6.41		0	MC	9		1.99		
Total lipid (fat)....g	28.85		0	MC	9		8.94		
Ash....g	1.41		0	FLC	4		0.44		
Carbohydrate, by difference....g	63.15		0	NC	4		19.58		
Fiber, total dietary....g	0.0		0	MC	9		0.0		
Sugars, total....g	57.69		0	MC	9		17.88		
Starch....g									
Minerals:									
Calcium, Ca....mg	150		0	FLC	4		46		
Iron, Fe....mg	1.88		0	FLC	4		0.58		
Magnesium, Mg....mg	50		0	FLC	4		15		
Phosphorus, P....mg	165		0	FLC	4		51		
Potassium, K....mg	296		0	FLC	4		92		
Sodium, Na....mg	63		0	FLC	4		20		
Zinc, Zn....mg	1.83		0	FLC	4		0.57		
Copper, Cu....mg	0.391		0	FLC	4		0.121		
Manganese, Mn....mg	0.374		0	FLC	4		0.116		
Selenium, Se....µg	3.6		0	FLC	4		1.1		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	FLC	4		0.0		
Thiamin....mg	0.089		0	FLC	4		0.027		
Riboflavin....mg	0.239		0	FLC	4		0.074		
Niacin....mg	0.306		0	FLC	4		0.095		
Pantothenic acid....mg	0.375		0	FLC	4		0.116		
Vitamin B-6....mg	0.028		0	FLC	4		0.009		
Folate, total....µg	9		0	FLC	4		3		
Folic acid....µg	0		0	FLC	4		0		
Folate, food....µg	9		0	FLC	4		3		
Folate, DFE....µg	9		0	NC	4		3		
Choline, total....mg	36.6		0	FLC	4		11.3		
Betaine....mg									
Vitamin B-12....µg	0.60		0	FLC	4		0.19		
Vitamin B-12, added....µg	0.00		0	FLC	4		0.00		
Vitamin A, RAE....µg	46		0	NC	4		14		
Retinol....µg	46		0	FLC	4		14		
Carotene, beta....µg	0		0	FLC	4		0		
Carotene, alpha....µg	0		0	FLC	4		0		
Cryptoxanthin, beta....µg	0		0	FLC	4		0		
Vitamin A, IU....IU	155		0	NC	4		48		
Lycopene....µg	0		0	FLC	4		0		
Lutein + zeaxanthin....µg	5		0	FLC	4		1		
Vitamin E (alpha-tocopherol)....mg	0.60		0	FLC	4		0.19		
Vitamin E, added....mg	0.00		0	FLC	4		0.00		
Tocopherol, beta....mg	0.00		0	FLC	4		0.00		
Tocopherol, gamma....mg	0.73		0	FLC	4		0.23		
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	FLC	4		0.0		
Vitamin D....IU	0		0	FLC	4		0		
Vitamin K (phylloquinone)....µg	5.8		0	FLC	4		1.8		
Dihydrophylloquinone....µg									
Menaquinone-4....µg									

NDB No. 19914
Candies, M&M MARS 3 MUSKETEERS Truffle Crisp

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	19.230		0	FLC	4		5.961		
4:0....g	0.287		0	FLC	4		0.089		
6:0....g	0.095		0	FLC	4		0.030		
8:0....g	0.287		0	FLC	4		0.089		
10:0....g	0.365		0	FLC	4		0.113		
12:0....g	2.520		0	FLC	4		0.781		
13:0....g	0.000		0	FLC	4		0.000		
14:0....g	1.651		0	FLC	4		0.512		
15:0....g	0.000		0	FLC	4		0.000		
16:0....g	6.984		0	FLC	4		2.165		
17:0....g	0.010		0	FLC	4		0.003		
18:0....g	6.959		0	FLC	4		2.157		
20:0....g	0.067		0	FLC	4		0.021		
22:0....g	0.005		0	FLC	4		0.002		
24:0....g	0.000		0	FLC	4		0.000		
Fatty acids, total monounsaturated....g	5.536		0	FLC	4		1.716		
14:1....g	0.000		0	FLC	4		0.000		
15:1....g	0.000		0	FLC	4		0.000		
16:1 undifferentiated....g	0.331		0	FLC	4		0.103		
17:1....g	0.000		0	FLC	4		0.000		
18:1 undifferentiated....g	5.205		0	FLC	4		1.614		
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	1.091		0	FLC	4		0.338		
18:2 undifferentiated....g	0.991		0	FLC	4		0.307		
18:3 undifferentiated....g	0.100		0	FLC	4		0.031		
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	FLC	4		0.000		
Cholesterol....mg	18		0	FLC	4		6		
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	FLC	4		0.0		
Caffeine....mg	16		0	FLC	4		5		
Theobromine....mg	163		0	FLC	4		50		

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

Common Measures:

Measure 1 = 31g: 1 serving

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

Food Group: 19 Sweets

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

NDB No. 19917
Candies, M&M MARS Pretzel Chocolate Candies

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	4.84		0	FLC	4		1.93		
Energy....kcal	447		0	NC	4		179		
Energy....kJ	1869		0	NC	4		748		
Protein (N x 6.25)....g	5.00		0	MC	9		2.00		
Total lipid (fat)....g	15.00		0	MC	9		6.00		
Ash....g	2.23		0	FLC	4		0.89		
Carbohydrate, by difference....g	72.94		0	NC	4		29.18		
Fiber, total dietary....g	2.5		0	MC	9		1.0		
Sugars, total....g	50.00		0	MC	9		20.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	50		0	MC	9		20		
Iron, Fe....mg	0.90		0	MC	9		0.36		
Magnesium, Mg....mg	39		0	FLC	4		16		
Phosphorus, P....mg	135		0	FLC	4		54		
Potassium, K....mg	253		0	FLC	4		101		
Sodium, Na....mg	475		0	FLC	4		190		
Zinc, Zn....mg	1.25		0	FLC	4		0.50		
Copper, Cu....mg	0.271		0	FLC	4		0.108		
Manganese, Mn....mg	0.297		0	FLC	4		0.119		
Selenium, Se....µg	3.3		0	FLC	4		1.3		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	MC	9		0.0		
Thiamin....mg	0.082		0	FLC	4		0.033		
Riboflavin....mg	0.203		0	FLC	4		0.081		
Niacin....mg	0.433		0	FLC	4		0.173		
Pantothenic acid....mg	0.314		0	FLC	4		0.126		
Vitamin B-6....mg	0.032		0	FLC	4		0.013		
Folate, total....µg	15		0	FLC	4		6		
Folic acid....µg	6		0	FLC	4		2		
Folate, food....µg	9		0	FLC	4		3		
Folate, DFE....µg	19		0	NC	4		7		
Choline, total....mg	29.3		0	FLC	4		11.7		
Betaine....mg									
Vitamin B-12....µg	0.45		0	FLC	4		0.18		
Vitamin B-12, added....µg	0.00		0	FLC	4		0.00		
Vitamin A, RAE....µg	34		0	NC	4		13		
Retinol....µg	34		0	FLC	4		13		
Carotene, beta....µg	3		0	FLC	4		1		
Carotene, alpha....µg	0		0	FLC	4		0		
Cryptoxanthin, beta....µg	0		0	FLC	4		0		
Vitamin A, IU....IU	116		0	NC	4		46		
Lycopene....µg	0		0	FLC	4		0		
Lutein + zeaxanthin....µg	4		0	FLC	4		2		
Vitamin E (alpha-tocopherol)....mg	0.37		0	FLC	4		0.15		
Vitamin E, added....mg	0.00		0	FLC	4		0.00		
Tocopherol, beta....mg	0.00		0	FLC	4		0.00		
Tocopherol, gamma....mg	0.37		0	FLC	4		0.15		
Tocopherol, delta....mg	0.00		0	FLC	4		0.00		
Tocotrienol, alpha....mg	0.00		0	FLC	4		0.00		
Tocotrienol, beta....mg	0.00		0	FLC	4		0.00		
Tocotrienol, gamma....mg	0.00		0	FLC	4		0.00		
Tocotrienol, delta....mg	0.00		0	FLC	4		0.00		
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0		
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg	0.0		0	Z	7		0.0		
Vitamin D....IU	0		0	Z	7		0		
Vitamin K (phylloquinone)....µg	4.7		0	FLC	4		1.9		

NDB No. 19917
Candies, M&M MARS Pretzel Chocolate Candies

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Dihydrophylloquinone....µg	0.1		0	FLC	4		0.0		
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	8.986		0	FLC	4		3.594		
4:0....g	0.164		0	FLC	4		0.065		
6:0....g	0.047		0	FLC	4		0.019		
8:0....g	0.080		0	FLC	4		0.032		
10:0....g	0.146		0	FLC	4		0.058		
12:0....g	0.536		0	FLC	4		0.214		
13:0....g	0.000		0	FLC	4		0.000		
14:0....g	0.688		0	FLC	4		0.275		
15:0....g	0.000		0	FLC	4		0.000		
16:0....g	3.835		0	FLC	4		1.534		
17:0....g	0.007		0	FLC	4		0.003		
18:0....g	3.444		0	FLC	4		1.378		
20:0....g	0.036		0	FLC	4		0.015		
22:0....g	0.003		0	FLC	4		0.001		
24:0....g	0.000		0	FLC	4		0.000		
Fatty acids, total monounsaturated....g	3.302		0	FLC	4		1.321		
14:1....g	0.000		0	FLC	4		0.000		
15:1....g	0.000		0	FLC	4		0.000		
16:1 undifferentiated....g	0.200		0	FLC	4		0.080		
17:1....g	0.000		0	FLC	4		0.000		
18:1 undifferentiated....g	3.102		0	FLC	4		1.241		
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	1.014		0	FLC	4		0.406		
18:2 undifferentiated....g	0.910		0	FLC	4		0.364		
18:3 undifferentiated....g	0.104		0	FLC	4		0.041		
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	FLC	4		0.000		
Cholesterol....mg	13		0	FLC	4		5		
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	FLC	4		0.0		
Caffeine....mg	11		0	FLC	4		4		
Theobromine....mg	126		0	FLC	4		50		

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

Common Measures:

Measure 1 = 40g: .25 cup

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

Food Group: 19 Sweets

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

NDB No. 19159

Candies, MARS SNACKFOOD US, 3 MUSKETEERS Bar

Masterfoods USA

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	5.80	0.171	7		1		3.48	1.62	
Energy....kcal	436		0	NC	4		262	122	
Energy....kJ	1825		0	NC	4		1095	511	
Protein....g	2.60		1	MC	9		1.56	0.73	
Total lipid (fat)....g	12.75		1	MC	9		7.65	3.57	
Ash....g	1.07		0	FLC	4		0.64	0.30	
Carbohydrate, by difference....g	77.77		0	NC	4		46.66	21.78	
Fiber, total dietary....g	1.5		1	MC	9		0.9	0.4	
Sugars, total....g	66.89		1	MC	9		40.14	18.73	
Starch....g									
Minerals:									
Calcium, Ca....mg	54		1	MC	9		33	15	
Iron, Fe....mg	0.67		1	MC	9		0.40	0.19	
Magnesium, Mg....mg	29		2		1		17	8	
Phosphorus, P....mg	69		0	FLC	4		42	19	
Potassium, K....mg	133	51.928	3		1		80	37	
Sodium, Na....mg	194		1	MC	9		117	54	
Zinc, Zn....mg	0.55		2		1		0.33	0.15	
Copper, Cu....mg	0.155		2		1		0.093	0.043	
Manganese, Mn....mg	0.160		1		1		0.096	0.045	
Selenium, Se....µg	1.9		0	FLC	4		1.2	0.5	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.2		1	MC	9		0.1	0.1	
Thiamin....mg	0.034	0.002	3		1		0.020	0.010	
Riboflavin....mg	0.056		1	LC	8		0.034	0.016	
Niacin....mg	0.230	0.035	3		1		0.138	0.064	
Pantothenic acid....mg	0.231		1		1		0.139	0.065	
Vitamin B-6....mg	0.015		1		1		0.009	0.004	
Folate, total....µg	4		0	FLC	4		2	1	
Folic acid....µg	0		0	FLC	4		0	0	
Folate, food....µg	4		0	FLC	4		2	1	
Folate, DFE....µg	4		0	NC	4		2	1	
Choline, total....mg	12.2		0	O	4		7.3	3.4	
Betaine....mg									
Vitamin B-12....µg	0.16		0	FLC	4		0.10	0.05	
Vitamin B-12, added....µg	0.00		0	FLC	4		0.00	0.00	
Vitamin A, RAE....µg	20		0	NC	4		12	6	
Retinol....µg	20		0	O	4		12	6	
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	67		0	NC	4		40	19	
Lycopene....µg	0		0	FLC	4		0	0	
Lutein + zeaxanthin....µg	1		0	FLC	4		0	0	
Vitamin E (alpha-tocopherol)....mg	0.98		0	FLC	4		0.59	0.27	
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	
Vitamin K (phylloquinone)....µg	2.9		0	FLC	4		1.8	0.8	
Dihydrophylloquinone....µg									
Menaquinone-4....µg									

NDB No. 19159
Candies, MARS SNACKFOOD US, 3 MUSKETEERS Bar

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	8.646		1	MC	9		5.188	2.421	
4:0....g	0.216		0	FLC	4		0.130	0.061	
6:0....g	0.078		0	FLC	4		0.047	0.022	
8:0....g	0.045		0	FLC	4		0.027	0.013	
10:0....g	0.085		0	FLC	4		0.051	0.024	
12:0....g	0.093		0	FLC	4		0.056	0.026	
13:0....g	0.000		0	FLC	4		0.000	0.000	
14:0....g	0.295		0	FLC	4		0.177	0.083	
15:0....g	0.033		0	FLC	4		0.020	0.009	
16:0....g	3.699		0	FLC	4		2.219	1.036	
17:0....g	0.039		0	FLC	4		0.024	0.011	
18:0....g	3.911		0	FLC	4		2.347	1.095	
20:0....g	0.106		0	FLC	4		0.064	0.030	
22:0....g	0.041		0	FLC	4		0.025	0.012	
24:0....g	0.000		0	FLC	4		0.000	0.000	
Fatty acids, total monounsaturated....g	2.373		0	FLC	4		1.424	0.664	
14:1....g	0.008		0	FLC	4		0.005	0.002	
15:1....g	0.000		0	FLC	4		0.000	0.000	
16:1 undifferentiated....g	0.017		0	FLC	4		0.010	0.005	
17:1....g	0.002		0	FLC	4		0.001	0.001	
18:1 undifferentiated....g	2.346		0	FLC	4		1.407	0.657	
20:1....g	0.001		0	FLC	4		0.001	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	0.316		0	FLC	4		0.190	0.088	
18:2 undifferentiated....g	0.306		0	FLC	4		0.184	0.086	
18:3 undifferentiated....g	0.010		0	FLC	4		0.006	0.003	
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	0.129		1	MC	9		0.077	0.036	
Cholesterol....mg	5		1	MC	9		3	1	
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	FLC	4		0.0	0.0	
Caffeine....mg	7		0	FLC	4		4	2	
Theobromine....mg	106		0	FLC	4		64	30	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 serving 2.13 oz bar

Measure 2 = 28g: 1 serving 2 fun size bars

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

Food Group: 19 Sweets

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

NDB No. 19327

Candies, MARS SNACKFOOD US, COCOAVIA Blueberry and Almond Chocolate Bar

Masterfoods USA

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	2.90		0	BFZN	4		0.64		
Energy ... kcal	525		0	NC	4		116		
Energy ... kJ	2197		0	NC	4		483		
Protein ... g	6.35		1	MC	9		1.40		
Total lipid (fat) ... g	28.68		1	MC	9		6.31		
Ash ... g	1.70		0	BFZN	4		0.37		
Carbohydrate, by difference ... g	60.37		0	NC	4		13.28		
Fiber, total dietary ... g	9.1		1	MC	9		2.0		
Sugars, total ... g	38.99		1	MC	9		8.58		
Starch ... g									
Minerals:									
Calcium, Ca ... mg	985		1	MC	9		217		
Iron, Fe ... mg	3.18		1	MC	9		0.70		
Magnesium, Mg ... mg									
Phosphorus, P ... mg									
Potassium, K ... mg									
Sodium, Na ... mg	8		1	MC	9		2		
Zinc, Zn ... mg									
Copper, Cu ... mg									
Manganese, Mn ... mg									
Selenium, Se ... µg									
Vitamins:									
Vitamin C, total ascorbic acid ... mg	34.2		1	MC	9		7.5		
Thiamin ... mg									
Riboflavin ... mg									
Niacin ... mg									
Pantothenic acid ... mg									
Vitamin B-6 ... mg	1.364		1	LC	8		0.300		
Folate, total ... µg	182		1	LC	8		40		
Folic acid ... µg									
Folate, food ... µg	182		1	LC	8		40		
Folate, DFE ... µg									
Choline, total ... mg									
Betaine ... mg									
Vitamin B-12 ... µg	2.73		1	LC	8		0.60		
Vitamin A, RAE ... µg									
Retinol ... µg									
Carotene, beta ... µg									
Carotene, alpha ... µg									
Cryptoxanthin, beta ... µg									
Vitamin A, IU ... IU	25		1	MC	9		5		
Lycopene ... µg									
Lutein + zeaxanthin ... µg									
Vitamin E (alpha-tocopherol) ... mg	9.20		1	LC	8		2.02		
Tocopherol, beta ... mg									
Tocopherol, gamma ... mg									
Tocopherol, delta ... mg									
Tocotrienol, alpha ... mg									
Tocotrienol, beta ... mg									
Tocotrienol, gamma ... mg									
Tocotrienol, delta ... mg									
Vitamin D (D2 + D3) ... µg									
Vitamin D ... IU									
Vitamin K (phylloquinone) ... µg									
Dihydrophylloquinone ... µg									
Menaquinone-4 ... µg									
Lipids:									
Fatty acids, total saturated ... g	13.070		1	MC	9		2.875		

NDB No. 19327

Candies, MARS SNACKFOOD US, COCOAVIA Blueberry and Almond Chocolate Bar

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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 monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g	0.000		1	MC	9		0.000		
Cholesterol.....mg	0		1	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 = 22g: 1 serving 0.78 oz bar

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

Food Group: 19 Sweets

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

NDB No. 19326

Candies, MARS SNACKFOOD US, COCOAVIA Chocolate Bar

Masterfoods USA

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	0.70		0	BFZN	4		0.15		
Energy....kcal	539		0	NC	4		119		
Energy....kJ	2255		0	NC	4		496		
Protein....g	5.81		1	MC	9		1.28		
Total lipid (fat)....g	29.30		1	MC	9		6.45		
Ash....g	1.20		0	BFZN	4		0.26		
Carbohydrate, by difference....g	62.99		0	NC	4		13.86		
Fiber, total dietary....g	8.7		1	MC	9		1.9		
Sugars, total....g	39.19		1	MC	9		8.62		
Starch....g									
Minerals:									
Calcium, Ca....mg	1164		1	MC	9		256		
Iron, Fe....mg	3.47		1	MC	9		0.76		
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg									
Sodium, Na....mg	7		1	MC	9		2		
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	42.6		1	MC	9		9.4		
Thiamin....mg									
Riboflavin....mg									
Niacin....mg									
Pantothenic acid....mg									
Vitamin B-6....mg	1.364		1	LC	8		0.300		
Folate, total....µg	273		1	LC	8		60		
Folic acid....µg									
Folate, food....µg	273		1	LC	8		60		
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	4.09		1	LC	8		0.90		
Vitamin A, RAE....µg									
Retinol....µg									
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	31		1	MC	9		7		
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg	12.27		1	LC	8		2.70		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	15.703		1	MC	9		3.455		

NDB No. 19326
Candies, MARS SNACKFOOD US, COCOAVIA Chocolate Bar

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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 monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g	0.000		1	MC	9		0.000		
Cholesterol.....mg	0		1	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 = 22g: 1 serving 0.78 oz bar

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

Food Group: 19 Sweets

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

NDB No. 19897
Candies, MARS SNACKFOOD US, COCOAVIA Chocolate Covered Almonds

Masterfoods USA

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	1.50		0	BFZN	4		0.42		
Energy ... kcal	573		0	NC	4		160		
Energy ... kJ	2395		0	NC	4		671		
Protein ... g	9.51		1	MC	9		2.66		
Total lipid (fat) ... g	37.07		1	MC	9		10.38		
Ash ... g	1.70		0	BFZN	4		0.48		
Carbohydrate, by difference ... g	50.22		0	NC	4		14.06		
Fiber, total dietary ... g	10.4		1	MC	9		2.9		
Sugars, total ... g	26.92		1	MC	9		7.54		
Starch ... g									
Minerals:									
Calcium, Ca ... mg	840		1	MC	9		235		
Iron, Fe ... mg	3.56		1	MC	9		1.00		
Magnesium, Mg ... mg									
Phosphorus, P ... mg									
Potassium, K ... mg									
Sodium, Na ... mg	9		1	MC	9		2		
Zinc, Zn ... mg									
Copper, Cu ... mg									
Manganese, Mn ... mg									
Selenium, Se ... µg									
Vitamins:									
Vitamin C, total ascorbic acid ... mg	27.3		1	MC	9		7.6		
Thiamin ... mg									
Riboflavin ... mg									
Niacin ... mg									
Pantothenic acid ... mg									
Vitamin B-6 ... mg	0.714		1	LC	8		0.200		
Folate, total ... µg	143		1	LC	8		40		
Folic acid ... µg									
Folate, food ... µg	143		1	LC	8		40		
Folate, DFE ... µg									
Choline, total ... mg									
Betaine ... mg									
Vitamin B-12 ... µg	2.14		1	LC	8		0.60		
Vitamin A, RAE ... µg	0		0	NC	4		0		
Retinol ... µg									
Carotene, beta ... µg									
Carotene, alpha ... µg									
Cryptoxanthin, beta ... µg									
Vitamin A, IU ... IU	20		1	MC	9		5		
Lycopene ... µg									
Lutein + zeaxanthin ... µg									
Vitamin E (alpha-tocopherol) ... mg	4.82		1	LC	8		1.35		
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									

NDB No. 19897
Candies, MARS SNACKFOOD US, COCOAVIA Chocolate Covered Almonds

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated.....g	11.745		1	MC	9		3.289		
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g	0.000		1	MC	9		0.000		
Cholesterol.....mg	0		1	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 = 28g: 1 serving 1oz pack

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

Food Group: 19 Sweets

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

NDB No. 19328

Candies, MARS SNACKFOOD US, COCOAVIA Crispy Chocolate Bar

Masterfoods USA

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	1.90		0	BFZN	4		0.38		
Energy ... kcal	517		0	NC	4		103		
Energy ... kJ	2164		0	NC	4		433		
Protein ... g	8.21		1	MC	9		1.64		
Total lipid (fat) ... g	26.23		1	MC	9		5.25		
Ash ... g	1.60		0	BFZN	4		0.32		
Carbohydrate, by difference ... g	62.06		0	NC	4		12.41		
Fiber, total dietary ... g	7.8		1	MC	9		1.6		
Sugars, total ... g	34.96		1	MC	9		6.99		
Starch ... g									
Minerals:									
Calcium, Ca ... mg	1070		1	MC	9		214		
Iron, Fe ... mg	3.45		1	MC	9		0.69		
Magnesium, Mg ... mg									
Phosphorus, P ... mg									
Potassium, K ... mg									
Sodium, Na ... mg	40		1	MC	9		8		
Zinc, Zn ... mg									
Copper, Cu ... mg									
Manganese, Mn ... mg									
Selenium, Se ... µg									
Vitamins:									
Vitamin C, total ascorbic acid ... mg	37.9		1	MC	9		7.6		
Thiamin ... mg									
Riboflavin ... mg									
Niacin ... mg									
Pantothenic acid ... mg									
Vitamin B-6 ... mg	1.500		1	LC	8		0.300		
Folate, total ... µg	200		1	LC	8		40		
Folic acid ... µg									
Folate, food ... µg	200		1	LC	8		40		
Folate, DFE ... µg									
Choline, total ... mg									
Betaine ... mg									
Vitamin B-12 ... µg	3.00		1	LC	8		0.60		
Vitamin A, RAE ... µg									
Retinol ... µg									
Carotene, beta ... µg									
Carotene, alpha ... µg									
Cryptoxanthin, beta ... µg									
Vitamin A, IU ... IU	27		1	MC	9		5		
Lycopene ... µg									
Lutein + zeaxanthin ... µg									
Vitamin E (alpha-tocopherol) ... mg	10.13		1	LC	8		2.03		
Tocopherol, beta ... mg									
Tocopherol, gamma ... mg									
Tocopherol, delta ... mg									
Tocotrienol, alpha ... mg									
Tocotrienol, beta ... mg									
Tocotrienol, gamma ... mg									
Tocotrienol, delta ... mg									
Vitamin D (D2 + D3) ... µg									
Vitamin D ... IU									
Vitamin K (phylloquinone) ... µg									
Dihydrophylloquinone ... µg									
Menaquinone-4 ... µg									
Lipids:									
Fatty acids, total saturated ... g	14.007		1	MC	9		2.801		

NDB No. 19328
Candies, MARS SNACKFOOD US, COCOAVIA Crispy Chocolate Bar

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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 monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g	0.000		1	MC	9		0.000		
Cholesterol.....mg	0		1	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 = 20g: 1 serving 0.7 oz bar

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

Food Group: 19 Sweets

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

NDB No. 19255

Candies, MARS SNACKFOOD US, DOVE Dark Chocolate

Masterfoods USA

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	1.66		0	O	4		0.61	0.70	
Energy....kcal	520		1	MC	9		192	218	
Energy....kJ	2176		0	MC	9		805	914	
Protein....g	5.19		1	MC	9		1.92	2.18	
Total lipid (fat)....g	32.45		1	MC	9		12.01	13.63	
Ash....g	1.30		0	BFFN	4		0.48	0.55	
Carbohydrate, by difference....g	59.40		1	MC	9		21.98	24.95	
Fiber, total dietary....g	7.6		1	MC	9		2.8	3.2	
Sugars, total....g	46.27		1	MC	9		17.12	19.43	
Starch....g									
Minerals:									
Calcium, Ca....mg	37		1	MC	9		14	16	
Iron, Fe....mg	3.18		1	MC	9		1.18	1.34	
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg									
Sodium, Na....mg	4		1	MC	9		1	2	
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		1	MC	9		0.0	0.0	
Thiamin....mg									
Riboflavin....mg									
Niacin....mg									
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....µg									
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg									
Vitamin A, RAE....µg									
Vitamin A, IU....IU	134		1	MC	9		49	56	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	19.209		1	MC	9		7.107	8.068	
Fatty acids, total monounsaturated....g									
Fatty acids, total polyunsaturated....g									
Fatty acids, total trans....g	0.093		1	MC	9		0.034	0.039	
Cholesterol....mg	7		1	MC	9		2	3	
Phytosterols....mg									

NDB No. 19255
Candies, MARS SNACKFOOD US, DOVE Dark 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

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 serving 1.3 oz bar

Measure 2 = 42g: 1 serving 7 pieces

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

Food Group: 19 Sweets

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

NDB No. 19254

Candies, MARS SNACKFOOD US, DOVE Milk Chocolate

Masterfoods USA

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	1.61		0	BFFN	4		0.59	0.64	
Energy ... kcal	546		1	MC	9		202	218	
Energy ... kJ	2282		0	MC	9		844	913	
Protein ... g	5.94		1	MC	9		2.20	2.38	
Total lipid (fat) ... g	31.72		1	MC	9		11.74	12.69	
Ash ... g	0.95		0	O	4		0.35	0.38	
Carbohydrate, by difference ... g	59.78		1	MC	9		22.12	23.91	
Fiber, total dietary ... g	2.4		1	MC	9		0.9	1.0	
Sugars, total ... g	55.45		1	MC	9		20.52	22.18	
Starch ... g									
Minerals:									
Calcium, Ca ... mg	160		1	MC	9		59	64	
Iron, Fe ... mg	1.11		1	MC	9		0.41	0.44	
Magnesium, Mg ... mg									
Phosphorus, P ... mg									
Potassium, K ... mg									
Sodium, Na ... mg	63		1	MC	9		23	25	
Zinc, Zn ... mg									
Copper, Cu ... mg									
Manganese, Mn ... mg									
Selenium, Se ... µg									
Vitamins:									
Vitamin C, total ascorbic acid ... mg	0.8		1	MC	9		0.3	0.3	
Thiamin ... mg									
Riboflavin ... mg									
Niacin ... mg									
Pantothenic acid ... mg									
Vitamin B-6 ... mg									
Folate, total ... µg									
Folate, DFE ... µg									
Choline, total ... mg									
Betaine ... mg									
Vitamin B-12 ... µg									
Vitamin A, RAE ... µg									
Vitamin A, IU ... IU	292		1	MC	9		108	117	
Lycopene ... µg									
Lutein + zeaxanthin ... µg									
Vitamin E (alpha-tocopherol) ... mg									
Tocopherol, beta ... mg									
Tocopherol, gamma ... mg									
Tocopherol, delta ... mg									
Tocotrienol, alpha ... mg									
Tocotrienol, beta ... mg									
Tocotrienol, gamma ... mg									
Tocotrienol, delta ... mg									
Vitamin D (D2 + D3) ... µg									
Vitamin D ... IU									
Vitamin K (phylloquinone) ... µg									
Dihydrophylloquinone ... µg									
Menaquinone-4 ... µg									
Lipids:									
Fatty acids, total saturated ... g	19.240		1	MC	9		7.119	7.696	
Fatty acids, total monounsaturated ... g									
Fatty acids, total polyunsaturated ... g									
Fatty acids, total trans ... g	0.246		1	MC	9		0.091	0.098	
Cholesterol ... mg	18		1	MC	9		7	7	
Phytosterols ... mg									

NDB No. 19254
Candies, MARS SNACKFOOD US, DOVE Milk 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

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 serving 1.30 oz bar

Measure 2 = 40g: 1 serving 5 pieces

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

Food Group: 19 Sweets

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

NDB No. 42227

Candies, MARS SNACKFOOD US, M&M's Almond Chocolate Candies

Masterfoods USA

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	2.52		0	FLC	4		0.93	1.06	4.91
Energy....kcal	522		0	NC	4		193	219	1018
Energy....kJ	2184		0	NC	4		808	917	4258
Protein....g	7.53		1	MC	9		2.79	3.16	14.69
Total lipid (fat)....g	27.76		1	MC	9		10.27	11.66	54.12
Ash....g	1.69		0	FLC	4		0.63	0.71	3.30
Carbohydrate, by difference....g	60.50		0	NC	4		22.39	25.41	117.98
Fiber, total dietary....g	5.6		1	MC	9		2.1	2.4	11.0
Sugars, total....g	49.22		1	MC	9		18.21	20.67	95.99
Starch....g									
Minerals:									
Calcium, Ca....mg	155		1	MC	9		57	65	302
Iron, Fe....mg	1.73		1	MC	9		0.64	0.73	3.37
Magnesium, Mg....mg	116		0	FLC	4		43	49	226
Phosphorus, P....mg	203		0	FLC	4		75	85	396
Potassium, K....mg	381		0	FLC	4		141	160	742
Sodium, Na....mg	45		1	MC	9		17	19	88
Zinc, Zn....mg	1.86		0	FLC	4		0.69	0.78	3.62
Copper, Cu....mg	0.552		0	FLC	4		0.204	0.232	1.077
Manganese, Mn....mg	1.030		0	FLC	4		0.381	0.433	2.008
Selenium, Se....µg	2.7		0	FLC	4		1.0	1.1	5.3
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.6		1	MC	9		0.2	0.3	1.2
Thiamin....mg	0.110		0	FLC	4		0.041	0.046	0.214
Riboflavin....mg	0.324		1	LC	8		0.120	0.136	0.631
Niacin....mg	0.952		1	LC	8		0.352	0.400	1.857
Pantothenic acid....mg	0.286		0	FLC	4		0.106	0.120	0.558
Vitamin B-6....mg	0.055		0	FLC	4		0.020	0.023	0.107
Folate, total....µg	12		0	FLC	4		4	5	23
Folic acid....µg	0		0	FLC	4		0	0	0
Folate, food....µg	12		0	FLC	4		4	5	23
Folate, DFE....µg	12		0	NC	4		4	5	23
Choline, total....mg	37.7		0	O	4		14.0	15.9	73.6
Betaine....mg									
Vitamin B-12....µg	0.22		0	FLC	4		0.08	0.09	0.43
Vitamin B-12, added....µg	0.00		0	FLC	4		0.00	0.00	0.00
Vitamin A, RAE....µg	24		0	NC	4		9	10	46
Retinol....µg	24		0	O	4		9	10	46
Carotene, beta....µg	1		0	FLC	4		0	0	1
Carotene, alpha....µg	0		0	FLC	4		0	0	0
Cryptoxanthin, beta....µg	0		0	FLC	4		0	0	0
Vitamin A, IU....IU	80		0	NC	4		30	34	157
Lycopene....µg	0		0	FLC	4		0	0	0
Lutein + zeaxanthin....µg	0		0	FLC	4		0	0	1
Vitamin E (alpha-tocopherol)....mg	9.52		0	FLC	4		3.52	4.00	18.56
Vitamin E, added....mg	0.00		0	FLC	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									
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	2.0		0	FLC	4		0.8	0.9	4.0
Dihydrophylloquinone....µg									
Menaquinone-4....µg									

NDB No. 42227

Candies, MARS SNACKFOOD US, M&M's Almond Chocolate Candies

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	9.435		1	MC	9		3.491	3.963	18.398
4:0....g	0.264		0	FLC	4		0.098	0.111	0.515
6:0....g	0.095		0	FLC	4		0.035	0.040	0.186
8:0....g	0.055		0	FLC	4		0.020	0.023	0.106
10:0....g	0.104		0	FLC	4		0.038	0.043	0.202
12:0....g	0.114		0	FLC	4		0.042	0.048	0.222
13:0....g	0.000		0	FLC	4		0.000	0.000	0.000
14:0....g	0.348		0	FLC	4		0.129	0.146	0.679
15:0....g	0.036		0	FLC	4		0.013	0.015	0.070
16:0....g	4.736		0	FLC	4		1.752	1.989	9.236
17:0....g	0.034		0	FLC	4		0.013	0.014	0.067
18:0....g	3.549		0	FLC	4		1.313	1.491	6.921
20:0....g	0.090		0	FLC	4		0.033	0.038	0.175
22:0....g	0.010		0	FLC	4		0.004	0.004	0.019
24:0....g									
Fatty acids, total monounsaturated....g	11.290		0	FLC	4		4.177	4.742	22.015
14:1....g	0.020		0	FLC	4		0.007	0.008	0.038
15:1....g	0.000		0	FLC	4		0.000	0.000	0.000
16:1 undifferentiated....g	0.105		0	FLC	4		0.039	0.044	0.204
17:1....g	0.006		0	FLC	4		0.002	0.002	0.011
18:1 undifferentiated....g	11.160		0	FLC	4		4.129	4.687	21.762
20:1....g	0.000		0	FLC	4		0.000	0.000	0.000
22:1 undifferentiated....g	0.000		0	FLC	4		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	3.753		0	FLC	4		1.389	1.576	7.319
18:2 undifferentiated....g	3.741		0	FLC	4		1.384	1.571	7.295
18:3 undifferentiated....g	0.012		0	FLC	4		0.005	0.005	0.024
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	0.000		0	FLC	4		0.000	0.000	0.000
20:5 n-3 (EPA)....g	0.000		0	FLC	4		0.000	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	0.000
22:6 n-3 (DHA)....g	0.000		0	FLC	4		0.000	0.000	0.000
Fatty acids, total trans....g	0.072		1	MC	9		0.027	0.030	0.140
Cholesterol....mg	8		1	MC	9		3	3	16
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	FLC	4		0.0	0.0	0.0
Caffeine....mg	7		0	FLC	4		3	3	14
Theobromine....mg	73		0	FLC	4		27	31	142

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 serving 1.31 oz bag

Measure 2 = 42g: 1 serving about 1/4 cup

Measure 3 = 195g: 1 cup

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

Food Group: 19 Sweets

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

NDB No. 19292

Candies, MARS SNACKFOOD US, M&M's Crispy Chocolate Candies

Masterfoods USA

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	1.70		0	BFZN	4		0.80		
Energy....kcal	475		1	MC	9		223		
Energy....kJ	1987		0	MC	9		934		
Protein....g	4.28		1	MC	9		2.01		
Total lipid (fat)....g	19.32		1	MC	9		9.08		
Ash....g	1.63		0	BFZN	4		0.77		
Carbohydrate, by difference....g	72.40		1	MC	9		34.03		
Fiber, total dietary....g	2.0		1	MC	9		0.9		
Sugars, total....g	58.94		1	MC	9		27.70		
Starch....g									
Minerals:									
Calcium, Ca....mg	90		1	MC	9		42		
Iron, Fe....mg	0.86		1	MC	9		0.40		
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg									
Sodium, Na....mg	136		1	MC	9		64		
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.5		1	MC	9		0.2		
Thiamin....mg									
Riboflavin....mg									
Niacin....mg									
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....µg									
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg									
Vitamin A, RAE....µg									
Vitamin A, IU....IU	167		1	MC	9		79		
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	11.651		1	MC	9		5.476		
Fatty acids, total monounsaturated....g									
Fatty acids, total polyunsaturated....g									
Fatty acids, total trans....g	0.131		1	MC	9		0.062		
Cholesterol....mg	12		1	MC	9		5		
Phytosterols....mg									

NDB No. 19292

Candies, MARS SNACKFOOD US, M&M's Crispy Chocolate Candies

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

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 serving 1.6 oz bag

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

Food Group: 19 Sweets

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

NDB No. 19157

Candies, MARS SNACKFOOD US, M&M's MINIs Milk Chocolate Candies

Masterfoods USA

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	1.19		0	FLM	4		0.36	0.18	0.65
Energy ... kcal	502		1	MC	9		151	75	276
Energy ... kJ	2102		0	MC	9		631	315	1156
Protein ... g	4.78		1	MC	9		1.43	0.72	2.63
Total lipid (fat) ... g	23.36		1	MC	9		7.01	3.50	12.85
Ash ... g	1.40		0	FLM	4		0.42	0.21	0.77
Carbohydrate, by difference ... g	68.40		1	MC	9		20.52	10.26	37.62
Fiber, total dietary ... g	2.7		1	MC	9		0.8	0.4	1.5
Sugars, total ... g	62.54		1	MC	9		18.76	9.38	34.40
Starch ... g									
Minerals:									
Calcium, Ca ... mg	116		1	MC	9		35	17	64
Iron, Fe ... mg	1.23		1	MC	9		0.37	0.18	0.68
Magnesium, Mg ... mg									
Phosphorus, P ... mg									
Potassium, K ... mg									
Sodium, Na ... mg	68		1	MC	9		20	10	37
Zinc, Zn ... mg									
Copper, Cu ... mg									
Manganese, Mn ... mg									
Selenium, Se ... µg									
Vitamins:									
Vitamin C, total ascorbic acid ... mg	0.6		1	MC	9		0.2	0.1	0.3
Thiamin ... mg									
Riboflavin ... mg									
Niacin ... mg									
Pantothenic acid ... mg									
Vitamin B-6 ... mg									
Folate, total ... µg									
Folic acid ... µg	0		0	Z	7		0	0	0
Folate, food ... µg									
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	224		1	MC	9		67	34	123
Lycopene ... µg									
Lutein + zeaxanthin ... µg									
Vitamin E (alpha-tocopherol) ... mg									
Tocopherol, beta ... mg									
Tocopherol, gamma ... mg									
Tocopherol, delta ... mg									
Tocotrienol, alpha ... mg									
Tocotrienol, beta ... mg									
Tocotrienol, gamma ... mg									
Tocotrienol, delta ... mg									
Vitamin D (D2 + D3) ... µg									
Vitamin D ... IU									
Vitamin K (phylloquinone) ... µg									
Dihydrophylloquinone ... µg									
Menaquinone-4 ... µg									
Lipids:									
Fatty acids, total saturated ... g	14.466		1	MC	9		4.340	2.170	7.956

NDB No. 19157

Candies, MARS SNACKFOOD US, M&M's MINIs Milk Chocolate Candies

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g	0.184		1	MC	9		0.055	0.028	0.101
Cholesterol.....mg	15		1	MC	9		4	2	8
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g									
Caffeine.....mg									
Theobromine.....mg									

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

Common Measures:

Measure 1 = 30g: 1 serving 1.0 oz tube

Measure 2 = 15.0g: 1 serving 0.50 oz box

Measure 3 = 55g: 1 serving 1 1.94 oz tube

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

Food Group: 19 Sweets

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

NDB No. 19141

Candies, MARS SNACKFOOD US, M&M's Milk Chocolate Candies

Masterfoods USA

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	1.70		0	MC	9		0.82	0.71	3.54
Energy....kcal	492		1	MC	9		236	207	1023
Energy....kJ	2057		0	MC	9		987	864	4279
Protein....g	4.33		1	MC	9		2.08	1.82	9.01
Total lipid (fat)....g	21.13		1	MC	9		10.14	8.87	43.94
Ash....g	1.63		0	MC	9		0.78	0.68	3.39
Carbohydrate, by difference....g	71.19		1	MC	9		34.17	29.90	148.06
Fiber, total dietary....g	2.8		1	MC	9		1.3	1.2	5.8
Sugars, total....g	63.68		1	MC	9		30.56	26.74	132.44
Starch....g									
Minerals:									
Calcium, Ca....mg	105		1	MC	9		50	44	218
Iron, Fe....mg	1.11		1	MC	9		0.53	0.47	2.31
Magnesium, Mg....mg	44		0	FLM	4		21	18	91
Phosphorus, P....mg	146		0	FLM	4		70	61	303
Potassium, K....mg	261		0	FLM	4		125	110	543
Sodium, Na....mg	61		1	MC	9		30	26	128
Zinc, Zn....mg	1.61		0	FLM	4		0.77	0.68	3.35
Copper, Cu....mg	0.344		0	FLM	4		0.165	0.144	0.715
Manganese, Mn....mg	0.329		0	FLM	4		0.158	0.138	0.685
Selenium, Se....µg	3.3		0	FLM	4		1.6	1.4	6.9
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.5		1	MC	9		0.2	0.2	1.0
Thiamin....mg	0.079		0	FLM	4		0.038	0.033	0.164
Riboflavin....mg	0.213		0	FLM	4		0.102	0.090	0.444
Niacin....mg	0.270		0	FLM	4		0.129	0.113	0.561
Pantothenic acid....mg	0.330		0	FLM	4		0.158	0.139	0.687
Vitamin B-6....mg	0.025		0	FLM	4		0.012	0.010	0.052
Folate, total....µg	8		0	FLM	4		4	3	17
Folic acid....µg	0		0	FLM	4		0	0	0
Folate, food....µg	8		0	FLM	4		4	3	16
Folate, DFE....µg	8		0	NC	4		4	3	16
Choline, total....mg	21.7		2	A	1		10.4	9.1	45.2
Betaine....mg	0.8		2	A	1		0.4	0.4	1.7
Vitamin B-12....µg	0.53		0	FLM	4		0.25	0.22	1.10
Vitamin B-12, added....µg	0.00		0	FLM	4		0.00	0.00	0.00
Vitamin A, RAE....µg	56		0	NC	4		27	24	116
Retinol....µg	56		0	O	4		27	24	116
Carotene, beta....µg	0		0	FLM	4		0	0	0
Carotene, alpha....µg	0		0	FLM	4		0	0	0
Cryptoxanthin, beta....µg	0		0	FLM	4		0	0	0
Vitamin A, IU....IU	187		0	NC	4		90	78	388
Lycopene....µg	0		0	FLM	4		0	0	0
Lutein + zeaxanthin....µg	0		0	NR	4		0	0	0
Vitamin E (alpha-tocopherol)....mg	0.36		0	FLM	4		0.17	0.15	0.74
Vitamin E, added....mg	0.00		0	FLM	4		0.00	0.00	0.00
Tocopherol, beta....mg	0.00		0	FLM	4		0.00	0.00	0.00
Tocopherol, gamma....mg	0.64		0	FLM	4		0.31	0.27	1.34
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	4.0		0	FLM	4		1.9	1.7	8.3
Dihydrophylloquinone....µg									
Menaquinone-4....µg									

NDB No. 19141

Candies, MARS SNACKFOOD US, M&M's Milk Chocolate Candies

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	13.080		0	NC	4		6.278	5.494	27.206
4:0....g	0.462		0	FLM	4		0.222	0.194	0.960
6:0....g	0.167		0	FLM	4		0.080	0.070	0.347
8:0....g	0.095		0	FLM	4		0.046	0.040	0.199
10:0....g	0.181		0	FLM	4		0.087	0.076	0.377
12:0....g	0.199		0	FLM	4		0.095	0.083	0.413
13:0....g	0.000		0	FLM	4		0.000	0.000	0.000
14:0....g	0.609		0	FLM	4		0.292	0.256	1.267
15:0....g	0.063		0	FLM	4		0.030	0.026	0.131
16:0....g	5.465		0	FLM	4		2.623	2.295	11.368
17:0....g	0.060		0	FLM	4		0.029	0.025	0.125
18:0....g	5.605		0	FLM	4		2.690	2.354	11.658
20:0....g	0.157		0	FLM	4		0.076	0.066	0.327
22:0....g	0.017		0	FLM	4		0.008	0.007	0.035
24:0....g	0.000		0	FLM	4		0.000	0.000	0.000
Fatty acids, total monounsaturated....g	5.183		0	NC	4		2.488	2.177	10.782
14:1....g	0.077		0	FLM	4		0.037	0.032	0.161
15:1....g	0.000		0	FLM	4		0.000	0.000	0.000
16:1 undifferentiated....g	0.147		0	FLM	4		0.071	0.062	0.306
17:1....g	0.022		0	FLM	4		0.010	0.009	0.045
18:1 undifferentiated....g	4.937		0	FLM	4		2.370	2.074	10.270
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	0.000		0	FLM	4		0.000	0.000	0.000
Fatty acids, total polyunsaturated....g	0.921		0	NC	4		0.442	0.387	1.917
18:2 undifferentiated....g	0.864		0	FLM	4		0.415	0.363	1.797
18:3 undifferentiated....g	0.057		0	FLM	4		0.028	0.024	0.119
18:4....g	0.000		0	FLM	4		0.000	0.000	0.000
20:2 n-6 c,c....g	0.000		0	FLM	4		0.000	0.000	0.000
20:3 undifferentiated....g	0.000		0	FLM	4		0.000	0.000	0.000
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	0.167		1	MC	9		0.080	0.070	0.347
Cholesterol....mg	14		1	MC	9		7	6	28
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	FLM	4		0.0	0.0	0.0
Caffeine....mg	14		0	FLM	4		7	6	29
Theobromine....mg	143		0	FLM	4		69	60	298

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 package (1.69 oz)

Measure 2 = 42g: 1 box (1.48 oz)

Measure 3 = 208g: 1 cup

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

Food Group: 19 Sweets

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

NDB No. 42148

Candies, MARS SNACKFOOD US, M&M's Peanut Butter Chocolate Candies

Masterfoods USA

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	2.00		1		4		0.92	4.06	0.04
Energy ... kcal	529		1	MC	9		243	1074	12
Energy ... kJ	2214		0	MC	9		1019	4495	49
Protein ... g	10.16		1	MC	9		4.67	20.62	0.22
Total lipid (fat) ... g	29.32		1	MC	9		13.49	59.52	0.65
Ash ... g	1.75		0	FLC	4		0.80	3.55	0.04
Carbohydrate, by difference ... g	56.89		1	MC	9		26.17	115.49	1.25
Fiber, total dietary ... g	4.0		1	MC	9		1.8	8.1	0.1
Sugars, total ... g	47.15		1	MC	9		21.69	95.71	1.04
Starch ... g									
Minerals:									
Calcium, Ca ... mg	88		1	MC	9		41	179	2
Iron, Fe ... mg	1.06		1	MC	9		0.49	2.16	0.02
Magnesium, Mg ... mg	81		0	FLC	4		37	165	2
Phosphorus, P ... mg	191		0	FLC	4		88	388	4
Potassium, K ... mg	330		0	FLC	4		152	671	7
Sodium, Na ... mg	213		1	MC	9		98	431	5
Zinc, Zn ... mg	1.49		0	FLC	4		0.69	3.02	0.03
Copper, Cu ... mg	0.452		0	FLC	4		0.208	0.918	0.010
Manganese, Mn ... mg	0.963		0	FLC	4		0.443	1.956	0.021
Selenium, Se ... µg	2.8		0	FLC	4		1.3	5.7	0.1
Vitamins:									
Vitamin C, total ascorbic acid ... mg	0.5		1	MC	9		0.2	1.0	0.0
Thiamin ... mg	0.152		0	FLC	4		0.070	0.309	0.003
Riboflavin ... mg	0.074		1	LC	8		0.034	0.149	0.002
Niacin ... mg	4.329		1	LC	8		1.991	8.788	0.095
Pantothenic acid ... mg	0.603		0	FLC	4		0.277	1.224	0.013
Vitamin B-6 ... mg	0.095		0	FLC	4		0.044	0.193	0.002
Folate, total ... µg	45		0	FLC	4		21	91	1
Folic acid ... µg	0		0	FLC	4		0	0	0
Folate, food ... µg	45		0	FLC	4		21	91	1
Folate, DFE ... µg	45		0	NC	4		21	91	1
Choline, total ... mg	37.5		0	O	4		17.2	76.1	0.8
Betaine ... mg									
Vitamin B-12 ... µg	0.19		0	FLC	4		0.09	0.39	0.00
Vitamin B-12, added ... µg	0.00		0	FLC	4		0.00	0.00	0.00
Vitamin A, RAE ... µg	28		0	NC	4		13	56	1
Retinol ... µg	28		0	O	4		13	56	1
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	92		0	NC	4		42	187	2
Lycopene ... µg	0		0	FLC	4		0	0	0
Lutein + zeaxanthin ... µg	0		0	FLC	4		0	0	0
Vitamin E (alpha-tocopherol) ... mg	1.26		0	FLC	4		0.58	2.56	0.03
Vitamin E, added ... mg	0.00		0	FLC	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									
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	5.9		0	FLC	4		2.7	11.9	0.1
Dihydrophylloquinone ... µg									
Menaquinone-4 ... µg									

NDB No. 42148

Candies, MARS SNACKFOOD US, M&M's Peanut Butter Chocolate Candies

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	18.485		1	MC	9		8.503	37.525	0.407
4:0....g	0.153		0	FLC	4		0.070	0.311	0.003
6:0....g	0.101		0	FLC	4		0.046	0.205	0.002
8:0....g	0.626		0	FLC	4		0.288	1.271	0.014
10:0....g	0.537		0	FLC	4		0.247	1.091	0.012
12:0....g	6.611		0	FLC	4		3.041	13.421	0.145
13:0....g	0.000		0	FLC	4		0.000	0.000	0.000
14:0....g	2.465		0	FLC	4		1.134	5.005	0.054
15:0....g	0.019		0	FLC	4		0.009	0.039	0.000
16:0....g	2.954		0	FLC	4		1.359	5.997	0.065
17:0....g	0.019		0	FLC	4		0.009	0.038	0.000
18:0....g	4.904		0	FLC	4		2.256	9.954	0.108
20:0....g	0.088		0	FLC	4		0.041	0.179	0.002
22:0....g	0.005		0	FLC	4		0.002	0.011	0.000
24:0....g	0.000		0	FLC	4		0.000	0.000	0.000
Fatty acids, total monounsaturated....g	4.448		0	FLC	4		2.046	9.029	0.098
14:1....g	0.042		0	FLC	4		0.019	0.084	0.001
15:1....g	0.000		0	FLC	4		0.000	0.000	0.000
16:1 undifferentiated....g	0.079		0	FLC	4		0.036	0.160	0.002
17:1....g	0.012		0	FLC	4		0.005	0.024	0.000
18:1 undifferentiated....g	4.314		0	FLC	4		1.984	8.757	0.095
20:1....g	0.002		0	FLC	4		0.001	0.004	0.000
22:1 undifferentiated....g	0.000		0	FLC	4		0.000	0.000	0.000
24:1 c....g	0.000		0	FLC	4		0.000	0.000	0.000
Fatty acids, total polyunsaturated....g	0.542		0	FLC	4		0.249	1.099	0.012
18:2 undifferentiated....g	0.515		0	FLC	4		0.237	1.046	0.011
18:3 undifferentiated....g	0.026		0	FLC	4		0.012	0.053	0.001
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	0.000		0	FLC	4		0.000	0.000	0.000
20:5 n-3 (EPA)....g	0.000		0	FLC	4		0.000	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	0.000
22:6 n-3 (DHA)....g	0.000		0	FLC	4		0.000	0.000	0.000
Fatty acids, total trans....g	0.210		1	MC	9		0.097	0.426	0.005
Cholesterol....mg	7		1	MC	9		3	14	0
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	FLC	4		0.0	0.0	0.0
Caffeine....mg	6		0	FLC	4		3	12	0
Theobromine....mg	63		0	FLC	4		29	128	1

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

Common Measures:

Measure 1 = 46g: 1 serving 1.63 oz singles bag

Measure 2 = 203g: 1 cup

Measure 3 = 2.2g: 1 piece

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

Food Group: 19 Sweets

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

NDB No. 19140

Candies, MARS SNACKFOOD US, M&M's Peanut Chocolate Candies

Masterfoods USA

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	2.48		0	FLM	4		1.34	0.45	0.50
Energy....kcal	515		1	MC	9		278	93	103
Energy....kJ	2156		0	MC	9		1164	388	431
Protein....g	9.57		1	MC	9		5.17	1.72	1.91
Total lipid (fat)....g	26.13		1	MC	9		14.11	4.70	5.23
Ash....g	1.44		0	FLM	4		0.78	0.26	0.29
Carbohydrate, by difference....g	60.48		1	MC	9		32.66	10.89	12.10
Fiber, total dietary....g	3.7		1	MC	9		2.0	0.7	0.7
Sugars, total....g	50.75		1	MC	9		27.40	9.13	10.15
Starch....g									
Minerals:									
Calcium, Ca....mg	102		1	MC	9		55	18	20
Iron, Fe....mg	1.16		1	MC	9		0.63	0.21	0.23
Magnesium, Mg....mg	69		0	FLM	4		37	12	14
Phosphorus, P....mg	190		0	FLM	4		103	34	38
Potassium, K....mg	347		0	FLM	4		188	63	69
Sodium, Na....mg	50		1	MC	9		27	9	10
Zinc, Zn....mg	1.76		0	FLM	4		0.95	0.32	0.35
Copper, Cu....mg	0.505		0	FLM	4		0.273	0.091	0.101
Manganese, Mn....mg	0.664		0	FLM	4		0.359	0.120	0.133
Selenium, Se....µg	4.1		0	FLM	4		2.2	0.7	0.8
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		1	MC	9		0.0	0.0	0.0
Thiamin....mg	0.063		2	LC	8		0.034	0.011	0.013
Riboflavin....mg	0.106		2	LC	8		0.057	0.019	0.021
Niacin....mg	3.362		2	LC	8		1.815	0.605	0.672
Pantothenic acid....mg	0.627		0	FLM	4		0.339	0.113	0.125
Vitamin B-6....mg	0.090		0	FLM	4		0.048	0.016	0.018
Folate, total....µg	55		0	FLM	4		30	10	11
Folic acid....µg	0		0	FLM	4		0	0	0
Folate, food....µg	55		0	FLM	4		30	10	11
Folate, DFE....µg	55		0	NC	4		30	10	11
Choline, total....mg	37.3		0	O	4		20.1	6.7	7.5
Betaine....mg									
Vitamin B-12....µg	0.32		0	FLM	4		0.18	0.06	0.06
Vitamin B-12, added....µg	0.00		0	FLM	4		0.00	0.00	0.00
Vitamin A, RAE....µg	22		0	NC	4		12	4	4
Retinol....µg	22		0	O	4		12	4	4
Carotene, beta....µg	0		0	FLM	4		0	0	0
Carotene, alpha....µg	0		0	FLM	4		0	0	0
Cryptoxanthin, beta....µg	0		0	FLM	4		0	0	0
Vitamin A, IU....IU	74		0	NC	4		40	13	15
Lycopene....µg	0		0	FLM	4		0	0	0
Lutein + zeaxanthin....µg	0		0	FLM	4		0	0	0
Vitamin E (alpha-tocopherol)....mg	2.85		0	FLM	4		1.54	0.51	0.57
Vitamin E, added....mg	0.00		0	FLM	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									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	0.0
Vitamin D....IU	0		0	Z	7		0	0	0
Vitamin K (phylloquinone)....µg	3.0		0	FLM	4		1.6	0.5	0.6
Dihydrophylloquinone....µg									
Menaquinone-4....µg									

NDB No. 19140

Candies, MARS SNACKFOOD US, M&M's Peanut Chocolate Candies

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	10.169		1	MC	9		5.491	1.830	2.034
4:0....g	0.300		0	FLM	4		0.162	0.054	0.060
6:0....g	0.108		0	FLM	4		0.059	0.020	0.022
8:0....g	0.062		0	FLM	4		0.033	0.011	0.012
10:0....g	0.118		0	FLM	4		0.064	0.021	0.024
12:0....g	0.129		0	FLM	4		0.070	0.023	0.026
13:0....g	0.000		0	FLM	4		0.000	0.000	0.000
14:0....g	0.402		0	FLM	4		0.217	0.072	0.080
15:0....g	0.041		0	FLM	4		0.022	0.007	0.008
16:0....g	4.811		0	FLM	4		2.598	0.866	0.962
17:0....g	0.039		0	FLM	4		0.021	0.007	0.008
18:0....g	3.910		0	FLM	4		2.111	0.704	0.782
20:0....g	0.102		0	FLM	4		0.055	0.018	0.020
22:0....g	0.011		0	FLM	4		0.006	0.002	0.002
24:0....g	0.000		0	FLM	4		0.000	0.000	0.000
Fatty acids, total monounsaturated....g	8.086		0	FLM	4		4.367	1.456	1.617
14:1....g									
15:1....g	0.000		0	FLM	4		0.000	0.000	0.000
16:1 undifferentiated....g	0.062		0	FLM	4		0.033	0.011	0.012
17:1....g	0.009		0	FLM	4		0.005	0.002	0.002
18:1 undifferentiated....g	7.853		0	FLM	4		4.241	1.414	1.571
20:1....g	0.131		0	FLM	4		0.071	0.024	0.026
22:1 undifferentiated....g	0.000		0	FLM	4		0.000	0.000	0.000
24:1 c....g	0.000		0	FLM	4		0.000	0.000	0.000
Fatty acids, total polyunsaturated....g	3.456		0	FLM	4		1.866	0.622	0.691
18:2 undifferentiated....g	3.436		0	FLM	4		1.855	0.618	0.687
18:3 undifferentiated....g	0.021		0	FLM	4		0.011	0.004	0.004
18:4....g	0.000		0	FLM	4		0.000	0.000	0.000
20:2 n-6 c,c....g	0.000		0	FLM	4		0.000	0.000	0.000
20:3 undifferentiated....g	0.000		0	FLM	4		0.000	0.000	0.000
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	0.328		0	MC	9		0.177	0.059	0.066
Cholesterol....mg	8		1	MC	9		4	1	2
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	FLM	4		0.0	0.0	0.0
Caffeine....mg	10		0	FLM	4		6	2	2
Theobromine....mg	108		0	FLM	4		58	19	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 = 54g: 1 serving 1 singles bag

Measure 2 = 18g: 1 package fun size

Measure 3 = 20g: 10 pieces

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

Food Group: 19 Sweets

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

NDB No. 19115

Candies, MARS SNACKFOOD US, MARS Almond Bar

Masterfoods USA

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	4.50		2		1		2.25		
Energy ... kcal	467		0	NC	4		234		
Energy ... kJ	1954		0		4		977		
Protein ... g	8.10		2		1		4.05		
Total lipid (fat) ... g	23.00		2		1		11.50		
Ash ... g	1.60		2		1		0.80		
Carbohydrate, by difference ... g	62.70		0	NC	4		31.35		
Fiber, total dietary ... g	2.0		0	FLA	4		1.0		
Sugars, total ... g	52.10		1	LC	8		26.05		
Starch ... g									
Minerals:									
Calcium, Ca ... mg	168		2		1		84		
Iron, Fe ... mg	1.10		2		1		0.55		
Magnesium, Mg ... mg	72		1		1		36		
Phosphorus, P ... mg	234		0	FLA	4		117		
Potassium, K ... mg	325		2		1		163		
Sodium, Na ... mg	170		1		1		85		
Zinc, Zn ... mg	1.11		1		1		0.56		
Copper, Cu ... mg	0.250		1		1		0.125		
Manganese, Mn ... mg	0.367		0	FLA	4		0.184		
Selenium, Se ... µg	1.6		0	FLA	4		0.8		
Vitamins:									
Vitamin C, total ascorbic acid ... mg	0.7		0	FLA	4		0.4		
Thiamin ... mg	0.041		2		1		0.021		
Riboflavin ... mg	0.312		2		1		0.156		
Niacin ... mg	0.945		2		1		0.473		
Pantothenic acid ... mg	0.404		0	FLA	4		0.202		
Vitamin B-6 ... mg	0.060		0	FLA	4		0.030		
Folate, total ... µg	9		0	FLC	4		5		
Folic acid ... µg	0		0	FLC	4		0		
Folate, food ... µg	9		0	FLC	4		5		
Folate, DFE ... µg	9		0	NC	4		5		
Choline, total ... mg	37.1		0	O	4		18.6		
Betaine ... mg									
Vitamin B-12 ... µg	0.36		0	FLA	4		0.18		
Vitamin B-12, added ... µg	0.00		0	Z	7		0.00		
Vitamin A, RAE ... µg	15		0	NC	4		7		
Retinol ... µg	15		0	FLC	4		7		
Carotene, beta ... µg	1		0	FLC	4		1		
Carotene, alpha ... µg	0		0	FLC	4		0		
Cryptoxanthin, beta ... µg	0		0	FLC	4		0		
Vitamin A, IU ... IU	51		0	NC	4		26		
Lycopene ... µg	0		0	FLC	4		0		
Lutein + zeaxanthin ... µg	0		0	FLC	4		0		
Vitamin E (alpha-tocopherol) ... mg	7.75		0	FLC	4		3.88		
Vitamin E, added ... mg	0.00		0	Z	7		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		
Vitamin D ... IU	0		0	Z	7		0		
Vitamin K (phylloquinone) ... µg	10.9		0	FLC	4		5.4		
Dihydrophylloquinone ... µg									
Menaquinone-4 ... µg									

NDB No. 19115
Candies, MARS SNACKFOOD US, MARS Almond Bar

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	7.268		0	FLA	4		3.634		
4:0....g	0.165		0	FLA	4		0.083		
6:0....g	0.081		0	FLA	4		0.041		
8:0....g	0.054		0	FLA	4		0.027		
10:0....g	0.164		0	FLA	4		0.082		
12:0....g	0.294		0	FLA	4		0.147		
13:0....g									
14:0....g	0.637		0	FLA	4		0.319		
15:0....g									
16:0....g	3.516		0	FLA	4		1.758		
17:0....g									
18:0....g	2.192		0	FLA	4		1.096		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	10.693		0	FLA	4		5.347		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.215		0	FLA	4		0.108		
17:1....g									
18:1 undifferentiated....g	10.315		0	FLA	4		5.158		
20:1....g	0.009		0	FLA	4		0.005		
22:1 undifferentiated....g	0.000		0	FLA	4		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	3.980		0	FLA	4		1.990		
18:2 undifferentiated....g	3.700		0	FLA	4		1.850		
18:3 undifferentiated....g	0.261		0	FLA	4		0.131		
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	17		0	FLA	4		9		
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0		
Caffeine....mg	4		0	FLA	4		2		
Theobromine....mg	29		0	FLA	4		15		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 bar (1.76 oz)

Calories Factors: Protein 3.7 **Fat** 8.6 **Carbohydrate** 3.8

Food Group: 19 Sweets

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

NDB No. 19135

Candies, MARS SNACKFOOD US, MILKY WAY Bar

Masterfoods USA

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	6.30	0.113	5	A	1		3.65	1.07	0.52
Energy....kcal	456		0	NC	4		264	77	37
Energy....kJ	1907		0	NC	4		1106	324	156
Protein....g	4.01		0	MC	9		2.32	0.68	0.33
Total lipid (fat)....g	17.23		1	MC	9		9.99	2.93	1.41
Ash....g	1.30	0.028	4	A	1		0.75	0.22	0.11
Carbohydrate, by difference....g	71.17		0	NC	4		41.28	12.10	5.84
Fiber, total dietary....g	1.0		1	MC	9		0.6	0.2	0.1
Sugars, total....g	59.69		1	MC	9		34.62	10.15	4.89
Starch....g									
Minerals:									
Calcium, Ca....mg	115		1	MC	9		67	20	9
Iron, Fe....mg	0.49		1	MC	9		0.28	0.08	0.04
Magnesium, Mg....mg	20		0	FLA	4		12	3	2
Phosphorus, P....mg	67		0	FLA	4		39	11	6
Potassium, K....mg	124		0	FLA	4		72	21	10
Sodium, Na....mg	167		1	MC	9		97	28	14
Zinc, Zn....mg	0.69		0	FLA	4		0.40	0.12	0.06
Copper, Cu....mg	0.147		0	FLA	4		0.085	0.025	0.012
Manganese, Mn....mg	0.147		0	FLA	4		0.085	0.025	0.012
Selenium, Se....µg	2.0		0	FLA	4		1.2	0.3	0.2
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.7		1	MC	9		0.4	0.1	0.1
Thiamin....mg	0.046		0	FLA	4		0.027	0.008	0.004
Riboflavin....mg	0.103		0	FLA	4		0.060	0.018	0.008
Niacin....mg	0.154		0	FLA	4		0.089	0.026	0.013
Pantothenic acid....mg	0.155		0	FLA	4		0.090	0.026	0.013
Vitamin B-6....mg	0.014		0	FLA	4		0.008	0.002	0.001
Folate, total....µg	4		0	FLA	4		2	1	0
Folic acid....µg	0		0	FLA	4		0	0	0
Folate, food....µg	4		0	FLA	4		2	1	0
Folate, DFE....µg	4		0	NC	4		2	1	0
Choline, total....mg	16.5		0	O	4		9.6	2.8	1.4
Betaine....mg									
Vitamin B-12....µg	0.18		0	FLA	4		0.11	0.03	0.01
Vitamin B-12, added....µg	0.00		0	FLA	4		0.00	0.00	0.00
Vitamin A, RAE....µg	31		0	NC	4		18	5	3
Retinol....µg	31		0	FLA	4		18	5	3
Carotene, beta....µg	4		0	FLA	4		2	1	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	110		0	NC	4		64	19	9
Lycopene....µg	0		0	FLA	4		0	0	0
Lutein + zeaxanthin....µg	1		0	FLA	4		0	0	0
Vitamin E (alpha-tocopherol)....mg	0.89		0	FLA	4		0.52	0.15	0.07
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									
Vitamin D (D2 + D3)....µg	0.4		0	NR	4		0.2	0.1	0.0
Vitamin D....IU	16		0	FLA	4		9	3	1
Vitamin K (phylloquinone)....µg	3.6		0	FLA	4		2.1	0.6	0.3
Dihydrophylloquinone....µg									
Menaquinone-4....µg									

NDB No. 19135
Candies, MARS SNACKFOOD US, MILKY WAY Bar

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	12.016		1	MC	9		6.969	2.043	0.985
4:0....g	0.182		0	FLA	4		0.106	0.031	0.015
6:0....g	0.093		0	FLA	4		0.054	0.016	0.008
8:0....g	0.301		0	FLA	4		0.175	0.051	0.025
10:0....g	0.335		0	FLA	4		0.195	0.057	0.028
12:0....g	3.951		0	FLA	4		2.292	0.672	0.324
13:0....g	0.000		0	FLA	4		0.000	0.000	0.000
14:0....g	1.593		0	FLA	4		0.924	0.271	0.131
15:0....g	0.018		0	FLA	4		0.011	0.003	0.002
16:0....g	2.558		0	FLA	4		1.484	0.435	0.210
17:0....g	0.018		0	FLA	4		0.010	0.003	0.001
18:0....g	2.884		0	FLA	4		1.673	0.490	0.236
20:0....g	0.049		0	FLA	4		0.029	0.008	0.004
22:0....g	0.005		0	FLA	4		0.003	0.001	0.000
24:0....g	0.000		0	FLA	4		0.000	0.000	0.000
Fatty acids, total monounsaturated....g	2.230		0	FLA	4		1.294	0.379	0.183
14:1....g	0.017		0	FLA	4		0.010	0.003	0.001
15:1....g	0.000		0	FLA	4		0.000	0.000	0.000
16:1 undifferentiated....g	0.060		0	FLA	4		0.035	0.010	0.005
17:1....g	0.005		0	FLA	4		0.003	0.001	0.000
18:1 undifferentiated....g	2.148		0	FLA	4		1.246	0.365	0.176
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	0.000		0	FLA	4		0.000	0.000	0.000
Fatty acids, total polyunsaturated....g	0.260		0	FLA	4		0.151	0.044	0.021
18:2 undifferentiated....g	0.231		0	FLA	4		0.134	0.039	0.019
18:3 undifferentiated....g	0.029		0	FLA	4		0.017	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	0.000		0	FLA	4		0.000	0.000	0.000
20:3 undifferentiated....g	0.000		0	FLA	4		0.000	0.000	0.000
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	0.206		1	MC	9		0.119	0.035	0.017
Cholesterol....mg	9		1	MC	9		5	2	1
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	FLA	4		0.0	0.0	0.0
Caffeine....mg	6		0	FLA	4		3	1	0
Theobromine....mg	64		0	FLA	4		37	11	5

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 2.05 oz bar

Measure 2 = 17g: 1 bar fun size

Measure 3 = 8.2g: 1 piece miniature 5 pieces = serving

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

Food Group: 19 Sweets

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

NDB No. 19256

Candies, MARS SNACKFOOD US, MILKY WAY Caramels, milk chocolate covered

Masterfoods USA

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	6.99		0	O	4		3.08		
Energy....kcal	463		1	MC	9		204		
Energy....kJ	1938		0	MC	9		853		
Protein....g	4.28		1	MC	9		1.88		
Total lipid (fat)....g	19.17		1	MC	9		8.44		
Ash....g	1.08		0	FLA	4		0.47		
Carbohydrate, by difference....g	68.49		1	MC	9		30.13		
Fiber, total dietary....g	0.7		1	MC	9		0.3		
Sugars, total....g	58.65		1	MC	9		25.80		
Starch....g									
Minerals:									
Calcium, Ca....mg	141		1	MC	9		62		
Iron, Fe....mg	0.34		1	MC	9		0.15		
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg									
Sodium, Na....mg	273		1	MC	9		120		
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.7		1	MC	9		0.3		
Thiamin....mg									
Riboflavin....mg									
Niacin....mg									
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....µg									
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg									
Vitamin A, RAE....µg									
Vitamin A, IU....IU	262		1	MC	9		115		
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	13.157		1	MC	9		5.789		
Fatty acids, total monounsaturated....g									
Fatty acids, total polyunsaturated....g									
Fatty acids, total trans....g	0.293		1	MC	9		0.129		
Cholesterol....mg	20		1	MC	9		9		
Phytosterols....mg									

NDB No. 19256

Candies, MARS SNACKFOOD US, MILKY WAY Caramels, milk chocolate covered

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

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

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

Food Group: 19 Sweets

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

NDB No. 19258

Candies, MARS SNACKFOOD US, MILKY WAY Caramels. dark chocolate covered

Masterfoods USA

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	6.99		0	BFZN	4		3.08		
Energy....kcal	458		1	MC	9		201		
Energy....kJ	1915		0	MC	9		843		
Protein....g	3.82		1	MC	9		1.68		
Total lipid (fat)....g	20.42		1	MC	9		8.99		
Ash....g	1.08		0	BFZN	4		0.47		
Carbohydrate, by difference....g	67.56		1	MC	9		29.73		
Fiber, total dietary....g	2.8		1	MC	9		1.2		
Sugars, total....g	54.08		1	MC	9		23.79		
Starch....g									
Minerals:									
Calcium, Ca....mg	83		1	MC	9		36		
Iron, Fe....mg	1.20		1	MC	9		0.53		
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg									
Sodium, Na....mg	246		1	MC	9		108		
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.4		1	MC	9		0.2		
Thiamin....mg									
Riboflavin....mg									
Niacin....mg									
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....µg									
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg									
Vitamin A, RAE....µg									
Vitamin A, IU....IU	246		1	MC	9		108		
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	13.814		1	MC	9		6.078		
Fatty acids, total monounsaturated....g									
Fatty acids, total polyunsaturated....g									
Fatty acids, total trans....g	0.274		1	MC	9		0.121		
Cholesterol....mg	17		1	MC	9		8		
Phytosterols....mg									

NDB No. 19258

Candies, MARS SNACKFOOD US, MILKY WAY Caramels. dark chocolate covered

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

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

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

Food Group: 19 Sweets

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

NDB No. 42196

Candies, MARS SNACKFOOD US, MILKY WAY Midnight Bar

Masterfoods USA

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	7.20		1		4		3.60	1.37	2.95
Energy....kcal	443		1	MC	9		222	84	182
Energy....kJ	1855		0	MC	9		928	352	761
Protein....g	3.20		1	MC	9		1.60	0.61	1.31
Total lipid (fat)....g	17.50		1	MC	9		8.75	3.32	7.17
Ash....g	1.02		0	FLC	4		0.51	0.19	0.42
Carbohydrate, by difference....g	71.22		1	MC	9		35.61	13.53	29.20
Fiber, total dietary....g	2.9		1	MC	9		1.5	0.6	1.2
Sugars, total....g	57.81		1	MC	9		28.90	10.98	23.70
Starch....g									
Minerals:									
Calcium, Ca....mg	53		1	MC	9		26	10	22
Iron, Fe....mg	1.20		1	MC	9		0.60	0.23	0.49
Magnesium, Mg....mg	58		0	FLA	4		29	11	24
Phosphorus, P....mg	75		0	FLA	4		37	14	31
Potassium, K....mg	196		0	FLA	4		98	37	80
Sodium, Na....mg	168		1	MC	9		84	32	69
Zinc, Zn....mg	0.89		0	FLA	4		0.44	0.17	0.36
Copper, Cu....mg	0.344		0	FLA	4		0.172	0.065	0.141
Manganese, Mn....mg	0.393		0	FLA	4		0.196	0.075	0.161
Selenium, Se....µg	2.5		0	FLA	4		1.3	0.5	1.0
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.2		1	MC	9		0.1	0.0	0.1
Thiamin....mg	0.037		0	FLA	4		0.019	0.007	0.015
Riboflavin....mg	0.063		0	FLA	4		0.031	0.012	0.026
Niacin....mg	0.218		0	FLA	4		0.109	0.041	0.090
Pantothenic acid....mg	0.084		0	FLA	4		0.042	0.016	0.035
Vitamin B-6....mg	0.020		0	FLA	4		0.010	0.004	0.008
Folate, total....µg	7		0	FLA	4		4	1	3
Folic acid....µg	0		0	FLA	4		0	0	0
Folate, food....µg	7		0	FLA	4		4	1	3
Folate, DFE....µg	7		0	NC	4		4	1	3
Choline, total....mg	16.8		0	O	4		8.4	3.2	6.9
Betaine....mg									
Vitamin B-12....µg	0.04		0	NR	4		0.02	0.01	0.02
Vitamin B-12, added....µg	0.00		0	FLA	4		0.00	0.00	0.00
Vitamin A, RAE....µg	42		0	FLA	4		21	8	17
Retinol....µg	42		0	FLA	4		21	8	17
Carotene, beta....µg	10		0	FLA	4		5	2	4
Carotene, alpha....µg	0		0	FLA	4		0	0	0
Cryptoxanthin, beta....µg	0		0	FLA	4		0	0	0
Vitamin A, IU....IU	155		1	MC	9		77	29	63
Lycopene....µg	0		0	FLA	4		0	0	0
Lutein + zeaxanthin....µg	6		0	FLA	4		3	1	2
Vitamin E (alpha-tocopherol)....mg	0.39		0	FLA	4		0.20	0.07	0.16
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									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	0.0
Vitamin D....IU	0		0	Z	7		0	0	0
Vitamin K (phylloquinone)....µg	3.5		0	FLA	4		1.8	0.7	1.5
Dihydrophylloquinone....µg									
Menaquinone-4....µg									

NDB No. 42196
Candies, MARS SNACKFOOD US, MILKY WAY Midnight Bar

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	11.474		1	MC	9		5.737	2.180	4.704
4:0....g	0.130		0	FLA	4		0.065	0.025	0.053
6:0....g	0.078		0	FLA	4		0.039	0.015	0.032
8:0....g	0.046		0	FLA	4		0.023	0.009	0.019
10:0....g	0.101		0	FLA	4		0.050	0.019	0.041
12:0....g	0.108		0	FLA	4		0.054	0.020	0.044
13:0....g	0.000		0	FLA	4		0.000	0.000	0.000
14:0....g	0.362		0	FLA	4		0.181	0.069	0.148
15:0....g	0.001		0	FLA	4		0.000	0.000	0.000
16:0....g	4.788		0	FLA	4		2.394	0.910	1.963
17:0....g	0.037		0	FLA	4		0.019	0.007	0.015
18:0....g	5.601		0	FLA	4		2.801	1.064	2.296
20:0....g	0.141		0	FLA	4		0.070	0.027	0.058
22:0....g	0.019		0	FLA	4		0.010	0.004	0.008
24:0....g	0.000		0	FLA	4		0.000	0.000	0.000
Fatty acids, total monounsaturated....g	4.639		0	FLA	4		2.320	0.881	1.902
14:1....g	0.000		0	FLA	4		0.000	0.000	0.000
15:1....g	0.000		0	FLA	4		0.000	0.000	0.000
16:1 undifferentiated....g	0.063		0	FLA	4		0.032	0.012	0.026
17:1....g	0.000		0	FLA	4		0.000	0.000	0.000
18:1 undifferentiated....g	4.574		0	FLA	4		2.287	0.869	1.875
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	0.000		0	FLA	4		0.000	0.000	0.000
Fatty acids, total polyunsaturated....g	0.514		0	FLA	4		0.257	0.098	0.211
18:2 undifferentiated....g	0.467		0	FLA	4		0.233	0.089	0.191
18:3 undifferentiated....g	0.048		0	FLA	4		0.024	0.009	0.020
18:4....g	0.000		0	FLA	4		0.000	0.000	0.000
20:2 n-6 c,c....g	0.000		0	FLA	4		0.000	0.000	0.000
20:3 undifferentiated....g	0.000		0	FLA	4		0.000	0.000	0.000
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	0.176		0	MC	9		0.088	0.033	0.072
Cholesterol....mg	10		1	MC	9		5	2	4
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	FLA	4		0.0	0.0	0.0
Caffeine....mg	30		0	FLA	4		15	6	12
Theobromine....mg	238		0	FLA	4		119	45	98

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 serving 1.76 oz bar

Measure 2 = 19g: 1 bar fun size

Measure 3 = 41g: 1 serving 5 miniatures

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

Food Group: 19 Sweets

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

NDB No. 19308

Candies, MARS SNACKFOOD US, POP'ABLES 3 MUSKETEERS Brand Bite Size Candies

Masterfoods USA

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	5.30		0	O	4		2.17		
Energy ... kcal	443		1	MC	9		182		
Energy ... kJ	1852		0	MC	9		759		
Protein ... g	2.59		1	MC	9		1.06		
Total lipid (fat) ... g	15.17		1	MC	9		6.22		
Ash ... g	1.00		0	FLA	4		0.41		
Carbohydrate, by difference ... g	75.94		1	MC	9		31.14		
Fiber, total dietary ... g	1.3		1	MC	9		0.5		
Sugars, total ... g	67.00		1	MC	9		27.47		
Starch ... g									
Minerals:									
Calcium, Ca ... mg	60		1	MC	9		24		
Iron, Fe ... mg	0.58		1	MC	9		0.24		
Magnesium, Mg ... mg									
Phosphorus, P ... mg									
Potassium, K ... mg									
Sodium, Na ... mg	172		1	MC	9		71		
Zinc, Zn ... mg									
Copper, Cu ... mg									
Manganese, Mn ... mg									
Selenium, Se ... µg									
Vitamins:									
Vitamin C, total ascorbic acid ... mg	0.4		1	MC	9		0.2		
Thiamin ... mg									
Riboflavin ... mg									
Niacin ... mg									
Pantothenic acid ... mg									
Vitamin B-6 ... mg									
Folate, total ... µg									
Folate, DFE ... µg									
Choline, total ... mg									
Betaine ... mg									
Vitamin B-12 ... µg									
Vitamin A, RAE ... µg									
Vitamin A, IU ... IU	99		1	MC	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									
Lipids:									
Fatty acids, total saturated ... g	9.921		1	MC	9		4.068		
Fatty acids, total monounsaturated ... g									
Fatty acids, total polyunsaturated ... g									
Fatty acids, total trans ... g	0.113		1	MC	9		0.046		
Cholesterol ... mg	7		1	MC	9		3		

NDB No. 19308

Candies, MARS SNACKFOOD US, POP'ABLES 3 MUSKETEERS Brand Bite Size Candies

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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 = 41g: 1 serving 15 pieces

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

Food Group: 19 Sweets

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

NDB No. 19307

Candies, MARS SNACKFOOD US, POP'ABLES MILKY WAY Brand Bite Size Candies

Masterfoods USA

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	5.78		0	FLA	4		2.26		
Energy....kcal	463		0	NC	4		180		
Energy....kJ	1935		0	NC	4		755		
Protein....g	3.30		1	MC	9		1.29		
Total lipid (fat)....g	18.00		1	MC	9		7.02		
Ash....g	1.07		0	FLA	4		0.42		
Carbohydrate, by difference....g	71.85		0	NC	4		28.02		
Fiber, total dietary....g	1.0		1	MC	9		0.4		
Sugars, total....g	61.08		1	MC	9		23.82		
Starch....g									
Minerals:									
Calcium, Ca....mg	91		1	MC	9		35		
Iron, Fe....mg	0.50		1	MC	9		0.20		
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg									
Sodium, Na....mg	146		1	MC	9		57		
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.6		1	MC	9		0.2		
Thiamin....mg									
Riboflavin....mg									
Niacin....mg									
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....µg									
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg									
Vitamin A, RAE....µg									
Vitamin A, IU....IU	137		1	MC	9		53		
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	8.889		1	MC	9		3.467		
Fatty acids, total monounsaturated....g									
Fatty acids, total polyunsaturated....g									
Fatty acids, total trans....g	0.201		1	MC	9		0.078		
Cholesterol....mg	11		1	MC	9		4		
Phytosterols....mg									

NDB No. 19307

Candies, MARS SNACKFOOD US, POP'ABLES MILKY WAY Brand Bite Size Candies

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

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 serving 13 pieces

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

Food Group: 19 Sweets

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

NDB No. 19306

Candies, MARS SNACKFOOD US, POP'ABLES SNICKERS Brand Bite Size Candies

Masterfoods USA

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	5.78		0	FLA	4		2.25		
Energy....kcal	480		1	MC	9		187		
Energy....kJ	2007		0	MC	9		783		
Protein....g	7.15		1	MC	9		2.79		
Total lipid (fat)....g	24.32		1	MC	9		9.49		
Ash....g	1.61		0	FLA	4		0.63		
Carbohydrate, by difference....g	61.07		1	MC	9		23.82		
Fiber, total dietary....g	2.3		1	MC	9		0.9		
Sugars, total....g	51.69		1	MC	9		20.16		
Starch....g									
Minerals:									
Calcium, Ca....mg	96		1	MC	9		37		
Iron, Fe....mg	0.72		1	MC	9		0.28		
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg									
Sodium, Na....mg	224		1	MC	9		87		
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.5		1	MC	9		0.2		
Thiamin....mg									
Riboflavin....mg									
Niacin....mg									
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....µg									
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg									
Vitamin A, RAE....µg									
Vitamin A, IU....IU	174		1	MC	9		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									
Lipids:									
Fatty acids, total saturated....g	9.891		1	MC	9		3.857		
Fatty acids, total monounsaturated....g									
Fatty acids, total polyunsaturated....g									
Fatty acids, total trans....g	0.405		0	MC	9		0.158		
Cholesterol....mg	13		1	MC	9		5		
Phytosterols....mg									

NDB No. 19306

Candies, MARS SNACKFOOD US, POP'ABLES SNICKERS Brand Bite Size Candies

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

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 serving 13 pieces

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

Food Group: 19 Sweets

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

NDB No. 19370

Candies, MARS SNACKFOOD US, SKITTLES Original Bite Size Candies

Masterfoods USA

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	3.83		0	MC	9		2.37	7.85	0.41
Energy....kcal	405		1	MC	9		251	830	43
Energy....kJ	1695		0	MC	9		1051	3475	181
Protein....g	0.19		1	MC	9		0.12	0.40	0.02
Total lipid (fat)....g	4.37		1	MC	9		2.71	8.96	0.47
Ash....g	0.97		0	MC	9		0.60	1.99	0.10
Carbohydrate, by difference....g	90.78		1	MC	9		56.28	186.09	9.71
Fiber, total dietary....g	0.0		1	MC	9		0.0	0.0	0.0
Sugars, total....g	75.84		1	MC	9		47.02	155.46	8.11
Starch....g									
Minerals:									
Calcium, Ca....mg	0		1	MC	9		0	0	0
Iron, Fe....mg	0.00		1	MC	9		0.00	0.01	0.00
Magnesium, Mg....mg	1		0	FLA	4		0	1	0
Phosphorus, P....mg	1		0	FLA	4		1	2	0
Potassium, K....mg	12		0	FLA	4		7	25	1
Sodium, Na....mg	15		1	MC	9		9	30	2
Zinc, Zn....mg	0.02		0	FLA	4		0.01	0.04	0.00
Copper, Cu....mg	0.036		0	FLA	4		0.022	0.073	0.004
Manganese, Mn....mg	0.063		0	FLA	4		0.039	0.129	0.007
Selenium, Se....µg	1.0		0	FLA	4		0.6	2.0	0.1
Vitamins:									
Vitamin C, total ascorbic acid....mg	66.8		1	MC	9		41.4	136.9	7.1
Thiamin....mg	0.000		0	FLA	4		0.000	0.001	0.000
Riboflavin....mg	0.023		0	FLA	4		0.014	0.047	0.002
Niacin....mg	0.007		0	FLA	4		0.004	0.013	0.001
Pantothenic acid....mg	0.014		0	FLA	4		0.009	0.028	0.001
Vitamin B-6....mg	0.003		0	FLA	4		0.002	0.006	0.000
Folate, total....µg	0		0	FLA	4		0	1	0
Folic acid....µg	0		0	FLA	4		0	0	0
Folate, food....µg	0		0	FLA	4		0	1	0
Folate, DFE....µg	0		0	NC	4		0	1	0
Choline, total....mg	0.0		0	Z	7		0.0	0.0	0.0
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	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		1	MC	9		0	0	0
Lycopene....µg	0		0	FLA	4		0	0	0
Lutein + zeaxanthin....µg	1		0	FLA	4		1	2	0
Vitamin E (alpha-tocopherol)....mg	0.17		0	FLA	4		0.10	0.34	0.02
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									
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	1.1		0	FLA	4		0.7	2.2	0.1
Dihydrophylloquinone....µg									
Menaquinone-4....µg									

NDB No. 19370

Candies, MARS SNACKFOOD US, SKITTLES Original Bite Size Candies

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	4.115		1	MC	9		2.551	8.436	0.440
4:0....g	0.003		0	FLA	4		0.002	0.007	0.000
6:0....g	0.011		0	FLA	4		0.007	0.024	0.001
8:0....g	0.145		0	FLA	4		0.090	0.297	0.015
10:0....g	0.140		0	FLA	4		0.087	0.287	0.015
12:0....g	2.151		0	FLA	4		1.334	4.410	0.230
13:0....g									
14:0....g	0.720		0	FLA	4		0.446	1.475	0.077
15:0....g									
16:0....g	0.344		0	FLA	4		0.213	0.705	0.037
17:0....g									
18:0....g	0.599		0	FLA	4		0.371	1.228	0.064
20:0....g	0.002		0	FLA	4		0.001	0.003	0.000
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.000		0	FLA	4		0.000	0.000	0.000
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	0.000		0	FLA	4		0.000	0.000	0.000
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	0.000		0	FLA	4		0.000	0.000	0.000
18:2 undifferentiated....g	0.000		0	FLA	4		0.000	0.000	0.000
18:3 undifferentiated....g	0.000		0	FLA	4		0.000	0.000	0.000
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	0.074		1	MC	9		0.046	0.152	0.008
Cholesterol....mg	0		1	MC	9		0	0	0
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	FLA	4		0.0	0.0	0.0
Caffeine....mg	0		0	FLA	4		0	0	0
Theobromine....mg	0		0	FLA	4		0	0	0

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

Common Measures:

Measure 1 = 62g: 1 serving 2.17 oz pack

Measure 2 = 205g: 1 cup

Measure 3 = 10.7g: 10 pieces

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

Food Group: 19 Sweets

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

NDB No. 19369

Candies, MARS SNACKFOOD US, SKITTLES Sours Original

Masterfoods USA

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	3.83		0	BFZN	4		1.95		
Energy....kcal	401		0	NC	4		204		
Energy....kJ	1677		0	NC	4		855		
Protein....g	0.18		1	MC	9		0.09		
Total lipid (fat)....g	4.00		1	MC	9		2.04		
Ash....g	0.97		0	BFZN	4		0.49		
Carbohydrate, by difference....g	91.02		0	NC	4		46.42		
Fiber, total dietary....g	0.0		1	MC	9		0.0		
Sugars, total....g	73.16		1	MC	9		37.31		
Starch....g									
Minerals:									
Calcium, Ca....mg	0		1	MC	9		0		
Iron, Fe....mg	0.01		1	MC	9		0.00		
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg									
Sodium, Na....mg	14		1	MC	9		7		
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	61.1		1	MC	9		31.2		
Thiamin....mg									
Riboflavin....mg									
Niacin....mg									
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....µg									
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg									
Vitamin A, RAE....µg	0		0	NC	4		0		
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									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	3.765		1	MC	9		1.920		
Fatty acids, total monounsaturated....g									
Fatty acids, total polyunsaturated....g									
Fatty acids, total trans....g	0.068		1	MC	9		0.035		
Cholesterol....mg	0		1	MC	9		0		
Phytosterols....mg									

NDB No. 19369
Candies, MARS SNACKFOOD US, SKITTLES Sours Original

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

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

Common Measures:

Measure 1 = 51g: 1 serving 1.80 oz bag

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

Food Group: 19 Sweets

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

NDB No. 19368

Candies, MARS SNACKFOOD US, SKITTLES Tropical Bite Size Candies

Masterfoods USA

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	3.83		0	BFZN	4		2.37	0.77	
Energy....kcal	405		1	MC	9		251	81	
Energy....kJ	1693		0	MC	9		1050	339	
Protein....g	0.19		1	MC	9		0.12	0.04	
Total lipid (fat)....g	4.34		1	MC	9		2.69	0.87	
Ash....g	0.97		0	BFZN	4		0.60	0.19	
Carbohydrate, by difference....g	90.77		1	MC	9		56.28	18.15	
Fiber, total dietary....g	0.0		1	MC	9		0.0	0.0	
Sugars, total....g	75.76		1	MC	9		46.97	15.15	
Starch....g									
Minerals:									
Calcium, Ca....mg	0		1	MC	9		0	0	
Iron, Fe....mg	0.00		1	MC	9		0.00	0.00	
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg									
Sodium, Na....mg	15		1	MC	9		9	3	
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	67.1		1	MC	9		41.6	13.4	
Thiamin....mg									
Riboflavin....mg									
Niacin....mg									
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....µg									
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg									
Vitamin A, RAE....µg	0		0	NC	4		0	0	
Vitamin A, IU....IU	0		1	MC	9		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									
Lipids:									
Fatty acids, total saturated....g									
Fatty acids, total monounsaturated....g									
Fatty acids, total polyunsaturated....g									
Fatty acids, total trans....g	0.074		1	MC	9		0.046	0.015	
Cholesterol....mg	0		1	MC	9		0	0	
Phytosterols....mg									

NDB No. 19368

Candies, MARS SNACKFOOD US, SKITTLES Tropical Bite Size Candies

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

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

Common Measures:

Measure 1 = 62g: 1 serving 2.1 oz bag

Measure 2 = 20g: 1 serving fun size bag

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

Food Group: 19 Sweets

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

NDB No. 19363

Candies, MARS SNACKFOOD US, SKITTLES Wild Berry Bite Size Candies

Masterfoods USA

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	3.83		0	BFZN	4		2.37	0.77	
Energy....kcal	402		0	NC	4		249	80	
Energy....kJ	1682		0	NC	4		1043	336	
Protein....g	0.19		1	MC	9		0.12	0.04	
Total lipid (fat)....g	4.25		1	MC	9		2.64	0.85	
Ash....g	0.97		0	BFZN	4		0.60	0.19	
Carbohydrate, by difference....g	90.76		0	NC	4		56.27	18.15	
Fiber, total dietary....g	0.0		1	MC	9		0.0	0.0	
Sugars, total....g	75.92		1	MC	9		47.07	15.18	
Starch....g									
Minerals:									
Calcium, Ca....mg	0		1	MC	9		0	0	
Iron, Fe....mg	0.00		1	MC	9		0.00	0.00	
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg									
Sodium, Na....mg	15		1	MC	9		9	3	
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	67.1		1	MC	9		41.6	13.4	
Thiamin....mg									
Riboflavin....mg									
Niacin....mg									
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....µg									
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg									
Vitamin A, RAE....µg	0		0	NC	4		0	0	
Vitamin A, IU....IU	0		1	MC	9		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									
Lipids:									
Fatty acids, total saturated....g	4.115		1	MC	9		2.551	0.823	
Fatty acids, total monounsaturated....g									
Fatty acids, total polyunsaturated....g									
Fatty acids, total trans....g	0.074		1	MC	9		0.046	0.015	
Cholesterol....mg	0		1	MC	9		0	0	
Phytosterols....mg									

NDB No. 19363

Candies, MARS SNACKFOOD US, SKITTLES Wild Berry Bite Size Candies

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

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

Common Measures:

Measure 1 = 62g: 1 serving 2.1 oz bag

Measure 2 = 20g: 1 serving fun size bag

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

Food Group: 19 Sweets

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

NDB No. 19302

Candies, MARS SNACKFOOD US, SNICKERS Almond bar

Masterfoods USA

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	5.45		0	FLA	4		2.73		
Energy....kcal	472		1	MC	9		236		
Energy....kJ	1974		0	MC	9		987		
Protein....g	5.40		1	MC	9		2.70		
Total lipid (fat)....g	22.40		1	MC	9		11.20		
Ash....g	1.50		0	FLA	4		0.75		
Carbohydrate, by difference....g	64.67		1	MC	9		32.33		
Fiber, total dietary....g	2.6		1	MC	9		1.3		
Sugars, total....g	53.93		1	MC	9		26.96		
Starch....g									
Minerals:									
Calcium, Ca....mg	132		1	MC	9		66		
Iron, Fe....mg	0.85		1	MC	9		0.42		
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg									
Sodium, Na....mg	156		1	MC	9		78		
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.7		1	MC	9		0.4		
Thiamin....mg									
Riboflavin....mg									
Niacin....mg									
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....µg									
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg									
Vitamin A, RAE....µg									
Vitamin A, IU....IU	166		1	MC	9		83		
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	8.534		1	MC	9		4.267		
Fatty acids, total monounsaturated....g									
Fatty acids, total polyunsaturated....g									
Fatty acids, total trans....g	0.210		1	MC	9		0.105		
Cholesterol....mg	13		1	MC	9		7		
Phytosterols....mg									

NDB No. 19302
Candies, MARS SNACKFOOD US, SNICKERS Almond bar

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

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

Common Measures:

Measure 1 = 50g: 1 serving 1.76 oz bar

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

Food Group: 19 Sweets

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

NDB No. 19155
Candies, MARS SNACKFOOD US, SNICKERS Bar
Masterfoods USA

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	5.55		1	A	1		3.16	0.83	6.27
Energy....kcal	491		0	NC	4		280	74	555
Energy....kJ	2053		0	NC	4		1170	308	2320
Protein....g	7.53		1	MC	9		4.29	1.13	8.50
Total lipid (fat)....g	23.85		1	MC	9		13.59	3.58	26.95
Ash....g	1.57		1	A	1		0.89	0.24	1.77
Carbohydrate, by difference....g	61.51		0	NC	4		35.06	9.23	69.50
Fiber, total dietary....g	2.3		1	MC	9		1.3	0.4	2.7
Sugars, total....g	50.47		1	MC	9		28.77	7.57	57.03
Starch....g									
Minerals:									
Calcium, Ca....mg	93		1	MC	9		53	14	105
Iron, Fe....mg	0.72		1	MC	9		0.41	0.11	0.81
Magnesium, Mg....mg	72		1	A	1		41	11	81
Phosphorus, P....mg	190		1	A	1		108	29	215
Potassium, K....mg	323		1	A	1		184	48	365
Sodium, Na....mg	239		0	LC	8		136	36	270
Zinc, Zn....mg	2.50		1	A	1		1.43	0.38	2.83
Copper, Cu....mg	0.270		1	A	1		0.154	0.041	0.305
Manganese, Mn....mg	0.350		1	A	1		0.199	0.052	0.395
Selenium, Se....µg	7.8		1	A	1		4.4	1.2	8.8
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.5		1	MC	9		0.3	0.1	0.5
Thiamin....mg	0.060		1	A	1		0.034	0.009	0.068
Riboflavin....mg	0.130		1	A	1		0.074	0.019	0.147
Niacin....mg	3.600		1	A	1		2.052	0.540	4.068
Pantothenic acid....mg	0.590		1	A	1		0.336	0.088	0.667
Vitamin B-6....mg	0.090		1	A	1		0.051	0.014	0.102
Folate, total....µg	27		1	A	1		15	4	31
Folic acid....µg	6		1	A	1		3	1	7
Folate, food....µg	21		1	AS	1		12	3	24
Folate, DFE....µg	31		0	NC	4		18	5	35
Choline, total....mg	38.5		1	A	1		21.9	5.8	43.5
Betaine....mg	0.9		1	A	1		0.5	0.1	1.1
Vitamin B-12....µg	0.16		1	A	1		0.09	0.02	0.18
Vitamin B-12, added....µg	0.00		0	FLA	4		0.00	0.00	0.00
Vitamin A, RAE....µg	46		0	NC	4		26	7	52
Retinol....µg	45		0	FLA	4		26	7	51
Carotene, beta....µg	6		0	FLA	4		3	1	7
Carotene, alpha....µg	0		1	A	1		0	0	0
Cryptoxanthin, beta....µg	0		1	A	1		0	0	0
Vitamin A, IU....IU	161		0	NC	4		92	24	182
Lycopene....µg	0		1	A	1		0	0	0
Lutein + zeaxanthin....µg	16		0	NR	4		9	2	18
Vitamin E (alpha-tocopherol)....mg	1.50		1	A	1		0.86	0.23	1.70
Vitamin E, added....mg	0.00		0	FLA	4		0.00	0.00	0.00
Tocopherol, beta....mg	0.03		1	A	1		0.02	0.00	0.03
Tocopherol, gamma....mg	3.95		1	A	1		2.25	0.59	4.46
Tocopherol, delta....mg	0.42		1	A	1		0.24	0.06	0.47
Tocotrienol, alpha....mg	0.00		1	A	1		0.00	0.00	0.00
Tocotrienol, beta....mg	0.00		1	A	1		0.00	0.00	0.00
Tocotrienol, gamma....mg	0.02		1	A	1		0.01	0.00	0.02
Tocotrienol, delta....mg	0.00		1	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	1.9		1	A	1		1.1	0.3	2.1

NDB No. 19155
Candies, MARS SNACKFOOD US, SNICKERS Bar

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	9.069		1	MC	9		5.169	1.360	10.248
4:0....g	0.318		0	FLA	4		0.181	0.048	0.359
6:0....g	0.142		0	FLA	4		0.081	0.021	0.160
8:0....g	0.082		0	FLA	4		0.047	0.012	0.093
10:0....g	0.167		0	FLA	4		0.095	0.025	0.189
12:0....g	0.181		0	FLA	4		0.103	0.027	0.204
13:0....g	0.000		0	FLA	4		0.000	0.000	0.000
14:0....g	0.575		0	FLA	4		0.328	0.086	0.650
15:0....g	0.028		0	FLA	4		0.016	0.004	0.032
16:0....g	4.181		0	FLA	4		2.383	0.627	4.725
17:0....g	0.037		0	FLA	4		0.021	0.006	0.042
18:0....g	3.145		0	FLA	4		1.793	0.472	3.554
20:0....g	0.075		0	FLA	4		0.043	0.011	0.085
22:0....g	0.010		0	FLA	4		0.005	0.001	0.011
24:0....g	0.000		1	A	1		0.000	0.000	0.000
Fatty acids, total monounsaturated....g	7.875		0	FLA	4		4.489	1.181	8.899
14:1....g	0.027		0	FLA	4		0.015	0.004	0.030
15:1....g	0.000		1	A	1		0.000	0.000	0.000
16:1 undifferentiated....g	0.107		0	FLA	4		0.061	0.016	0.120
17:1....g	0.008		0	FLA	4		0.004	0.001	0.009
18:1 undifferentiated....g	7.625		0	FLA	4		4.346	1.144	8.616
20:1....g	0.110		0	FLA	4		0.063	0.016	0.124
22:1 undifferentiated....g	0.000		0	FLA	4		0.000	0.000	0.000
24:1 c....g	0.000		0	FLM	4		0.000	0.000	0.000
Fatty acids, total polyunsaturated....g	3.014		0	FLA	4		1.718	0.452	3.406
18:2 undifferentiated....g	2.966		0	FLA	4		1.691	0.445	3.352
18:3 undifferentiated....g	0.048		0	FLA	4		0.027	0.007	0.054
18:3 n-3 c,c,c (ALA)....g									
18:3 n-6 c,c,c....g	0.000		1	A	1		0.000	0.000	0.000
18:3i....g									
18:4....g	0.000		0	FLA	4		0.000	0.000	0.000
20:2 n-6 c,c....g	0.000		1	A	1		0.000	0.000	0.000
20:3 undifferentiated....g	0.000		1	A	1		0.000	0.000	0.000
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.000		1	A	1		0.000	0.000	0.000
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000		1	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		1	A	1		0.000	0.000	0.000
Fatty acids, total trans....g	0.436		1	MC	9		0.249	0.065	0.493
Cholesterol....mg	13		1	MC	9		7	2	14
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	FLA	4		0.0	0.0	0.0
Caffeine....mg	8		0	FLA	4		5	1	9
Theobromine....mg	85		0	FLA	4		48	13	96

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 bar (2 oz)

Measure 2 = 15.0g: 1 bar, fun size

Measure 3 = 113g: 1 bar, king size (4 oz)

NDB No. 19155
Candies, MARS SNACKFOOD US, SNICKERS Bar

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

Food Group: 19 Sweets

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

NDB No. 19359

Candies, MARS SNACKFOOD US, SNICKERS CRUNCHER

Masterfoods USA

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	4.47		0	O	4		2.10	0.67	1.97
Energy....kcal	488		1	MC	9		229	73	215
Energy....kJ	2041		0	MC	9		959	306	898
Protein....g	6.86		1	MC	9		3.22	1.03	3.02
Total lipid (fat)....g	24.38		1	MC	9		11.46	3.66	10.73
Ash....g	1.43		0	FLA	4		0.67	0.21	0.63
Carbohydrate, by difference....g	62.85		1	MC	9		29.54	9.43	27.66
Fiber, total dietary....g	1.9		1	MC	9		0.9	0.3	0.8
Sugars, total....g	46.54		1	MC	9		21.87	6.98	20.48
Starch....g									
Minerals:									
Calcium, Ca....mg	90		1	MC	9		42	13	39
Iron, Fe....mg	0.68		1	MC	9		0.32	0.10	0.30
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg									
Sodium, Na....mg	189		1	MC	9		89	28	83
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.5		1	MC	9		0.2	0.1	0.2
Thiamin....mg									
Riboflavin....mg									
Niacin....mg									
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....µg									
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg									
Vitamin A, RAE....µg									
Vitamin A, IU....IU	120		1	MC	9		56	18	53
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	12.703		1	MC	9		5.970	1.905	5.589
Fatty acids, total monounsaturated....g									
Fatty acids, total polyunsaturated....g									
Fatty acids, total trans....g	0.394		1	MC	9		0.185	0.059	0.173
Cholesterol....mg	9		1	MC	9		4	1	4
Phytosterols....mg									

NDB No. 19359
Candies, MARS SNACKFOOD US, SNICKERS CRUNCHER

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

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

Common Measures:

Measure 1 = 47g: 1 serving 1.66 oz bar

Measure 2 = 15.0g: 1 bar fun size

Measure 3 = 44g: 1 serving 1.56 oz bar

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

Food Group: 19 Sweets

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

NDB No. 19295

Candies, MARS SNACKFOOD US, SNICKERS MUNCH bar

Masterfoods USA

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	2.99		0	O	4		1.20		
Energy....kcal	536		1	MC	9		215		
Energy....kJ	2244		0	MC	9		898		
Protein....g	15.25		1	MC	9		6.10		
Total lipid (fat)....g	36.22		1	MC	9		14.49		
Ash....g	1.90		0	BFZN	4		0.76		
Carbohydrate, by difference....g	43.64		1	MC	9		17.46		
Fiber, total dietary....g	4.7		1	MC	9		1.9		
Sugars, total....g	30.87		1	MC	9		12.35		
Starch....g									
Minerals:									
Calcium, Ca....mg	54		1	MC	9		22		
Iron, Fe....mg	1.02		1	MC	9		0.41		
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg									
Sodium, Na....mg	358		1	MC	9		143		
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		1	MC	9		0.0		
Thiamin....mg									
Riboflavin....mg									
Niacin....mg									
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....µg									
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg									
Vitamin A, RAE....µg									
Vitamin A, IU....IU	314		1	MC	9		125		
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	8.819		1	MC	9		3.528		
Fatty acids, total monounsaturated....g									
Fatty acids, total polyunsaturated....g									
Fatty acids, total trans....g	0.272		1	MC	9		0.109		
Cholesterol....mg	24		1	MC	9		10		
Phytosterols....mg									

NDB No. 19295
Candies, MARS SNACKFOOD US, SNICKERS MUNCH bar

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

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

Common Measures:

Measure 1 = 40g: 1 serving 1.42 oz bar

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

Food Group: 19 Sweets

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

NDB No. 19309

Candies, MARS SNACKFOOD US, STARBURST Fruit Chews, Fruit and Creme

Masterfoods USA

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	8.70		0	O	4		3.48		
Energy....kcal	408		1	MC	9		163		
Energy....kJ	1707		0	MC	9		683		
Protein....g	0.41		1	MC	9		0.16		
Total lipid (fat)....g	8.36		1	MC	9		3.34		
Ash....g	0.10		0	BFZN	4		0.04		
Carbohydrate, by difference....g	82.43		1	MC	9		32.97		
Fiber, total dietary....g	0.0		1	MC	9		0.0		
Sugars, total....g	57.98		1	MC	9		23.19		
Starch....g									
Minerals:									
Calcium, Ca....mg	0		1	MC	9		0		
Iron, Fe....mg	0.01		1	MC	9		0.00		
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg									
Sodium, Na....mg	2		1	MC	9		1		
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	58.3		1	MC	9		23.3		
Thiamin....mg									
Riboflavin....mg									
Niacin....mg									
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....µg									
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg									
Vitamin A, RAE....µg	0		0	NC	4		0		
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									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	7.931		1	MC	9		3.172		
Fatty acids, total monounsaturated....g									
Fatty acids, total polyunsaturated....g									
Fatty acids, total trans....g	0.141		1	MC	9		0.056		
Cholesterol....mg	0		1	MC	9		0		
Phytosterols....mg									

NDB No. 19309

Candies, MARS SNACKFOOD US, STARBURST Fruit Chews, Fruit and Creme

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

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

Common Measures:

Measure 1 = 40g: 1 serving fun size (8 chews)

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

Food Group: 19 Sweets

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

NDB No. 19156

Candies, MARS SNACKFOOD US, STARBURST Fruit Chews, Original fruits

Masterfoods USA

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	8.51		0	O	4		3.40	5.02	0.43
Energy....kcal	408		1	MC	9		163	241	20
Energy....kJ	1706		0	MC	9		682	1006	85
Protein....g	0.41		1	MC	9		0.16	0.24	0.02
Total lipid (fat)....g	8.21		1	MC	9		3.28	4.85	0.41
Ash....g	0.30		0	FLC	4		0.12	0.18	0.02
Carbohydrate, by difference....g	82.57		1	MC	9		33.03	48.72	4.13
Fiber, total dietary....g	0.0		1	MC	9		0.0	0.0	0.0
Sugars, total....g	58.12		1	MC	9		23.25	34.29	2.91
Starch....g									
Minerals:									
Calcium, Ca....mg	0		1	MC	9		0	0	0
Iron, Fe....mg	0.01		1	MC	9		0.00	0.01	0.00
Magnesium, Mg....mg	1		2		1		0	1	0
Phosphorus, P....mg	5		0	FLC	4		2	3	0
Potassium, K....mg	2		2		1		1	1	0
Sodium, Na....mg	2		1	MC	9		1	1	0
Zinc, Zn....mg	0.00		2		1		0.00	0.00	0.00
Copper, Cu....mg	0.012		2		1		0.005	0.007	0.001
Manganese, Mn....mg	0.015		1		1		0.006	0.009	0.001
Selenium, Se....µg	0.8		0	FLA	4		0.3	0.5	0.0
Vitamins:									
Vitamin C, total ascorbic acid....mg	58.7		1	MC	9		23.5	34.6	2.9
Thiamin....mg	0.001		2		1		0.000	0.001	0.000
Riboflavin....mg	0.002		1		1		0.001	0.001	0.000
Niacin....mg	0.005		2		1		0.002	0.003	0.000
Pantothenic acid....mg	0.035		1		1		0.014	0.021	0.002
Vitamin B-6....mg	0.000		1		1		0.000	0.000	0.000
Folate, total....µg	1		0	FLC	4		0	0	0
Folic acid....µg	0		0	FLC	4		0	0	0
Folate, food....µg	1		0	FLC	4		0	0	0
Folate, DFE....µg	1		0	NC	4		0	0	0
Choline, total....mg	0.0		0	O	4		0.0	0.0	0.0
Betaine....mg									
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	NC	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		1	MC	9		0	1	0
Lycopene....µg	0		0	FLC	4		0	0	0
Lutein + zeaxanthin....µg	6		0	FLC	4		2	4	0
Vitamin E (alpha-tocopherol)....mg	0.33		0	FLC	4		0.13	0.19	0.02
Vitamin E, added....mg	0.00		0	FLC	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									
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	2.1		0	FLC	4		0.8	1.2	0.1
Dihydrophylloquinone....µg									
Menaquinone-4....µg									

NDB No. 19156

Candies, MARS SNACKFOOD US, STARBURST Fruit Chews, Original fruits

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	7.778		1	MC	9		3.111	4.589	0.389
4:0....g	0.006		0	FLC	4		0.002	0.003	0.000
6:0....g	0.027		0	FLC	4		0.011	0.016	0.001
8:0....g	0.321		0	FLC	4		0.128	0.189	0.016
10:0....g	0.259		0	FLC	4		0.104	0.153	0.013
12:0....g	3.524		0	FLC	4		1.410	2.079	0.176
13:0....g									
14:0....g	1.226		0	FLC	4		0.490	0.723	0.061
15:0....g									
16:0....g	0.686		0	FLC	4		0.275	0.405	0.034
17:0....g									
18:0....g	1.708		0	FLC	4		0.683	1.008	0.085
20:0....g	0.021		0	FLC	4		0.009	0.013	0.001
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.000		0	FLC	4		0.000	0.000	0.000
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0	FLC	4		0.000	0.000	0.000
17:1....g									
18:1 undifferentiated....g	0.000		0	FLC	4		0.000	0.000	0.000
20:1....g	0.000		0	FLC	4		0.000	0.000	0.000
22:1 undifferentiated....g	0.000		0	FLC	4		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.000		0	FLC	4		0.000	0.000	0.000
18:2 undifferentiated....g	0.000		0	FLC	4		0.000	0.000	0.000
18:3 undifferentiated....g	0.000		0	FLC	4		0.000	0.000	0.000
18:4....g	0.000		0	FLC	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	FLC	4		0.000	0.000	0.000
20:5 n-3 (EPA)....g	0.000		0	FLC	4		0.000	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	0.000
22:6 n-3 (DHA)....g	0.000		0	FLC	4		0.000	0.000	0.000
Fatty acids, total trans....g	0.141		1	MC	9		0.056	0.083	0.007
Cholesterol....mg	0		1	MC	9		0	0	0
Phytosterols....mg									
Others:									
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 = 40g: 1 serving fun size (8 chews)

Measure 2 = 59g: 1 serving 2.07 oz pack

Measure 3 = 5.0g: 1 piece

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

Food Group: 19 Sweets

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

NDB No. 19313

Candies, MARS SNACKFOOD US, STARBURST Fruit Chews, Tropical fruits

Masterfoods USA

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	8.51		0	BFZN	4		3.40	5.02	0.43
Energy....kcal	409		1	MC	9		163	241	20
Energy....kJ	1710		0	MC	9		684	1009	85
Protein....g	0.41		1	MC	9		0.16	0.24	0.02
Total lipid (fat)....g	8.31		1	MC	9		3.33	4.91	0.42
Ash....g	0.30		0	BFZN	4		0.12	0.18	0.02
Carbohydrate, by difference....g	82.76		1	MC	9		33.11	48.83	4.14
Fiber, total dietary....g	0.0		1	MC	9		0.0	0.0	0.0
Sugars, total....g	58.18		1	MC	9		23.27	34.32	2.91
Starch....g									
Minerals:									
Calcium, Ca....mg	0		1	MC	9		0	0	0
Iron, Fe....mg	0.01		1	MC	9		0.00	0.00	0.00
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg									
Sodium, Na....mg	2		1	MC	9		1	1	0
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	59.4		1	MC	9		23.8	35.0	3.0
Thiamin....mg									
Riboflavin....mg									
Niacin....mg									
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....µg									
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg									
Vitamin A, RAE....µg	0		0	NC	4		0	0	0
Vitamin A, IU....IU	0		1	MC	9		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									
Lipids:									
Fatty acids, total saturated....g	8.048		1	MC	9		3.219	4.748	0.402
Fatty acids, total monounsaturated....g									
Fatty acids, total polyunsaturated....g									
Fatty acids, total trans....g	0.143		1	MC	9		0.057	0.084	0.007
Cholesterol....mg	0		1	MC	9		0	0	0
Phytosterols....mg									

NDB No. 19313

Candies, MARS SNACKFOOD US, STARBURST Fruit Chews, Tropical fruits

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

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

Common Measures:

Measure 1 = 40g: 1 serving fun size (8 chews)

Measure 2 = 59g: 1 serving 2.07 oz pack

Measure 3 = 5.0g: 1 piece

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

Food Group: 19 Sweets

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

NDB No. 19315

Candies, MARS SNACKFOOD US, STARBURST Sour Fruit Chews

Masterfoods USA

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	10.89		0	O	4		6.43		
Energy....kcal	400		1	MC	9		236		
Energy....kJ	1674		0	MC	9		988		
Protein....g	0.39		1	MC	9		0.23		
Total lipid (fat)....g	7.78		1	MC	9		4.59		
Ash....g	0.30		0	BFZN	4		0.18		
Carbohydrate, by difference....g	79.73		1	MC	9		47.04		
Fiber, total dietary....g	0.0		1	MC	9		0.0		
Sugars, total....g	56.10		1	MC	9		33.10		
Starch....g									
Minerals:									
Calcium, Ca....mg	0		1	MC	9		0		
Iron, Fe....mg	0.01		1	MC	9		0.00		
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg									
Sodium, Na....mg	89		1	MC	9		53		
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	56.6		1	MC	9		33.4		
Thiamin....mg									
Riboflavin....mg									
Niacin....mg									
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....µg									
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg									
Vitamin A, RAE....µg	0		0	NC	4		0		
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									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	7.520		1	MC	9		4.437		
Fatty acids, total monounsaturated....g									
Fatty acids, total polyunsaturated....g									
Fatty acids, total trans....g	0.136		1	MC	9		0.080		
Cholesterol....mg	0		1	MC	9		0		
Phytosterols....mg									

NDB No. 19315
Candies, MARS SNACKFOOD US, STARBURST Sour Fruit Chews

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

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

Common Measures:

Measure 1 = 59g: 1 serving 2.07 oz pack

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

Food Group: 19 Sweets

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

NDB No. 19160

Candies, MARS SNACKFOOD US, TWIX Caramel Cookie Bars

Masterfoods USA

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	4.23		0	MC	9		2.41	2.45	4.02
Energy....kcal	502		0	NC	4		286	291	477
Energy....kJ	2102		0	NC	4		1198	1219	1997
Protein....g	4.91		1	MC	9		2.80	2.85	4.66
Total lipid (fat)....g	24.85		1	MC	9		14.17	14.41	23.61
Ash....g	1.21		0	MC	9		0.69	0.70	1.15
Carbohydrate, by difference....g	64.80		0	NC	4		36.94	37.59	61.56
Fiber, total dietary....g	1.1		1	MC	9		0.7	0.7	1.1
Sugars, total....g	48.25		1	MC	9		27.50	27.99	45.84
Starch....g									
Minerals:									
Calcium, Ca....mg	106		1	MC	9		61	62	101
Iron, Fe....mg	0.81		1	MC	9		0.46	0.47	0.77
Magnesium, Mg....mg	27		0	FLA	4		15	16	26
Phosphorus, P....mg	105		0	FLA	4		60	61	100
Potassium, K....mg	186		0	FLA	4		106	108	177
Sodium, Na....mg	198		1	MC	9		113	115	188
Zinc, Zn....mg	1.06		0	FLA	4		0.61	0.62	1.01
Copper, Cu....mg	0.197		0	FLA	4		0.112	0.114	0.187
Manganese, Mn....mg	0.273		0	FLA	4		0.155	0.158	0.259
Selenium, Se....µg	4.3		0	FLA	4		2.5	2.5	4.1
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.6		1	MC	9		0.3	0.3	0.5
Thiamin....mg	0.155		0	FLA	4		0.088	0.090	0.147
Riboflavin....mg	0.208		0	FLA	4		0.119	0.121	0.198
Niacin....mg	1.109		0	FLA	4		0.632	0.643	1.054
Pantothenic acid....mg	0.265		0	FLA	4		0.151	0.154	0.252
Vitamin B-6....mg	0.025		0	FLA	4		0.014	0.014	0.024
Folate, total....µg	26		0	FLA	4		15	15	25
Folic acid....µg	18		0	FLA	4		10	10	17
Folate, food....µg	9		0	FLA	4		5	5	8
Folate, DFE....µg	39		0	NC	4		22	22	37
Choline, total....mg	20.9		0	O	4		11.9	12.1	19.9
Betaine....mg									
Vitamin B-12....µg	0.33		0	FLA	4		0.19	0.19	0.32
Vitamin B-12, added....µg	0.00		0	FLA	4		0.00	0.00	0.00
Vitamin A, RAE....µg	20		0	NC	4		11	12	19
Retinol....µg	20		0	FLA	4		11	12	19
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	67		0	NC	4		38	39	63
Lycopene....µg	0		0	FLA	4		0	0	0
Lutein + zeaxanthin....µg	5		0	FLA	4		3	3	5
Vitamin E (alpha-tocopherol)....mg	0.74		0	FLA	4		0.42	0.43	0.70
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									
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	5.6		0	FLA	4		3.2	3.2	5.3
Dihydrophylloquinone....µg									
Menaquinone-4....µg									

NDB No. 19160
Candies, MARS SNACKFOOD US, TWIX Caramel Cookie Bars

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	18.960		0	NC	4		10.807	10.997	18.012
4:0....g	0.240		0	FLA	4		0.137	0.139	0.228
6:0....g	0.118		0	FLA	4		0.067	0.068	0.112
8:0....g	0.484		0	FLA	4		0.276	0.281	0.460
10:0....g	0.513		0	FLA	4		0.292	0.298	0.487
12:0....g	6.587		0	FLA	4		3.755	3.821	6.258
13:0....g	0.000		0	FLA	4		0.000	0.000	0.000
14:0....g	2.474		0	FLA	4		1.410	1.435	2.350
15:0....g	0.031		0	FLA	4		0.018	0.018	0.030
16:0....g	3.803		0	FLA	4		2.168	2.206	3.613
17:0....g	0.030		0	FLA	4		0.017	0.017	0.028
18:0....g	4.588		0	FLA	4		2.615	2.661	4.359
20:0....g	0.083		0	FLA	4		0.047	0.048	0.079
22:0....g	0.008		0	FLA	4		0.005	0.005	0.008
24:0....g	0.000		0	FLA	4		0.000	0.000	0.000
Fatty acids, total monounsaturated....g	2.988		0	NC	4		1.703	1.733	2.839
14:1....g	0.041		0	FLA	4		0.023	0.024	0.039
15:1....g	0.000		0	FLA	4		0.000	0.000	0.000
16:1 undifferentiated....g	0.078		0	FLA	4		0.044	0.045	0.074
17:1....g	0.011		0	FLA	4		0.007	0.007	0.011
18:1 undifferentiated....g	2.858		0	FLA	4		1.629	1.658	2.715
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	0.000		0	FLA	4		0.000	0.000	0.000
Fatty acids, total polyunsaturated....g	0.628		0	NC	4		0.358	0.364	0.597
18:2 undifferentiated....g	0.594		0	FLA	4		0.338	0.344	0.564
18:3 undifferentiated....g	0.034		0	FLA	4		0.020	0.020	0.033
18:4....g	0.000		0	FLA	4		0.000	0.000	0.000
20:2 n-6 c,c....g	0.000		0	FLA	4		0.000	0.000	0.000
20:3 undifferentiated....g	0.000		0	FLA	4		0.000	0.000	0.000
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	0.342		1	MC	9		0.195	0.198	0.325
Cholesterol....mg	7		1	MC	9		4	4	6
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	FLA	4		0.0	0.0	0.0
Caffeine....mg	7		0	FLA	4		4	4	6
Theobromine....mg	70		0	FLA	4		40	40	66

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 package (2 oz)

Measure 2 = 58g: 1 package (2.06 oz, 2 bars)

Measure 3 = 95g: 1 package, king size (3.35 oz, 4 bars)

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

Food Group: 19 Sweets

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

NDB No. 19161

Candies, MARS SNACKFOOD US, TWIX Peanut Butter Cookie Bars

Masterfoods USA

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	1.82		0	MC	9		0.98	1.06	0.91
Energy....kcal	536		1	MC	9		290	311	268
Energy....kJ	2244		0	MC	9		1212	1301	1122
Protein....g	9.18		1	MC	9		4.96	5.33	4.59
Total lipid (fat)....g	32.67		1	MC	9		17.64	18.95	16.34
Ash....g	2.18		0	O	4		1.18	1.26	1.09
Carbohydrate, by difference....g	54.15		1	MC	9		29.24	31.40	27.07
Fiber, total dietary....g	3.1		1	MC	9		1.7	1.8	1.5
Sugars, total....g	36.13		1	MC	9		19.51	20.96	18.07
Starch....g									
Minerals:									
Calcium, Ca....mg	75		1	MC	9		41	44	38
Iron, Fe....mg	1.32		1	MC	9		0.71	0.76	0.66
Magnesium, Mg....mg	61		0	FLC	4		33	36	31
Phosphorus, P....mg	173		0	FLC	4		93	100	86
Potassium, K....mg	264		0	FLC	4		143	153	132
Sodium, Na....mg	226		1	MC	9		122	131	113
Zinc, Zn....mg	1.61		0	FLC	4		0.87	0.93	0.80
Copper, Cu....mg	0.290		0	FLC	4		0.157	0.168	0.145
Manganese, Mn....mg	0.942		0	FLC	4		0.509	0.546	0.471
Selenium, Se....µg	12.9		0	FLC	4		7.0	7.5	6.5
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.3		1	MC	9		0.2	0.2	0.1
Thiamin....mg	0.098		0	FLC	4		0.053	0.057	0.049
Riboflavin....mg	0.145		0	FLC	4		0.078	0.084	0.073
Niacin....mg	2.379		0	FLC	4		1.285	1.380	1.190
Pantothenic acid....mg	0.468		0	FLC	4		0.253	0.271	0.234
Vitamin B-6....mg	0.114		0	FLC	4		0.062	0.066	0.057
Folate, total....µg	15		0	FLC	4		8	9	8
Folic acid....µg	0		0	FLC	4		0	0	0
Folate, food....µg	15		0	FLC	4		8	9	7
Folate, DFE....µg	15		0	NC	4		8	9	7
Choline, total....mg	29.4		0	FLC	4		15.9	17.0	14.7
Betaine....mg									
Vitamin B-12....µg	0.26		0	FLC	4		0.14	0.15	0.13
Vitamin B-12, added....µg	0.00		0	FLC	4		0.00	0.00	0.00
Vitamin A, RAE....µg	20		0	NC	4		11	12	10
Retinol....µg	20		0	FLC	4		11	12	10
Carotene, beta....µg	1		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	68		0	NC	4		36	39	34
Lycopene....µg	0		0	FLC	4		0	0	0
Lutein + zeaxanthin....µg	31		0	FLC	4		17	18	16
Vitamin E (alpha-tocopherol)....mg	3.42		0	FLC	4		1.85	1.99	1.71
Vitamin E, added....mg	0.00		0	FLC	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									
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	6.0		0	FLC	4		3.2	3.5	3.0
Dihydrophylloquinone....µg									
Menaquinone-4....µg									

NDB No. 19161
Candies, MARS SNACKFOOD US, TWIX Peanut Butter Cookie Bars

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	15.758		0	NC	4		8.509	9.140	7.879
4:0....g	0.315		0	FLC	4		0.170	0.183	0.157
6:0....g	0.114		0	FLC	4		0.061	0.066	0.057
8:0....g	0.068		0	FLC	4		0.037	0.040	0.034
10:0....g	0.123		0	FLC	4		0.067	0.072	0.062
12:0....g	0.166		0	FLC	4		0.090	0.097	0.083
13:0....g	0.000		0	FLC	4		0.000	0.000	0.000
14:0....g	0.487		0	FLC	4		0.263	0.283	0.244
15:0....g	0.050		0	FLC	4		0.027	0.029	0.025
16:0....g	7.301		0	FLC	4		3.942	4.234	3.650
17:0....g	0.066		0	FLC	4		0.036	0.038	0.033
18:0....g	6.358		0	FLC	4		3.434	3.688	3.179
20:0....g	0.289		0	FLC	4		0.156	0.168	0.145
22:0....g	0.337		0	FLC	4		0.182	0.196	0.169
24:0....g	0.083		0	FLC	4		0.045	0.048	0.041
Fatty acids, total monounsaturated....g	12.317		0	NC	4		6.651	7.144	6.159
14:1....g	0.027		0	FLC	4		0.015	0.016	0.014
15:1....g	0.000		0	FLC	4		0.000	0.000	0.000
16:1 undifferentiated....g	0.063		0	FLC	4		0.034	0.037	0.032
17:1....g	0.008		0	FLC	4		0.004	0.004	0.004
18:1 undifferentiated....g	12.143		0	FLC	4		6.557	7.043	6.071
20:1....g	0.076		0	FLC	4		0.041	0.044	0.038
22:1 undifferentiated....g	0.000		0	FLC	4		0.000	0.000	0.000
24:1 c....g	0.000		0	FLC	4		0.000	0.000	0.000
Fatty acids, total polyunsaturated....g	3.407		0	NC	4		1.840	1.976	1.703
18:2 undifferentiated....g	3.351		0	FLC	4		1.810	1.944	1.676
18:3 undifferentiated....g	0.055		0	FLC	4		0.030	0.032	0.028
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	0.000		0	FLC	4		0.000	0.000	0.000
20:5 n-3 (EPA)....g	0.000		0	FLC	4		0.000	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	0.000
22:6 n-3 (DHA)....g	0.000		0	FLC	4		0.000	0.000	0.000
Fatty acids, total trans....g	0.505		1	MC	9		0.273	0.293	0.253
Cholesterol....mg	6		1	MC	9		3	4	3
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	FLC	4		0.0	0.0	0.0
Caffeine....mg	7		0	FLC	4		4	4	3
Theobromine....mg	70		0	FLC	4		38	40	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 = 54g: 1 package (1.89 oz, 2 bars)

Measure 2 = 58g: 1 package (2.06 oz, 2 bars)

Measure 3 = 50g: 1 package (1.77 oz)

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

Food Group: 19 Sweets

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

NDB No. 42183

Candies, MARS SNACKFOOD US, TWIX chocolate fudge cookie bars

Masterfoods USA

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	2.20		0		4		1.12		
Energy ... kcal	550		0		4		281		
Energy ... kJ	2301		0		4		1174		
Protein ... g	7.30		0		4		3.72		
Total lipid (fat) ... g	33.30		0		4		16.98		
Ash ... g	1.20		0	NR	4		0.61		
Carbohydrate, by difference ... g	56.00		0		4		28.56		
Fiber, total dietary ... g	3.0		0		4		1.5		
Sugars, total ... g	53.00		0	NR	4		27.03		
Starch ... g									
Minerals:									
Calcium, Ca ... mg	130		0		4		66		
Iron, Fe ... mg	1.31		0		4		0.67		
Magnesium, Mg ... mg	46		0		4		23		
Phosphorus, P ... mg	147		0		4		75		
Potassium, K ... mg	309		0		4		158		
Sodium, Na ... mg	266		0		4		136		
Zinc, Zn ... mg	0.92		0		4		0.47		
Copper, Cu ... mg	0.293		0		4		0.149		
Manganese, Mn ... mg									
Selenium, Se ... µg	7.0		0	FLM	4		3.6		
Vitamins:									
Vitamin C, total ascorbic acid ... mg	1.0		0		4		0.5		
Thiamin ... mg	0.140		0		4		0.071		
Riboflavin ... mg	0.200		0		4		0.102		
Niacin ... mg	1.110		0		4		0.566		
Pantothenic acid ... mg									
Vitamin B-6 ... mg	0.040		0		4		0.020		
Folate, total ... µg	9		0		4		5		
Folic acid ... µg	0		0	NR	4		0		
Folate, food ... µg	9		0		4		5		
Folate, DFE ... µg	9		0	NC	4		5		
Choline, total ... mg	20.9		0	O	4		10.7		
Betaine ... mg									
Vitamin B-12 ... µg	0.33		0		4		0.17		
Vitamin B-12, added ... µg	0.00		0	Z	7		0.00		
Vitamin A, RAE ... µg	9		0	NC	4		5		
Retinol ... µg	9		0	FLC	4		5		
Carotene, beta ... µg	0		0	FLC	4		0		
Carotene, alpha ... µg	0		0	FLC	4		0		
Cryptoxanthin, beta ... µg	0		0	FLC	4		0		
Vitamin A, IU ... IU	32		0	NC	4		16		
Lycopene ... µg	0		0	FLC	4		0		
Lutein + zeaxanthin ... µg	4		0	FLC	4		2		
Vitamin E (alpha-tocopherol) ... mg	2.71		0	FLC	4		1.38		
Vitamin E, added ... mg	0.00		0	Z	7		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		
Vitamin D ... IU	0		0	Z	7		0		
Vitamin K (phylloquinone) ... µg	18.6		0	FLC	4		9.5		
Dihydrophylloquinone ... µg									
Menaquinone-4 ... µg									

NDB No. 42183

Candies, MARS SNACKFOOD US, TWIX chocolate fudge cookie bars

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	4.962		0		4		2.531		
4:0....g	0.000		0		4		0.000		
6:0....g	0.000		0		4		0.000		
8:0....g	0.000		0		4		0.000		
10:0....g	0.000		0		4		0.000		
12:0....g	0.000		0		4		0.000		
13:0....g									
14:0....g	0.033		0		4		0.017		
15:0....g									
16:0....g	3.263		0		4		1.664		
17:0....g									
18:0....g	1.665		0		4		0.849		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	14.319		0		4		7.303		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.133		0		4		0.068		
17:1....g									
18:1 undifferentiated....g	14.152		0		4		7.218		
20:1....g	0.000		0		4		0.000		
22:1 undifferentiated....g	0.000		0		4		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	12.521		0		4		6.386		
18:2 undifferentiated....g	11.622		0		4		5.927		
18:3 undifferentiated....g	0.866		0		4		0.442		
18:4....g	0.000		0		4		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		4		0.000		
20:5 n-3 (EPA)....g	0.000		0		4		0.000		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		4		0.000		
22:6 n-3 (DHA)....g	0.000		0		4		0.000		
Fatty acids, total trans....g									
Cholesterol....mg	6		0		4		3		
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0		
Caffeine....mg	10		0	FLM	4		5		
Theobromine....mg	212		0	FLM	4		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 = 51g: 2 cookie 2011 label

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

Food Group: 19 Sweets

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

NDB No. 19142
Candies, MOUNDS Candy Bar
Hershey Food Corp.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	9.05		1	MC	9		1.72	4.80	
Energy....kcal	486		1	MC	9		92	258	
Energy....kJ	2034		0	MC	9		386	1078	
Protein....g	4.60		1	MC	9		0.87	2.44	
Total lipid (fat)....g	26.60		1	MC	9		5.05	14.10	
Ash....g	0.87		1	MC	9		0.17	0.46	
Carbohydrate, by difference....g	58.59		1	MC	9		11.13	31.05	
Fiber, total dietary....g	3.7		1	MC	9		0.7	1.9	
Sugars, total....g	46.19		1	MC	9		8.78	24.48	
Starch....g									
Minerals:									
Calcium, Ca....mg	21		1	MC	9		4	11	
Iron, Fe....mg	2.09		1	MC	9		0.40	1.11	
Magnesium, Mg....mg	55		0	FLM	4		10	29	
Phosphorus, P....mg	91		0	FLM	4		17	48	
Potassium, K....mg	321		1	MC	9		61	170	
Sodium, Na....mg	145		1	MC	9		28	77	
Zinc, Zn....mg	1.10		0	FLM	4		0.21	0.58	
Copper, Cu....mg	0.400		0	FLM	4		0.076	0.212	
Manganese, Mn....mg	0.948		0	FLM	4		0.180	0.503	
Selenium, Se....µg	6.6		0	FLM	4		1.2	3.5	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.4		0	FLM	4		0.1	0.2	
Thiamin....mg	0.049		0	FLM	4		0.009	0.026	
Riboflavin....mg	0.058		0	FLM	4		0.011	0.031	
Niacin....mg	0.277		0	FLM	4		0.053	0.147	
Pantothenic acid....mg	0.245		0	FLM	4		0.047	0.130	
Vitamin B-6....mg	0.090		0	FLM	4		0.017	0.048	
Folate, total....µg	6		0	FLM	4		1	3	
Folic acid....µg	0		0	FLM	4		0	0	
Folate, food....µg	6		0	FLM	4		1	3	
Folate, DFE....µg	6		0	NC	4		1	3	
Choline, total....mg	11.8		0	FLM	4		2.2	6.3	
Betaine....mg									
Vitamin B-12....µg	0.00		0	FLM	4		0.00	0.00	
Vitamin B-12, added....µg	0.00		0	FLM	4		0.00	0.00	
Vitamin A, RAE....µg	0		0	FLM	4		0	0	
Retinol....µg	0		0	FLM	4		0	0	
Carotene, beta....µg	0		0	FLM	4		0	0	
Carotene, alpha....µg	0		0	FLM	4		0	0	
Cryptoxanthin, beta....µg	0		0	FLM	4		0	0	
Vitamin A, IU....IU	0		0	FLM	4		0	0	
Lycopene....µg	0		0	FLM	4		0	0	
Lutein + zeaxanthin....µg	5		0	FLM	4		1	3	
Vitamin E (alpha-tocopherol)....mg	0.19		0	FLM	4		0.04	0.10	
Vitamin E, added....mg	0.00		0	FLM	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	
Vitamin K (phylloquinone)....µg	1.6		0	FLM	4		0.3	0.8	
Dihydrophylloquinone....µg									
Menaquinone-4....µg									

NDB No. 19142
Candies, MOUNDS Candy Bar

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	20.580		1	MC	9		3.910	10.907	
4:0....g	0.000		0	FLM	4		0.000	0.000	
6:0....g	0.118		0	FLM	4		0.022	0.062	
8:0....g	1.356		1	AI	13		0.258	0.719	
10:0....g	1.081		1	AI	13		0.205	0.573	
12:0....g	7.920		1	AI	13		1.505	4.197	
13:0....g	0.000		0	FLM	4		0.000	0.000	
14:0....g	2.940		1	AI	13		0.559	1.558	
15:0....g	0.012		1	AI	13		0.002	0.006	
16:0....g	3.583		1	AI	13		0.681	1.899	
17:0....g	0.012		1	AI	13		0.002	0.006	
18:0....g	3.443		1	AI	13		0.654	1.825	
20:0....g	0.105		1	AI	13		0.020	0.056	
22:0....g	0.012		1	AI	13		0.002	0.006	
24:0....g	0.000		0	FLM	4		0.000	0.000	
Fatty acids, total monounsaturated....g	0.390		1	MC	9		0.074	0.207	
14:1....g	0.009		1	AI	13		0.002	0.005	
15:1....g	0.000		0	FLM	4		0.000	0.000	
16:1 undifferentiated....g	0.026		1	AI	13		0.005	0.014	
17:1....g	0.009		1	AI	13		0.002	0.005	
18:1 undifferentiated....g	0.338		0	FLM	4		0.064	0.179	
20:1....g	0.009		1	AI	13		0.002	0.005	
22:1 undifferentiated....g	0.000		0	FLM	4		0.000	0.000	
24:1 c....g	0.000		0	FLM	4		0.000	0.000	
Fatty acids, total polyunsaturated....g	0.140		1	MC	9		0.027	0.074	
18:2 undifferentiated....g	0.118		0	FLM	4		0.022	0.062	
18:3 undifferentiated....g	0.005		0	FLM	4		0.001	0.003	
18:4....g	0.000		0	FLM	4		0.000	0.000	
20:2 n-6 c,c....g	0.000		0	FLM	4		0.000	0.000	
20:3 undifferentiated....g	0.009		1	AI	13		0.002	0.005	
20:4 undifferentiated....g	0.009		1	AI	13		0.002	0.005	
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									
Cholesterol....mg	2		1	MC	9		0	1	
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		1	MC	9		0.0	0.0	
Caffeine....mg	17		0	FLM	4		3	9	
Theobromine....mg	130		0	FLM	4		25	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 = 19g: 1 bar snack size

Measure 2 = 53g: 1 package 1.9 oz

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

Food Group: 19 Sweets

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

NDB No. 19143
Candies, MR. GOODBAR Chocolate Bar

Hershey Food Corp.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	0.45		1	MC	9		0.22	0.33	
Energy....kcal	538		1	MC	9		264	393	
Energy....kJ	2252		0	MC	9		1103	1644	
Protein....g	10.22		1	MC	9		5.01	7.46	
Total lipid (fat)....g	33.21		1	MC	9		16.27	24.24	
Ash....g	1.53		1	MC	9		0.75	1.12	
Carbohydrate, by difference....g	54.34		1	MC	9		26.63	39.67	
Fiber, total dietary....g	3.8		1	MC	9		1.9	2.8	
Sugars, total....g	47.22		1	MC	9		23.14	34.47	
Starch....g									
Minerals:									
Calcium, Ca....mg	110		1	MC	9		54	80	
Iron, Fe....mg	1.39		1	MC	9		0.68	1.01	
Magnesium, Mg....mg	47		1	MC	9		23	34	
Phosphorus, P....mg	163		1	MC	9		80	119	
Potassium, K....mg	394		1	MC	9		193	287	
Sodium, Na....mg	41		1	MC	9		20	30	
Zinc, Zn....mg	0.93		1	MC	9		0.46	0.68	
Copper, Cu....mg	0.170		1	MC	9		0.083	0.124	
Manganese, Mn....mg	0.000		1	MC	9		0.000	0.000	
Selenium, Se....µg	0.0		1	MC	9		0.0	0.0	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.9		1	MC	9		0.4	0.7	
Thiamin....mg	0.140		1	MC	9		0.069	0.102	
Riboflavin....mg	0.140		1	MC	9		0.069	0.102	
Niacin....mg	3.440		1	MC	9		1.686	2.511	
Pantothenic acid....mg	0.420		1	MC	9		0.206	0.307	
Vitamin B-6....mg	0.070		1	MC	9		0.034	0.051	
Folate, total....µg	38		1	MC	9		18	27	
Folic acid....µg	0		0	FLM	4		0	0	
Folate, food....µg	38		1	MC	9		18	27	
Folate, DFE....µg	38		0	NC	4		18	27	
Choline, total....mg	47.4		0	O	4		23.2	34.6	
Betaine....mg									
Vitamin B-12....µg	0.33		0	FLM	4		0.16	0.24	
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....µg	35		0	FLC	4		17	26	
Retinol....µg	35		0	FLC	4		17	25	
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	125		1	MC	9		61	91	
Lycopene....µg	0		0	FLC	4		0	0	
Lutein + zeaxanthin....µg	5		0	FLC	4		3	4	
Vitamin E (alpha-tocopherol)....mg	3.17		0	FLM	4		1.55	2.31	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)....µg	3.6		0	FLM	4		1.8	2.6	
Dihydrophylloquinone....µg									

NDB No. 19143
Candies, MR. GOODBAR Chocolate Bar

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	14.130		1	MC	9		6.924	10.315	
4:0....g	0.339		0	FLM	4		0.166	0.247	
6:0....g	0.123		0	FLM	4		0.060	0.089	
8:0....g	0.070		0	FLM	4		0.034	0.051	
10:0....g	0.133		0	FLM	4		0.065	0.097	
12:0....g	0.146		0	FLM	4		0.071	0.106	
13:0....g	0.000		0	FLM	4		0.000	0.000	
14:0....g	0.461		0	FLM	4		0.226	0.337	
15:0....g	0.046		0	FLM	4		0.023	0.034	
16:0....g	6.730		0	FLM	4		3.298	4.913	
17:0....g	0.044		0	FLM	4		0.022	0.032	
18:0....g	5.700		0	FLM	4		2.793	4.161	
20:0....g	0.115		0	FLM	4		0.057	0.084	
22:0....g	0.012		0	FLM	4		0.006	0.009	
24:0....g	0.000		0	FLM	4		0.000	0.000	
Fatty acids, total monounsaturated....g	8.203		0	FLM	4		4.020	5.988	
14:1....g	0.026		0	FLM	4		0.013	0.019	
15:1....g	0.000		0	FLM	4		0.000	0.000	
16:1 undifferentiated....g	0.052		0	FLM	4		0.025	0.038	
17:1....g	0.007		0	FLM	4		0.004	0.005	
18:1 undifferentiated....g	7.991		0	FLM	4		3.915	5.833	
20:1....g	0.127		0	FLM	4		0.062	0.093	
22:1 undifferentiated....g	0.000		0	FLM	4		0.000	0.000	
24:1 c....g	0.000		0	FLM	4		0.000	0.000	
Fatty acids, total polyunsaturated....g	4.366		0	FLM	4		2.139	3.187	
18:2 undifferentiated....g	4.365		0	FLM	4		2.139	3.186	
18:3 undifferentiated....g	0.001		0	FLM	4		0.000	0.001	
18:4....g	0.000		0	FLM	4		0.000	0.000	
20:2 n-6 c,c....g	0.000		0	FLM	4		0.000	0.000	
20:3 undifferentiated....g	0.000		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									
Cholesterol....mg	10		1	MC	9		5	7	
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		1	MC	9		0.0	0.0	
Caffeine....mg	18		0	FLM	4		9	13	
Theobromine....mg	198		0	FLM	4		97	145	

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

Common Measures:

Measure 1 = 49g: 1 bar (1.75 oz)

Measure 2 = 73g: 1 bar (2.6 oz)

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

Food Group: 19 Sweets

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

NDB No. 19144
Candies, NESTLE, 100 GRAND Bar
Nestle USA, Inc.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	6.10		1	MC	9		2.62	1.28	2.62
Energy....kcal	468		0	NC	4		201	98	201
Energy....kJ	1957		0	NC	4		842	411	842
Protein....g	2.50		1	MC	9		1.08	0.53	1.08
Total lipid (fat)....g	19.33		0	T	4		8.31	4.06	8.31
Ash....g	1.10		3	A	1		0.47	0.23	0.47
Carbohydrate, by difference....g	70.97		0	NC	4		30.52	14.90	30.52
Fiber, total dietary....g	1.0		1	MC	9		0.4	0.2	0.4
Sugars, total....g	51.90		1	MC	9		22.32	10.90	22.32
Starch....g									
Minerals:									
Calcium, Ca....mg	76		1	MC	9		33	16	33
Iron, Fe....mg	0.34		1	MC	9		0.15	0.07	0.15
Magnesium, Mg....mg	25		0	FLA	4		11	5	11
Phosphorus, P....mg	86		0	FLA	4		37	18	37
Potassium, K....mg	163		1	MC	9		70	34	70
Sodium, Na....mg	203		1	MC	9		87	43	87
Zinc, Zn....mg	0.99		0	FLA	4		0.42	0.21	0.42
Copper, Cu....mg	0.185		0	FLA	4		0.079	0.039	0.079
Manganese, Mn....mg	0.172		0	FLA	4		0.074	0.036	0.074
Selenium, Se....µg	2.5		0	FLA	4		1.1	0.5	1.1
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.7		1	MC	9		0.3	0.1	0.3
Thiamin....mg	0.058		0	FLA	4		0.025	0.012	0.025
Riboflavin....mg	0.119		0	FLA	4		0.051	0.025	0.051
Niacin....mg	0.198		0	FLA	4		0.085	0.042	0.085
Pantothenic acid....mg	0.182		0	FLA	4		0.078	0.038	0.078
Vitamin B-6....mg	0.016		0	FLA	4		0.007	0.003	0.007
Folate, total....µg	5		0	FLA	4		2	1	2
Folic acid....µg	0		0	FLA	4		0	0	0
Folate, food....µg	5		0	FLA	4		2	1	2
Folate, DFE....µg	5		0	NC	4		2	1	2
Choline, total....mg	24.6		0	O	4		10.6	5.2	10.6
Betaine....mg									
Vitamin B-12....µg	0.29		0	FLA	4		0.12	0.06	0.12
Vitamin B-12, added....µg	0.00		0	FLA	4		0.00	0.00	0.00
Vitamin A, RAE....µg	38		0	NC	4		16	8	16
Retinol....µg	37		0	FLA	4		16	8	16
Carotene, beta....µg	3		0	FLA	4		1	1	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	127		1	MC	9		55	27	55
Lycopene....µg	0		0	FLA	4		0	0	0
Lutein + zeaxanthin....µg	2		0	FLA	4		1	0	1
Vitamin E (alpha-tocopherol)....mg	0.42		0	FLA	4		0.18	0.09	0.18
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									
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	6.2		0	FLA	4		2.7	1.3	2.7
Dihydrophylloquinone....µg									
Menaquinone-4....µg									

NDB No. 19144
Candies, NESTLE, 100 GRAND Bar

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	11.900		0	NC	4		5.117	2.499	5.117
4:0....g	0.356		0	FLA	4		0.153	0.075	0.153
6:0....g	0.169		0	FLA	4		0.073	0.035	0.073
8:0....g	0.322		0	FLA	4		0.138	0.068	0.138
10:0....g	0.329		0	FLA	4		0.142	0.069	0.142
12:0....g	1.439		0	FLA	4		0.619	0.302	0.619
13:0....g	0.000		0	FLA	4		0.000	0.000	0.000
14:0....g	1.026		0	FLA	4		0.441	0.215	0.441
15:0....g	0.038		0	FLA	4		0.016	0.008	0.016
16:0....g	4.314		0	FLA	4		1.855	0.906	1.855
17:0....g	0.049		0	FLA	4		0.021	0.010	0.021
18:0....g	3.751		0	FLA	4		1.613	0.788	1.613
20:0....g	0.098		0	FLA	4		0.042	0.021	0.042
22:0....g	0.010		0	FLA	4		0.004	0.002	0.004
24:0....g	0.000		0	FLA	4		0.000	0.000	0.000
Fatty acids, total monounsaturated....g	6.039		0	NC	4		2.597	1.268	2.597
14:1....g	0.064		0	FLA	4		0.028	0.014	0.028
15:1....g	0.000		0	FLA	4		0.000	0.000	0.000
16:1 undifferentiated....g	0.183		0	FLA	4		0.079	0.038	0.079
17:1....g	0.019		0	FLA	4		0.008	0.004	0.008
18:1 undifferentiated....g	5.769		0	FLA	4		2.481	1.212	2.481
20:1....g	0.004		0	FLA	4		0.002	0.001	0.002
22:1 undifferentiated....g	0.000		0	FLA	4		0.000	0.000	0.000
24:1 c....g	0.000		0	FLA	4		0.000	0.000	0.000
Fatty acids, total polyunsaturated....g	1.388		0	NC	4		0.597	0.292	0.597
18:2 undifferentiated....g	1.259		0	FLA	4		0.541	0.264	0.541
18:3 undifferentiated....g	0.129		0	FLA	4		0.055	0.027	0.055
18:4....g	0.000		0	FLA	4		0.000	0.000	0.000
20:2 n-6 c,c....g	0.000		0	FLA	4		0.000	0.000	0.000
20:3 undifferentiated....g	0.000		0	FLA	4		0.000	0.000	0.000
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	0.000		0	FLA	4		0.000	0.000	0.000
Cholesterol....mg	12		1	LC	8		5	2	5
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	FLA	4		0.0	0.0	0.0
Caffeine....mg	8		1	MC	9		3	2	3
Theobromine....mg	55		1	MC	9		24	12	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 = 43g: 1 bar (1.5 oz)

Measure 2 = 21g: 1 bar, miniature

Measure 3 = 43g: 1 serving 1.5 oz bar

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

Food Group: 19 Sweets

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

NDB No. 19153

Candies, NESTLE, AFTER EIGHT Mints

Nestle USA, Inc.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	6.30		1		1		2.65	0.53	
Energy ... kcal	432		0	NC	4		181	36	
Energy ... kJ	1807		0	NC	4		759	152	
Protein ... g	1.67		1	MC	9		0.70	0.14	
Total lipid (fat) ... g	11.90		1	MC	9		5.00	1.00	
Ash ... g	0.60		1		1		0.25	0.05	
Carbohydrate, by difference ... g	79.53		0	NC	4		33.40	6.68	
Fiber, total dietary ... g	2.4		1	MC	9		1.0	0.2	
Sugars, total ... g	66.60		1	MC	9		27.97	5.59	
Starch ... g									
Minerals:									
Calcium, Ca ... mg	13		1	MC	9		5	1	
Iron, Fe ... mg	0.57		1	MC	9		0.24	0.05	
Magnesium, Mg ... mg									
Phosphorus, P ... mg									
Potassium, K ... mg									
Sodium, Na ... mg	1		1	MC	9		0	0	
Zinc, Zn ... mg									
Copper, Cu ... mg									
Manganese, Mn ... mg									
Selenium, Se ... µg									
Vitamins:									
Vitamin C, total ascorbic acid ... mg	0.0		1	MC	9		0.0	0.0	
Thiamin ... mg									
Riboflavin ... mg									
Niacin ... mg									
Pantothenic acid ... mg									
Vitamin B-6 ... mg									
Folate, total ... µg									
Folic acid ... µg	0		0	Z	7		0	0	
Folate, food ... µg									
Folate, DFE ... µg									
Choline, total ... mg									
Betaine ... mg									
Vitamin B-12 ... µg									
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		1	MC	9		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									
Lipids:									
Fatty acids, total saturated ... g	8.330		1	MC	9		3.499	0.700	

NDB No. 19153
Candies, NESTLE, AFTER EIGHT Mints

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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 monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g	0.000		1	MC	9		0.000	0.000	
Cholesterol.....mg	0		1	MC	9		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 = 42g: 1 serving 5 mints

Measure 2 = 8.4g: 1 piece

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

Food Group: 19 Sweets

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

NDB No. 19111
Candies, NESTLE, BABY RUTH Bar
Nestle USA, Inc.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	6.99		0	O	4		4.19	1.26	
Energy....kcal	459		1	MC	9		275	83	
Energy....kJ	1920		0	MC	9		1152	346	
Protein....g	5.40		1	MC	9		3.24	0.97	
Total lipid (fat)....g	21.60		1	MC	9		12.96	3.89	
Ash....g	1.21		3	A	1		0.73	0.22	
Carbohydrate, by difference....g	64.80		1	MC	9		38.88	11.66	
Fiber, total dietary....g	2.0		1	MC	9		1.2	0.4	
Sugars, total....g	54.00		1	MC	9		32.40	9.72	
Starch....g									
Minerals:									
Calcium, Ca....mg	47		1	MC	9		28	8	
Iron, Fe....mg	0.63		1	MC	9		0.38	0.11	
Magnesium, Mg....mg	43		0	FLC	4		26	8	
Phosphorus, P....mg	94		0	FLC	4		57	17	
Potassium, K....mg	249		0	FLC	4		149	45	
Sodium, Na....mg	230		1	MC	9		138	41	
Zinc, Zn....mg	0.72		0	FLC	4		0.43	0.13	
Copper, Cu....mg	0.225		0	FLC	4		0.135	0.040	
Manganese, Mn....mg	0.351		0	FLC	4		0.211	0.063	
Selenium, Se....µg	2.5		0	FLC	4		1.5	0.4	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		1	MC	9		0.0	0.0	
Thiamin....mg	0.058		0	FLC	4		0.035	0.010	
Riboflavin....mg	0.121		0	FLC	4		0.073	0.022	
Niacin....mg	1.251		0	FLC	4		0.751	0.225	
Pantothenic acid....mg	0.333		0	FLC	4		0.200	0.060	
Vitamin B-6....mg	0.042		0	FLC	4		0.025	0.008	
Folate, total....µg	12		0	FLC	4		7	2	
Folic acid....µg	0		0	FLC	4		0	0	
Folate, food....µg	12		0	FLC	4		7	2	
Folate, DFE....µg	12		0	NC	4		7	2	
Choline, total....mg	34.9		0	O	4		20.9	6.3	
Betaine....mg									
Vitamin B-12....µg	0.06		0	FLC	4		0.03	0.01	
Vitamin B-12, added....µg	0.00		0	FLC	4		0.00	0.00	
Vitamin A, RAE....µg	0		0	NC	4		0	0	
Retinol....µg	0		0	NR	4		0	0	
Carotene, beta....µg	0		0	NR	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		1	MC	9		0	0	
Lycopene....µg	0		0	FLC	4		0	0	
Lutein + zeaxanthin....µg	0		0	NR	4		0	0	
Vitamin E (alpha-tocopherol)....mg	0.93		0	FLC	4		0.56	0.17	
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	
Vitamin K (phylloquinone)....µg	2.3		0	FLC	4		1.4	0.4	
Dihydrophylloquinone....µg									
Menaquinone-4....µg									

NDB No. 19111
Candies, NESTLE, BABY RUTH Bar

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	12.100		1	MC	9		7.260	2.178	
4:0....g	0.013		0	FLC	4		0.008	0.002	
6:0....g	0.061		0	FLC	4		0.036	0.011	
8:0....g	0.676		0	FLC	4		0.406	0.122	
10:0....g	0.569		0	FLC	4		0.341	0.102	
12:0....g	6.372		0	FLC	4		3.823	1.147	
13:0....g									
14:0....g	2.327		0	FLC	4		1.396	0.419	
15:0....g									
16:0....g	1.505		0	FLC	4		0.903	0.271	
17:0....g									
18:0....g	0.530		0	FLC	4		0.318	0.095	
20:0....g	0.005		0	FLC	4		0.003	0.001	
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	5.557		0	FLC	4		3.334	1.000	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.007		0	FLC	4		0.004	0.001	
17:1....g									
18:1 undifferentiated....g	5.450		0	FLC	4		3.270	0.981	
20:1....g	0.096		0	FLC	4		0.058	0.017	
22:1 undifferentiated....g	0.000		0	FLC	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	2.638		0	FLC	4		1.583	0.475	
18:2 undifferentiated....g	2.634		0	FLC	4		1.581	0.474	
18:3 undifferentiated....g	0.003		0	FLC	4		0.002	0.001	
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	0.050		1	MC	9		0.030	0.009	
Cholesterol....mg	0		1	MC	9		0	0	
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	FLC	4		0.0	0.0	
Caffeine....mg	4		0	FLC	4		2	1	
Theobromine....mg	119		0	FLC	4		71	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 = 60g: 1 serving 2.1 oz bar

Measure 2 = 18g: 1 serving fun size bar 0.65 oz

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

Food Group: 19 Sweets

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

NDB No. 19068

Candies, NESTLE, BIT-O'-HONEY Candy Chews

Nestle USA, Inc.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	8.30		0	O	4		3.32		
Energy....kcal	375		1	MC	9		150		
Energy....kJ	1569		0	MC	9		628		
Protein....g	2.00		1	MC	9		0.80		
Total lipid (fat)....g	7.50		1	MC	9		3.00		
Ash....g	1.31		0	FLC	4		0.52		
Carbohydrate, by difference....g	80.89		0	NC	4		32.36		
Fiber, total dietary....g	0.2		1	MC	9		0.1		
Sugars, total....g	48.00		1	MC	9		19.20		
Starch....g									
Minerals:									
Calcium, Ca....mg	35		1	MC	9		14		
Iron, Fe....mg	0.20		1	MC	9		0.08		
Magnesium, Mg....mg	7		0	FLA	4		3		
Phosphorus, P....mg	28		0	FLA	4		11		
Potassium, K....mg	44		0	FLA	4		18		
Sodium, Na....mg	295		1	MC	9		118		
Zinc, Zn....mg	0.49		0	FLA	4		0.20		
Copper, Cu....mg	0.026		0	FLA	4		0.010		
Manganese, Mn....mg	0.038		0	FLA	4		0.015		
Selenium, Se....µg	1.3		0	FLA	4		0.5		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.8		1	MC	9		0.3		
Thiamin....mg	0.060		0	FLA	4		0.024		
Riboflavin....mg	0.044		0	FLA	4		0.018		
Niacin....mg	0.069		0	FLA	4		0.028		
Pantothenic acid....mg	0.082		0	FLA	4		0.033		
Vitamin B-6....mg	0.009		0	FLA	4		0.004		
Folate, total....µg	2		0	FLA	4		1		
Folic acid....µg	0		0	FLA	4		0		
Folate, food....µg	2		0	FLA	4		1		
Folate, DFE....µg	2		0	NC	4		1		
Choline, total....mg	2.5		0	O	4		1.0		
Betaine....mg									
Vitamin B-12....µg	0.06		0	FLA	4		0.02		
Vitamin B-12, added....µg	0.00		0	FLA	4		0.00		
Vitamin A, RAE....µg	0		0	NC	4		0		
Retinol....µg	0		0	NR	4		0		
Carotene, beta....µg	0		0	NR	4		0		
Carotene, alpha....µg	0		0	FLA	4		0		
Cryptoxanthin, beta....µg	0		0	FLA	4		0		
Vitamin A, IU....IU	0		1	MC	9		0		
Lycopene....µg	0		0	FLA	4		0		
Lutein + zeaxanthin....µg	0		0	NR	4		0		
Vitamin E (alpha-tocopherol)....mg	0.30		0	FLA	4		0.12		
Vitamin E, added....mg	0.00		0	FLA	4		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		
Vitamin D....IU	0		0	Z	7		0		
Vitamin K (phylloquinone)....µg	0.0		0	FLA	4		0.0		
Dihydrophylloquinone....µg									
Menaquinone-4....µg									

NDB No. 19068
Candies, NESTLE, BIT-O'-HONEY Candy Chews

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	5.500		1	MC	9		2.200		
4:0....g	0.005		0	FLA	4		0.002		
6:0....g	0.047		0	FLA	4		0.019		
8:0....g	0.496		0	FLA	4		0.199		
10:0....g	0.352		0	FLA	4		0.141		
12:0....g	2.798		0	FLA	4		1.119		
13:0....g	0.000		0	FLA	4		0.000		
14:0....g	1.050		0	FLA	4		0.420		
15:0....g	0.000		0	FLA	4		0.000		
16:0....g	0.560		0	FLA	4		0.224		
17:0....g	0.000		0	FLA	4		0.000		
18:0....g	0.189		0	FLA	4		0.075		
20:0....g	0.002		0	FLA	4		0.001		
22:0....g	0.000		0	FLA	4		0.000		
24:0....g	0.000		0	FLA	4		0.000		
Fatty acids, total monounsaturated....g	1.030		0	FLA	4		0.412		
14:1....g	0.000		0	FLA	4		0.000		
15:1....g									
16:1 undifferentiated....g	0.005		0	FLA	4		0.002		
17:1....g									
18:1 undifferentiated....g	1.025		0	FLA	4		0.410		
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	0.000		0	FLA	4		0.000		
Fatty acids, total polyunsaturated....g	0.338		0	FLA	4		0.135		
18:2 undifferentiated....g	0.336		0	FLA	4		0.134		
18:3 undifferentiated....g	0.002		0	FLA	4		0.001		
18:4....g	0.000		0	FLA	4		0.000		
20:2 n-6 c,c....g	0.000		0	FLA	4		0.000		
20:3 undifferentiated....g	0.000		0	FLA	4		0.000		
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	0.000		1	MC	9		0.000		
Cholesterol....mg	0		1	MC	9		0		
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	FLA	4		0.0		
Caffeine....mg	0		0	FLA	4		0		
Theobromine....mg	0		0	FLA	4		0		

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

Common Measures:

Measure 1 = 40g: 1 serving 6 pieces

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

Food Group: 19 Sweets

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

NDB No. 19069

Candies, NESTLE, BUTTERFINGER Bar

Nestle USA, Inc.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	1.23		0	O	4		0.74	0.22	0.26
Energy ... kcal	459		1	MC	9		275	83	96
Energy ... kJ	1920		0	MC	9		1152	346	403
Protein ... g	5.40		1	MC	9		3.24	0.97	1.13
Total lipid (fat) ... g	18.90		1	MC	9		11.34	3.40	3.97
Ash ... g	1.57		0	FLA	4		0.94	0.28	0.33
Carbohydrate, by difference ... g	72.90		1	MC	9		43.74	13.12	15.31
Fiber, total dietary ... g	2.0		1	MC	9		1.2	0.4	0.4
Sugars, total ... g	45.90		1	MC	9		27.54	8.26	9.64
Starch ... g									
Minerals:									
Calcium, Ca ... mg	36		1	MC	9		22	6	8
Iron, Fe ... mg	0.79		1	MC	9		0.47	0.14	0.17
Magnesium, Mg ... mg	48		0	FLA	4		29	9	10
Phosphorus, P ... mg	97		0	FLA	4		58	18	20
Potassium, K ... mg	220		0	FLA	4		132	40	46
Sodium, Na ... mg	230		1	MC	9		138	41	48
Zinc, Zn ... mg	1.00		0	FLA	4		0.60	0.18	0.21
Copper, Cu ... mg	0.193		0	FLA	4		0.116	0.035	0.040
Manganese, Mn ... mg	0.490		0	FLA	4		0.294	0.088	0.103
Selenium, Se ... µg	2.9		0	FLA	4		1.7	0.5	0.6
Vitamins:									
Vitamin C, total ascorbic acid ... mg	0.0		1	MC	9		0.0	0.0	0.0
Thiamin ... mg	0.121		0	FLA	4		0.072	0.022	0.025
Riboflavin ... mg	0.062		0	FLA	4		0.037	0.011	0.013
Niacin ... mg	2.649		0	FLA	4		1.590	0.477	0.556
Pantothenic acid ... mg	0.370		0	FLA	4		0.222	0.067	0.078
Vitamin B-6 ... mg	0.069		0	FLA	4		0.041	0.012	0.014
Folate, total ... µg	28		0	FLA	4		17	5	6
Folic acid ... µg	0		0	FLA	4		0	0	0
Folate, food ... µg	28		0	FLA	4		17	5	6
Folate, DFE ... µg	28		0	NC	4		17	5	6
Choline, total ... mg	15.0		0	O	4		9.0	2.7	3.2
Betaine ... mg									
Vitamin B-12 ... µg	0.04		0	FLA	4		0.03	0.01	0.01
Vitamin B-12, added ... µg	0.00		0	FLA	4		0.00	0.00	0.00
Vitamin A, RAE ... µg	0		0	Z	7		0	0	0
Retinol ... µg	0		0	NR	4		0	0	0
Carotene, beta ... µg	0		0	NR	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	MC	9		0	0	0
Lycopene ... µg	0		0	FLA	4		0	0	0
Lutein + zeaxanthin ... µg	0		0	NR	4		0	0	0
Vitamin E (alpha-tocopherol) ... mg	1.72		0	FLA	4		1.03	0.31	0.36
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									
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	2.2		0	FLA	4		1.3	0.4	0.5
Dihydrophylloquinone ... µg									
Menaquinone-4 ... µg									

NDB No. 19069
Candies, NESTLE, BUTTERFINGER Bar

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	9.500		1	MC	9		5.700	1.710	1.995
4:0....g	0.007		0	FLA	4		0.004	0.001	0.002
6:0....g	0.022		0	FLA	4		0.013	0.004	0.005
8:0....g	0.282		0	FLA	4		0.169	0.051	0.059
10:0....g	0.273		0	FLA	4		0.164	0.049	0.057
12:0....g	4.183		0	FLA	4		2.510	0.753	0.878
13:0....g									
14:0....g	1.406		0	FLA	4		0.844	0.253	0.295
15:0....g	0.000		0	FLA	4		0.000	0.000	0.000
16:0....g	1.763		0	FLA	4		1.058	0.317	0.370
17:0....g	0.000		0	FLA	4		0.000	0.000	0.000
18:0....g	1.445		0	FLA	4		0.867	0.260	0.304
20:0....g	0.003		0	FLA	4		0.002	0.001	0.001
22:0....g	0.000		0	FLA	4		0.000	0.000	0.000
24:0....g									
Fatty acids, total monounsaturated....g	5.119		0	FLA	4		3.072	0.922	1.075
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.002		0	FLA	4		0.001	0.000	0.000
17:1....g									
18:1 undifferentiated....g	4.983		0	FLA	4		2.990	0.897	1.046
20:1....g	0.134		0	FLA	4		0.080	0.024	0.028
22:1 undifferentiated....g	0.000		0	FLA	4		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	3.164		0	FLA	4		1.899	0.570	0.665
18:2 undifferentiated....g	3.163		0	FLA	4		1.898	0.569	0.664
18:3 undifferentiated....g	0.002		0	FLA	4		0.001	0.000	0.000
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	Z	7		0.000	0.000	0.000
20:5 n-3 (EPA)....g	0.000		0	Z	7		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	0.040		1	MC	9		0.024	0.007	0.008
Cholesterol....mg	0		1	MC	9		0	0	0
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	FLA	4		0.0	0.0	0.0
Caffeine....mg	1		0	FLA	4		1	0	0
Theobromine....mg	36		0	FLA	4		22	7	8

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 serving 2.1 oz bar

Measure 2 = 18g: 1 serving 1 fun size bar 0.65 oz

Measure 3 = 21g: 1 serving 0.75 oz bar

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

Food Group: 19 Sweets

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

NDB No. 19913
Candies, NESTLE, BUTTERFINGER Crisp

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	5.05		0	FLC	4		3.03		
Energy....kcal	465		0	NC	4		279		
Energy....kJ	1947		0	NC	4		1168		
Protein (N x 6.25)....g	6.67		0	MC	9		4.00		
Total lipid (fat)....g	18.33		0	MC	9		11.00		
Ash....g	1.50		0	FLC	4		0.90		
Carbohydrate, by difference....g	68.45		0	NC	4		41.07		
Fiber, total dietary....g	1.7		0	MC	9		1.0		
Sugars, total....g	48.33		0	MC	9		29.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	33		0	MC	9		20		
Iron, Fe....mg	0.60		0	MC	9		0.36		
Magnesium, Mg....mg	89		0	FLC	4		54		
Phosphorus, P....mg	153		0	FLC	4		92		
Potassium, K....mg	429		0	FLC	4		257		
Sodium, Na....mg	13		0	FLC	4		8		
Zinc, Zn....mg	1.23		0	FLC	4		0.74		
Copper, Cu....mg	0.421		0	FLC	4		0.253		
Manganese, Mn....mg	1.077		0	FLC	4		0.646		
Selenium, Se....µg	11.0		0	FLC	4		6.6		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.1		0	FLC	4		0.1		
Thiamin....mg	0.133		0	FLC	4		0.080		
Riboflavin....mg	0.094		0	FLC	4		0.056		
Niacin....mg	2.438		0	FLC	4		1.463		
Pantothenic acid....mg	0.348		0	FLC	4		0.209		
Vitamin B-6....mg	0.146		0	FLC	4		0.088		
Folate, total....µg	25		0	FLC	4		15		
Folic acid....µg	0		0	FLC	4		0		
Folate, food....µg	25		0	FLC	4		15		
Folate, DFE....µg	25		0	NC	4		15		
Choline, total....mg	13.8		0	FLC	4		8.3		
Betaine....mg									
Vitamin B-12....µg	0.05		0	FLC	4		0.03		
Vitamin B-12, added....µg	0.00		0	FLC	4		0.00		
Vitamin A, RAE....µg	0		0	NC	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	1		0	NC	4		1		
Lycopene....µg	0		0	FLC	4		0		
Lutein + zeaxanthin....µg	28		0	FLC	4		17		
Vitamin E (alpha-tocopherol)....mg	1.31		0	FLC	4		0.79		
Vitamin E, added....mg	0.00		0	FLC	4		0.00		
Tocopherol, beta....mg	0.03		0	FLC	4		0.02		
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	AS	1		0.0		
Vitamin D....IU	0		0	FLC	4		0		
Vitamin K (phylloquinone)....µg	3.2		0	FLC	4		1.9		
Dihydrophylloquinone....µg									
Menaquinone-4....µg									

NDB No. 19913
Candies, NESTLE, BUTTERFINGER Crisp

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	10.592		0	NC	4		6.355		
4:0....g	0.000		0	FLC	4		0.000		
6:0....g	0.023		0	FLC	4		0.014		
8:0....g	0.375		0	FLC	4		0.225		
10:0....g	0.421		0	FLC	4		0.253		
12:0....g	5.345		0	FLC	4		3.207		
13:0....g									
14:0....g	1.870		0	FLC	4		1.122		
15:0....g	0.000		0	FLC	4		0.000		
16:0....g	1.822		0	FLC	4		1.093		
17:0....g	0.000		0	FLC	4		0.000		
18:0....g	0.736		0	FLC	4		0.441		
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	4.465		0	NC	4		2.679		
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	4.386		0	FLC	4		2.632		
20:1....g	0.077		0	FLC	4		0.046		
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	2.170		0	NC	4		1.302		
18:2 undifferentiated....g	2.161		0	FLC	4		1.296		
18:3 undifferentiated....g	0.010		0	FLC	4		0.006		
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	MC	9		0.000		
Cholesterol....mg	0		0	MC	9		0		
Phytosterols....mg	11		0	FLC	4		6		
Amino Acids:									
Tryptophan....g	0.072		0	FLC	4		0.043		
Threonine....g	0.205		0	FLC	4		0.123		
Isoleucine....g	0.223		0	FLC	4		0.134		
Leucine....g	0.400		0	FLC	4		0.240		
Lysine....g	0.238		0	FLC	4		0.143		
Methionine....g	0.084		0	FLC	4		0.050		
Cystine....g	0.086		0	FLC	4		0.051		
Phenylalanine....g	0.301		0	FLC	4		0.180		
Tyrosine....g	0.211		0	FLC	4		0.127		
Valine....g	0.285		0	FLC	4		0.171		
Arginine....g	0.485		0	FLC	4		0.291		
Histidine....g	0.143		0	FLC	4		0.086		
Alanine....g	0.237		0	FLC	4		0.142		
Aspartic acid....g	0.572		0	FLC	4		0.343		
Glutamic acid....g	1.344		0	FLC	4		0.806		
Glycine....g	0.294		0	FLC	4		0.176		
Proline....g	0.454		0	FLC	4		0.273		
Serine....g	0.284		0	FLC	4		0.170		
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	FLC	4		0.0		

NDB No. 19913
Candies, NESTLE, BUTTERFINGER Crisp

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Caffeine.....mg	5		0	FLC	4		3		
Theobromine.....mg	185		0	FLC	4		111		

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

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

Food Group: 19 Sweets

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

NDB No. 19119
Candies, NESTLE, CHUNKY Bar
Nestle USA, Inc.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	2.90		2		1		1.16		
Energy ... kcal	475		1	MC	9		190		
Energy ... kJ	1987		0	MC	9		795		
Protein ... g	7.50		1	MC	9		3.00		
Total lipid (fat) ... g	27.50		1	MC	9		11.00		
Ash ... g	1.70		2		1		0.68		
Carbohydrate, by difference ... g	60.00		1	MC	9		24.00		
Fiber, total dietary ... g	2.5		1	MC	9		1.0		
Sugars, total ... g	52.50		1	MC	9		21.00		
Starch ... g									
Minerals:									
Calcium, Ca ... mg	100		1	MC	9		40		
Iron, Fe ... mg	0.90		1	MC	9		0.36		
Magnesium, Mg ... mg									
Phosphorus, P ... mg									
Potassium, K ... mg									
Sodium, Na ... mg	38		1	MC	9		15		
Zinc, Zn ... mg									
Copper, Cu ... mg									
Manganese, Mn ... mg									
Selenium, Se ... µg									
Vitamins:									
Vitamin C, total ascorbic acid ... mg	0.0		1	MC	9		0.0		
Thiamin ... mg									
Riboflavin ... mg									
Niacin ... mg									
Pantothenic acid ... mg									
Vitamin B-6 ... mg									
Folate, total ... µg									
Folic acid ... µg									
Folate, food ... µg									
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	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									
Dihydrophylloquinone ... µg									
Menaquinone-4 ... µg									
Lipids:									
Fatty acids, total saturated ... g	12.500		1	MC	9		5.000		

NDB No. 19119
Candies, NESTLE, CHUNKY Bar

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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 monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g	0.160		1	MC	9		0.064		
Cholesterol.....mg	10		1	MC	9		4		
Phytosterols.....mg									

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

Common Measures:

Measure 1 = 40g: 1 serving 1.4 oz bar

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

Food Group: 19 Sweets

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

NDB No. 19145

Candies, NESTLE, CRUNCH Bar and Dessert Topping

Nestle USA, Inc.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	0.65		1	MC	9		0.29	0.09	0.27
Energy....kcal	500		1	MC	9		220	71	205
Energy....kJ	2092		0	MC	9		920	297	858
Protein....g	5.00		1	MC	9		2.20	0.71	2.05
Total lipid (fat)....g	26.00		1	MC	9		11.44	3.69	10.66
Ash....g	1.35		3	A	1		0.59	0.19	0.55
Carbohydrate, by difference....g	67.00		1	MC	9		29.48	9.51	27.47
Fiber, total dietary....g	1.9		1	MC	9		0.8	0.3	0.8
Sugars, total....g	55.00		1	MC	9		24.20	7.81	22.55
Starch....g									
Minerals:									
Calcium, Ca....mg	100		1	MC	9		44	14	41
Iron, Fe....mg	0.70		1	MC	9		0.31	0.10	0.29
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg	305		1	MC	9		134	43	125
Sodium, Na....mg	150		1	MC	9		66	21	62
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.5		1	MC	9		0.2	0.1	0.2
Thiamin....mg									
Riboflavin....mg									
Niacin....mg									
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....µg									
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg									
Vitamin A, RAE....µg									
Vitamin A, IU....IU	107		1	MC	9		47	15	44
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	16.000		1	MC	9		7.040	2.272	6.560
Fatty acids, total monounsaturated....g									
Fatty acids, total polyunsaturated....g									
Fatty acids, total trans....g	0.137		1	MC	9		0.060	0.019	0.056
Cholesterol....mg	13		1	MC	9		6	2	5
Phytosterols....mg									

NDB No. 19145
Candies, NESTLE, CRUNCH Bar and Dessert Topping

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Others:									
Alcohol, ethyl.....g									
Caffeine.....mg	30		1	MC	9		13	4	12
Theobromine.....mg	168		1	MC	9		74	24	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 = 44g: 1 bar 1.55 oz

Measure 2 = 14.2g: 1 bar 0.5 oz

Measure 3 = 41g: 1 serving 4 fun size bars

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

Food Group: 19 Sweets

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

NDB No. 19105

Candies, NESTLE, GOOBERS Chocolate Covered Peanuts

Nestle USA, Inc.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	1.90	0.100	3		1		0.74	0.78	0.91
Energy ... kcal	512		1	MC	9		200	210	246
Energy ... kJ	2142		0	MC	9		835	878	1028
Protein ... g	9.70		1	MC	9		3.78	3.98	4.66
Total lipid (fat) ... g	34.00		1	MC	9		13.26	13.94	16.32
Ash ... g	1.80	0.076	3		1		0.70	0.74	0.86
Carbohydrate, by difference ... g	53.00		1	MC	9		20.67	21.73	25.44
Fiber, total dietary ... g	9.7		1	MC	9		3.8	4.0	4.7
Sugars, total ... g	43.00		1	MC	9		16.77	17.63	20.64
Starch ... g									
Minerals:									
Calcium, Ca ... mg	89		1	MC	9		35	36	43
Iron, Fe ... mg	1.10		1	MC	9		0.43	0.45	0.53
Magnesium, Mg ... mg									
Phosphorus, P ... mg									
Potassium, K ... mg	502	10.786	3		1		196	206	241
Sodium, Na ... mg	36		1	MC	9		14	15	17
Zinc, Zn ... mg									
Copper, Cu ... mg									
Manganese, Mn ... mg									
Selenium, Se ... µg									
Vitamins:									
Vitamin C, total ascorbic acid ... mg	0.3		1	MC	9		0.1	0.1	0.1
Thiamin ... mg									
Riboflavin ... mg									
Niacin ... mg									
Pantothenic acid ... mg									
Vitamin B-6 ... mg									
Folate, total ... µg									
Folic acid ... µg									
Folate, food ... µg									
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	68		1	MC	9		27	28	33
Lycopene ... µg									
Lutein + zeaxanthin ... µg									
Vitamin E (alpha-tocopherol) ... mg									
Tocopherol, beta ... mg									
Tocopherol, gamma ... mg									
Tocopherol, delta ... mg									
Tocotrienol, alpha ... mg									
Tocotrienol, beta ... mg									
Tocotrienol, gamma ... mg									
Tocotrienol, delta ... mg									
Vitamin D (D2 + D3) ... µg									
Vitamin D ... IU									
Vitamin K (phylloquinone) ... µg									
Dihydrophylloquinone ... µg									
Menaquinone-4 ... µg									
Lipids:									
Fatty acids, total saturated ... g	12.100		1	MC	9		4.719	4.961	5.808

NDB No. 19105
Candies, NESTLE, GOOBERS Chocolate Covered Peanuts

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
4:0....g									
6:0....g									
8:0....g									
10:0....g									
12:0....g									
13:0....g									
14:0....g									
15:0....g									
16:0....g									
17:0....g									
18:0....g									
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g									
14:1....g									
15:1....g									
16:1 undifferentiated....g									
17:1....g									
18:1 undifferentiated....g									
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g									
18:2 undifferentiated....g									
18:3 undifferentiated....g									
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g	0.070		1	MC	9		0.027	0.029	0.034
Cholesterol....mg	12		1	MC	9		5	5	6
Phytosterols....mg									
Others:									
Alcohol, ethyl....g									
Caffeine....mg									
Theobromine....mg									

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

Common Measures:

Measure 1 = 39g: 1 package 1.375 oz

Measure 2 = 41g: 1 serving 0.25 cup

Measure 3 = 48g: 1 serving fun size

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

Food Group: 19 Sweets

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

NDB No. 19118
Candies, NESTLE, OH HENRY! Bar
Nestle USA, Inc.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	2.30		0	O	4		1.31	0.60	
Energy....kcal	462		1	MC	9		263	120	
Energy....kJ	1933		0	MC	9		1102	503	
Protein....g	7.70		1	MC	9		4.39	2.00	
Total lipid (fat)....g	23.00		1	MC	9		13.11	5.98	
Ash....g	1.50		0	FLC	4		0.86	0.39	
Carbohydrate, by difference....g	65.50		1	MC	9		37.34	17.03	
Fiber, total dietary....g	1.9		1	MC	9		1.1	0.5	
Sugars, total....g	46.20		1	MC	9		26.33	12.01	
Starch....g									
Minerals:									
Calcium, Ca....mg	69		1	MC	9		39	18	
Iron, Fe....mg	0.50		1	MC	9		0.29	0.13	
Magnesium, Mg....mg	51		0	FLC	4		29	13	
Phosphorus, P....mg	140		0	FLC	4		80	36	
Potassium, K....mg	259		0	FLC	4		148	67	
Sodium, Na....mg	193		1	MC	9		110	50	
Zinc, Zn....mg	1.19		0	FLC	4		0.68	0.31	
Copper, Cu....mg	0.353		0	FLC	4		0.201	0.092	
Manganese, Mn....mg	0.535		0	FLC	4		0.305	0.139	
Selenium, Se....µg	3.2		0	FLC	4		1.8	0.8	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		1	MC	9		0.0	0.0	
Thiamin....mg	0.149		0	FLC	4		0.085	0.039	
Riboflavin....mg	0.121		0	FLC	4		0.069	0.032	
Niacin....mg	2.545		0	FLC	4		1.451	0.662	
Pantothenic acid....mg	0.539		0	FLC	4		0.307	0.140	
Vitamin B-6....mg	0.086		0	FLC	4		0.049	0.022	
Folate, total....µg	44		0	FLC	4		25	11	
Folic acid....µg	0		0	FLC	4		0	0	
Folate, food....µg	44		0	FLC	4		25	11	
Folate, DFE....µg	44		0	NC	4		25	11	
Choline, total....mg	37.1		0	O	4		21.2	9.6	
Betaine....mg									
Vitamin B-12....µg	0.20		0	FLC	4		0.11	0.05	
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	NR	4		0	0	
Carotene, beta....µg	0		0	NR	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		1	MC	9		0	0	
Lycopene....µg	0		0	FLC	4		0	0	
Lutein + zeaxanthin....µg	0		0	FLC	4		0	0	
Vitamin E (alpha-tocopherol)....mg	2.21		0	FLC	4		1.26	0.57	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)....µg	1.2		0	FLC	4		0.7	0.3	
Dihydrophylloquinone....µg									
Menaquinone-4....µg									

NDB No. 19118
Candies, NESTLE, OH HENRY! Bar

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	9.600		1	MC	9		5.472	2.496	
4:0....g	0.124		0	FLC	4		0.070	0.032	
6:0....g	0.055		0	FLC	4		0.032	0.014	
8:0....g	0.160		0	FLC	4		0.091	0.042	
10:0....g	0.156		0	FLC	4		0.089	0.041	
12:0....g	0.853		0	FLC	4		0.486	0.222	
13:0....g	0.000		0	FLC	4		0.000	0.000	
14:0....g	0.471		0	FLC	4		0.269	0.123	
15:0....g	0.017		0	FLC	4		0.010	0.004	
16:0....g	2.869		0	FLC	4		1.636	0.746	
17:0....g	0.016		0	FLC	4		0.009	0.004	
18:0....g	1.815		0	FLC	4		1.035	0.472	
20:0....g	0.042		0	FLC	4		0.024	0.011	
22:0....g	0.004		0	FLC	4		0.003	0.001	
24:0....g	0.000		0	FLC	4		0.000	0.000	
Fatty acids, total monounsaturated....g	5.530		0	FLC	4		3.152	1.438	
14:1....g	0.011		0	FLC	4		0.007	0.003	
15:1....g	0.000		0	FLC	4		0.000	0.000	
16:1 undifferentiated....g	0.024		0	FLC	4		0.013	0.006	
17:1....g	0.003		0	FLC	4		0.002	0.001	
18:1 undifferentiated....g	5.376		0	FLC	4		3.064	1.398	
20:1....g	0.116		0	FLC	4		0.066	0.030	
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	2.706		0	FLC	4		1.542	0.704	
18:2 undifferentiated....g	2.705		0	FLC	4		1.542	0.703	
18:3 undifferentiated....g	0.001		0	FLC	4		0.000	0.000	
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	0.050		1	MC	9		0.029	0.013	
Cholesterol....mg	7		1	MC	9		4	2	
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	FLC	4		0.0	0.0	
Caffeine....mg	4		0	FLC	4		2	1	
Theobromine....mg	44		0	FLC	4		25	11	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 bar 2 oz

Measure 2 = 26g: 1 serving fun size bar

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

Food Group: 19 Sweets

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

NDB No. 19149

Candies, NESTLE, RAISINETS Chocolate Covered Raisins

Nestle USA, Inc.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	6.40	0.784	3		1		2.88	3.07	2.88
Energy ... kcal	422		1	MC	9		190	203	190
Energy ... kJ	1766		0	MC	9		795	848	795
Protein ... g	4.40		1	MC	9		1.98	2.11	1.98
Total lipid (fat) ... g	17.00		1	MC	9		7.65	8.16	7.65
Ash ... g	1.50	0.185	3		1		0.68	0.72	0.68
Carbohydrate, by difference ... g	71.00		1	MC	9		31.95	34.08	31.95
Fiber, total dietary ... g	2.2		1	MC	9		1.0	1.1	1.0
Sugars, total ... g	59.00		1	MC	9		26.55	28.32	26.55
Starch ... g									
Minerals:									
Calcium, Ca ... mg	85		1	MC	9		38	41	38
Iron, Fe ... mg	1.20		1	MC	9		0.54	0.58	0.54
Magnesium, Mg ... mg									
Phosphorus, P ... mg									
Potassium, K ... mg									
Sodium, Na ... mg	33		1	MC	9		15	16	15
Zinc, Zn ... mg									
Copper, Cu ... mg									
Manganese, Mn ... mg									
Selenium, Se ... µg									
Vitamins:									
Vitamin C, total ascorbic acid ... mg	1.6		1	MC	9		0.7	0.8	0.7
Thiamin ... mg									
Riboflavin ... mg									
Niacin ... mg									
Pantothenic acid ... mg									
Vitamin B-6 ... mg									
Folate, total ... µg									
Folic acid ... µg									
Folate, food ... µg									
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	77		1	MC	9		35	37	35
Lycopene ... µg									
Lutein + zeaxanthin ... µg									
Vitamin E (alpha-tocopherol) ... mg									
Tocopherol, beta ... mg									
Tocopherol, gamma ... mg									
Tocopherol, delta ... mg									
Tocotrienol, alpha ... mg									
Tocotrienol, beta ... mg									
Tocotrienol, gamma ... mg									
Tocotrienol, delta ... mg									
Vitamin D (D2 + D3) ... µg									
Vitamin D ... IU									
Vitamin K (phylloquinone) ... µg									
Dihydrophylloquinone ... µg									
Menaquinone-4 ... µg									
Lipids:									
Fatty acids, total saturated ... g	11.000		1	MC	9		4.950	5.280	4.950

NDB No. 19149
Candies, NESTLE, RAISINETS Chocolate Covered 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 monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g	0.080		1	MC	9		0.036	0.038	0.036
Cholesterol.....mg	11		1	MC	9		5	5	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 = 45g: 1 serving 1.58 oz bag

Measure 2 = 48g: 1 serving fun size

Measure 3 = 45g: 1 serving 0.25 cup

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

Food Group: 19 Sweets

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

NDB No. 19238
Candies, REESE'S BITES
Hershey Food Corp.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	1.65		1	MC	9		0.64		
Energy....kcal	521		1	MC	9		203		
Energy....kJ	2181		0	MC	9		851		
Protein (N x 6.25)....g	11.34		1	MC	9		4.42		
Total lipid (fat)....g	29.85		1	MC	9		11.64		
Ash....g	1.62		1	MC	9		0.63		
Carbohydrate, by difference....g	55.18		1	MC	9		21.52		
Fiber, total dietary....g	3.1		1	MC	9		1.2		
Sugars, total....g	48.03		1	MC	9		18.73		
Starch....g									
Minerals:									
Calcium, Ca....mg	112		1	MC	9		44		
Iron, Fe....mg	0.85		1	MC	9		0.33		
Magnesium, Mg....mg	63		1	MC	9		25		
Phosphorus, P....mg	194		1	MC	9		76		
Potassium, K....mg	382		1	MC	9		149		
Sodium, Na....mg	179		1	MC	9		70		
Zinc, Zn....mg	1.06		1	MC	9		0.41		
Copper, Cu....mg	0.300		1	MC	9		0.117		
Manganese, Mn....mg	0.650		1	MC	9		0.254		
Selenium, Se....µg	1.6		1	MC	9		0.6		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.8		1	MC	9		0.3		
Thiamin....mg	0.150		1	MC	9		0.059		
Riboflavin....mg	0.210		1	MC	9		0.082		
Niacin....mg	4.330		1	MC	9		1.689		
Pantothenic acid....mg	0.570		1	MC	9		0.222		
Vitamin B-6....mg	0.100		1	MC	9		0.039		
Folate, total....µg	42		1	MC	9		17		
Folic acid....µg									
Folate, food....µg									
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	60		1	MC	9		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									
Lipids:									
Fatty acids, total saturated....g	18.000		1	MC	9		7.020		

NDB No. 19238
Candies, REESE'S BITES

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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 monounsaturated.....g	7.060		1	MC	9		2.753		
Fatty acids, total polyunsaturated.....g	1.820		1	MC	9		0.710		
Fatty acids, total trans.....g	0.050		1	MC	9		0.020		
Cholesterol.....mg	7		1	MC	9		3		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		1	MC	9		0.0		
Caffeine.....mg	0		1	MC	9		0		
Theobromine.....mg									

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

Common Measures:

Measure 1 = 39g: 16 pieces

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

Food Group: 19 Sweets

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

NDB No. 19239

Candies, REESE'S NUTRAGEOUS Candy Bar

Hershey Food Corp.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	1.50		1	MC	9		0.81	0.51	
Energy....kcal	517		1	MC	9		279	176	
Energy....kJ	2165		0	MC	9		1169	736	
Protein....g	11.28		1	MC	9		6.09	3.84	
Total lipid (fat)....g	32.09		1	MC	9		17.33	10.91	
Ash....g	2.18		1	MC	9		1.18	0.74	
Carbohydrate, by difference....g	52.80		1	MC	9		28.51	17.95	
Fiber, total dietary....g	3.9		1	MC	9		2.1	1.3	
Sugars, total....g	40.22		1	MC	9		21.72	13.67	
Starch....g									
Minerals:									
Calcium, Ca....mg	68		1	MC	9		37	23	
Iron, Fe....mg	1.23		1	MC	9		0.66	0.42	
Magnesium, Mg....mg	68		1	MC	9		37	23	
Phosphorus, P....mg	175		1	MC	9		94	59	
Potassium, K....mg	364		1	MC	9		197	124	
Sodium, Na....mg	141		1	MC	9		76	48	
Zinc, Zn....mg	1.29		1	MC	9		0.70	0.44	
Copper, Cu....mg	0.270		1	MC	9		0.146	0.092	
Manganese, Mn....mg	0.000		1	MC	9		0.000	0.000	
Selenium, Se....µg	0.2		1	MC	9		0.1	0.1	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.5		1	MC	9		0.2	0.2	
Thiamin....mg	0.180		1	MC	9		0.097	0.061	
Riboflavin....mg	0.100		1	MC	9		0.054	0.034	
Niacin....mg	5.250		1	MC	9		2.835	1.785	
Pantothenic acid....mg	0.540		1	MC	9		0.292	0.184	
Vitamin B-6....mg	0.100		1	MC	9		0.054	0.034	
Folate, total....µg	56		1	MC	9		30	19	
Folic acid....µg									
Folate, food....µg									
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	36		1	MC	9		19	12	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	8.860		1	MC	9		4.784	3.012	

NDB No. 19239
Candies, REESE'S NUTRAGEOUS Candy Bar

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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 monounsaturated.....g	12.630		1	MC	9		6.820	4.294	
Fatty acids, total polyunsaturated.....g	8.090		1	MC	9		4.369	2.751	
Fatty acids, total trans.....g									
Cholesterol.....mg	3		1	MC	9		2	1	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		1	MC	9		0.0	0.0	
Caffeine.....mg									
Theobromine.....mg									

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

Common Measures:

Measure 1 = 54g: 1 bar 1.92 oz

Measure 2 = 34g: 2 bars

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

Food Group: 19 Sweets

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

NDB No. 19151
Candies, REESE'S PIECES Candy

Hershey Food Corp.

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	1.00		1	MC	9		0.47	0.08	0.46
Energy....kcal	497		1	MC	9		234	40	229
Energy....kJ	2080		0	MC	9		978	166	957
Protein....g	12.46		1	MC	9		5.86	1.00	5.73
Total lipid (fat)....g	24.77		1	MC	9		11.64	1.98	11.39
Ash....g	1.81		1	MC	9		0.85	0.14	0.83
Carbohydrate, by difference....g	59.86		1	MC	9		28.13	4.79	27.54
Fiber, total dietary....g	3.0		1	MC	9		1.4	0.2	1.4
Sugars, total....g	53.25		1	MC	9		25.03	4.26	24.50
Starch....g									
Minerals:									
Calcium, Ca....mg	69		1	MC	9		32	6	32
Iron, Fe....mg	0.49		1	MC	9		0.23	0.04	0.23
Magnesium, Mg....mg	88		1	MC	9		42	7	41
Phosphorus, P....mg	207		1	MC	9		97	17	95
Potassium, K....mg	359		1	MC	9		169	29	165
Sodium, Na....mg	194		1	MC	9		91	16	89
Zinc, Zn....mg	1.15		1	MC	9		0.54	0.09	0.53
Copper, Cu....mg	0.410		1	MC	9		0.193	0.033	0.189
Manganese, Mn....mg	1.100		1	MC	9		0.517	0.088	0.506
Selenium, Se....µg	0.8		1	MC	9		0.4	0.1	0.4
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		1	MC	9		0.0	0.0	0.0
Thiamin....mg	0.180		1	MC	9		0.085	0.014	0.083
Riboflavin....mg	0.220		1	MC	9		0.103	0.018	0.101
Niacin....mg	6.060		1	MC	9		2.848	0.485	2.788
Pantothenic acid....mg	0.610		1	MC	9		0.287	0.049	0.281
Vitamin B-6....mg	0.110		1	MC	9		0.052	0.009	0.051
Folate, total....µg	55		1	MC	9		26	4	25
Folic acid....µg	0		0	FLM	4		0	0	0
Folate, food....µg	55		1	MC	9		26	4	25
Folate, DFE....µg	55		0	NC	4		26	4	25
Choline, total....mg	28.7		0	BFFN	4		13.5	2.3	13.2
Betaine....mg									
Vitamin B-12....µg	0.11		0	FLM	4		0.05	0.01	0.05
Vitamin B-12, added....µg	0.00		0	FLM	4		0.00	0.00	0.00
Vitamin A, RAE....µg	0		0	NC	4		0	0	0
Retinol....µg	0		0	FLM	4		0	0	0
Carotene, beta....µg	0		0	FLM	4		0	0	0
Carotene, alpha....µg	0		0	FLM	4		0	0	0
Cryptoxanthin, beta....µg	0		0	FLM	4		0	0	0
Vitamin A, IU....IU	0		1	MC	9		0	0	0
Lycopene....µg	0		0	FLM	4		0	0	0
Lutein + zeaxanthin....µg	0		0	FLM	4		0	0	0
Vitamin E (alpha-tocopherol)....mg	0.99		0	NR	4		0.47	0.08	0.46
Vitamin E, added....mg	0.00		0	FLM	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									
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

NDB No. 19151
Candies, REESE'S PIECES Candy

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	5.9		0	FLM	4		2.8	0.5	2.7
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	16.420		1	MC	9		7.717	1.314	7.553
4:0....g	0.002		0	FLM	4		0.001	0.000	0.001
6:0....g	0.039		0	FLM	4		0.018	0.003	0.018
8:0....g	0.639		0	FLM	4		0.300	0.051	0.294
10:0....g	0.717		0	FLM	4		0.337	0.057	0.330
12:0....g	9.099		0	FLM	4		4.277	0.728	4.186
13:0....g									
14:0....g	3.182		0	FLM	4		1.496	0.255	1.464
15:0....g									
16:0....g	1.989		0	FLM	4		0.935	0.159	0.915
17:0....g									
18:0....g	0.750		0	FLM	4		0.353	0.060	0.345
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	4.460		1	MC	9		2.096	0.357	2.052
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.019		0	FLM	4		0.009	0.002	0.009
17:1....g									
18:1 undifferentiated....g	4.434		0	FLM	4		2.084	0.355	2.040
20:1....g	0.002		0	FLM	4		0.001	0.000	0.001
22:1 undifferentiated....g	0.000		0	FLM	4		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.880		1	MC	9		0.884	0.150	0.865
18:2 undifferentiated....g	1.768		0	FLM	4		0.831	0.141	0.813
18:3 undifferentiated....g	0.108		0	FLM	4		0.051	0.009	0.049
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	0.000		1	MC	9		0.000	0.000	0.000
Cholesterol....mg	0		1	MC	9		0	0	0
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		1	MC	9		0.0	0.0	0.0
Caffeine....mg	0		1	MC	9		0	0	0
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 = 47g: .25 cup

Measure 2 = 8.0g: 10 pieces

Measure 3 = 46g: 1 package 1.63 oz

NDB No. 19151
Candies, REESE'S PIECES Candy

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

Food Group: 19 Sweets

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

NDB No. 19150

Candies, REESE'S Peanut Butter Cups

Hershey Food Corp.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	1.44		1	MC	9		0.24	0.65	0.10
Energy....kcal	515		1	MC	9		87	232	36
Energy....kJ	2153		0	MC	9		366	969	151
Protein....g	10.24		1	MC	9		1.74	4.61	0.72
Total lipid (fat)....g	30.53		1	MC	9		5.19	13.74	2.14
Ash....g	2.28		1	MC	9		0.39	1.03	0.16
Carbohydrate, by difference....g	55.36		1	MC	9		9.41	24.91	3.88
Fiber, total dietary....g	3.6		1	MC	9		0.6	1.6	0.3
Sugars, total....g	47.17		1	MC	9		8.02	21.23	3.30
Starch....g									
Minerals:									
Calcium, Ca....mg	78		1	MC	9		13	35	5
Iron, Fe....mg	1.21		1	MC	9		0.21	0.54	0.08
Magnesium, Mg....mg	62		1	MC	9		11	28	4
Phosphorus, P....mg	161		1	MC	9		27	73	11
Potassium, K....mg	343		1	MC	9		58	155	24
Sodium, Na....mg	357		0	MC	9		61	161	25
Zinc, Zn....mg	1.28		1	MC	9		0.22	0.58	0.09
Copper, Cu....mg	0.240		1	MC	9		0.041	0.108	0.017
Manganese, Mn....mg	0.000		1	MC	9		0.000	0.000	0.000
Selenium, Se....µg	1.4		1	MC	9		0.2	0.6	0.1
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.3		1	MC	9		0.1	0.1	0.0
Thiamin....mg	0.160		1	MC	9		0.027	0.072	0.011
Riboflavin....mg	0.110		1	MC	9		0.019	0.050	0.008
Niacin....mg	4.490		1	MC	9		0.763	2.021	0.314
Pantothenic acid....mg	0.620		1	MC	9		0.105	0.279	0.043
Vitamin B-6....mg	0.100		1	MC	9		0.017	0.045	0.007
Folate, total....µg	50		1	MC	9		8	22	3
Folic acid....µg	0		0	FLM	4		0	0	0
Folate, food....µg	50		1	MC	9		8	22	3
Folate, DFE....µg	50		0	NC	4		8	22	3
Choline, total....mg	35.4		0	FLM	4		6.0	15.9	2.5
Betaine....mg									
Vitamin B-12....µg	0.26		0	FLM	4		0.04	0.12	0.02
Vitamin B-12, added....µg	0.00		0	FLM	4		0.00	0.00	0.00
Vitamin A, RAE....µg	17		0	NC	4		3	8	1
Retinol....µg	17		0	NR	4		3	8	1
Carotene, beta....µg	0		0	FLM	4		0	0	0
Carotene, alpha....µg	0		0	FLM	4		0	0	0
Cryptoxanthin, beta....µg	0		0	FLM	4		0	0	0
Vitamin A, IU....IU	56		0	NC	4		10	25	4
Lycopene....µg	0		0	FLM	4		0	0	0
Lutein + zeaxanthin....µg	2		0	FLM	4		0	1	0
Vitamin E (alpha-tocopherol)....mg	0.15		0	NR	4		0.03	0.07	0.01
Vitamin E, added....mg	0.00		0	FLM	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									
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	2.0		0	FLM	4		0.3	0.9	0.1
Dihydrophylloquinone....µg									
Menaquinone-4....µg									

NDB No. 19150
Candies, REESE'S Peanut Butter Cups

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	10.730		1	MC	9		1.824	4.829	0.751
4:0....g	0.282		0	FLM	4		0.048	0.127	0.020
6:0....g	0.102		0	FLM	4		0.017	0.046	0.007
8:0....g	0.058		0	FLM	4		0.010	0.026	0.004
10:0....g	0.110		0	FLM	4		0.019	0.050	0.008
12:0....g	0.121		0	FLM	4		0.021	0.055	0.008
13:0....g	0.000		0	FLM	4		0.000	0.000	0.000
14:0....g	0.382		0	FLM	4		0.065	0.172	0.027
15:0....g	0.038		0	FLM	4		0.007	0.017	0.003
16:0....g	5.408		0	FLM	4		0.919	2.434	0.379
17:0....g	0.037		0	FLM	4		0.006	0.016	0.003
18:0....g	3.862		0	FLM	4		0.657	1.738	0.270
20:0....g	0.096		0	FLM	4		0.016	0.043	0.007
22:0....g	0.010		0	FLM	4		0.002	0.005	0.001
24:0....g	0.000		0	FLM	4		0.000	0.000	0.000
Fatty acids, total monounsaturated....g	13.100		1	MA	12		2.227	5.895	0.917
14:1....g	0.039		0	FLM	4		0.007	0.018	0.003
15:1....g	0.000		0	FLM	4		0.000	0.000	0.000
16:1 undifferentiated....g	0.077		0	FLM	4		0.013	0.035	0.005
17:1....g	0.012		0	FLM	4		0.002	0.005	0.001
18:1 undifferentiated....g	12.689		0	FLM	4		2.157	5.710	0.888
20:1....g	0.284		0	FLM	4		0.048	0.128	0.020
22:1 undifferentiated....g	0.000		0	FLM	4		0.000	0.000	0.000
24:1 c....g	0.000		0	FLM	4		0.000	0.000	0.000
Fatty acids, total polyunsaturated....g	5.500		1	MC	9		0.935	2.475	0.385
18:2 undifferentiated....g	5.438		0	FLM	4		0.924	2.447	0.381
18:3 undifferentiated....g	0.023		0	FLM	4		0.004	0.010	0.002
18:4....g	0.000		0	FLM	4		0.000	0.000	0.000
20:2 n-6 c,c....g	0.000		0	FLM	4		0.000	0.000	0.000
20:3 undifferentiated....g	0.000		0	FLM	4		0.000	0.000	0.000
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	0.000		1	MC	9		0.000	0.000	0.000
Cholesterol....mg	6		1	MC	9		1	3	0
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		1	MC	9		0.0	0.0	0.0
Caffeine....mg	7		0	FLM	4		1	3	0
Theobromine....mg	72		0	FLM	4		12	32	5

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 package 0.6 oz 1 cup

Measure 2 = 45g: 1 package 1.6 oz 2 cups

Measure 3 = 7.0g: 1 miniature

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

Food Group: 19 Sweets

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

NDB No. 19252

Candies, REESE'S, FAST BREAK, milk chocolate peanut butter and soft nougats

Hershey Food Corp.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	4.10		1	MC	9		2.30		
Energy ... kcal	474		1	MC	9		266		
Energy ... kJ	1985		0	MC	9		1112		
Protein (N x 6.25) ... g	8.66		1	MC	9		4.85		
Total lipid (fat) ... g	23.42		1	MC	9		13.12		
Ash ... g	2.01		1	MC	9		1.13		
Carbohydrate, by difference ... g	61.60		1	MC	9		34.50		
Fiber, total dietary ... g	2.9		1	MC	9		1.6		
Sugars, total ... g	53.08		1	MC	9		29.72		
Starch ... g									
Minerals:									
Calcium, Ca ... mg	61		1	MC	9		34		
Iron, Fe ... mg	0.96		1	MC	9		0.54		
Magnesium, Mg ... mg	48		1	MC	9		27		
Phosphorus, P ... mg	130		1	MC	9		73		
Potassium, K ... mg	284		1	MC	9		159		
Sodium, Na ... mg	330		1	MC	9		185		
Zinc, Zn ... mg	0.94		1	MC	9		0.53		
Copper, Cu ... mg	0.180		1	MC	9		0.101		
Manganese, Mn ... mg	0.000		1	MC	9		0.000		
Selenium, Se ... µg	0.0		1	MC	9		0.0		
Vitamins:									
Vitamin C, total ascorbic acid ... mg	0.4		1	MC	9		0.2		
Thiamin ... mg	0.130		1	MC	9		0.073		
Riboflavin ... mg	0.100		1	MC	9		0.056		
Niacin ... mg	3.570		1	MC	9		1.999		
Pantothenic acid ... mg	0.420		1	MC	9		0.235		
Vitamin B-6 ... mg	0.070		1	MC	9		0.039		
Folate, total ... µg	39		1	MC	9		22		
Folic acid ... µg									
Folate, food ... µg	39		1	MC	9		22		
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	40		1	MC	9		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									
Lipids:									
Fatty acids, total saturated ... g	8.230		1	MC	9				

NDB No. 19252

Candies, REESE'S, FAST BREAK, milk chocolate peanut butter and soft nougats

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	8.230			MC	9		4.609		
Fatty acids, total monounsaturated.....g	8.940		1	MC	9		5.006		
Fatty acids, total polyunsaturated.....g	4.330		1	MC	9		2.425		
Fatty acids, total trans.....g	0.000		1	MC	9		0.000		
Cholesterol.....mg	4		1	MC	9		2		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		1	MC	9		0.0		
Caffeine.....mg	0		1	MC	9		0		
Theobromine.....mg									

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

Common Measures:

Measure 1 = 56g: 2 oz bar

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

Food Group: 19 Sweets

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

NDB No. 19896

Candies, REESE's Fast Break, milk chocolate, peanut butter, soft nougats, candy bar

Hershey Food Corp.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	1.66		0	FLC	4		0.93		
Energy....kcal	495		0	NC	4		277		
Energy....kJ	2070		0	NC	4		1159		
Protein (N x 6.25)....g	8.93		1	LC	8		5.00		
Total lipid (fat)....g	23.21		1	LC	8		13.00		
Ash....g	2.30		0	FLC	4		1.29		
Carbohydrate, by difference....g	63.90		0	NC	4		35.79		
Fiber, total dietary....g	3.6		1	LC	8		2.0		
Sugars, total....g	53.57		1	LC	8		30.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	36		1	LC	8		20		
Iron, Fe....mg	0.64		1	LC	8		0.36		
Magnesium, Mg....mg	60		0	FLC	4		34		
Phosphorus, P....mg	156		0	FLC	4		87		
Potassium, K....mg	257		0	FLC	4		144		
Sodium, Na....mg	321		1	LC	8		180		
Zinc, Zn....mg	1.45		0	FLC	4		0.81		
Copper, Cu....mg	0.322		0	FLC	4		0.180		
Manganese, Mn....mg	0.727		0	FLC	4		0.407		
Selenium, Se....µg	3.7		0	FLC	4		2.1		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	FLC	4		0.0		
Thiamin....mg	0.117		0	FLC	4		0.065		
Riboflavin....mg	0.113		0	FLC	4		0.063		
Niacin....mg	2.789		0	FLC	4		1.562		
Pantothenic acid....mg	0.529		0	FLC	4		0.296		
Vitamin B-6....mg	0.061		0	FLC	4		0.034		
Folate, total....µg	28		0	FLC	4		16		
Folic acid....µg	0		0	FLC	4		0		
Folate, food....µg	28		0	FLC	4		16		
Folate, DFE....µg	28		0	NC	4		16		
Choline, total....mg	20.9		0	O	4		11.7		
Betaine....mg									
Vitamin B-12....µg	0.18		0	FLC	4		0.10		
Vitamin B-12, added....µg	0.00		0	FLC	4		0.00		
Vitamin A, RAE....µg	14		0	FLC	4		8		
Retinol....µg	14		0	FLC	4		8		
Carotene, beta....µg	0		0	FLC	4		0		
Carotene, alpha....µg	0		0	FLC	4		0		
Cryptoxanthin, beta....µg	0		0	FLC	4		0		
Vitamin A, IU....IU	49		0	FLC	4		28		
Lycopene....µg	0		0	FLC	4		0		
Lutein + zeaxanthin....µg	0		0	FLC	4		0		
Vitamin E (alpha-tocopherol)....mg	2.56		0	FLC	4		1.43		
Vitamin E, added....mg	0.00		0	FLC	4		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		
Vitamin D....IU	0		0	Z	7		0		
Vitamin K (phylloquinone)....µg	1.8		0	FLC	4		1.0		
Dihydrophylloquinone....µg									
Menaquinone-4....µg									

NDB No. 19896

Candies, REESE's Fast Break, milk chocolate, peanut butter, soft nougats, candy bar

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	8.036		1	LC	8		4.500		
4:0....g	0.173		0	FLC	4		0.097		
6:0....g	0.064		0	FLC	4		0.036		
8:0....g	0.058		0	FLC	4		0.033		
10:0....g	0.096		0	FLC	4		0.054		
12:0....g	0.560		0	FLC	4		0.314		
13:0....g	0.000		0	FLC	4		0.000		
14:0....g	0.408		0	FLC	4		0.228		
15:0....g	0.023		0	FLC	4		0.013		
16:0....g	3.886		0	FLC	4		2.176		
17:0....g	0.022		0	FLC	4		0.013		
18:0....g	2.488		0	FLC	4		1.393		
20:0....g	0.059		0	FLC	4		0.033		
22:0....g	0.006		0	FLC	4		0.004		
24:0....g	0.000		0	FLC	4		0.000		
Fatty acids, total monounsaturated....g	8.104		0	FLC	4		4.538		
14:1....g	0.017		0	FLC	4		0.009		
15:1....g	0.000		0	FLC	4		0.000		
16:1 undifferentiated....g	0.034		0	FLC	4		0.019		
17:1....g	0.005		0	FLC	4		0.003		
18:1 undifferentiated....g	7.877		0	FLC	4		4.411		
20:1....g	0.172		0	FLC	4		0.096		
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	4.241		0	FLC	4		2.375		
18:2 undifferentiated....g	4.230		0	FLC	4		2.369		
18:3 undifferentiated....g	0.011		0	FLC	4		0.006		
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	FLC	4		0.000		
Cholesterol....mg	9		1	LC	8		5		
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	FLC	4		0.0		
Caffeine....mg	6		0	FLC	4		3		
Theobromine....mg	60		0	FLC	4		33		

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

Common Measures:

Measure 1 = 56g: 1 serving 1 bar

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

Food Group: 19 Sweets

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

NDB No. 19152

Candies, ROLO Caramels in Milk Chocolate

Hershey Food Corp.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	4.60		1	MC	9		2.21	1.93	
Energy....kcal	474		1	MC	9		228	199	
Energy....kJ	1984		0	MC	9		952	833	
Protein....g	5.08		1	MC	9		2.44	2.13	
Total lipid (fat)....g	20.93		1	MC	9		10.05	8.79	
Ash....g	1.27		1	MC	9		0.61	0.53	
Carbohydrate, by difference....g	67.95		1	MC	9		32.62	28.54	
Fiber, total dietary....g	0.9		1	MC	9		0.4	0.4	
Sugars, total....g	63.93		1	MC	9		30.69	26.85	
Starch....g									
Minerals:									
Calcium, Ca....mg	145		1	MC	9		70	61	
Iron, Fe....mg	0.42		1	MC	9		0.20	0.18	
Magnesium, Mg....mg	0		1	MC	9		0	0	
Phosphorus, P....mg	71		1	MC	9		34	30	
Potassium, K....mg	188		1	MC	9		90	79	
Sodium, Na....mg	188		1	MC	9		90	79	
Zinc, Zn....mg	0.00		1	MC	9		0.00	0.00	
Copper, Cu....mg	0.000		1	MC	9		0.000	0.000	
Manganese, Mn....mg	0.000		1	MC	9		0.000	0.000	
Selenium, Se....µg	0.0		1	MC	9		0.0	0.0	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.9		1	MC	9		0.4	0.4	
Thiamin....mg	0.020		1	MC	9		0.010	0.008	
Riboflavin....mg	0.120		1	MC	9		0.058	0.050	
Niacin....mg	0.040		1	MC	9		0.019	0.017	
Pantothenic acid....mg	0.000		1	MC	9		0.000	0.000	
Vitamin B-6....mg	0.000		1	MC	9		0.000	0.000	
Folate, total....µg	0		1	MC	9		0	0	
Folic acid....µg	0		0	FLC	4		0	0	
Folate, food....µg	0		0	NR	4		0	0	
Folate, DFE....µg	0		0	NC	4		0	0	
Choline, total....mg	20.1		0	O	4		9.6	8.4	
Betaine....mg									
Vitamin B-12....µg	0.33		0	FLC	4		0.16	0.14	
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....µg	34		0	FLM	4		16	14	
Retinol....µg	33		0	FLM	4		16	14	
Carotene, beta....µg	0		0	FLM	4		0	0	
Carotene, alpha....µg	0		0	FLM	4		0	0	
Cryptoxanthin, beta....µg	0		0	FLM	4		0	0	
Vitamin A, IU....IU	121		1	MC	9		58	51	
Lycopene....µg	0		0	FLM	4		0	0	
Lutein + zeaxanthin....µg	0		0	FLM	4		0	0	
Vitamin E (alpha-tocopherol)....mg	1.10		0	FLC	4		0.53	0.46	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)....µg	3.2		0	FLC	4		1.6	1.4	
Dihydrophylloquinone....µg									
Menaquinone-4....µg									

NDB No. 19152
Candies, ROLO Caramels in Milk Chocolate

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	14.542		0	NC	4		6.980	6.108	
4:0....g	0.448		0	FLC	4		0.215	0.188	
6:0....g	0.229		0	FLC	4		0.110	0.096	
8:0....g	0.167		0	FLC	4		0.080	0.070	
10:0....g	0.250		0	FLC	4		0.120	0.105	
12:0....g	0.275		0	FLC	4		0.132	0.115	
13:0....g	0.000		0	FLC	4		0.000	0.000	
14:0....g	0.947		0	FLC	4		0.454	0.398	
15:0....g	0.045		0	FLC	4		0.022	0.019	
16:0....g	6.535		0	FLC	4		3.137	2.745	
17:0....g	0.049		0	FLC	4		0.024	0.021	
18:0....g	5.423		0	FLC	4		2.603	2.277	
20:0....g	0.137		0	FLC	4		0.066	0.058	
22:0....g	0.038		0	FLC	4		0.018	0.016	
24:0....g	0.000		0	FLC	4		0.000	0.000	
Fatty acids, total monounsaturated....g	2.104		0	NC	4		1.010	0.884	
14:1....g	0.007		0	FLC	4		0.004	0.003	
15:1....g	0.000		0	FLC	4		0.000	0.000	
16:1 undifferentiated....g	0.024		0	FLC	4		0.011	0.010	
17:1....g	0.002		0	FLC	4		0.001	0.001	
18:1 undifferentiated....g	2.068		0	FLC	4		0.993	0.869	
20:1....g	0.002		0	FLC	4		0.001	0.001	
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	0.265		0	NC	4		0.127	0.111	
18:2 undifferentiated....g	0.235		0	FLC	4		0.113	0.099	
18:3 undifferentiated....g	0.030		0	FLC	4		0.014	0.013	
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		1	MC	9		0.000	0.000	
Cholesterol....mg	12		1	MC	9		6	5	
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		1	MC	9		0.0	0.0	
Caffeine....mg	6		1	LC	8		3	3	
Theobromine....mg	52		1	LC	8		25	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 = 48g: 1 package 1 package

Measure 2 = 42g: 7 pieces

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

Food Group: 19 Sweets

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

NDB No. 19136
Candies, SKOR Toffee Bar
Hershey Food Corp.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	1.57		1	MC	9		0.61		
Energy....kcal	535		1	MC	9		209		
Energy....kJ	2240		0	MC	9		874		
Protein....g	3.13		1	MC	9		1.22		
Total lipid (fat)....g	32.18		1	MC	9		12.55		
Ash....g	1.20		1	MC	9		0.47		
Carbohydrate, by difference....g	61.72		1	MC	9		24.07		
Fiber, total dietary....g	1.3		1	MC	9		0.5		
Sugars, total....g	59.89		1	MC	9		23.36		
Starch....g									
Minerals:									
Calcium, Ca....mg									
Iron, Fe....mg	0.57		1	MC	9		0.22		
Magnesium, Mg....mg	10		1	MC	9		4		
Phosphorus, P....mg	61		1	MC	9		24		
Potassium, K....mg	153		1	MC	9		60		
Sodium, Na....mg	317		1	MC	9		124		
Zinc, Zn....mg	0.17		1	MC	9		0.07		
Copper, Cu....mg	0.040		1	MC	9		0.016		
Manganese, Mn....mg	0.000		1	MC	9		0.000		
Selenium, Se....µg	0.0		1	MC	9		0.0		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.5		1	MC	9		0.2		
Thiamin....mg	0.020		1	MC	9		0.008		
Riboflavin....mg	0.100		1	MC	9		0.039		
Niacin....mg	0.130		1	MC	9		0.051		
Pantothenic acid....mg	0.040		1	MC	9		0.016		
Vitamin B-6....mg									
Folate, total....µg	3		1	MC	9		1		
Folic acid....µg									
Folate, food....µg									
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	718		1	MC	9		280		
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	18.780		1	MC	9		7.324		

NDB No. 19136
Candies, SKOR Toffee Bar

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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 monounsaturated.....g	9.290		1	MC	9		3.623		
Fatty acids, total polyunsaturated.....g	1.280		1	MC	9		0.499		
Fatty acids, total trans.....g									
Cholesterol.....mg	53		1	MC	9		21		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		1	MC	9		0.0		
Caffeine.....mg									
Theobromine.....mg									

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

Common Measures:

Measure 1 = 39g: 1 bar 1.4 oz

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

Food Group: 19 Sweets

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

NDB No. 19164
Candies, SPECIAL DARK Chocolate Bar

Hershey Food Corp.

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	0.90		1	MC	9		0.37	0.66	0.38
Energy....kcal	556		0	NC	4		228	406	233
Energy....kJ	2325		0	NC	4		953	1697	977
Protein....g	5.54		1	MC	9		2.27	4.04	2.33
Total lipid (fat)....g	32.40		1	MC	9		13.28	23.65	13.61
Ash....g	0.67		1	MC	9		0.27	0.49	0.28
Carbohydrate, by difference....g	60.49		0	NC	4		24.80	44.16	25.41
Fiber, total dietary....g	6.5		1	MC	9		2.7	4.8	2.7
Sugars, total....g	47.56		1	MC	9		19.50	34.72	19.98
Starch....g									
Minerals:									
Calcium, Ca....mg	30		1	MC	9		12	22	13
Iron, Fe....mg	2.13		1	MC	9		0.87	1.55	0.89
Magnesium, Mg....mg	31		1	MC	9		13	23	13
Phosphorus, P....mg	51		1	MC	9		21	37	22
Potassium, K....mg	502		1	MC	9		206	366	211
Sodium, Na....mg	6		1	MC	9		2	4	2
Zinc, Zn....mg	0.01		1	MC	9		0.00	0.01	0.00
Copper, Cu....mg	0.020		1	MC	9		0.008	0.015	0.008
Manganese, Mn....mg	0.000		1	MC	9		0.000	0.000	0.000
Selenium, Se....µg	0.3		1	MC	9		0.1	0.2	0.1
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		1	MC	9		0.0	0.0	0.0
Thiamin....mg	0.000		1	MC	9		0.000	0.000	0.000
Riboflavin....mg	0.010		1	MC	9		0.004	0.007	0.004
Niacin....mg	0.000		1	MC	9		0.000	0.000	0.000
Pantothenic acid....mg	0.000		1	MC	9		0.000	0.000	0.000
Vitamin B-6....mg	0.000		1	MC	9		0.000	0.000	0.000
Folate, total....µg	0		1	MC	9		0	0	0
Folic acid....µg									
Folate, food....µg	0		1	MC	9		0	0	0
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									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									

NDB No. 19164
Candies, SPECIAL DARK Chocolate Bar

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g									
Fatty acids, total monounsaturated....g	5.140		1	MC	9		2.107	3.752	2.159
Fatty acids, total polyunsaturated....g	0.440		1	MC	9		0.180	0.321	0.185
Fatty acids, total trans....g									
Cholesterol....mg	5		1	MC	9		2	4	2
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		1	MC	9		0.0	0.0	0.0
Caffeine....mg									
Theobromine....mg									

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

Common Measures:

Measure 1 = 41g: 1 bar 1.45 oz

Measure 2 = 73g: 1 bar 2.6 oz

Measure 3 = 42g: 3 blocks

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

Food Group: 19 Sweets

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

NDB No. 19093

Candies, SYMPHONY Milk Chocolate Bar

Hershey Food Corp.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	0.94		1	MC	9		0.39	0.64	
Energy....kcal	531		1	MC	9		223	361	
Energy....kJ	2222		0	MC	9		933	1511	
Protein....g	8.51		1	MC	9		3.57	5.79	
Total lipid (fat)....g	30.57		1	MC	9		12.84	20.79	
Ash....g	1.61		1	MC	9		0.68	1.09	
Carbohydrate, by difference....g	58.01		1	MC	9		24.36	39.45	
Fiber, total dietary....g	1.7		1	MC	9		0.7	1.2	
Sugars, total....g	53.96		1	MC	9		22.66	36.69	
Starch....g									
Minerals:									
Calcium, Ca....mg	251		1	MC	9		105	170	
Iron, Fe....mg	0.91		1	MC	9		0.38	0.62	
Magnesium, Mg....mg									
Phosphorus, P....mg	206		1	MC	9		87	140	
Potassium, K....mg	438		1	MC	9		184	298	
Sodium, Na....mg	101		1	MC	9		42	68	
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	2.2		1	MC	9		0.9	1.5	
Thiamin....mg									
Riboflavin....mg									
Niacin....mg									
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....µg									
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg									
Vitamin A, RAE....µg									
Vitamin A, IU....IU	229		1	MC	9		96	155	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	18.340		1	MC	9		7.703	12.471	
Fatty acids, total monounsaturated....g	7.910		1	MC	9		3.322	5.379	
Fatty acids, total polyunsaturated....g	0.690		1	MC	9		0.290	0.469	
Fatty acids, total trans....g									
Cholesterol....mg	24		1	MC	9		10	16	
Phytosterols....mg									

NDB No. 19093
Candies, SYMPHONY Milk Chocolate Bar

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

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

Common Measures:

Measure 1 = 42g: 1 bar 1.5 oz

Measure 2 = 68g: 1 bar 2.4 oz

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

Food Group: 19 Sweets

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

NDB No. 19064
Candies, TOOTSIE ROLL, chocolate-flavor roll

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	6.69		1	A	1	D	2.68	0.44	
Energy....kcal	387		0	NC	4		155	26	
Energy....kJ	1619		0	NC	4		648	107	
Protein (N x 6.25)....g	1.59		1	A	1	D	0.64	0.10	
Total lipid (fat)....g	3.31		1	A	1	D	1.32	0.22	
Ash....g	0.68		1	A	1	D	0.27	0.04	
Carbohydrate, by difference....g	87.73		0	NC	4		35.09	5.79	
Fiber, total dietary....g	0.1		1	A	1	D	0.0	0.0	
Sugars, total....g	56.32		1	A	1	D	22.53	3.72	
Sucrose....g	39.35		1	A	1	D	15.74	2.60	
Glucose (dextrose)....g	7.85		1	A	1	D	3.14	0.52	
Fructose....g	0.40		1	A	1	D	0.16	0.03	
Lactose....g	2.18		1	A	1	D	0.87	0.14	
Maltose....g	6.54		1	A	1	D	2.62	0.43	
Galactose....g	0.00		1	A	1	D	0.00	0.00	
Starch....g	15.30		1	A	1	D	6.12	1.01	
Minerals:									
Calcium, Ca....mg	36		1	A	1	D	14	2	
Iron, Fe....mg	0.80		1	A	1	D	0.32	0.05	
Magnesium, Mg....mg	22		1	A	1	D	9	1	
Phosphorus, P....mg	57		1	A	1	D	23	4	
Potassium, K....mg	116		1	A	1	D	46	8	
Sodium, Na....mg	44		1	A	1	D	18	3	
Zinc, Zn....mg	0.40		1	A	1	D	0.16	0.03	
Copper, Cu....mg	0.130		1	A	1	D	0.052	0.009	
Manganese, Mn....mg	0.047		1	A	1	D	0.019	0.003	
Selenium, Se....µg	2.2		1	A	1	D	0.9	0.1	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		1	A	1	D	0.0	0.0	
Thiamin....mg	0.056		1	A	1	D	0.022	0.004	
Riboflavin....mg	0.070		1	A	1	D	0.028	0.005	
Niacin....mg	0.210		1	A	1	D	0.084	0.014	
Pantothenic acid....mg	0.290		1	A	1	D	0.116	0.019	
Vitamin B-6....mg	0.010		1	A	1	D	0.004	0.001	
Folate, total....µg	9		1	A	1	D	4	1	
Folic acid....µg	3		1	A	1	D	1	0	
Folate, food....µg	6		1	AS	1		2	0	
Folate, DFE....µg	11		0	NC	4		4	1	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.00		1	A	1	D	0.00	0.00	
Vitamin A, RAE....µg	0		0	AS	1		0	0	
Retinol....µg									
Carotene, beta....µg	0		1	A	1	D	0	0	
Carotene, alpha....µg	0		1	A	1	D	0	0	
Cryptoxanthin, beta....µg	0		1	A	1	D	0	0	
Vitamin A, IU....IU	0		0	AS	1		0	0	
Lycopene....µg	0		1	A	1	D	0	0	
Lutein + zeaxanthin....µg	0		0	NR	4		0	0	
Vitamin E (alpha-tocopherol)....mg	0.65		1	A	1	D	0.26	0.04	
Tocopherol, beta....mg	0.06		1	A	1	D	0.02	0.00	
Tocopherol, gamma....mg	7.42		1	A	1	D	2.97	0.49	
Tocopherol, delta....mg	3.18		1	A	1	D	1.27	0.21	
Tocotrienol, alpha....mg	0.00		1	A	1	D	0.00	0.00	
Tocotrienol, beta....mg	0.00		1	A	1	D	0.00	0.00	
Tocotrienol, gamma....mg	0.00		1	A	1	D	0.00	0.00	
Tocotrienol, delta....mg	0.00		1	A	1	D	0.00	0.00	

NDB No. 19064
Candies, TOOTSIE ROLL, chocolate-flavor roll

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D (D2 + D3)....µg									
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg	9.6		1	A	1	D	3.9	0.6	
Dihydrophylloquinone....µg	18.7		1	A	1	D	7.5	1.2	
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.967		0	NC	4		0.387	0.064	
4:0....g	0.000		1	A	1	D	0.000	0.000	
6:0....g	0.000		1	A	1	D	0.000	0.000	
8:0....g	0.067		1	A	1	D	0.027	0.004	
10:0....g	0.025		1	A	1	D	0.010	0.002	
12:0....g	0.000		1	A	1	D	0.000	0.000	
13:0....g	0.000		1	A	1	D	0.000	0.000	
14:0....g	0.000		1	A	1	D	0.000	0.000	
15:0....g	0.000		1	A	1	D	0.000	0.000	
16:0....g	0.467		1	A	1	D	0.187	0.031	
17:0....g	0.000		1	A	1	D	0.000	0.000	
18:0....g	0.396		1	A	1	D	0.158	0.026	
20:0....g	0.013		1	A	1	D	0.005	0.001	
22:0....g	0.000		1	A	1	D	0.000	0.000	
24:0....g	0.000		1	A	1	D	0.000	0.000	
Fatty acids, total monounsaturated....g	1.929		0	NC	4		0.772	0.127	
14:1....g	0.000		1	A	1	D	0.000	0.000	
15:1....g	0.000		1	A	1	D	0.000	0.000	
16:1 undifferentiated....g	0.000		1	A	1	D	0.000	0.000	
17:1....g	0.000		1	A	1	D	0.000	0.000	
18:1 undifferentiated....g	1.907		0	A	1		0.763	0.126	
18:1 c....g	1.188		1	A	1	D	0.475	0.078	
18:1 t....g	0.719		1	A	1	D	0.288	0.047	
18:1-11 t (18:1t n-7)....g									
20:1....g	0.000		1	A	1	D	0.000	0.000	
22:1 undifferentiated....g	0.022		1	A	1	D	0.009	0.001	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.266		0	NC	4		0.106	0.018	
18:2 undifferentiated....g	0.250		1	A	1	D	0.100	0.017	
18:3 undifferentiated....g	0.000		0	A	1		0.000	0.000	
18:3 n-3 c,c,c (ALA)....g	0.016		1	A	1	D	0.006	0.001	
18:3 n-6 c,c,c....g	0.000		1	A	1	D	0.000	0.000	
18:3i....g									
18:4....g									
20:2 n-6 c,c....g	0.000		1	A	1	D	0.000	0.000	
20:3 undifferentiated....g	0.000		1	A	1	D	0.000	0.000	
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.000		1	A	1	D	0.000	0.000	
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000		1	A	1	D	0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g	0.000		1	A	1	D	0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	2		1	A	1	D	1	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.190		0	A	1		0.076	0.013	
Threonine....g	0.040		0	A	1		0.016	0.003	
Isoleucine....g	0.060		0	A	1		0.024	0.004	
Leucine....g	0.110		0	A	1		0.044	0.007	
Lysine....g	0.090		0	A	1		0.036	0.006	
Methionine....g	0.010		0	A	1		0.004	0.001	

NDB No. 19064
Candies, TOOTSIE ROLL, chocolate-flavor roll

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Cystine....g	0.000		0	A	1		0.000	0.000	
Phenylalanine....g	0.050		0	A	1		0.020	0.003	
Tyrosine....g	0.020		0	A	1		0.008	0.001	
Valine....g	0.080		0	A	1		0.032	0.005	
Arginine....g	0.060		0	A	1		0.024	0.004	
Histidine....g	0.030		0	A	1		0.012	0.002	
Alanine....g	0.060		0	A	1		0.024	0.004	
Aspartic acid....g	0.200		0	A	1		0.080	0.013	
Glutamic acid....g	0.280		0	A	1		0.112	0.018	
Glycine....g	0.050		0	A	1		0.020	0.003	
Proline....g	0.030		0	A	1		0.012	0.002	
Serine....g	0.080		0	A	1		0.032	0.005	
Hydroxyproline....g	0.000		1	A	1	D	0.000	0.000	
Others:									
Alcohol, ethyl....g									
Caffeine....mg	7		1	A	1	D	3	0	
Theobromine....mg	75		1	A	1	D	30	5	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 6 pieces

Measure 2 = 6.6g: 1 piece

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

Food Group: 19 Sweets

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

NDB No. 19067
Candies, TWIZZLERS CHERRY BITES
Hershey Food Corp.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	15.00		1	MC	9		6.00		
Energy....kcal	338		1	MC	9		135		
Energy....kJ	1413		0	MC	9		565		
Protein (N x 6.25)....g	2.97		1	MC	9		1.19		
Total lipid (fat)....g	1.70		1	MC	9		0.68		
Ash....g	0.79		1	MC	9		0.32		
Carbohydrate, by difference....g	79.38		1	MC	9		31.75		
Fiber, total dietary....g	0.1		1	MC	9		0.0		
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	12		1	MC	9		5		
Iron, Fe....mg	0.55		1	MC	9		0.22		
Magnesium, Mg....mg									
Phosphorus, P....mg	47		1	MC	9		19		
Potassium, K....mg	14		1	MC	9		6		
Sodium, Na....mg	261		1	MC	9		104		
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		1	MC	9		0.0		
Thiamin....mg									
Riboflavin....mg									
Niacin....mg									
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....µg									
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg									
Vitamin A, RAE....µg									
Vitamin A, IU....IU	0		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									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.250		1	MC	9		0.100		
Fatty acids, total monounsaturated....g	0.490		1	MC	9		0.196		
Fatty acids, total polyunsaturated....g	0.040		1	MC	9		0.016		
Fatty acids, total trans....g	0.540		1	MC	9		0.216		
Cholesterol....mg	0		1	MC	9		0		
Phytosterols....mg									

NDB No. 19067
Candies, TWIZZLERS CHERRY BITES

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

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

Common Measures:

Measure 1 = 40g: 18 pieces

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

Food Group: 19 Sweets

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

NDB No. 19092

Candies, TWIZZLERS NIBS CHERRY BITS

Hershey Food Corp.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	15.00		1	MC	9		6.00		
Energy....kcal	347		1	MC	9		139		
Energy....kJ	1453		0	MC	9		581		
Protein (N x 6.25)....g	2.30		1	MC	9		0.92		
Total lipid (fat)....g	2.64		1	MC	9		1.06		
Ash....g	0.57		1	MC	9		0.23		
Carbohydrate, by difference....g	79.37		1	MC	9		31.75		
Fiber, total dietary....g	0.6		1	MC	9		0.3		
Sugars, total....g	51.35		1	MC	9		20.54		
Starch....g									
Minerals:									
Calcium, Ca....mg	8		1	MC	9		3		
Iron, Fe....mg	0.28		1	MC	9		0.11		
Magnesium, Mg....mg									
Phosphorus, P....mg	24		1	MC	9		10		
Potassium, K....mg	37		1	MC	9		15		
Sodium, Na....mg	195		1	MC	9		78		
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		1	MC	9		0.0		
Thiamin....mg									
Riboflavin....mg									
Niacin....mg									
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....µg									
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg									
Vitamin A, RAE....µg									
Vitamin A, IU....IU	0		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									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.540		1	MC	9		0.216		
Fatty acids, total monounsaturated....g	1.880		1	MC	9		0.752		
Fatty acids, total polyunsaturated....g	0.140		1	MC	9		0.056		
Fatty acids, total trans....g									
Cholesterol....mg	0		1	MC	9		0		
Phytosterols....mg									

NDB No. 19092
Candies, TWIZZLERS NIBS CHERRY BITS

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

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

Common Measures:

Measure 1 = 40g: 27 pieces

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

Food Group: 19 Sweets

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

NDB No. 19112

Candies, TWIZZLERS Strawberry Twists Candy

Hershey Food Corp.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g									
Energy....kcal	350	4.034	3	LC	8		248	133	157
Energy....kJ	1464		0	LC	8		1039	556	659
Protein....g	2.56	0.176	3	LC	8		1.82	0.97	1.15
Total lipid (fat)....g	2.32	0.158	3	LC	8		1.65	0.88	1.04
Ash....g									
Carbohydrate, by difference....g	79.74	0.406	3	LC	8		56.62	30.30	35.88
Fiber, total dietary....g	0.0	0.000	3	LC	8		0.0	0.0	0.0
Sugars, total....g	39.64	0.182	3	LC	8		28.14	15.06	17.84
Starch....g									
Minerals:									
Calcium, Ca....mg	0	0.000	3	LC	8		0	0	0
Iron, Fe....mg	0.51			LC	8		0.36	0.19	0.23
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg									
Sodium, Na....mg	287	2.503	3	LC	8		204	109	129
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0	0.000	3	LC	8		0.0	0.0	0.0
Thiamin....mg									
Riboflavin....mg									
Niacin....mg									
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....µg									
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg									
Vitamin A, RAE....µg									
Vitamin A, IU....IU	0	0.000	3	LC	8		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									
Lipids:									
Fatty acids, total saturated....g	0.000	0.000	3	LC	8		0.000	0.000	0.000
Fatty acids, total monounsaturated....g									
Fatty acids, total polyunsaturated....g									
Fatty acids, total trans....g									
Cholesterol....mg	0	0.000	3	LC	8		0	0	0
Phytosterols....mg									

NDB No. 19112
Candies, TWIZZLERS Strawberry Twists Candy

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

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

Common Measures:

Measure 1 = 71g: 2.5 oz 2.5 oz

Measure 2 = 38g: 4 pieces from 5 oz package

Measure 3 = 45g: 4 pieces from 8 oz package

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

Food Group: 19 Sweets

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

NDB No. 19162

Candies, WHATCHAMACALLIT Candy Bar

Hershey Food Corp.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	3.04		1	MC	9		1.46		
Energy....kcal	494		1	MC	9		237		
Energy....kJ	2067		0	MC	9		992		
Protein....g	8.04		1	MC	9		3.86		
Total lipid (fat)....g	23.68		1	MC	9		11.37		
Ash....g	1.66		1	MC	9		0.80		
Carbohydrate, by difference....g	63.23		1	MC	9		30.35		
Fiber, total dietary....g	1.9		1	MC	9		0.9		
Sugars, total....g	48.86		1	MC	9		23.45		
Starch....g									
Minerals:									
Calcium, Ca....mg	118		1	MC	9		57		
Iron, Fe....mg	1.13		1	MC	9		0.54		
Magnesium, Mg....mg	28		1	MC	9		14		
Phosphorus, P....mg	138		1	MC	9		66		
Potassium, K....mg	303		1	MC	9		146		
Sodium, Na....mg	299		1	MC	9		144		
Zinc, Zn....mg	0.43		1	MC	9		0.21		
Copper, Cu....mg	0.120		1	MC	9		0.058		
Manganese, Mn....mg	0.330		1	MC	9		0.158		
Selenium, Se....µg	0.7		1	MC	9		0.3		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.9		1	MC	9		0.4		
Thiamin....mg	0.110		1	MC	9		0.053		
Riboflavin....mg	0.210		1	MC	9		0.101		
Niacin....mg	2.470		1	MC	9		1.186		
Pantothenic acid....mg	0.260		1	MC	9		0.125		
Vitamin B-6....mg	0.040		1	MC	9		0.019		
Folate, total....µg	18		1	MC	9		9		
Folic acid....µg	0		0	O	4		0		
Folate, food....µg	18		0	FLM	4		8		
Folate, DFE....µg	18		0	NC	4		8		
Choline, total....mg	25.0		0	O	4		12.0		
Betaine....mg									
Vitamin B-12....µg	0.37		0	FLM	4		0.18		
Vitamin B-12, added....µg	0.00		0	Z	7		0.00		
Vitamin A, RAE....µg	38		0	FLM	4		18		
Retinol....µg	37		0	FLM	4		18		
Carotene, beta....µg	1		0	FLM	4		1		
Carotene, alpha....µg	0		0	FLM	4		0		
Cryptoxanthin, beta....µg	0		0	FLM	4		0		
Vitamin A, IU....IU	134		1	MC	9		64		
Lycopene....µg	0		0	FLM	4		0		
Lutein + zeaxanthin....µg	0		0	FLM	4		0		
Vitamin E (alpha-tocopherol)....mg	1.27		0	FLM	4		0.61		
Vitamin E, added....mg	0.00		0	Z	7		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		
Vitamin D....IU	0		0	Z	7		0		
Vitamin K (phylloquinone)....µg	4.3		0	FLM	4		2.1		
Dihydrophylloquinone....µg									
Menaquinone-4....µg									

NDB No. 19162
Candies, WHATCHAMACALLIT Candy Bar

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	17.040		1	MC	9		8.179		
4:0....g	0.403		0	FLM	4		0.193		
6:0....g	0.169		0	FLM	4		0.081		
8:0....g	0.334		0	FLM	4		0.160		
10:0....g	0.449		0	FLM	4		0.216		
12:0....g	3.660		0	FLM	4		1.757		
13:0....g	0.000		0	FLM	4		0.000		
14:0....g	1.801		0	FLM	4		0.865		
15:0....g	0.048		0	FLM	4		0.023		
16:0....g	5.260		0	FLM	4		2.525		
17:0....g	0.053		0	FLM	4		0.025		
18:0....g	4.715		0	FLM	4		2.263		
20:0....g	0.122		0	FLM	4		0.059		
22:0....g	0.013		0	FLM	4		0.006		
24:0....g	0.000		0	FLM	4		0.000		
Fatty acids, total monounsaturated....g	3.780		1	MC	9		1.814		
14:1....g	0.016		0	FLM	4		0.008		
15:1....g	0.000		0	FLM	4		0.000		
16:1 undifferentiated....g	0.040		0	FLM	4		0.019		
17:1....g	0.004		0	FLM	4		0.002		
18:1 undifferentiated....g	2.146		0	FLM	4		1.030		
20:1....g	0.001		0	FLM	4		0.000		
22:1 undifferentiated....g	0.000		0	FLM	4		0.000		
24:1 c....g	0.000		0	FLM	4		0.000		
Fatty acids, total polyunsaturated....g	0.830		1	MC	9		0.398		
18:2 undifferentiated....g	0.761		0	FLM	4		0.366		
18:3 undifferentiated....g	0.027		0	FLM	4		0.013		
18:4....g	0.000		0	FLM	4		0.000		
20:2 n-6 c,c....g	0.000		0	FLM	4		0.000		
20:3 undifferentiated....g	0.000		0	FLM	4		0.000		
20:4 undifferentiated....g	0.000		0	FLM	4		0.000		
20:5 n-3 (EPA)....g	0.000		0	FLM	4		0.000		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	FLM	4		0.000		
22:6 n-3 (DHA)....g	0.000		0	FLM	4		0.000		
Fatty acids, total trans....g	0.120		1	MC	9		0.058		
Cholesterol....mg	12		1	MC	9		6		
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		1	MC	9		0.0		
Caffeine....mg	10		0	FLM	4		5		
Theobromine....mg	100		0	FLM	4		48		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 bar 1.7 oz

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

Food Group: 19 Sweets

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

NDB No. 19181
Candies, YORK BITES
Hershey Food Corp.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	9.09		1	MC	9		3.55		
Energy....kcal	394		1	MC	9		153		
Energy....kJ	1647		0	MC	9		642		
Protein (N x 6.25)....g	1.78		1	MC	9		0.69		
Total lipid (fat)....g	7.32		1	MC	9		2.85		
Ash....g	0.17		0	T	4		0.07		
Carbohydrate, by difference....g	81.64		1	MC	9		31.84		
Fiber, total dietary....g	2.0		1	MC	9		0.8		
Sugars, total....g	75.00		1	MC	9		29.25		
Starch....g									
Minerals:									
Calcium, Ca....mg	10		1	MC	9		4		
Iron, Fe....mg	0.94		1	MC	9		0.37		
Magnesium, Mg....mg	1		1	MC	9		1		
Phosphorus, P....mg	3		1	MC	9		1		
Potassium, K....mg	108		1	MC	9		42		
Sodium, Na....mg	46		1	MC	9		18		
Zinc, Zn....mg	0.01		1	MC	9		0.00		
Copper, Cu....mg	0.000		1	MC	9		0.000		
Manganese, Mn....mg	0.000		1	MC	9		0.000		
Selenium, Se....µg	0.0		1	MC	9		0.0		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		1	MC	9		0.0		
Thiamin....mg	0.000		1	MC	9		0.000		
Riboflavin....mg	0.000		1	MC	9		0.000		
Niacin....mg	0.000		1	MC	9		0.000		
Pantothenic acid....mg	0.000		1	MC	9		0.000		
Vitamin B-6....mg	0.000		1	MC	9		0.000		
Folate, total....µg	0		1	MC	9		0		
Folic acid....µg									
Folate, food....µg									
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	7		1	MC	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									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	4.430		1	MC	9		1.728		

NDB No. 19181
Candies, YORK BITES

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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 monounsaturated.....g	0.480		1	MC	9		0.187		
Fatty acids, total polyunsaturated.....g	0.100		1	MC	9		0.039		
Fatty acids, total trans.....g									
Cholesterol.....mg	1		1	MC	9		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		1	MC	9		0.0		
Caffeine.....mg									
Theobromine.....mg									

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

Common Measures:

Measure 1 = 39g: 15 pieces

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

Food Group: 19 Sweets

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

NDB No. 19091
Candies, YORK Peppermint Pattie
Hershey Food Corp.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	9.03		1	MC	9		3.88		
Energy....kcal	384		1	MC	9		165		
Energy....kJ	1606		0	MC	9		691		
Protein....g	2.19		1	MC	9		0.94		
Total lipid (fat)....g	7.17		1	MC	9		3.08		
Ash....g	0.14		1	MC	9		0.06		
Carbohydrate, by difference....g	80.99		1	MC	9		34.83		
Fiber, total dietary....g	2.0		1	MC	9		0.9		
Sugars, total....g	63.78		1	MC	9		27.43		
Starch....g									
Minerals:									
Calcium, Ca....mg	11		1	MC	9		5		
Iron, Fe....mg	0.92		1	MC	9		0.40		
Magnesium, Mg....mg									
Phosphorus, P....mg	0		1	MC	9		0		
Potassium, K....mg	111		1	MC	9		48		
Sodium, Na....mg	28		1	MC	9		12		
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		1	MC	9		0.0		
Thiamin....mg									
Riboflavin....mg									
Niacin....mg									
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....µg									
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg									
Vitamin A, RAE....µg									
Vitamin A, IU....IU	7		1	MC	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									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	4.340		1	MC	9		1.866		
Fatty acids, total monounsaturated....g	0.410		1	MC	9		0.176		
Fatty acids, total polyunsaturated....g	0.110		1	MC	9		0.047		
Fatty acids, total trans....g									
Cholesterol....mg	1		1	MC	9		0		
Phytosterols....mg									

NDB No. 19091
Candies, YORK Peppermint Pattie

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

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

Common Measures:

Measure 1 = 43g: 1 patty 1.5 oz

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

Food Group: 19 Sweets

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

NDB No. 19070
Candies, butterscotch

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	5.25		0	FLC	4		1.49	0.84	
Energy....kcal	391		0	NC	4		111	63	
Energy....kJ	1638		0	NC	4		464	262	
Protein (N x 6.25)....g	0.03		0	FLC	4		0.01	0.01	
Total lipid (fat)....g	3.30		0	FLC	4		0.94	0.53	
Ash....g	1.01		0	FLC	4		0.29	0.16	
Carbohydrate, by difference....g	90.40		0	NC	4		25.63	14.46	
Fiber, total dietary....g	0.0		0	FLC	4		0.0	0.0	
Sugars, total....g	80.46		0	FLC	4		22.81	12.87	
Starch....g									
Minerals:									
Calcium, Ca....mg	4		0	FLC	4		1	1	
Iron, Fe....mg	0.01		0	FLC	4		0.00	0.00	
Magnesium, Mg....mg	0		0	FLC	4		0	0	
Phosphorus, P....mg	1		0	FLC	4		0	0	
Potassium, K....mg	3		0	FLC	4		1	0	
Sodium, Na....mg	391		0	FLC	4		111	63	
Zinc, Zn....mg	0.09		0	FLC	4		0.03	0.01	
Copper, Cu....mg	0.001		0	FLC	4		0.000	0.000	
Manganese, Mn....mg	0.001		0	FLC	4		0.000	0.000	
Selenium, Se....µg	0.6		0	FLC	4		0.2	0.1	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	FLC	4		0.0	0.0	
Thiamin....mg	0.012		0	FLC	4		0.003	0.002	
Riboflavin....mg	0.016		0	FLC	4		0.004	0.003	
Niacin....mg	0.002		0	FLC	4		0.000	0.000	
Pantothenic acid....mg	0.004		0	FLC	4		0.001	0.001	
Vitamin B-6....mg	0.000		0	FLC	4		0.000	0.000	
Folate, total....µg	0		0	FLC	4		0	0	
Folic acid....µg	0		0	FLC	4		0	0	
Folate, food....µg	0		0	FLC	4		0	0	
Folate, DFE....µg	0		0	NC	4		0	0	
Choline, total....mg	0.8		0	O	4		0.2	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	28		0	NC	4		8	4	
Retinol....µg	27		0	FLC	4		8	4	
Carotene, beta....µg	6		0	FLC	4		2	1	
Carotene, alpha....µg	0		0	FLC	4		0	0	
Cryptoxanthin, beta....µg	0		0	FLC	4		0	0	
Vitamin A, IU....IU	100		0	FLC	4		28	16	
Lycopene....µg	0		0	FLC	4		0	0	
Lutein + zeaxanthin....µg	0		0	FLC	4		0	0	
Vitamin E (alpha-tocopherol)....mg	0.09		0	FLC	4		0.03	0.01	
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	
Vitamin K (phylloquinone)....µg	0.3		0	FLC	4		0.1	0.0	
Dihydrophylloquinone....µg									
Menaquinone-4....µg									

NDB No. 19070
Candies, butterscotch

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	2.065		0	FLC	4		0.585	0.330	
4:0....g	0.130		0	FLC	4		0.037	0.021	
6:0....g	0.081		0	FLC	4		0.023	0.013	
8:0....g	0.048		0	FLC	4		0.014	0.008	
10:0....g	0.102		0	FLC	4		0.029	0.016	
12:0....g	0.104		0	FLC	4		0.029	0.017	
13:0....g									
14:0....g	0.299		0	FLC	4		0.085	0.048	
15:0....g									
16:0....g	0.872		0	FLC	4		0.247	0.140	
17:0....g	0.022		0	FLC	4		0.006	0.004	
18:0....g	0.402		0	FLC	4		0.114	0.064	
20:0....g	0.006		0	FLC	4		0.002	0.001	
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.845		0	FLC	4		0.240	0.135	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.039		0	FLC	4		0.011	0.006	
17:1....g									
18:1 undifferentiated....g	0.802		0	FLC	4		0.227	0.128	
20:1....g	0.004		0	FLC	4		0.001	0.001	
22:1 undifferentiated....g	0.000		0	FLC	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.122		0	FLC	4		0.035	0.020	
18:2 undifferentiated....g	0.110		0	FLC	4		0.031	0.018	
18:3 undifferentiated....g	0.013		0	FLC	4		0.004	0.002	
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									
Cholesterol....mg	9		0	FLC	4		2	1	
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	FLC	4		0.0	0.0	
Caffeine....mg	0		0	FLC	4		0	0	
Theobromine....mg	0		0	FLC	4		0	0	

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

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 16g: 3 pieces

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

Food Group: 19 Sweets

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

NDB No. 19074
Candies, caramels

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	8.50	0.343	5		1		6.04	0.86	
Energy....kcal	382		0	NC	4		271	39	
Energy....kJ	1598		0	NC	4		1135	161	
Protein (N x 6.4)....g	4.60	0.126	3		1		3.27	0.46	
Total lipid (fat)....g	8.10		1		1		5.75	0.82	
Ash....g	1.80	0.049	3		1		1.28	0.18	
Carbohydrate, by difference....g	77.00		0	NC	4		54.67	7.78	
Fiber, total dietary....g	0.0		0	FLC	4		0.0	0.0	
Sugars, total....g	65.50		0	LC	8		46.51	6.62	
Starch....g									
Minerals:									
Calcium, Ca....mg	138	7.131	41		1		98	14	
Iron, Fe....mg	0.14	0.048	41		1		0.10	0.01	
Magnesium, Mg....mg	17	0.874	41		1		12	2	
Phosphorus, P....mg	114	5.475	40		1		81	12	
Potassium, K....mg	214	12.300	42		1		152	22	
Sodium, Na....mg	245	13.433	42		1		174	25	
Zinc, Zn....mg	0.44	0.029	42		1		0.31	0.04	
Copper, Cu....mg	0.018	0.002	41		1		0.013	0.002	
Manganese, Mn....mg	0.011	0.002	41		1		0.008	0.001	
Selenium, Se....µg	1.8	0.367	12	A	1		1.3	0.2	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.4		0	FLC	4		0.3	0.0	
Thiamin....mg	0.103		0	FLC	4		0.073	0.010	
Riboflavin....mg	0.256		0	FLC	4		0.181	0.026	
Niacin....mg	0.148		0	FLC	4		0.105	0.015	
Pantothenic acid....mg	0.620		0	FLC	4		0.440	0.063	
Vitamin B-6....mg	0.056		0	FLC	4		0.039	0.006	
Folate, total....µg	4		0	FLC	4		2	0	
Folic acid....µg	0		0	FLC	4		0	0	
Folate, food....µg	4		0	FLC	4		2	0	
Folate, DFE....µg	4		0	NC	4		2	0	
Choline, total....mg	8.0		0	O	4		5.7	0.8	
Betaine....mg									
Vitamin B-12....µg	0.30		0	FLC	4		0.21	0.03	
Vitamin B-12, added....µg	0.00		0	FLC	4		0.00	0.00	
Vitamin A, RAE....µg	12		0	FLC	4		8	1	
Retinol....µg	11		0	FLC	4		8	1	
Carotene, beta....µg	2		0	FLC	4		2	0	
Carotene, alpha....µg	0		0	FLC	4		0	0	
Cryptoxanthin, beta....µg	0		0	FLC	4		0	0	
Vitamin A, IU....IU	42		0	FLC	4		30	4	
Lycopene....µg	0		0	FLC	4		0	0	
Lutein + zeaxanthin....µg	0		0	FLC	4		0	0	
Vitamin E (alpha-tocopherol)....mg	0.46		0	NR	4		0.33	0.05	
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	
Vitamin K (phylloquinone)....µg	1.8		0	FLC	4		1.2	0.2	
Dihydrophylloquinone....µg									
Menaquinone-4....µg									

NDB No. 19074
Candies, caramels

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	2.476		0	FLC	4		1.758	0.250	
4:0....g	0.047		0	FLC	4		0.033	0.005	
6:0....g	0.012		0	FLC	4		0.009	0.001	
8:0....g	0.013		0	FLC	4		0.009	0.001	
10:0....g	0.026		0	FLC	4		0.019	0.003	
12:0....g	0.016		0	FLC	4		0.011	0.002	
13:0....g									
14:0....g	0.190		0	FLC	4		0.135	0.019	
15:0....g									
16:0....g	1.880		0	FLC	4		1.335	0.190	
17:0....g									
18:0....g	0.293		0	FLC	4		0.208	0.030	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	1.542		0	FLC	4		1.095	0.156	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.095		0	FLC	4		0.067	0.010	
17:1....g									
18:1 undifferentiated....g	1.447		0	FLC	4		1.027	0.146	
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	3.478		0	FLC	4		2.469	0.351	
18:2 undifferentiated....g	3.447		0	FLC	4		2.447	0.348	
18:3 undifferentiated....g	0.025		0	FLC	4		0.018	0.002	
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	0.007		0	FLC	4		0.005	0.001	
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									
Cholesterol....mg	7	0.333	3		1		5	1	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.060		0		1		0.043	0.006	
Threonine....g	0.192		0		1		0.136	0.019	
Isoleucine....g	0.258		0		1		0.183	0.026	
Leucine....g	0.417		0		1		0.296	0.042	
Lysine....g	0.338		0		1		0.240	0.034	
Methionine....g	0.107		0		1		0.076	0.011	
Cystine....g	0.039		0		1		0.028	0.004	
Phenylalanine....g	0.205		0		1		0.146	0.021	
Tyrosine....g	0.205		0		1		0.146	0.021	
Valine....g	0.285		0		1		0.202	0.029	
Arginine....g	0.155		0		1		0.110	0.016	
Histidine....g	0.115		0		1		0.082	0.012	
Alanine....g	0.147		0		1		0.104	0.015	
Aspartic acid....g	0.323		0		1		0.229	0.033	
Glutamic acid....g	0.892		0		1		0.633	0.090	
Glycine....g	0.091		0		1		0.065	0.009	
Proline....g	0.412		0		1		0.293	0.042	
Serine....g	0.232		0		1		0.165	0.023	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	FLC	4		0.0	0.0	
Caffeine....mg	0		0	FLC	4		0	0	

NDB No. 19074
Candies, caramels

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	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 = 71g: 1 package (2.5 oz)

Measure 2 = 10.1g: 1 piece

Calories Factors: Protein 4.3 **Fat** 8.6 **Carbohydrate** 3.8

Food Group: 19 Sweets

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

NDB No. 19076
Candies, caramels, chocolate-flavor roll

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	6.69		1	A	1	D	0.44	4.28	2.68
Energy....kcal	387		0	NC	4		26	248	155
Energy....kJ	1619		0	NC	4		107	1036	648
Protein (N x 6.25)....g	1.59		1	A	1	D	0.10	1.02	0.64
Total lipid (fat)....g	3.31		1	A	1	D	0.22	2.12	1.32
Ash....g	0.68		1	A	1	D	0.04	0.44	0.27
Carbohydrate, by difference....g	87.73		0	NC	4		5.79	56.15	35.09
Fiber, total dietary....g	0.1		1	A	1	D	0.0	0.0	0.0
Sugars, total....g	56.32		1	A	1	D	3.72	36.04	22.53
Starch....g									
Minerals:									
Calcium, Ca....mg	36		1	A	1	D	2	23	14
Iron, Fe....mg	0.80		1	A	1	D	0.05	0.51	0.32
Magnesium, Mg....mg	22		1	A	1	D	1	14	9
Phosphorus, P....mg	57		1	A	1	D	4	36	23
Potassium, K....mg	116		1	A	1	D	8	74	46
Sodium, Na....mg	44		1	A	1	D	3	28	18
Zinc, Zn....mg	0.40		1	A	1	D	0.03	0.26	0.16
Copper, Cu....mg	0.130		1	A	1	D	0.009	0.083	0.052
Manganese, Mn....mg	0.047		1	A	1	D	0.003	0.030	0.019
Selenium, Se....µg	2.2		1	A	1	D	0.1	1.4	0.9
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		1	A	1	D	0.0	0.0	0.0
Thiamin....mg	0.056		1	A	1	D	0.004	0.036	0.022
Riboflavin....mg	0.070		1	A	1	D	0.005	0.045	0.028
Niacin....mg	0.210		1	A	1	D	0.014	0.134	0.084
Pantothenic acid....mg	0.290		1	A	1	D	0.019	0.186	0.116
Vitamin B-6....mg	0.010		1	A	1	D	0.001	0.006	0.004
Folate, total....µg	9		1	A	1	D	1	6	4
Folic acid....µg	3		1	A	1	D	0	2	1
Folate, food....µg	6		1	AS	1		0	4	2
Folate, DFE....µg	11		0	NC	4		1	7	4
Choline, total....mg	18.7		0	AS	1		1.2	12.0	7.5
Betaine....mg									
Vitamin B-12....µg	0.00		1	A	1	D	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		1	A	1	D	0	0	0
Carotene, alpha....µg	0		1	A	1	D	0	0	0
Cryptoxanthin, beta....µg	0		1	A	1	D	0	0	0
Vitamin A, IU....IU	0		0	AS	1		0	0	0
Lycopene....µg	0		1	A	1	D	0	0	0
Lutein + zeaxanthin....µg	1		0	FLC	4		0	1	0
Vitamin E (alpha-tocopherol)....mg	0.65		1	A	1	D	0.04	0.42	0.26
Vitamin E, added....mg	0.00		0	FLC	4		0.00	0.00	0.00
Tocopherol, beta....mg	0.06		1	A	1	D	0.00	0.04	0.02
Tocopherol, gamma....mg	7.42		1	A	1	D	0.49	4.75	2.97
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	9.6		1	A	1	D	0.6	6.2	3.9
Dihydrophylloquinone....µg									
Menaquinone-4....µg									

NDB No. 19076
Candies, caramels, chocolate-flavor roll

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	0.967		0	FLC	4		0.064	0.619	0.387
4:0....g	0.001		0	FLC	4		0.000	0.000	0.000
6:0....g	0.000		0	FLC	4		0.000	0.000	0.000
8:0....g	0.000		0	FLC	4		0.000	0.000	0.000
10:0....g	0.000		0	FLC	4		0.000	0.000	0.000
12:0....g	0.000		0	FLC	4		0.000	0.000	0.000
13:0....g	0.000		1	A	1	D	0.000	0.000	0.000
14:0....g	0.005		0	FLC	4		0.000	0.003	0.002
15:0....g	0.001		0	FLC	4		0.000	0.001	0.000
16:0....g	0.438		0	FLC	4		0.029	0.280	0.175
17:0....g	0.004		0	FLC	4		0.000	0.002	0.001
18:0....g	0.492		0	FLC	4		0.032	0.315	0.197
20:0....g	0.010		0	FLC	4		0.001	0.007	0.004
22:0....g	0.011		0	FLC	4		0.001	0.007	0.004
24:0....g	0.000		1	A	1	D	0.000	0.000	0.000
Fatty acids, total monounsaturated....g	1.929		0	FLC	4		0.127	1.235	0.772
14:1....g	0.000		1	A	1	D	0.000	0.000	0.000
15:1....g	0.000		1	A	1	D	0.000	0.000	0.000
16:1 undifferentiated....g	0.003		0	FLC	4		0.000	0.002	0.001
17:1....g	0.000		1	A	1	D	0.000	0.000	0.000
18:1 undifferentiated....g	1.925		0	FLC	4		0.127	1.232	0.770
18:1 c....g	1.188		1	A	1	D	0.078	0.760	0.475
18:1 t....g	0.719		1	A	1	D	0.047	0.460	0.288
18:1-11 t (18:1t n-7)....g									
20:1....g	0.001		0	FLC	4		0.000	0.001	0.000
22:1 undifferentiated....g	0.000		0	FLC	4		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.266		0	FLC	4		0.018	0.170	0.106
18:2 undifferentiated....g	0.246		0	FLC	4		0.016	0.158	0.099
18:3 undifferentiated....g	0.006		0	FLC	4		0.000	0.004	0.002
18:3 n-3 c,c,c (ALA)....g	0.016		1	A	1	D	0.001	0.010	0.006
18:3 n-6 c,c,c....g	0.000		1	A	1	D	0.000	0.000	0.000
18:3i....g									
18:4....g	0.000		0	FLC	4		0.000	0.000	0.000
20:2 n-6 c,c....g	0.000		1	A	1	D	0.000	0.000	0.000
20:3 undifferentiated....g	0.000		1	A	1	D	0.000	0.000	0.000
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.000		0	FLC	4		0.000	0.000	0.000
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000		0	FLC	4		0.000	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	0.000
22:6 n-3 (DHA)....g	0.000		0	FLC	4		0.000	0.000	0.000
Fatty acids, total trans....g	0.963		0	FLC	4		0.064	0.616	0.385
Cholesterol....mg	2		1	A	1	D	0	1	1
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	0.0
Caffeine....mg	7		1	A	1	D	0	4	3
Theobromine....mg	75		1	A	1	D	5	48	30

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

Common Measures:

Measure 1 = 6.6g: 1 piece

Measure 2 = 64g: 1 bar 2.25 oz

NDB No. 19076

Candies, caramels, chocolate-flavor roll

Measure 3 = 40g: 1 serving 6 pieces

Calories Factors: Protein	Fat	Carbohydrate

Food Group: 19 Sweets

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

NDB No. 19071
Candies, carob, unsweetened

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	1.54		5	A	1		0.44	1.34	
Energy....kcal	540		0	NC	4		153	470	
Energy....kJ	2259		0	NC	4		641	1966	
Protein (N x 6.25)....g	8.15		3	A	1		2.31	7.09	
Total lipid (fat)....g	31.36		5	A	1		8.89	27.28	
Ash....g	2.66		3	A	1		0.75	2.31	
Carbohydrate, by difference....g	56.29		0	NC	4		15.96	48.97	
Fiber, total dietary....g	3.8		2	A	1		1.1	3.3	
Sugars, total....g	34.11		0	FLA	4		9.67	29.68	
Starch....g									
Minerals:									
Calcium, Ca....mg	303		3	A	1		86	264	
Iron, Fe....mg	1.29		2	A	1		0.37	1.12	
Magnesium, Mg....mg	36		3	A	1		10	31	
Phosphorus, P....mg	126		2	A	1		36	110	
Potassium, K....mg	633		3	A	1		179	551	
Sodium, Na....mg	107		2	A	1		30	93	
Zinc, Zn....mg	3.53		3	A	1		1.00	3.07	
Copper, Cu....mg	0.183		2	A	1		0.052	0.159	
Manganese, Mn....mg	0.140		1	A	1		0.040	0.122	
Selenium, Se....µg	5.2		0	FLA	4		1.5	4.5	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.5		2	A	1		0.1	0.4	
Thiamin....mg	0.100		3	A	1		0.028	0.087	
Riboflavin....mg	0.178		2	A	1		0.050	0.155	
Niacin....mg	1.040		3	A	1		0.295	0.905	
Pantothenic acid....mg	0.750		3	A	1		0.213	0.653	
Vitamin B-6....mg	0.130		3	A	1		0.037	0.113	
Folate, total....µg	21		0	FLA	4		6	19	
Folic acid....µg	0		0	FLA	4		0	0	
Folate, food....µg	21		0	FLA	4		6	19	
Folate, DFE....µg	21		0	NC	4		6	19	
Choline, total....mg	19.0		0	FLA	4		5.4	16.6	
Betaine....mg									
Vitamin B-12....µg	0.28		0	FLA	4		0.08	0.24	
Vitamin B-12, added....µg	0.00		0	FLA	4		0.00	0.00	
Vitamin A, RAE....µg	1		0	FLA	4		0	1	
Retinol....µg	0		0	FLA	4		0	0	
Carotene, beta....µg	5		0	FLA	4		2	5	
Carotene, alpha....µg	0		0	FLA	4		0	0	
Cryptoxanthin, beta....µg	0		0	FLA	4		0	0	
Vitamin A, IU....IU	10		0	NC	4		3	9	
Lycopene....µg	0		0	FLA	4		0	0	
Lutein + zeaxanthin....µg	0		0	FLA	4		0	0	
Vitamin E (alpha-tocopherol)....mg	1.57		0	FLA	4		0.44	1.37	
Vitamin E, added....mg	0.00		0	FLA	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	
Vitamin K (phylloquinone)....µg	7.7		0	FLA	4		2.2	6.7	
Dihydrophylloquinone....µg									
Menaquinone-4....µg									

NDB No. 19071
Candies, carob, unsweetened

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	29.018		2	A	1		8.227	25.246	
4:0....g	0.027		0	FLA	4		0.008	0.023	
6:0....g	0.052		0	FLA	4		0.015	0.045	
8:0....g	0.824		0	FLA	4		0.234	0.717	
10:0....g	1.028		0	FLA	4		0.292	0.895	
12:0....g	17.649		0	FLA	4		5.003	15.355	
13:0....g									
14:0....g	6.257		0	FLA	4		1.774	5.443	
15:0....g									
16:0....g	2.533		0	FLA	4		0.718	2.204	
17:0....g									
18:0....g	0.632		0	FLA	4		0.179	0.550	
20:0....g	0.012		0	FLA	4		0.003	0.011	
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.483		0	FLA	4		0.137	0.420	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.001		0	FLA	4		0.000	0.001	
17:1....g									
18:1 undifferentiated....g	0.482		0	FLA	4		0.137	0.419	
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	0.295		0	FLA	4		0.084	0.257	
18:2 undifferentiated....g	0.264		0	FLA	4		0.075	0.230	
18:3 undifferentiated....g	0.031		2	A	1		0.009	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	0.000		0	FLA	4		0.000	0.000	
Cholesterol....mg	1		0	FLA	4		0	1	
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	FLA	4		0.0	0.0	
Caffeine....mg	0		0	FLA	4		0	0	
Theobromine....mg	0		0	FLA	4		0	0	

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

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 87g: 1 bar (3 oz)

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

Food Group: 19 Sweets

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

NDB No. 43031
Candies, chocolate covered, caramel with nuts

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
		Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	6.10		0		4		0.85		
Energy	kcal	470		0	NC	4		66		
Energy	kJ	1965		0	NC	4		275		
Protein	g	9.50		1		1		1.33		
Total lipid (fat)	g	21.00		1		1		2.94		
Ash	g	2.73		0	BFZN	4		0.38		
Carbohydrate, by difference	g	60.67		0	NC	4		8.49		
Fiber, total dietary	g	4.3		0		4		0.6		
Sugars, total	g	41.35		0	O	4		5.79		
Starch	g									
Minerals:										
Calcium, Ca	mg	78		0		4		11		
Iron, Fe	mg	1.70		1		1		0.24		
Magnesium, Mg	mg	81		0		4		11		
Phosphorus, P	mg	166		0		4		23		
Potassium, K	mg	445		0		4		62		
Sodium, Na	mg	156		0	NR	4		22		
Zinc, Zn	mg	1.87		0		4		0.26		
Copper, Cu	mg	0.580		0		4		0.081		
Manganese, Mn	mg									
Selenium, Se	µg	2.8		0	BFFN	4		0.4		
Vitamins:										
Vitamin C, total ascorbic acid	mg	1.4		1		1		0.2		
Thiamin	mg	0.040		1		1		0.006		
Riboflavin	mg	0.160		1		1		0.022		
Niacin	mg	4.760		1		1		0.666		
Pantothenic acid	mg									
Vitamin B-6	mg	0.160		0		4		0.022		
Folate, total	µg	92		0		4		13		
Folic acid	µg	0		0	BFZN	4		0		
Folate, food	µg	92		0		4		13		
Folate, DFE	µg	92		0	NC	4		13		
Choline, total	mg	33.9		0	O	4		4.7		
Betaine	mg									
Vitamin B-12	µg	0.00		0		4		0.00		
Vitamin B-12, added	µg	0.00		0	Z	7		0.00		
Vitamin A, RAE	µg	42		0	NC	4		6		
Retinol	µg	41		0	BFZN	4		6		
Carotene, beta	µg	7		0	BFZN	4		1		
Carotene, alpha	µg	0		0	BFZN	4		0		
Cryptoxanthin, beta	µg	0		0	BFZN	4		0		
Vitamin A, IU	IU	149		0	NC	4		21		
Lycopene	µg	0		0	BFZN	4		0		
Lutein + zeaxanthin	µg	0		0	BFZN	4		0		
Vitamin E (alpha-tocopherol)	mg	1.10		0	BFZN	4		0.15		
Vitamin E, added	mg	0.00		0	Z	7		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		
Vitamin D	IU	0		0	Z	7		0		
Vitamin K (phylloquinone)	µg	3.2		0	BFZN	4		0.4		
Dihydrophylloquinone	µg									
Menaquinone-4	µg									

NDB No. 43031
Candies, chocolate covered, caramel with nuts

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	4.657		0		4		0.652		
4:0....g	0.000		0		4		0.000		
6:0....g	0.005		0		4		0.001		
8:0....g	0.080		0		4		0.011		
10:0....g	0.090		0		4		0.013		
12:0....g	1.140		0		4		0.160		
13:0....g									
14:0....g	0.407		0		4		0.057		
15:0....g									
16:0....g	2.178		0		4		0.305		
17:0....g									
18:0....g	0.551		0		4		0.077		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	9.444		0		4		1.322		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.003		0		4		0.000		
17:1....g									
18:1 undifferentiated....g	9.194		0		4		1.287		
20:1....g	0.246		0		4		0.034		
22:1 undifferentiated....g	0.000		0		4		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	5.834		0		4		0.817		
18:2 undifferentiated....g	5.833		0		4		0.817		
18:3 undifferentiated....g	0.001		0		4		0.000		
18:4....g	0.000		0		4		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		4		0.000		
20:5 n-3 (EPA)....g	0.000		0		4		0.000		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		4		0.000		
22:6 n-3 (DHA)....g	0.000		0		4		0.000		
Fatty acids, total trans....g									
Cholesterol....mg	0		0		4		0		
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0		
Caffeine....mg	19		0	BFFN	4		3		
Theobromine....mg	113		0	BFFN	4		16		

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

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

Food Group: 19 Sweets

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

NDB No. 19905

Candies, chocolate, dark, NFS (45-59% cacao solids 90%; 60-69% cacao solids 5%; 70-85% cacao solids 5%)

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	1.00	0.031	13	A	1		0.28	1.27	
Energy....kcal	550		0	NC	4		156	699	
Energy....kJ	2301		0	NC	4		652	2923	
Protein....g	5.09	0.011	13	A	1		1.44	6.46	
Total lipid (fat)....g	32.20	0.452	21	A	1		9.13	40.90	
Ash....g	1.74	0.010	13	A	1		0.49	2.21	
Carbohydrate, by difference....g	59.97		0	NC	4		17.00	76.16	
Fiber, total dietary....g	7.2	0.071	13	A	1		2.0	9.2	
Sugars, total....g	46.14	0.145	13	A	1		13.08	58.60	
Sucrose....g	44.65	0.131	13	A	1		12.66	56.70	
Glucose (dextrose)....g	0.00	0.000	13	A	1		0.00	0.00	
Fructose....g	0.00	0.000	13	A	1		0.00	0.00	
Lactose....g	1.50	0.014	13	A	1		0.42	1.90	
Maltose....g	0.00	0.000	13	A	1		0.00	0.00	
Galactose....g	0.00	0.000	13	A	1		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	57	0.453	13	A	1		16	72	
Iron, Fe....mg	8.13	0.055	13	A	1		2.31	10.33	
Magnesium, Mg....mg	152	1.814	13	A	1		43	193	
Phosphorus, P....mg	214	1.815	13	A	1		61	272	
Potassium, K....mg	568	7.693	13	A	1		161	721	
Sodium, Na....mg	23	0.410	13	A	1		7	30	
Zinc, Zn....mg	2.11	0.021	13	A	1		0.60	2.68	
Copper, Cu....mg	1.076	0.011	13	A	1		0.305	1.367	
Manganese, Mn....mg	1.440	0.024	13	A	1		0.408	1.829	
Selenium, Se....µg	3.5		8	A	1		1.0	4.4	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.026	0.002	13	A	1		0.007	0.033	
Riboflavin....mg	0.051	0.000	13	A	1		0.015	0.065	
Niacin....mg	0.747	0.007	13	A	1		0.212	0.949	
Pantothenic acid....mg	0.304		8	A	1		0.086	0.386	
Vitamin B-6....mg	0.041	0.006	13	A	1		0.012	0.052	
Folate, total....µg	0		0	Z	7		0	0	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	0		0	Z	7		0	0	
Folate, DFE....µg	0		0	NC	4		0	0	
Choline, total....mg	27.6		0	O	4		7.8	35.1	
Betaine....mg									
Vitamin B-12....µg	0.23		8	A	1		0.07	0.30	
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....µg	2		0	AS	1		1	3	
Retinol....µg	0		0	Z	7		0	0	
Carotene, beta....µg	25		8	A	1		7	32	
Carotene, alpha....µg	7		8	A	1		2	9	
Cryptoxanthin, beta....µg	1		8	A	1		0	2	
Vitamin A, IU....IU	49		0	AS	1		14	62	
Lycopene....µg	0		8	A	1		0	0	
Lutein + zeaxanthin....µg	31		8	A	1		9	39	
Vitamin E (alpha-tocopherol)....mg	0.55		8	A	1		0.16	0.70	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg	0.00		8	A	1		0.00	0.00	
Tocopherol, gamma....mg	6.62		8	A	1		1.88	8.40	
Tocopherol, delta....mg	0.34		8	A	1		0.09	0.43	
Tocotrienol, alpha....mg	0.00		8	A	1		0.00	0.00	
Tocotrienol, beta....mg	0.00		8	A	1		0.00	0.00	

NDB No. 19905

Candies, chocolate, dark, NFS (45-59% cacao solids 90%; 60-69% cacao solids 5%; 70-85% cacao solids 5%)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Tocotrienol, gamma....mg	0.08		8	A	1		0.02	0.10	
Tocotrienol, delta....mg	0.00		8	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	8.0		8	A	1		2.3	10.2	
Dihydrophylloquinone....µg	0.0		8	A	1		0.0	0.0	
Menaquinone-4....µg	0.1		8	A	1		0.0	0.1	
Lipids:									
Fatty acids, total saturated....g	18.993		0	NC	4		5.384	24.121	
4:0....g	0.054	0.002	13	A	1		0.015	0.068	
6:0....g	0.042	0.001	13	A	1		0.012	0.053	
8:0....g	0.027	0.001	13	A	1		0.008	0.035	
10:0....g	0.082	0.001	13	A	1		0.023	0.104	
12:0....g	0.074	0.000	13	A	1		0.021	0.094	
13:0....g									
14:0....g	0.247	0.000	13	A	1		0.070	0.313	
15:0....g	0.032	0.000	13	A	1		0.009	0.041	
16:0....g	7.825	0.084	13	A	1		2.218	9.938	
17:0....g	0.075	0.001	13	A	1		0.021	0.096	
18:0....g	10.132	0.177	13	A	1		2.872	12.868	
20:0....g	0.315	0.008	13	A	1		0.089	0.401	
22:0....g	0.055	0.002	13	A	1		0.016	0.070	
24:0....g	0.031	0.001	13	A	1		0.009	0.039	
Fatty acids, total monounsaturated....g	9.801		0	NC	4		2.779	12.447	
14:1....g	0.018	0.000	13	A	1		0.005	0.022	
15:1....g	0.000	0.000	13	A	1		0.000	0.000	
16:1 undifferentiated....g	0.113	0.001	13	AS	1		0.032	0.143	
16:1 c....g	0.103	0.001	13	A	1		0.029	0.131	
16:1 t....g	0.010	0.000	13	A	1		0.003	0.012	
17:1....g	0.000	0.000	13	A	1		0.000	0.000	
18:1 undifferentiated....g	9.653	0.132	13	AS	1		2.737	12.259	
18:1 c....g	9.579	0.132	13	A	1		2.716	12.165	
18:1 t....g	0.074	0.000	13	A	1		0.021	0.094	
18:1-11 t (18:1t n-7)....g									
20:1....g	0.018	0.000	13	A	1		0.005	0.023	
22:1 undifferentiated....g	0.000	0.000	13	AS	1		0.000	0.000	
22:1 c....g	0.000	0.000	13	A	1		0.000	0.000	
22:1 t....g	0.000	0.000	13	A	1		0.000	0.000	
24:1 c....g	0.000	0.000	13	A	1		0.000	0.000	
Fatty acids, total polyunsaturated....g	1.107		0	NC	4		0.314	1.405	
18:2 undifferentiated....g	1.015	0.024	13	AS	1		0.288	1.289	
18:2 n-6 c,c....g	0.967	0.024	13	A	1		0.274	1.228	
18:2 CLAs....g	0.025	0.000	13	A	1		0.007	0.032	
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.023	0.001	13	A	1		0.006	0.029	
18:3 undifferentiated....g	0.083	0.002	13	AS	1		0.023	0.105	
18:3 n-3 c,c,c (ALA)....g	0.083	0.002	13	A	1		0.023	0.105	
18:3 n-6 c,c,c....g	0.000	0.000	13	A	1		0.000	0.000	
18:3i....g									
18:4....g	0.000	0.000	13	A	1		0.000	0.000	
20:2 n-6 c,c....g	0.001	0.000	13	A	1		0.000	0.001	
20:3 undifferentiated....g	0.000	0.000	13	AS	1		0.000	0.000	
20:3 n-3....g	0.000	0.000	13	A	1		0.000	0.000	
20:3 n-6....g	0.000	0.000	13	A	1		0.000	0.000	
20:4 undifferentiated....g	0.002	0.000	13	A	1		0.000	0.002	
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.001	0.000	13	A	1		0.000	0.001	
21:5....g									
22:4....g	0.003	0.000	13	A	1		0.001	0.004	
22:5 n-3 (DPA)....g	0.000	0.000	13	A	1		0.000	0.000	

NDB No. 19905

Candies, chocolate, dark, NFS (45-59% cacao solids 90%; 60-69% cacao solids 5%; 70-85% cacao solids 5%)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
22:6 n-3 (DHA)....g	0.000	0.000	13	A	1		0.000	0.000	
Fatty acids, total trans....g	0.106		0	NC	4		0.030	0.135	
Fatty acids, total trans-monoenoic....g	0.084		0	NC	4		0.024	0.106	
Fatty acids, total trans-polyenoic....g	0.023		0	NC	4		0.006	0.029	
Cholesterol....mg	7		8	A	1		2	9	
Phytosterols....mg									
Stigmasterol....mg	26		8	A	1		7	32	
Campesterol....mg	11		8	A	1		3	14	
Beta-sitosterol....mg	67		8	A	1		19	85	
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	47		8	A	1		13	59	
Theobromine....mg	515		8	A	1		146	654	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 = 127g: 1 bar

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

Food Group: 19 Sweets

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

NDB No. 19085
Candies, confectioner's coating, butterscotch

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	0.75		2	A	1		1.28	0.21	
Energy....kcal	539		0	NC	4		916	153	
Energy....kJ	2254		0	NC	4		3831	639	
Protein (N x 6.38)....g	2.20		2	A	1		3.74	0.62	
Total lipid (fat)....g	29.05		2	A	1		49.39	8.24	
Ash....g	0.90		2	A	1		1.53	0.26	
Carbohydrate, by difference....g	67.10		0	NC	4		114.07	19.02	
Fiber, total dietary....g	0.0		0	FLC	4		0.0	0.0	
Sugars, total....g	67.10		0	O	4		114.07	19.02	
Starch....g									
Minerals:									
Calcium, Ca....mg	34		1		1		58	10	
Iron, Fe....mg	0.08		1		4		0.14	0.02	
Magnesium, Mg....mg	5		0	FLC	4		8	1	
Phosphorus, P....mg	31		0	FLC	4		52	9	
Potassium, K....mg	64		0	FLC	4		109	18	
Sodium, Na....mg	89		2	A	1		151	25	
Zinc, Zn....mg	0.11		0	FLC	4		0.19	0.03	
Copper, Cu....mg	0.003		0	FLC	4		0.005	0.001	
Manganese, Mn....mg	0.002		0	FLC	4		0.003	0.000	
Selenium, Se....µg	1.3		0	FLC	4		2.2	0.4	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.1		0	FLC	4		0.2	0.0	
Thiamin....mg	0.015		0	FLC	4		0.026	0.004	
Riboflavin....mg	0.075		0	FLC	4		0.128	0.021	
Niacin....mg	0.049		0	FLC	4		0.083	0.014	
Pantothenic acid....mg	0.148		0	FLC	4		0.251	0.042	
Vitamin B-6....mg	0.016		0	FLC	4		0.027	0.005	
Folate, total....µg	1		0	FLC	4		2	0	
Folic acid....µg	0		0	FLC	4		0	0	
Folate, food....µg	1		0	FLC	4		2	0	
Folate, DFE....µg	1		0	NC	4		2	0	
Choline, total....mg	10.9		0	O	4		18.5	3.1	
Betaine....mg									
Vitamin B-12....µg	0.10		0	FLC	4		0.17	0.03	
Vitamin B-12, added....µg	0.00		0	FLC	4		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		1	0	
Lycopene....µg	0		0	FLC	4		0	0	
Lutein + zeaxanthin....µg	0		0	FLC	4		0	0	
Vitamin E (alpha-tocopherol)....mg	0.68		0	FLC	4		1.15	0.19	
Vitamin E, added....mg	0.00		0	FLC	4		0.00	0.00	
Tocopherol, beta....mg	0.00		0	FLC	4		0.00	0.00	
Tocopherol, gamma....mg	0.03		0	FLC	4		0.05	0.01	
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)....µg	6.5		0	FLC	4		11.1	1.9	
Dihydrophylloquinone....µg									
Menaquinone-4....µg									

NDB No. 19085
Candies, confectioner's coating, butterscotch

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	24.100		1	A	1		40.970	6.832	
4:0....g	0.000		1		1		0.000	0.000	
6:0....g	0.060		1		1		0.102	0.017	
8:0....g	1.092		2	A	1		1.856	0.310	
10:0....g	1.076		2	A	1		1.829	0.305	
12:0....g	13.790		1		1		23.443	3.909	
13:0....g									
14:0....g	4.674		2	A	1		7.946	1.325	
15:0....g									
16:0....g	2.344		2	A	1		3.985	0.665	
17:0....g									
18:0....g	1.722		2	A	1		2.927	0.488	
20:0....g	0.010		0	FLC	4		0.017	0.003	
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	2.271		0		4		3.861	0.644	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.007		2	A	1		0.012	0.002	
17:1....g									
18:1 undifferentiated....g	2.250		2	A	1		3.825	0.638	
20:1....g	0.014		1	A	1		0.024	0.004	
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.041		0	FLC	4		1.770	0.295	
18:2 undifferentiated....g	0.974		2	A	1		1.656	0.276	
18:3 undifferentiated....g	0.034		2	A	1		0.057	0.009	
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	0.034		1	A	1		0.057	0.009	
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	FLC	4		0.000	0.000	
Cholesterol....mg	0		0	FLC	4		1	0	
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	FLC	4		0.0	0.0	
Caffeine....mg	0		0	FLC	4		0	0	
Theobromine....mg	0		0	FLC	4		0	0	

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

Common Measures:

Measure 1 = 170g: 1 cup chips

Measure 2 = 28.35g: 1 oz

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

Food Group: 19 Sweets

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

NDB No. 19086
Candies, confectioner's coating, peanut butter

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	2.67		0	FLC	4		4.48	0.76	
Energy....kcal	529		0	NC	4		889	150	
Energy....kJ	2213		0	NC	4		3718	627	
Protein (N x 6.25)....g	18.30		1		1		30.74	5.19	
Total lipid (fat)....g	29.80		1		1		50.06	8.45	
Ash....g	2.35		0	FLC	4		3.95	0.67	
Carbohydrate, by difference....g	46.88		0	NC	4		78.76	13.29	
Fiber, total dietary....g	5.0		0	FLC	4		8.4	1.4	
Sugars, total....g	38.30		0	FLC	4		64.35	10.86	
Starch....g									
Minerals:									
Calcium, Ca....mg	110		1		1		185	31	
Iron, Fe....mg	1.70		1		1		2.86	0.48	
Magnesium, Mg....mg	110		1		1		185	31	
Phosphorus, P....mg	310		1		1		521	88	
Potassium, K....mg	505		1		1		848	143	
Sodium, Na....mg	250		1		1		420	71	
Zinc, Zn....mg	2.00		1		1		3.36	0.57	
Copper, Cu....mg	0.400		1		1		0.672	0.113	
Manganese, Mn....mg	1.400		1		1		2.352	0.397	
Selenium, Se....µg	3.9		0	FLC	4		6.5	1.1	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.3		0	FLC	4		0.6	0.1	
Thiamin....mg	0.232		0	FLC	4		0.389	0.066	
Riboflavin....mg	0.200		1		1		0.336	0.057	
Niacin....mg	8.200		1		1		13.776	2.325	
Pantothenic acid....mg	1.056		0	FLC	4		1.774	0.299	
Vitamin B-6....mg	0.170		0	FLC	4		0.285	0.048	
Folate, total....µg	77		0	FLC	4		130	22	
Folic acid....µg	0		0	FLC	4		0	0	
Folate, food....µg	77		0	FLC	4		130	22	
Folate, DFE....µg	77		0	NC	4		130	22	
Choline, total....mg	30.0		0	O	4		50.4	8.5	
Betaine....mg									
Vitamin B-12....µg	0.20		0	FLC	4		0.33	0.06	
Vitamin B-12, added....µg	0.00		0	FLC	4		0.00	0.00	
Vitamin A, RAE....µg	0		0	FLC	4		1	0	
Retinol....µg	0		0	FLC	4		1	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	FLC	4		2	0	
Lycopene....µg	0		0	FLC	4		0	0	
Lutein + zeaxanthin....µg	0		0	FLC	4		0	0	
Vitamin E (alpha-tocopherol)....mg	1.36		0	FLC	4		2.29	0.39	
Vitamin E, added....mg	0.00		0	FLC	4		0.00	0.00	
Tocopherol, beta....mg	0.00		0	FLC	4		0.00	0.00	
Tocopherol, gamma....mg	0.00		0	FLC	4		0.00	0.00	
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)....µg	7.3		0	FLC	4		12.3	2.1	
Dihydrophylloquinone....µg									
Menaquinone-4....µg									

NDB No. 19086
Candies, confectioner's coating, peanut butter

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	13.120		0		1		22.042	3.720	
4:0....g	0.011		0	FLC	4		0.019	0.003	
6:0....g	0.022		0	FLC	4		0.037	0.006	
8:0....g	0.352		0	FLC	4		0.591	0.100	
10:0....g	0.439		0	FLC	4		0.738	0.125	
12:0....g	7.540		0	FLC	4		12.667	2.138	
13:0....g									
14:0....g	2.676		0	FLC	4		4.495	0.759	
15:0....g	0.001		0	FLC	4		0.002	0.000	
16:0....g	1.404		0	FLC	4		2.358	0.398	
17:0....g	0.004		0	FLC	4		0.006	0.001	
18:0....g	0.643		0	FLC	4		1.080	0.182	
20:0....g	0.016		0	FLC	4		0.027	0.004	
22:0....g	0.011		0	FLC	4		0.018	0.003	
24:0....g									
Fatty acids, total monounsaturated....g	12.829		0	FLC	4		21.553	3.637	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.016		0	FLC	4		0.026	0.004	
17:1....g									
18:1 undifferentiated....g	12.801		0	FLC	4		21.506	3.629	
20:1....g	0.011		0	FLC	4		0.018	0.003	
22:1 undifferentiated....g	0.000		0	FLC	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	2.053		0	FLC	4		3.449	0.582	
18:2 undifferentiated....g	1.949		0	FLC	4		3.275	0.553	
18:3 undifferentiated....g	0.032		0	FLC	4		0.054	0.009	
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	1.763		0	FLC	4		2.962	0.500	
Cholesterol....mg	1		0	FLC	4		2	0	
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	FLC	4		0.0	0.0	
Caffeine....mg	0		0	FLC	4		0	0	
Theobromine....mg	0		0	FLC	4		0	0	

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

Common Measures:

Measure 1 = 168g: 1 cup chips

Measure 2 = 28.35g: 1 oz

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

Food Group: 19 Sweets

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

NDB No. 19079
Candies, confectioner's coating, yogurt

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	1.91		2	A	1		3.25		
Energy	kcal	522		0	NC	4		888		
Energy	kJ	2185		0	NC	4		3714		
Protein (N x 6.25)	g	5.87		0	FLA	4		9.98		
Total lipid (fat)	g	27.00		2	A	1		45.90		
Ash	g	1.28		0	FLA	4		2.18		
Carbohydrate, by difference	g	63.94		0	NC	4		108.69		
Fiber, total dietary	g	0.0		0	FLA	4		0.0		
Sugars, total	g	62.36		0	FLA	4		106.00		
Starch	g									
Minerals:										
Calcium, Ca	mg	205		0	FLA	4		348		
Iron, Fe	mg	0.14		0	FLA	4		0.23		
Magnesium, Mg	mg	18		0	FLA	4		31		
Phosphorus, P	mg	157		0	FLA	4		268		
Potassium, K	mg	290		0	FLA	4		493		
Sodium, Na	mg	88		0	FLA	4		149		
Zinc, Zn	mg	0.70		0	FLA	4		1.20		
Copper, Cu	mg	0.008		0	FLA	4		0.013		
Manganese, Mn	mg	0.003		0	FLA	4		0.006		
Selenium, Se	µg	4.7		0	FLA	4		8.0		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.5		0	BFZN	4		0.9		
Thiamin	mg	0.064		0	FLA	4		0.108		
Riboflavin	mg	0.261		0	FLA	4		0.444		
Niacin	mg	0.154		0	FLA	4		0.261		
Pantothenic acid	mg	0.587		0	FLA	4		0.998		
Vitamin B-6	mg	0.056		0	FLA	4		0.095		
Folate, total	µg	8		0	FLA	4		14		
Folic acid	µg	0		0	FLA	4		0		
Folate, food	µg	8		0	FLA	4		14		
Folate, DFE	µg	8		0	NC	4		14		
Choline, total	mg	24.8		0	O	4		42.2		
Betaine	mg									
Vitamin B-12	µg	0.65		0	NR	4		1.11		
Vitamin B-12, added	µg	0.00		0	FLA	4		0.00		
Vitamin A, RAE	µg	1		0	FLA	4		2		
Retinol	µg	1		0	FLA	4		2		
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	4		0	FLA	4		7		
Lycopene	µg	0		0	FLA	4		0		
Lutein + zeaxanthin	µg	0		0	FLA	4		0		
Vitamin E (alpha-tocopherol)	mg	1.11		0	FLA	4		1.88		
Vitamin E, added	mg	0.00		0	FLA	4		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		
Vitamin D	IU	0		0	Z	7		0		
Vitamin K (phylloquinone)	µg	9.4		0	FLA	4		15.9		
Dihydrophylloquinone	µg									
Menaquinone-4	µg									

NDB No. 19079
Candies, confectioner's coating, yogurt

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	24.104		0	FLA	4		40.976		
4:0....g	0.025		0	FLA	4		0.043		
6:0....g	0.044		0	FLA	4		0.074		
8:0....g	0.678		0	FLA	4		1.153		
10:0....g	0.847		0	FLA	4		1.440		
12:0....g	14.505		0	FLA	4		24.658		
13:0....g									
14:0....g	5.153		0	FLA	4		8.759		
15:0....g									
16:0....g	2.271		0	FLA	4		3.861		
17:0....g									
18:0....g	0.571		0	FLA	4		0.970		
20:0....g	0.010		0	FLA	4		0.017		
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.526		0	FLA	4		0.894		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.003		0	FLA	4		0.006		
17:1....g									
18:1 undifferentiated....g	0.523		0	FLA	4		0.888		
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	0.524		0	FLA	4		0.891		
18:2 undifferentiated....g	0.478		0	FLA	4		0.812		
18:3 undifferentiated....g	0.046		0	FLA	4		0.079		
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	0.000		0	FLA	4		0.000		
Cholesterol....mg	1		2	A	1		2		
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	FLA	4		0.0		
Caffeine....mg	0		0	FLA	4		0		
Theobromine....mg	0		0	FLA	4		0		

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

Common Measures:

Measure 1 = 170g: 1 cup chips

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

Food Group: 19 Sweets

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

NDB No. 19910
Candies, crispy bar with peanut butter filling

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	1.60		1	MC	9		0.67		
Energy....kcal	542		0	NC	4		228		
Energy....kJ	2269		0	NC	4		953		
Protein (N x 6.25)....g	9.53		1	MC	9		4.00		
Total lipid (fat)....g	31.34		1	MC	9		13.16		
Ash....g	2.00		1	MC	9		0.84		
Carbohydrate, by difference....g	55.53		0	NC	4		23.32		
Fiber, total dietary....g	3.3		1	MC	9		1.4		
Sugars, total....g	40.33		1	MC	9		16.94		
Starch....g									
Minerals:									
Calcium, Ca....mg	70		1	MC	9		30		
Iron, Fe....mg	1.30		1	MC	9		0.55		
Magnesium, Mg....mg	49		1	MC	9		21		
Phosphorus, P....mg	144		1	MC	9		60		
Potassium, K....mg	295		1	MC	9		124		
Sodium, Na....mg	264		1	MC	9		111		
Zinc, Zn....mg	0.99		1	MC	9		0.42		
Copper, Cu....mg	0.200		1	MC	9		0.084		
Manganese, Mn....mg	0.000		1	MC	9		0.000		
Selenium, Se....µg	0.7		1	MC	9		0.3		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.6		1	MC	9		0.2		
Thiamin....mg	0.130		1	MC	9		0.055		
Riboflavin....mg	0.100		1	MC	9		0.042		
Niacin....mg	3.640		1	MC	9		1.529		
Pantothenic acid....mg	0.440		1	MC	9		0.185		
Vitamin B-6....mg	0.080		1	MC	9		0.034		
Folate, total....µg	40		1	MC	9		17		
Folic acid....µg	40		1	MC	9		17		
Folate, food....µg	0		1	AS	1		0		
Folate, DFE....µg	68		0	NC	4		28		
Choline, total....mg	28.2		0	O	4		11.8		
Betaine....mg									
Vitamin B-12....µg	0.15		0	FLC	4		0.06		
Vitamin B-12, added....µg	0.00		0	Z	7		0.00		
Vitamin A, RAE....µg	15		0	NC	4		6		
Retinol....µg	15		0	NR	4		6		
Carotene, beta....µg	4		0	NR	4		2		
Carotene, alpha....µg	0		0	FLC	4		0		
Cryptoxanthin, beta....µg	0		0	FLC	4		0		
Vitamin A, IU....IU	58		1	MC	9		24		
Lycopene....µg	0		0	FLC	4		0		
Lutein + zeaxanthin....µg	45		0	FLC	4		19		
Vitamin E (alpha-tocopherol)....mg	2.77		0	FLC	4		1.16		
Vitamin E, added....mg	0.00		0	Z	7		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		
Vitamin D....IU	0		0	Z	7		0		
Vitamin K (phylloquinone)....µg	5.9		0	FLC	4		2.5		
Dihydrophylloquinone....µg									
Menaquinone-4....µg									

NDB No. 19910
Candies, crispy bar with peanut butter filling

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	12.959		0	FLC	4		5.443		
4:0....g	0.119		0	FLC	4		0.050		
6:0....g	0.044		0	FLC	4		0.018		
8:0....g	0.040		0	FLC	4		0.017		
10:0....g	0.060		0	FLC	4		0.025		
12:0....g	0.222		0	FLC	4		0.093		
13:0....g	0.000		0	FLC	4		0.000		
14:0....g	0.236		0	FLC	4		0.099		
15:0....g	0.016		0	FLC	4		0.007		
16:0....g	6.006		0	FLC	4		2.523		
17:0....g	0.015		0	FLC	4		0.006		
18:0....g	6.155		0	FLC	4		2.585		
20:0....g	0.040		0	FLC	4		0.017		
22:0....g	0.004		0	FLC	4		0.002		
24:0....g	0.000		0	FLC	4		0.000		
Fatty acids, total monounsaturated....g	10.820		1	MC	9		4.544		
14:1....g	0.013		0	FLC	4		0.005		
15:1....g	0.000		0	FLC	4		0.000		
16:1 undifferentiated....g	0.053		0	FLC	4		0.022		
17:1....g	0.004		0	FLC	4		0.002		
18:1 undifferentiated....g	9.323		0	FLC	4		3.915		
20:1....g	0.113		0	FLC	4		0.048		
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	4.680		1	MC	9		1.966		
18:2 undifferentiated....g	4.593		0	FLC	4		1.929		
18:3 undifferentiated....g	0.049		0	FLC	4		0.020		
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	0.020		1	MC	9		0.008		
Cholesterol....mg	5		0	FLC	4		2		
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		1	MC	9		0.0		
Caffeine....mg	0		1	MC	9		0		
Theobromine....mg	48		0	FLC	4		20		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 serving 1.5 oz

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

Food Group: 19 Sweets

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

NDB No. 19268
Candies, dark chocolate coated coffee beans

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	1.47		0	FLC	4		0.59		
Energy....kcal	540		0	NC	4		216		
Energy....kJ	2259		0	NC	4		903		
Protein (N x 6.25)....g	7.50		1	LC	8		3.00		
Total lipid (fat)....g	30.00		1	LC	8		12.00		
Ash....g	1.08		0	FLC	4		0.43		
Carbohydrate, by difference....g	59.95		0	NC	4		23.98		
Fiber, total dietary....g	7.5		1	LC	8		3.0		
Sugars, total....g	42.50		1	LC	8		17.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	100		1	LC	8		40		
Iron, Fe....mg	2.70		1	LC	8		1.08		
Magnesium, Mg....mg	107		0	FLC	4		43		
Phosphorus, P....mg	135		0	FLC	4		54		
Potassium, K....mg	342		0	FLC	4		137		
Sodium, Na....mg	25		1	LC	8		10		
Zinc, Zn....mg	1.32		0	FLC	4		0.53		
Copper, Cu....mg	0.563		0	FLC	4		0.225		
Manganese, Mn....mg	0.558		0	FLC	4		0.223		
Selenium, Se....µg	2.8		0	FLC	4		1.1		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		1	LC	8		0.0		
Thiamin....mg	0.018		0	FLC	4		0.007		
Riboflavin....mg	0.266		0	FLC	4		0.106		
Niacin....mg	0.578		0	FLC	4		0.231		
Pantothenic acid....mg	0.108		0	FLC	4		0.043		
Vitamin B-6....mg	0.038		0	FLC	4		0.015		
Folate, total....µg	3		0	FLC	4		1		
Folic acid....µg	0		0	FLC	4		0		
Folate, food....µg	3		0	FLC	4		1		
Folate, DFE....µg	3		0	NC	4		1		
Choline, total....mg									
Betaine....mg									
Vitamin B-12....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	0		0	FLC	4		0		
Carotene, alpha....µg	0		0	FLC	4		0		
Cryptoxanthin, beta....µg	0		0	FLC	4		0		
Vitamin A, IU....IU	0		1	LC	8		0		
Lycopene....µg	0		0	FLC	4		0		
Lutein + zeaxanthin....µg	16		0	FLC	4		6		
Vitamin E (alpha-tocopherol)....mg	0.23		0	FLC	4		0.09		
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	5.9		0	FLC	4		2.4		
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

NDB No. 19268
Candies, dark chocolate coated coffee beans

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	15.000		1	LC	8		6.000		
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	0.022		0	FLC	4		0.009		
15:0....g	0.000		0	FLC	4		0.000		
16:0....g	6.552		0	FLC	4		2.621		
17:0....g	0.000		0	FLC	4		0.000		
18:0....g	8.407		0	FLC	4		3.363		
20:0....g	0.012		0	FLC	4		0.005		
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	0.000		1	LC	8		0.000		
14:1....g	0.000		0	FLC	4		0.000		
15:1....g									
16:1 undifferentiated....g	0.000		0	FLC	4		0.000		
17:1....g									
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									
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	13		1	LC	8		5		
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	FLC	4		0.0		
Caffeine....mg	839		0	FLC	4		336		
Theobromine....mg	368		0	FLC	4		147		

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

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

Food Group: 19 Sweets

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

NDB No. 19384
Candies, divinity, prepared-from-recipe

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	9.16		0	RC	4		1.01		
Energy	kcal	364		0	RC	4		40		
Energy	kJ	1523		0	RC	4		167		
Protein (N x 0)	g	1.32		0	RC	4		0.15		
Total lipid (fat)	g	0.06		0	RC	4		0.01		
Ash	g	0.14		0	RC	4		0.02		
Carbohydrate, by difference	g	89.05		0	RC	4		9.80		
Fiber, total dietary	g	0.0		0	RC	4		0.0		
Sugars, total	g	78.96		0	RC	4		8.69		
Starch	g									
Minerals:										
Calcium, Ca	mg	5		0	RC	4		1		
Iron, Fe	mg	0.02		0	RC	4		0.00		
Magnesium, Mg	mg	2		0	RC	4		0		
Phosphorus, P	mg	2		0	RC	4		0		
Potassium, K	mg	23		0	RC	4		3		
Sodium, Na	mg	34		0	RC	4		4		
Zinc, Zn	mg	0.09		0	RC	4		0.01		
Copper, Cu	mg	0.005		0	RC	4		0.001		
Manganese, Mn	mg	0.003		0	RC	4		0.000		
Selenium, Se	µg	3.0		0	RC	4		0.3		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	RC	4		0.0		
Thiamin	mg	0.012		0	RC	4		0.001		
Riboflavin	mg	0.065		0	RC	4		0.007		
Niacin	mg	0.015		0	RC	4		0.002		
Pantothenic acid	mg	0.023		0	RC	4		0.003		
Vitamin B-6	mg	0.001		0	RC	4		0.000		
Folate, total	µg	0		0	RC	4		0		
Folic acid	µg	0		0	RC	4		0		
Folate, food	µg	0		0	RC	4		0		
Folate, DFE	µg	0		0	NC	4		0		
Choline, total	mg									
Betaine	mg									
Vitamin B-12	µg	0.01		0	RC	4		0.00		
Vitamin B-12, added	µg	0.00		0	RC	4		0.00		
Vitamin A, RAE	µg	0		0	RC	4		0		
Retinol	µg	0		0	RC	4		0		
Carotene, beta	µg	0		0	RC	4		0		
Carotene, alpha	µg	0		0	RC	4		0		
Cryptoxanthin, beta	µg	0		0	RC	4		0		
Vitamin A, IU	IU	0		0	RC	4		0		
Lycopene	µg	0		0	RC	4		0		
Lutein + zeaxanthin	µg	0		0	RC	4		0		
Vitamin E (alpha-tocopherol)	mg	0.00		0	RC	4		0.00		
Vitamin E, added	mg	0.00		0	RC	4		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									
Vitamin D	IU									
Vitamin K (phylloquinone)	µg	0.0		0	RC	4		0.0		
Dihydrophylloquinone	µg									
Menaquinone-4	µg									

NDB No. 19384
Candies, divinity, 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
Lipids:									
Fatty acids, total saturated....g	0.000		0	RC	4		0.000		
4:0....g	0.000		0	RC	4		0.000		
6:0....g	0.000		0	RC	4		0.000		
8:0....g	0.000		0	RC	4		0.000		
10:0....g	0.000		0	RC	4		0.000		
12:0....g	0.000		0	RC	4		0.000		
13:0....g									
14:0....g	0.000		0	RC	4		0.000		
15:0....g									
16:0....g	0.000		0	RC	4		0.000		
17:0....g									
18:0....g	0.000		0	RC	4		0.000		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.000		0	RC	4		0.000		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0	RC	4		0.000		
17:1....g									
18:1 undifferentiated....g	0.000		0	RC	4		0.000		
20:1....g	0.000		0	RC	4		0.000		
22:1 undifferentiated....g	0.000		0	RC	4		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.000		0	RC	4		0.000		
18:2 undifferentiated....g	0.000		0	RC	4		0.000		
18:3 undifferentiated....g	0.000		0	RC	4		0.000		
18:4....g	0.000		0	RC	4		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0	RC	4		0.000		
20:5 n-3 (EPA)....g	0.000		0	RC	4		0.000		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	RC	4		0.000		
22:6 n-3 (DHA)....g	0.000		0	RC	4		0.000		
Fatty acids, total trans....g									
Cholesterol....mg	0		0	RC	4		0		
Phytosterols....mg									
Others:									
Alcohol, ethyl....g									
Caffeine....mg	0		0	RC	4		0		
Theobromine....mg	0		0	RC	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 = 11.0g: 1 piece

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

Food Group: 19 Sweets

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

NDB No. 19099
Candies, fondant, 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
Proximates:									
Water....g	6.74		0	RKI	6		1.91		
Energy....kcal	373		0	NC	4		106		
Energy....kJ	1560		0	NC	4		442		
Protein....g	0.00		0	RKI	6		0.00		
Total lipid (fat)....g	0.02		0	RKI	6		0.00		
Ash....g	0.06		0	RKI	6		0.02		
Carbohydrate, by difference....g	93.18		0	RKI	6		26.42		
Fiber, total dietary....g	0.0		0	RKI	6		0.0		
Sugars, total....g	88.90		0	RKI	6		25.20		
Starch....g									
Minerals:									
Calcium, Ca....mg	3		0	RKA	1		1		
Iron, Fe....mg	0.01		0	RKA	1		0.00		
Magnesium, Mg....mg	0		0	RKA	1		0		
Phosphorus, P....mg	0		0	RKA	1		0		
Potassium, K....mg	4		0	RKA	1		1		
Sodium, Na....mg	11		0	RKA	1		3		
Zinc, Zn....mg	0.04		0	RKA	1		0.01		
Copper, Cu....mg	0.003		0	RKA	1		0.001		
Manganese, Mn....mg	0.000		0	RKA	1		0.000		
Selenium, Se....µg	0.6		0	RKI	6		0.2		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	RKI	6		0.0		
Thiamin....mg	0.005		0	RKI	6		0.001		
Riboflavin....mg	0.016		0	RKI	6		0.005		
Niacin....mg	0.000		0	RKI	6		0.000		
Pantothenic acid....mg	0.000		0	RKI	6		0.000		
Vitamin B-6....mg	0.000		0	RKI	6		0.000		
Folate, total....µg	0		0	RKI	6		0		
Folic acid....µg	0		0	RKI	6		0		
Folate, food....µg	0		0	RKI	6		0		
Folate, DFE....µg	0		0	NC	4		0		
Choline, total....mg	0.0		0	RKI	6		0.0		
Betaine....mg	0.0		0	RKI	6		0.0		
Vitamin B-12....µg	0.00		0	RKI	6		0.00		
Vitamin B-12, added....µg	0.00		0	RKI	6		0.00		
Vitamin A, RAE....µg	0		0	NC	4		0		
Retinol....µg	0		0	RKI	6		0		
Carotene, beta....µg	0		0	RKI	6		0		
Carotene, alpha....µg	0		0	RKI	6		0		
Cryptoxanthin, beta....µg	0		0	RKI	6		0		
Vitamin A, IU....IU	0		0	RKI	6		0		
Lycopene....µg	0		0	RKI	6		0		
Lutein + zeaxanthin....µg	0		0	RKI	6		0		
Vitamin E (alpha-tocopherol)....mg	0.00		0	RKI	6		0.00		
Vitamin E, added....mg	0.00		0	RKI	6		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		
Vitamin D....IU	0		0	Z	7		0		
Vitamin K (phylloquinone)....µg	0.0		0	RKI	6		0.0		
Dihydrophylloquinone....µg									
Menaquinone-4....µg									

NDB No. 19099
Candies, fondant, 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
Lipids:									
Fatty acids, total saturated....g	0.000		0	RKI	6		0.000		
4:0....g	0.000		0	RKI	6		0.000		
6:0....g	0.000		0	RKI	6		0.000		
8:0....g	0.000		0	RKI	6		0.000		
10:0....g	0.000		0	RKI	6		0.000		
12:0....g	0.000		0	RKI	6		0.000		
13:0....g									
14:0....g	0.000		0	RKI	6		0.000		
15:0....g									
16:0....g	0.000		0	RKI	6		0.000		
17:0....g									
18:0....g	0.000		0	RKI	6		0.000		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.000		0	RKI	6		0.000		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0	RKI	6		0.000		
17:1....g									
18:1 undifferentiated....g	0.000		0	RKI	6		0.000		
20:1....g	0.000		0	RKI	6		0.000		
22:1 undifferentiated....g	0.000		0	RKI	6		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.000		0	RKI	6		0.000		
18:2 undifferentiated....g	0.000		0	RKI	6		0.000		
18:3 undifferentiated....g	0.000		0	RKI	6		0.000		
18:4....g	0.000		0	RKI	6		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0	RKI	6		0.000		
20:5 n-3 (EPA)....g	0.000		0	RKI	6		0.000		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	RKI	6		0.000		
22:6 n-3 (DHA)....g	0.000		0	RKI	6		0.000		
Fatty acids, total trans....g									
Cholesterol....mg	0		0	RKI	6		0		
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	RKI	6		0.0		
Caffeine....mg	0		0	RKI	6		0		
Theobromine....mg	0		0	RKI	6		0		

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

Common Measures:

Measure 1 = 28.35g: 1 oz

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

Food Group: 19 Sweets

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

NDB No. 19919
Candies, fruit snacks, with high vitamin C

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	11.84		0	FLC	4		5.21		
Energy	kcal	352		0	NC	4		155		
Energy	kJ	1474		0	NC	4		649		
Protein	g	0.08		0	FLC	4		0.03		
Total lipid (fat)	g	0.00		0	LC	8		0.00		
Ash	g	0.11		0	FLC	4		0.05		
Carbohydrate, by difference	g	87.97		0	NC	4		38.71		
Fiber, total dietary	g	0.0		0	LC	8		0.0		
Sugars, total	g	68.18		0	LC	8		30.00		
Starch	g									
Minerals:										
Calcium, Ca	mg	0		0	LC	8		0		
Iron, Fe	mg	0.00		0	LC	8		0.00		
Magnesium, Mg	mg	1		0	FLC	4		1		
Phosphorus, P	mg	3		0	FLC	4		2		
Potassium, K	mg	8		0	FLC	4		4		
Sodium, Na	mg	23		0	LC	8		10		
Zinc, Zn	mg	0.19		0	FLC	4		0.08		
Copper, Cu	mg	0.015		0	FLC	4		0.007		
Manganese, Mn	mg	0.014		0	FLC	4		0.006		
Selenium, Se	µg	1.1		0	FLC	4		0.5		
Vitamins:										
Vitamin C, total ascorbic acid	mg	136.4		0	LC	8		60.0		
Thiamin	mg	0.025		0	FLC	4		0.011		
Riboflavin	mg	0.008		0	FLC	4		0.003		
Niacin	mg	0.008		0	FLC	4		0.003		
Pantothenic acid	mg	0.006		0	FLC	4		0.002		
Vitamin B-6	mg	0.001		0	FLC	4		0.001		
Folate, total	µg	1		0	FLC	4		1		
Folic acid	µg	0		0	FLC	4		0		
Folate, food	µg	1		0	FLC	4		1		
Folate, DFE	µg	1		0	NC	4		1		
Choline, total	mg	0.3		0	FLC	4		0.1		
Betaine	mg	0.0		0	FLC	4		0.0		
Vitamin B-12	µg	0.00		0	FLC	4		0.00		
Vitamin B-12, added	µg	0.00		0	FLC	4		0.00		
Vitamin A, RAE	µg	0		0	NC	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	3		0	FLC	4		1		
Vitamin A, IU	IU	3		0	NC	4		1		
Lycopene	µg	0		0	FLC	4		0		
Lutein + zeaxanthin	µg	3		0	FLC	4		1		
Vitamin E (alpha-tocopherol) (1)	mg	0.00		0	NR	4		0.00		
Vitamin E, added	mg	0.00		0	NR	4		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	FLC	4		0.0		
Vitamin D	IU	0		0	FLC	4		0		
Vitamin K (phylloquinone)	µg	0.0		0	FLC	4		0.0		
Dihydrophylloquinone	µg	0.0		0	FLC	4		0.0		
Menaquinone-4	µg									

NDB No. 19919
Candies, fruit snacks, with high vitamin C

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	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									
16:0....g	0.000		0	NR	4		0.000		
17:0....g									
18:0....g	0.000		0	NR	4		0.000		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.000		0	NR	4		0.000		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0	FLC	4		0.000		
17:1....g									
18:1 undifferentiated....g	0.000		0	NR	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		0	NR	4		0.000		
18:2 undifferentiated....g	0.000		0	NR	4		0.000		
18:3 undifferentiated....g	0.000		0	NR	4		0.000		
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		0	LC	8		0.000		
Cholesterol....mg	0		0	FLC	4		0		
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	NR	4		0.0		
Caffeine....mg	0		0	NR	4		0		
Theobromine....mg	0		0	NR	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 = 44g: 1 serving

Footnotes:

1 Some candies contain added Vitamin E. If vitamin E is added at 25% DV per serving then Vitamin E= 8.4mg/100gm.,

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

Food Group: 19 Sweets

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

NDB No. 19379
Candies, fudge, chocolate marshmallow, 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
Proximates:									
Water....g	7.82		0	RC	4		1.56	96.05	
Energy....kcal	453		0	RC	4		91	5562	
Energy....kJ	1893		0	RC	4		379	23270	
Protein (N x 0)....g	2.26		0	RC	4		0.45	27.78	
Total lipid (fat)....g	17.48		0	RC	4		3.50	214.85	
Ash....g	0.76		0	RC	4		0.15	9.34	
Carbohydrate, by difference....g	71.34		0	RC	4		14.27	876.73	
Fiber, total dietary....g	1.7		0	RC	4		0.3	20.9	
Sugars, total....g	64.06		0	RC	4		12.81	787.31	
Starch....g									
Minerals:									
Calcium, Ca....mg	45		0	RC	4		9	555	
Iron, Fe....mg	0.96		0	RC	4		0.19	11.77	
Magnesium, Mg....mg	36		0	RC	4		7	448	
Phosphorus, P....mg	67		0	RC	4		13	820	
Potassium, K....mg	147		0	RC	4		29	1807	
Sodium, Na....mg	85		0	RC	4		17	1040	
Zinc, Zn....mg	0.58		0	RC	4		0.12	7.07	
Copper, Cu....mg	0.217		0	RC	4		0.043	2.662	
Manganese, Mn....mg	0.232		0	RC	4		0.046	2.845	
Selenium, Se....µg	2.1		0	RC	4		0.4	26.0	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.2		0	RC	4		0.0	2.9	
Thiamin....mg	0.022		0	RC	4		0.004	0.273	
Riboflavin....mg	0.077		0	RC	4		0.015	0.946	
Niacin....mg	0.163		0	RC	4		0.033	2.008	
Pantothenic acid....mg	0.122		0	RC	4		0.024	1.498	
Vitamin B-6....mg	0.017		0	RC	4		0.003	0.208	
Folate, total....µg	5		0	RC	4		1	64	
Folic acid....µg	0		0	RC	4		0	0	
Folate, food....µg	5		0	RC	4		1	64	
Folate, DFE....µg	5		0	NC	4		1	64	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.03		0	RC	4		0.01	0.37	
Vitamin B-12, added....µg	0.00		0	RC	4		0.00	0.00	
Vitamin A, RAE....µg	75		0	NC	4		15	920	
Retinol....µg	73		0	RC	4		15	903	
Carotene, beta....µg	17		0	RC	4		3	207	
Carotene, alpha....µg	0		0	RC	4		0	0	
Cryptoxanthin, beta....µg	0		0	RC	4		0	0	
Vitamin A, IU....IU	273		0	NC	4		55	3355	
Lycopene....µg	0		0	RC	4		0	0	
Lutein + zeaxanthin....µg	5		0	RC	4		1	65	
Vitamin E (alpha-tocopherol)....mg	0.32		0	RC	4		0.06	3.90	
Vitamin E, added....mg	0.00		0	RC	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									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg	2.3		0	RC	4		0.5	28.8	
Dihydrophylloquinone....µg									
Menaquinone-4....µg									

NDB No. 19379

Candies, fudge, chocolate marshmallow, 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
Lipids:									
Fatty acids, total saturated....g	10.669		0	RC	4		2.134	131.123	
4:0....g	0.339		0	RC	4		0.068	4.166	
6:0....g	0.213		0	RC	4		0.043	2.612	
8:0....g	0.123		0	RC	4		0.025	1.509	
10:0....g	0.260		0	RC	4		0.052	3.199	
12:0....g	0.272		0	RC	4		0.054	3.348	
13:0....g	0.000		0	RC	4		0.000	0.000	
14:0....g	0.823		0	RC	4		0.165	10.112	
15:0....g	0.000		0	RC	4		0.000	0.000	
16:0....g	4.477		0	RC	4		0.895	55.023	
17:0....g	0.068		0	RC	4		0.014	0.840	
18:0....g	3.955		0	RC	4		0.791	48.602	
20:0....g	0.090		0	RC	4		0.018	1.103	
22:0....g	0.007		0	RC	4		0.001	0.086	
24:0....g	0.000		0	RC	4		0.000	0.000	
Fatty acids, total monounsaturated....g	5.205		0	RC	4		1.041	63.966	
14:1....g	0.000		0	RC	4		0.000	0.000	
15:1....g	0.000		0	RC	4		0.000	0.000	
16:1 undifferentiated....g	0.132		0	RC	4		0.026	1.621	
16:1 c....g	0.094		0	RC	4		0.019	1.151	
16:1 t....g									
17:1....g	0.000		0	RC	4		0.000	0.000	
18:1 undifferentiated....g	5.054		0	RC	4		1.011	62.110	
18:1 c....g	1.655		0	RC	4		0.331	20.339	
18:1 t....g	0.291		0	RC	4		0.058	3.573	
18:1-11 t (18:1t n-7)....g									
20:1....g	0.010		0	RC	4		0.002	0.120	
22:1 undifferentiated....g	0.000		0	RC	4		0.000	0.000	
24:1 c....g	0.000		0	RC	4		0.000	0.000	
Fatty acids, total polyunsaturated....g	0.611		0	RC	4		0.122	7.505	
18:2 undifferentiated....g	0.550		0	RC	4		0.110	6.765	
18:2 n-6 c,c....g	0.211		0	RC	4		0.042	2.594	
18:2 CLAs....g	0.026		0	RC	4		0.005	0.320	
18:2 t,t....g									
18:2 i....g	0.029		0	RC	4		0.006	0.355	
18:2 t not further defined....g									
18:3 undifferentiated....g	0.060		0	RC	4		0.012	0.738	
18:3 n-3 c,c,c (ALA)....g	0.031		0	RC	4		0.006	0.377	
18:3 n-6 c,c,c....g									
18:3i....g									
18:4....g	0.000		0	RC	4		0.000	0.000	
20:2 n-6 c,c....g	0.000		0	RC	4		0.000	0.000	
20:3 undifferentiated....g	0.000		0	RC	4		0.000	0.000	
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.000		0	RC	4		0.000	0.002	
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000		0	RC	4		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	RC	4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0	RC	4		0.000	0.000	
Fatty acids, total trans....g	0.320		0	RC	4		0.064	3.927	
Fatty acids, total trans-monoenoic....g	0.291		0	RC	4		0.058	3.573	
Fatty acids, total trans-polyenoic....g	0.029		0	RC	4		0.006	0.355	
Cholesterol....mg	25		0	RC	4		5	303	
Phytosterols....mg									
Others:									
Alcohol, ethyl....g									
Caffeine....mg	18		0	RC	4		4	218	
Theobromine....mg	139		0	RC	4		28	1708	

NDB No. 19379

Candies, fudge, chocolate marshmallow, 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

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

Measure 2 = 1229g: 1 recipe yield (60 pieces)

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

Food Group: 19 Sweets

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

NDB No. 19301

Candies, fudge, chocolate marshmallow, with nuts, prepared-by-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
Proximates:									
Water ... g	7.12		0	RC	4		2.02		
Energy ... kcal	474		0	NC	4		134		
Energy ... kJ	1982		0	NC	4		562		
Protein ... g	3.24		0	RC	4		0.92		
Total lipid (fat) ... g	21.11		0	RC	4		5.99		
Ash ... g	0.84		0	RC	4		0.24		
Carbohydrate, by difference ... g	67.69		0	NC	4		19.19		
Fiber, total dietary ... g	2.1		0	RC	4		0.6		
Sugars, total ... g									
Starch ... g									
Minerals:									
Calcium, Ca ... mg	49		0	RC	4		14		
Iron, Fe ... mg	1.11		0	RC	4		0.31		
Magnesium, Mg ... mg	46		0	RC	4		13		
Phosphorus, P ... mg	88		0	RC	4		25		
Potassium, K ... mg	170		0	RC	4		48		
Sodium, Na ... mg	79		0	RC	4		22		
Zinc, Zn ... mg	0.76		0	RC	4		0.22		
Copper, Cu ... mg	0.319		0	RC	4		0.091		
Manganese, Mn ... mg	0.470		0	RC	4		0.133		
Selenium, Se ... µg	2.3		0	RC	4		0.7		
Vitamins:									
Vitamin C, total ascorbic acid ... mg	0.3		0	RC	4		0.1		
Thiamin ... mg	0.042		0	RC	4		0.012		
Riboflavin ... mg	0.082		0	RC	4		0.023		
Niacin ... mg	0.232		0	RC	4		0.066		
Pantothenic acid ... mg	0.156		0	RC	4		0.044		
Vitamin B-6 ... mg	0.054		0	RC	4		0.015		
Folate, total ... µg	11		0	RC	4		3		
Folic acid ... µg	0		0	RC	4		0		
Folate, food ... µg	11		0	RC	4		3		
Folate, DFE ... µg	11		0	NC	4		3		
Choline, total ... mg									
Betaine ... mg									
Vitamin B-12 ... µg	0.03		0	RC	4		0.01		
Vitamin B-12, added ... µg	0.00		0	RC	4		0.00		
Vitamin A, RAE ... µg	68		0	NC	4		19		
Retinol ... µg	68		0	RC	4		19		
Carotene, beta ... µg									
Carotene, alpha ... µg									
Cryptoxanthin, beta ... µg	0		0	RC	4		0		
Vitamin A, IU ... IU	228		0	NC	4		65		
Lycopene ... µg	0		0	RC	4		0		
Lutein + zeaxanthin ... µg	6		0	RC	4		2		
Vitamin E (alpha-tocopherol) ... mg	0.59		0	RC	4		0.17		
Vitamin E, added ... mg	0.00		0	RC	4		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									
Vitamin D ... IU									
Vitamin K (phylloquinone) ... µg	2.4		0	RC	4		0.7		
Dihydrophylloquinone ... µg									
Menaquinone-4 ... µg									

NDB No. 19301

Candies, fudge, chocolate marshmallow, with nuts, prepared-by-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
Lipids:									
Fatty acids, total saturated....g	10.378		0	RC	4		2.942		
4:0....g	0.315		0	RC	4		0.089		
6:0....g	0.198		0	RC	4		0.056		
8:0....g	0.114		0	RC	4		0.032		
10:0....g	0.242		0	RC	4		0.069		
12:0....g	0.253		0	RC	4		0.072		
13:0....g	0.000		0	RC	4		0.000		
14:0....g	0.765		0	RC	4		0.217		
15:0....g	0.000		0	RC	4		0.000		
16:0....g	4.492		0	RC	4		1.273		
17:0....g	0.064		0	RC	4		0.018		
18:0....g	3.801		0	RC	4		1.078		
20:0....g	0.088		0	RC	4		0.025		
22:0....g	0.006		0	RC	4		0.002		
24:0....g	0.000		0	RC	4		0.000		
Fatty acids, total monounsaturated....g	5.506		0	RC	4		1.561		
14:1....g	0.000		0	RC	4		0.000		
15:1....g	0.000		0	RC	4		0.000		
16:1 undifferentiated....g	0.123		0	RC	4		0.035		
16:1 c....g	0.087		0	RC	4		0.025		
16:1 t....g									
17:1....g	0.000		0	RC	4		0.000		
18:1 undifferentiated....g	5.355		0	RC	4		1.518		
18:1 c....g	1.539		0	RC	4		0.436		
18:1 t....g	0.270		0	RC	4		0.077		
18:1-11 t (18:1t n-7)....g									
20:1....g	0.019		0	RC	4		0.005		
22:1 undifferentiated....g	0.000		0	RC	4		0.000		
24:1 c....g	0.000		0	RC	4		0.000		
Fatty acids, total polyunsaturated....g	4.081		0	RC	4		1.157		
18:2 undifferentiated....g	3.349		0	RC	4		0.949		
18:2 n-6 c,c....g	0.196		0	RC	4		0.056		
18:2 CLAs....g	0.024		0	RC	4		0.007		
18:2 t,t....g									
18:2 i....g	0.027		0	RC	4		0.008		
18:2 t not further defined....g									
18:3 undifferentiated....g	0.732		0	RC	4		0.208		
18:3 n-3 c,c,c (ALA)....g	0.029		0	RC	4		0.008		
18:3 n-6 c,c,c....g									
18:3i....g									
18:4....g	0.000		0	RC	4		0.000		
20:2 n-6 c,c....g	0.000		0	RC	4		0.000		
20:3 undifferentiated....g	0.000		0	RC	4		0.000		
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.000		0	RC	4		0.000		
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000		0	RC	4		0.000		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	RC	4		0.000		
22:6 n-3 (DHA)....g	0.000		0	RC	4		0.000		
Fatty acids, total trans....g	0.297		0	RC	4		0.084		
Fatty acids, total trans-monoenoic....g	0.270		0	RC	4		0.077		
Fatty acids, total trans-polyenoic....g	0.027		0	RC	4		0.008		
Cholesterol....mg	23		0	RC	4		7		
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0		
Caffeine....mg	16		0	RC	4		5		
Theobromine....mg	129		0	RC	4		37		

NDB No. 19301

Candies, fudge, chocolate marshmallow, with nuts, prepared-by-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

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

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

NDB No. 19100
Candies, fudge, chocolate, 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
Proximates:										
Water	g	9.81		0	RC	4		1.67		
Energy	kcal	411		0	RC	4		70		
Energy	kJ	1719		0	RC	4		292		
Protein (N x 0)	g	2.39		0	RC	4		0.41		
Total lipid (fat)	g	10.41		0	RC	4		1.77		
Ash	g	0.70		0	RC	4		0.12		
Carbohydrate, by difference	g	76.44		0	RC	4		13.00		
Fiber, total dietary	g	1.7		0	RC	4		0.3		
Sugars, total	g	73.12		0	RC	4		12.43		
Starch	g									
Minerals:										
Calcium, Ca	mg	49		0	RC	4		8		
Iron, Fe	mg	1.77		0	RC	4		0.30		
Magnesium, Mg	mg	36		0	RC	4		6		
Phosphorus, P	mg	71		0	RC	4		12		
Potassium, K	mg	134		0	RC	4		23		
Sodium, Na	mg	45		0	RC	4		8		
Zinc, Zn	mg	1.11		0	RC	4		0.19		
Copper, Cu	mg	0.329		0	RC	4		0.056		
Manganese, Mn	mg	0.422		0	RC	4		0.072		
Selenium, Se	µg	2.5		0	RC	4		0.4		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	RC	4		0.0		
Thiamin	mg	0.026		0	RC	4		0.004		
Riboflavin	mg	0.085		0	RC	4		0.014		
Niacin	mg	0.176		0	RC	4		0.030		
Pantothenic acid	mg	0.140		0	RC	4		0.024		
Vitamin B-6	mg	0.012		0	RC	4		0.002		
Folate, total	µg	4		0	RC	4		1		
Folic acid	µg	0		0	RC	4		0		
Folate, food	µg	4		0	RC	4		1		
Folate, DFE	µg	4		0	NC	4		1		
Choline, total	mg	10.0		0	O	4		1.7		
Betaine	mg									
Vitamin B-12	µg	0.09		0	RC	4		0.01		
Vitamin B-12, added	µg	0.00		0	RC	4		0.00		
Vitamin A, RAE	µg	44		0	NC	4		7		
Retinol	µg	43		0	RC	4		7		
Carotene, beta	µg	10		0	RC	4		2		
Carotene, alpha	µg	0		0	RC	4		0		
Cryptoxanthin, beta	µg	0		0	RC	4		0		
Vitamin A, IU	IU	159		0	RC	4		27		
Lycopene	µg	0		0	RC	4		0		
Lutein + zeaxanthin	µg	4		0	RC	4		1		
Vitamin E (alpha-tocopherol)	mg	0.18		0	RC	4		0.03		
Vitamin E, added	mg	0.00		0	RC	4		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		
Vitamin D	IU	0		0	Z	7		0		
Vitamin K (phylloquinone)	µg	1.4		0	RC	4		0.2		
Dihydrophylloquinone	µg									
Menaquinone-4	µg									

NDB No. 19100
Candies, fudge, chocolate, prepared-from-recipe

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	6.448		0	RC	4		1.096		
4:0....g	0.187		0	RC	4		0.032		
6:0....g	0.125		0	RC	4		0.021		
8:0....g	0.084		0	RC	4		0.014		
10:0....g	0.152		0	RC	4		0.026		
12:0....g	0.155		0	RC	4		0.026		
13:0....g	0.000		0	RC	4		0.000		
14:0....g	0.474		0	RC	4		0.081		
15:0....g	0.000		0	RC	4		0.000		
16:0....g	2.703		0	RC	4		0.460		
17:0....g	0.038		0	RC	4		0.007		
18:0....g	2.459		0	RC	4		0.418		
20:0....g	0.063		0	RC	4		0.011		
22:0....g	0.005		0	RC	4		0.001		
24:0....g	0.000		0	RC	4		0.000		
Fatty acids, total monounsaturated....g	2.943		0	RC	4		0.500		
14:1....g	0.000		0	RC	4		0.000		
15:1....g	0.000		0	RC	4		0.000		
16:1 undifferentiated....g	0.058		0	RC	4		0.010		
17:1....g	0.000		0	RC	4		0.000		
18:1 undifferentiated....g	2.882		0	RC	4		0.490		
20:1....g	0.005		0	RC	4		0.001		
22:1 undifferentiated....g	0.000		0	RC	4		0.000		
24:1 c....g	0.000		0	RC	4		0.000		
Fatty acids, total polyunsaturated....g	0.373		0	RC	4		0.063		
18:2 undifferentiated....g	0.321		0	RC	4		0.055		
18:3 undifferentiated....g	0.052		0	RC	4		0.009		
18:4....g	0.000		0	RC	4		0.000		
20:2 n-6 c,c....g	0.000		0	RC	4		0.000		
20:3 undifferentiated....g	0.000		0	RC	4		0.000		
20:4 undifferentiated....g	0.000		0	RC	4		0.000		
20:5 n-3 (EPA)....g	0.000		0	RC	4		0.000		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	RC	4		0.000		
22:6 n-3 (DHA)....g	0.000		0	RC	4		0.000		
Fatty acids, total trans....g	0.165		0	RC	4		0.028		
Fatty acids, total trans-monoenoic....g									
Fatty acids, total trans-polyenoic....g									
Cholesterol....mg	14		0	RC	4		2		
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0		
Caffeine....mg	8		0	RC	4		1		
Theobromine....mg	130		0	RC	4		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 = 17g: 1 piece

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

Food Group: 19 Sweets

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

NDB No. 19101
Candies, fudge, chocolate, with nuts, 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
Proximates:									
Water ... g	7.66		0	RC	4		2.17		
Energy ... kcal	461		0	RC	4		131		
Energy ... kJ	1929		0	RC	4		547		
Protein ... g	4.38		0	RC	4		1.24		
Total lipid (fat) ... g	18.93		0	RC	4		5.37		
Ash ... g	0.87		0	RC	4		0.25		
Carbohydrate, by difference ... g	67.93		0	RC	4		19.26		
Fiber, total dietary ... g	2.5		0	RC	4		0.7		
Sugars, total ... g	63.37		0	RC	4		17.97		
Starch ... g									
Minerals:									
Calcium, Ca ... mg	57		0	RC	4		16		
Iron, Fe ... mg	1.97		0	RC	4		0.56		
Magnesium, Mg ... mg	55		0	RC	4		16		
Phosphorus, P ... mg	114		0	RC	4		32		
Potassium, K ... mg	183		0	RC	4		52		
Sodium, Na ... mg	39		0	RC	4		11		
Zinc, Zn ... mg	1.43		0	RC	4		0.40		
Copper, Cu ... mg	0.526		0	RC	4		0.149		
Manganese, Mn ... mg	0.885		0	RC	4		0.251		
Selenium, Se ... µg	2.9		0	RC	4		0.8		
Vitamins:									
Vitamin C, total ascorbic acid ... mg	0.2		0	RC	4		0.0		
Thiamin ... mg	0.067		0	RC	4		0.019		
Riboflavin ... mg	0.095		0	RC	4		0.027		
Niacin ... mg	0.315		0	RC	4		0.089		
Pantothenic acid ... mg	0.208		0	RC	4		0.059		
Vitamin B-6 ... mg	0.088		0	RC	4		0.025		
Folate, total ... µg	16		0	RC	4		4		
Folic acid ... µg	0		0	RC	4		0		
Folate, food ... µg	16		0	RC	4		4		
Folate, DFE ... µg	16		0	NC	4		4		
Choline, total ... mg	14.6		0	O	4		4.1		
Betaine ... mg									
Vitamin B-12 ... µg	0.07		0	RC	4		0.02		
Vitamin B-12, added ... µg	0.00		0	RC	4		0.00		
Vitamin A, RAE ... µg	38		0	NC	4		11		
Retinol ... µg	37		0	RC	4		10		
Carotene, beta ... µg	10		0	RC	4		3		
Carotene, alpha ... µg	0		0	RC	4		0		
Cryptoxanthin, beta ... µg	0		0	RC	4		0		
Vitamin A, IU ... IU	140		0	NC	4		40		
Lycopene ... µg	0		0	RC	4		0		
Lutein + zeaxanthin ... µg	5		0	RC	4		1		
Vitamin E (alpha-tocopherol) ... mg	0.26		0	RC	4		0.07		
Vitamin E, added ... mg	0.00		0	RC	4		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		
Vitamin D ... IU	0		0	Z	7		0		
Vitamin K (phylloquinone) ... µg	1.6		0	RC	4		0.5		
Dihydrophylloquinone ... µg									
Menaquinone-4 ... µg									

NDB No. 19101

Candies, fudge, chocolate, with nuts, prepared-from-recipe

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	6.489		0	RC	4		1.840		
4:0....g	0.161		0	RC	4		0.046		
6:0....g	0.108		0	RC	4		0.031		
8:0....g	0.072		0	RC	4		0.021		
10:0....g	0.131		0	RC	4		0.037		
12:0....g	0.134		0	RC	4		0.038		
13:0....g	0.000		0	RC	4		0.000		
14:0....g	0.409		0	RC	4		0.116		
15:0....g	0.000		0	RC	4		0.000		
16:0....g	3.001		0	RC	4		0.851		
17:0....g	0.033		0	RC	4		0.009		
18:0....g	2.371		0	RC	4		0.672		
20:0....g	0.064		0	RC	4		0.018		
22:0....g	0.004		0	RC	4		0.001		
24:0....g	0.000		0	RC	4		0.000		
Fatty acids, total monounsaturated....g	3.900		0	RC	4		1.106		
14:1....g	0.000		0	RC	4		0.000		
15:1....g	0.000		0	RC	4		0.000		
16:1 undifferentiated....g	0.050		0	RC	4		0.014		
17:1....g	0.000		0	RC	4		0.000		
18:1 undifferentiated....g	3.827		0	RC	4		1.085		
20:1....g	0.025		0	RC	4		0.007		
22:1 undifferentiated....g	0.000		0	RC	4		0.000		
24:1 c....g	0.000		0	RC	4		0.000		
Fatty acids, total polyunsaturated....g	7.529		0	RC	4		2.135		
18:2 undifferentiated....g	6.097		0	RC	4		1.728		
18:3 undifferentiated....g	1.432		0	RC	4		0.406		
18:4....g	0.000		0	RC	4		0.000		
20:2 n-6 c,c....g	0.000		0	RC	4		0.000		
20:3 undifferentiated....g	0.000		0	RC	4		0.000		
20:4 undifferentiated....g	0.000		0	RC	4		0.000		
20:5 n-3 (EPA)....g	0.000		0	RC	4		0.000		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	RC	4		0.000		
22:6 n-3 (DHA)....g	0.000		0	RC	4		0.000		
Fatty acids, total trans....g	0.142		0	RC	4		0.040		
Cholesterol....mg	12		0	RC	4		3		
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0		
Caffeine....mg	7		0	RC	4		2		
Theobromine....mg	112		0	RC	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 = 28.35g: 1 oz

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

Food Group: 19 Sweets

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

NDB No. 19102
Candies, fudge, peanut butter, prepared-from-recipe

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	10.93		0	RC	4		1.75		
Energy	kcal	387		0	RC	4		62		
Energy	kJ	1620		0	RC	4		259		
Protein (N x 0)	g	3.78		0	RC	4		0.60		
Total lipid (fat)	g	6.59		0	RC	4		1.05		
Ash	g	0.71		0	RC	4		0.11		
Carbohydrate, by difference	g	77.75		0	RC	4		12.44		
Fiber, total dietary	g	0.7		0	RC	4		0.1		
Sugars, total	g	73.36		0	RC	4		11.74		
Starch	g									
Minerals:										
Calcium, Ca	mg	42		0	RC	4		7		
Iron, Fe	mg	0.22		0	RC	4		0.04		
Magnesium, Mg	mg	20		0	RC	4		3		
Phosphorus, P	mg	68		0	RC	4		11		
Potassium, K	mg	119		0	RC	4		19		
Sodium, Na	mg	118		0	RC	4		19		
Zinc, Zn	mg	0.48		0	RC	4		0.08		
Copper, Cu	mg	0.056		0	RC	4		0.009		
Manganese, Mn	mg	0.164		0	RC	4		0.026		
Selenium, Se	µg	2.2		0	RC	4		0.4		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	RC	4		0.0		
Thiamin	mg	0.022		0	RC	4		0.004		
Riboflavin	mg	0.082		0	RC	4		0.013		
Niacin	mg	1.439		0	RC	4		0.230		
Pantothenic acid	mg	0.231		0	RC	4		0.037		
Vitamin B-6	mg	0.066		0	RC	4		0.010		
Folate, total	µg	9		0	RC	4		1		
Folic acid	µg	0		0	RC	4		0		
Folate, food	µg	9		0	RC	4		1		
Folate, DFE	µg	9		0	NC	4		1		
Choline, total	mg									
Betaine	mg									
Vitamin B-12	µg	0.14		0	NR	4		0.02		
Vitamin B-12, added	µg	0.00		0	RC	4		0.00		
Vitamin A, RAE	µg	9		0	RC	4		1		
Retinol	µg	9		0	RC	4		1		
Carotene, beta	µg									
Carotene, alpha	µg									
Cryptoxanthin, beta	µg									
Vitamin A, IU	IU	32		0	RC	4		5		
Lycopene	µg									
Lutein + zeaxanthin	µg									
Vitamin E (alpha-tocopherol)	mg	1.01		0	RC	4		0.16		
Vitamin E, added	mg	0.00		0	RC	4		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									
Vitamin D	IU									
Vitamin K (phylloquinone)	µg	0.1		0	RC	4		0.0		
Dihydrophylloquinone	µg									
Menaquinone-4	µg									

NDB No. 19102
Candies, fudge, peanut butter, 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
Lipids:									
Fatty acids, total saturated....g	1.721		0	RC	4		0.275		
4:0....g	0.023		0	RC	4		0.004		
6:0....g	0.023		0	RC	4		0.004		
8:0....g	0.023		0	RC	4		0.004		
10:0....g	0.023		0	RC	4		0.004		
12:0....g	0.038		0	RC	4		0.006		
13:0....g	0.000		0	RC	4		0.000		
14:0....g	0.117		0	RC	4		0.019		
15:0....g	0.000		0	RC	4		0.000		
16:0....g	0.897		0	RC	4		0.143		
17:0....g	0.000		0	RC	4		0.000		
18:0....g	0.307		0	RC	4		0.049		
20:0....g	0.068		0	RC	4		0.011		
22:0....g	0.151		0	RC	4		0.024		
24:0....g	0.049		0	RC	4		0.008		
Fatty acids, total monounsaturated....g	2.867		0	RC	4		0.459		
14:1....g	0.000		0	RC	4		0.000		
15:1....g									
16:1 undifferentiated....g	0.000		0	RC	4		0.000		
17:1....g									
18:1 undifferentiated....g	2.805		0	RC	4		0.449		
20:1....g	0.062		0	RC	4		0.010		
22:1 undifferentiated....g	0.000		0	RC	4		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.588		0	RC	4		0.254		
18:2 undifferentiated....g	1.556		0	RC	4		0.249		
18:3 undifferentiated....g	0.032		0	RC	4		0.005		
18:4....g	0.000		0	RC	4		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0	RC	4		0.000		
20:5 n-3 (EPA)....g	0.000		0	RC	4		0.000		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	RC	4		0.000		
22:6 n-3 (DHA)....g	0.000		0	RC	4		0.000		
Fatty acids, total trans....g									
Cholesterol....mg	3		0	RC	4		1		
Phytosterols....mg									
Others:									
Alcohol, ethyl....g									
Caffeine....mg	0		0	RC	4		0		
Theobromine....mg	0		0	RC	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 = 16g: 1 piece

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

Food Group: 19 Sweets

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

NDB No. 19104
Candies, fudge, vanilla with nuts

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	7.99		0	RC	4		2.26		
Energy....kcal	435		0	NC	4		123		
Energy....kJ	1819		0	NC	4		516		
Protein....g	3.00		0	RC	4		0.85		
Total lipid (fat)....g	13.69		0	RC	4		3.88		
Ash....g	0.54		0	RC	4		0.15		
Carbohydrate, by difference....g	74.61		0	RC	4		21.15		
Fiber, total dietary....g	0.9		0	RC	4		0.3		
Sugars, total....g	71.00		0	RC	4		20.13		
Starch....g									
Minerals:									
Calcium, Ca....mg	47		0	RC	4		13		
Iron, Fe....mg	0.41		0	RC	4		0.12		
Magnesium, Mg....mg	24		0	RC	4		7		
Phosphorus, P....mg	73		0	RC	4		21		
Potassium, K....mg	103		0	RC	4		29		
Sodium, Na....mg	42		0	RC	4		12		
Zinc, Zn....mg	0.56		0	RC	4		0.16		
Copper, Cu....mg	0.219		0	RC	4		0.062		
Manganese, Mn....mg	0.466		0	RC	4		0.132		
Selenium, Se....µg	2.2		0	RC	4		0.6		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.1		0	RC	4		0.0		
Thiamin....mg	0.051		0	RC	4		0.015		
Riboflavin....mg	0.085		0	RC	4		0.024		
Niacin....mg	0.179		0	RC	4		0.051		
Pantothenic acid....mg	0.183		0	RC	4		0.052		
Vitamin B-6....mg	0.077		0	RC	4		0.022		
Folate, total....µg	12		0	RC	4		3		
Folic acid....µg	0		0	RC	4		0		
Folate, food....µg	12		0	RC	4		3		
Folate, DFE....µg	12		0	NC	4		3		
Choline, total....mg	10.0		0	O	4		2.8		
Betaine....mg									
Vitamin B-12....µg	0.07		0	RC	4		0.02		
Vitamin B-12, added....µg	0.00		0	RC	4		0.00		
Vitamin A, RAE....µg	41		0	NC	4		12		
Retinol....µg	40		0	RC	4		11		
Carotene, beta....µg	11		0	RC	4		3		
Carotene, alpha....µg	0		0	RC	4		0		
Cryptoxanthin, beta....µg	0		0	RC	4		0		
Vitamin A, IU....IU	151		0	NC	4		43		
Lycopene....µg	0		0	RC	4		0		
Lutein + zeaxanthin....µg	1		0	RC	4		0		
Vitamin E (alpha-tocopherol)....mg	0.22		0	RC	4		0.06		
Vitamin E, added....mg	0.00		0	RC	4		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		
Vitamin D....IU	0		0	Z	7		0		
Vitamin K (phylloquinone)....µg	0.8		0	RC	4		0.2		
Dihydrophylloquinone....µg									
Menaquinone-4....µg									

NDB No. 19104
Candies, fudge, vanilla with nuts

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	3.828		0	RC	4		1.085		
4:0....g	0.176		0	RC	4		0.050		
6:0....g	0.117		0	RC	4		0.033		
8:0....g	0.078		0	RC	4		0.022		
10:0....g	0.143		0	RC	4		0.040		
12:0....g	0.146		0	RC	4		0.041		
13:0....g	0.000		0	RC	4		0.000		
14:0....g	0.441		0	RC	4		0.125		
15:0....g	0.000		0	RC	4		0.000		
16:0....g	1.875		0	RC	4		0.532		
17:0....g	0.027		0	RC	4		0.008		
18:0....g	0.809		0	RC	4		0.229		
20:0....g	0.015		0	RC	4		0.004		
22:0....g	0.000		0	RC	4		0.000		
24:0....g	0.000		0	RC	4		0.000		
Fatty acids, total monounsaturated....g	2.454		0	RC	4		0.696		
14:1....g	0.000		0	RC	4		0.000		
15:1....g									
16:1 undifferentiated....g	0.046		0	RC	4		0.013		
17:1....g									
18:1 undifferentiated....g	2.384		0	RC	4		0.676		
20:1....g	0.023		0	RC	4		0.007		
22:1 undifferentiated....g	0.000		0	RC	4		0.000		
24:1 c....g	0.000		0	RC	4		0.000		
Fatty acids, total polyunsaturated....g	6.614		0	RC	4		1.875		
18:2 undifferentiated....g	5.344		0	RC	4		1.515		
18:3 undifferentiated....g	1.270		0	RC	4		0.360		
18:4....g	0.000		0	RC	4		0.000		
20:2 n-6 c,c....g	0.000		0	RC	4		0.000		
20:3 undifferentiated....g	0.000		0	RC	4		0.000		
20:4 undifferentiated....g	0.000		0	RC	4		0.000		
20:5 n-3 (EPA)....g	0.000		0	RC	4		0.000		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	RC	4		0.000		
22:6 n-3 (DHA)....g	0.000		0	RC	4		0.000		
Fatty acids, total trans....g	0.158		0	RC	4		0.045		
Cholesterol....mg	13		0	RC	4		4		
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0		
Caffeine....mg	0		0	RC	4		0		
Theobromine....mg	0		0	RC	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 = 28.35g: 1 oz

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

Food Group: 19 Sweets

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

NDB No. 19103
Candies, fudge, vanilla, 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
Proximates:										
Water	g	10.85		0	RC	4		3.08		
Energy	kcal	383		0	NC	4		109		
Energy	kJ	1602		0	NC	4		454		
Protein	g	1.05		0	RC	4		0.30		
Total lipid (fat)	g	5.45		0	RC	4		1.54		
Ash	g	0.34		0	RC	4		0.10		
Carbohydrate, by difference	g	82.15		0	RC	4		23.29		
Fiber, total dietary	g	0.0		0	RC	4		0.0		
Sugars, total	g	79.77		0	RC	4		22.61		
Starch	g									
Minerals:										
Calcium, Ca	mg	38		0	RC	4		11		
Iron, Fe	mg	0.02		0	RC	4		0.01		
Magnesium, Mg	mg	3		0	RC	4		1		
Phosphorus, P	mg	30		0	RC	4		8		
Potassium, K	mg	49		0	RC	4		14		
Sodium, Na	mg	47		0	RC	4		13		
Zinc, Zn	mg	0.15		0	RC	4		0.04		
Copper, Cu	mg	0.004		0	RC	4		0.001		
Manganese, Mn	mg	0.002		0	RC	4		0.001		
Selenium, Se	µg	1.7		0	RC	4		0.5		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	RC	4		0.0		
Thiamin	mg	0.014		0	RC	4		0.004		
Riboflavin	mg	0.074		0	RC	4		0.021		
Niacin	mg	0.038		0	RC	4		0.011		
Pantothenic acid	mg	0.119		0	RC	4		0.034		
Vitamin B-6	mg	0.009		0	RC	4		0.002		
Folate, total	µg	1		0	RC	4		0		
Folic acid	µg	0		0	RC	4		0		
Folate, food	µg	1		0	RC	4		0		
Folate, DFE	µg	1		0	NC	4		0		
Choline, total	mg	5.3		0	O	4		1.5		
Betaine	mg									
Vitamin B-12	µg	0.08		0	RC	4		0.02		
Vitamin B-12, added	µg	0.00		0	RC	4		0.00		
Vitamin A, RAE	µg	46		0	NC	4		13		
Retinol	µg	45		0	RC	4		13		
Carotene, beta	µg	10		0	RC	4		3		
Carotene, alpha	µg	0		0	RC	4		0		
Cryptoxanthin, beta	µg	0		0	RC	4		0		
Vitamin A, IU	IU	168		0	NC	4		48		
Lycopene	µg	0		0	RC	4		0		
Lutein + zeaxanthin	µg	0		0	RC	4		0		
Vitamin E (alpha-tocopherol)	mg	0.14		0	RC	4		0.04		
Vitamin E, added	mg	0.00		0	RC	4		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		
Vitamin D	IU	0		0	Z	7		0		
Vitamin K (phylloquinone)	µg	0.5		0	RC	4		0.1		
Dihydrophylloquinone	µg									
Menaquinone-4	µg									

NDB No. 19103
Candies, fudge, vanilla, 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
Lipids:									
Fatty acids, total saturated....g	3.382		0	RC	4		0.959		
4:0....g	0.199		0	RC	4		0.056		
6:0....g	0.133		0	RC	4		0.038		
8:0....g	0.088		0	RC	4		0.025		
10:0....g	0.161		0	RC	4		0.046		
12:0....g	0.165		0	RC	4		0.047		
13:0....g	0.000		0	RC	4		0.000		
14:0....g	0.498		0	RC	4		0.141		
15:0....g	0.000		0	RC	4		0.000		
16:0....g	1.441		0	RC	4		0.409		
17:0....g	0.031		0	RC	4		0.009		
18:0....g	0.659		0	RC	4		0.187		
20:0....g	0.007		0	RC	4		0.002		
22:0....g	0.000		0	RC	4		0.000		
24:0....g	0.000		0	RC	4		0.000		
Fatty acids, total monounsaturated....g	1.399		0	RC	4		0.397		
14:1....g	0.000		0	RC	4		0.000		
15:1....g									
16:1 undifferentiated....g	0.052		0	RC	4		0.015		
17:1....g									
18:1 undifferentiated....g	1.341		0	RC	4		0.380		
20:1....g	0.005		0	RC	4		0.002		
22:1 undifferentiated....g	0.000		0	RC	4		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.227		0	RC	4		0.064		
18:2 undifferentiated....g	0.186		0	RC	4		0.053		
18:3 undifferentiated....g	0.040		0	RC	4		0.011		
18:4....g	0.000		0	RC	4		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0	RC	4		0.000		
20:5 n-3 (EPA)....g	0.000		0	RC	4		0.000		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	RC	4		0.000		
22:6 n-3 (DHA)....g	0.000		0	RC	4		0.000		
Fatty acids, total trans....g	0.179		0	RC	4		0.051		
Fatty acids, total trans-monoenoic....g									
Fatty acids, total trans-polyenoic....g									
Cholesterol....mg	15		0	RC	4		4		
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0		
Caffeine....mg	0		0	RC	4		0		
Theobromine....mg	0		0	RC	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 = 28.35g: 1 oz

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

Food Group: 19 Sweets

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

NDB No. 43057
Candies, gum drops, dietetic or low calorie (sorbitol)

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	11.70		0		4		21.29	0.59	
Energy....kcal	162		0		4		295	8	
Energy....kJ	678		0		4		1234	34	
Protein....g	0.00		1		1		0.00	0.00	
Total lipid (fat)....g	0.20		1		1		0.36	0.01	
Ash....g	0.00		0	BFSN	4		0.00	0.00	
Carbohydrate, by difference....g	88.00		0		4		160.16	4.40	
Fiber, total dietary....g	18.0		0		4		32.8	0.9	
Sugars, total....g	70.00		0	NR	4		127.40	3.50	
Starch....g									
Minerals:									
Calcium, Ca....mg	0		1		1		0	0	
Iron, Fe....mg	0.00		1		1		0.00	0.00	
Magnesium, Mg....mg	0		0		4		0	0	
Phosphorus, P....mg	0		0		4		0	0	
Potassium, K....mg	0		0		7		0	0	
Sodium, Na....mg	7		1		1		13	0	
Zinc, Zn....mg	0.00		0		4		0.00	0.00	
Copper, Cu....mg	0.000		0		4		0.000	0.000	
Manganese, Mn....mg									
Selenium, Se....µg	0.5		0	BFSN	4		0.9	0.0	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		1		1		0.0	0.0	
Thiamin....mg	0.000		1		1		0.000	0.000	
Riboflavin....mg	0.000		1		1		0.000	0.000	
Niacin....mg	0.000		1		1		0.000	0.000	
Pantothenic acid....mg									
Vitamin B-6....mg	0.000		0		4		0.000	0.000	
Folate, total....µg	0		0		4		0	0	
Folic acid....µg	0		0	BFSN	4		0	0	
Folate, food....µg	0		0		4		0	0	
Folate, DFE....µg	0		0	NC	4		0	0	
Choline, total....mg	0.0		0	Z	7		0.0	0.0	
Betaine....mg									
Vitamin B-12....µg	0.00		0		7		0.00	0.00	
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....µg	0		0	BFSN	4		0	0	
Retinol....µg	0		0	BFSN	4		0	0	
Carotene, beta....µg	0		0	BFSN	4		0	0	
Carotene, alpha....µg	0		0	BFSN	4		0	0	
Cryptoxanthin, beta....µg	0		0	BFSN	4		0	0	
Vitamin A, IU....IU	0		1		1		0	0	
Lycopene....µg	0		0	BFSN	4		0	0	
Lutein + zeaxanthin....µg	0		0	BFSN	4		0	0	
Vitamin E (alpha-tocopherol)....mg	0.00		0	BFSN	4		0.00	0.00	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)....µg	0.0		0	BFSN	4		0.0	0.0	
Dihydrophylloquinone....µg									
Menaquinone-4....µg									

NDB No. 43057

Candies, gum drops, dietetic or low calorie (sorbitol)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	0.034		0		4		0.062	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	0.000		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	0.019		0		4		0.035	0.001	
17:0....g									
18:0....g	0.004		0		4		0.007	0.000	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.092		0		4		0.167	0.005	
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	0.090		0		4		0.164	0.005	
20:1....g	0.003		0		4		0.005	0.000	
22:1 undifferentiated....g	0.000		0		4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.064		0		4		0.116	0.003	
18:2 undifferentiated....g	0.064		0		4		0.116	0.003	
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		7		0	0	
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	BFSN	4		0	0	
Theobromine....mg	0		0	BFSN	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 = 182g: 1 cup

Measure 2 = 5.0g: 1 piece

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

Food Group: 19 Sweets

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

NDB No. 19106
Candies, gumdrops, starch jelly pieces

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	1.00	0.000	8		1		1.82	0.36	0.22
Energy....kcal	396		0	NC	4		720	142	87
Energy....kJ	1655		0	NC	4		3012	596	364
Protein (N x 6.25)....g	0.00		1		4		0.00	0.00	0.00
Total lipid (fat)....g	0.00		1	LC	8		0.00	0.00	0.00
Ash....g	0.10		1		4		0.18	0.04	0.02
Carbohydrate, by difference....g	98.90		0	NC	4		180.00	35.60	21.76
Fiber, total dietary....g	0.1		0	FLC	4		0.1	0.0	0.0
Sugars, total....g	58.97		1	LC	8		107.33	21.23	12.97
Starch....g									
Minerals:									
Calcium, Ca....mg	3	0.936	9		1		5	1	1
Iron, Fe....mg	0.40	0.109	8		1		0.73	0.14	0.09
Magnesium, Mg....mg	1	0.774	9		1		2	0	0
Phosphorus, P....mg	1	0.453	8		1		2	0	0
Potassium, K....mg	5	3.943	9		1		9	2	1
Sodium, Na....mg	44	5.093	9		1		80	16	10
Zinc, Zn....mg	0.00	0.004	8		1		0.00	0.00	0.00
Copper, Cu....mg	0.012	0.008	8		1		0.022	0.004	0.003
Manganese, Mn....mg	0.010	0.017	8		1		0.018	0.004	0.002
Selenium, Se....µg	0.8		0	FLC	4		1.5	0.3	0.2
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	FLC	4		0.0	0.0	0.0
Thiamin....mg	0.006		0	FLC	4		0.010	0.002	0.001
Riboflavin....mg	0.013		0	FLC	4		0.023	0.005	0.003
Niacin....mg	0.010		0	FLC	4		0.019	0.004	0.002
Pantothenic acid....mg	0.012		0	FLC	4		0.022	0.004	0.003
Vitamin B-6....mg	0.005		0	FLC	4		0.008	0.002	0.001
Folate, total....µg	0		0	FLC	4		0	0	0
Folic acid....µg	0		0	FLC	4		0	0	0
Folate, food....µg	0		0	FLC	4		0	0	0
Folate, DFE....µg	0		0	NC	4		0	0	0
Choline, total....mg	0.0		0	Z	7		0.0	0.0	0.0
Betaine....mg									
Vitamin B-12....µg	0.00		0	FLC	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	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	0		0	FLC	4		0	0	0
Lycopene....µg	0		0	FLC	4		0	0	0
Lutein + zeaxanthin....µg	0		0	FLC	4		0	0	0
Vitamin E (alpha-tocopherol)....mg	0.00		0	FLC	4		0.00	0.00	0.00
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	0.0
Vitamin D....IU	0		0	Z	7		0	0	0
Vitamin K (phylloquinone)....µg	0.0		0	FLC	4		0.0	0.0	0.0
Dihydrophylloquinone....µg									
Menaquinone-4....µg									

NDB No. 19106
Candies, gumdrops, starch jelly pieces

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	0.000		1	LC	8		0.000	0.000	0.000
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	0.000		0		4		0.000	0.000	0.000
17:0....g									
18:0....g	0.000		0		4		0.000	0.000	0.000
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.000		0		7		0.000	0.000	0.000
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0		4		0.000	0.000	0.000
17:1....g									
18:1 undifferentiated....g	0.000		0		4		0.000	0.000	0.000
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	0.000		1	LC	8		0.000	0.000	0.000
18:2 undifferentiated....g	0.000		0		4		0.000	0.000	0.000
18:3 undifferentiated....g	0.000		0		4		0.000	0.000	0.000
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	LC	8		0	0	0
Phytosterols....mg									
Others:									
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 = 182g: 1 cup gumdrops

Measure 2 = 36g: 10 gumdrops

Measure 3 = 22g: 10 gummy bears

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

Food Group: 19 Sweets

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

NDB No. 19117
Candies, halavah, plain

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	3.67		2	A	1		1.04		
Energy....kcal	469		0	NC	4		133		
Energy....kJ	1962		0		4		556		
Protein (N x 5.8)....g	12.49		2	A	1		3.54		
Total lipid (fat)....g	21.52		2	A	1		6.10		
Ash....g	1.83		2	A	1		0.52		
Carbohydrate, by difference....g	60.49		0	NC	4		17.15		
Fiber, total dietary....g	4.5		2	A	1		1.3		
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	33		2	A	1		9		
Iron, Fe....mg	4.53		2	A	1		1.28		
Magnesium, Mg....mg	218		2	A	1		62		
Phosphorus, P....mg	607		2	A	1		172		
Potassium, K....mg	187		2	A	1		53		
Sodium, Na....mg	195		2	A	1		55		
Zinc, Zn....mg	4.32		2	A	1		1.22		
Copper, Cu....mg	1.202		2	A	1		0.341		
Manganese, Mn....mg	0.873		2	A	1		0.247		
Selenium, Se....µg	11.5		0	FLA	4		3.3		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.1		2	A	1		0.0		
Thiamin....mg	0.424		2	A	1		0.120		
Riboflavin....mg	0.088		2	A	1		0.025		
Niacin....mg	2.856		2	A	1		0.810		
Pantothenic acid....mg	0.174		2	A	1		0.049		
Vitamin B-6....mg	0.348		2	A	1		0.099		
Folate, total....µg	65		2	A	1		18		
Folic acid....µg	0		0	Z	7		0		
Folate, food....µg	65		2	A	1		18		
Folate, DFE....µg	65		0	NC	4		18		
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.04		0	FLA	4		0.01		
Vitamin A, RAE....µg	0		0	NC	4		0		
Retinol....µg	0		0	Z	7		0		
Carotene, beta....µg	0		0	T	4		0		
Carotene, alpha....µg	0		0	T	4		0		
Cryptoxanthin, beta....µg	0		0	T	4		0		
Vitamin A, IU....IU	2		2	A	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									
Lipids:									

NDB No. 19117
Candies, halavah, 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	4.127		2	A	1		1.170		
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									
14:0....g	0.000		2	A	1		0.000		
15:0....g									
16:0....g	2.113		2	A	1		0.599		
17:0....g									
18:0....g	1.847		2	A	1		0.524		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	8.194		2	A	1		2.323		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.025		2	A	1		0.007		
17:1....g									
18:1 undifferentiated....g	8.133		2	A	1		2.306		
20:1....g	0.036		2	A	1		0.010		
22:1 undifferentiated....g	0.000		2	A	1		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	8.481		2	A	1		2.404		
18:2 undifferentiated....g	8.421		2	A	1		2.387		
18:3 undifferentiated....g	0.060		2	A	1		0.017		
18:4....g	0.000		2	A	1		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		2	A	1		0.000		
20:5 n-3 (EPA)....g	0.000		2	A	1		0.000		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		2	A	1		0.000		
22:6 n-3 (DHA)....g	0.000		2	A	1		0.000		
Fatty acids, total trans....g									
Cholesterol....mg	0		0	Z	7		0		
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0		
Caffeine....mg									
Theobromine....mg									

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

Common Measures:

Measure 1 = 28.35g: 1 oz

Calories Factors: Protein 4 **Fat** 8.5 **Carbohydrate** 3.9

Food Group: 19 Sweets

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

NDB No. 19107
Candies, hard

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	1.30	0.291	6		1		0.37	0.08	0.04
Energy....kcal	394		0	NC	4		112	24	12
Energy....kJ	1648		0		4		467	99	49
Protein (N x 6.25)....g	0.00		1	A	1		0.00	0.00	0.00
Total lipid (fat)....g	0.20		1	A	1		0.06	0.01	0.01
Ash....g	0.50	0.407	9		1		0.14	0.03	0.02
Carbohydrate, by difference....g	98.00		0	NC	4		27.78	5.88	2.94
Fiber, total dietary....g	0.0		0		4		0.0	0.0	0.0
Sugars, total....g	62.90		1	A	1		17.83	3.77	1.89
Starch....g									
Minerals:									
Calcium, Ca....mg	3	1.419	37		1		1	0	0
Iron, Fe....mg	0.30	0.050	42		1		0.09	0.02	0.01
Magnesium, Mg....mg	3	0.707	37		1		1	0	0
Phosphorus, P....mg	3	1.533	37		1		1	0	0
Potassium, K....mg	5	1.358	37		1		1	0	0
Sodium, Na....mg	38	7.185	33		1		11	2	1
Zinc, Zn....mg	0.01	0.005	42		1		0.00	0.00	0.00
Copper, Cu....mg	0.029	0.010	5		1		0.008	0.002	0.001
Manganese, Mn....mg	0.010	0.001	37		1		0.003	0.001	0.000
Selenium, Se....µg	0.6		0	BFSN	4		0.2	0.0	0.0
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		1		4		0.0	0.0	0.0
Thiamin....mg	0.004		1		4		0.001	0.000	0.000
Riboflavin....mg	0.003		1		4		0.001	0.000	0.000
Niacin....mg	0.007		1		4		0.002	0.000	0.000
Pantothenic acid....mg	0.008		1		4		0.002	0.000	0.000
Vitamin B-6....mg	0.003		1		4		0.001	0.000	0.000
Folate, total....µg	0		1		4		0	0	0
Folic acid....µg	0		0	Z	7		0	0	0
Folate, food....µg	0		1		4		0	0	0
Folate, DFE....µg	0		0	NC	4		0	0	0
Choline, total....mg	0.0		0	Z	7		0.0	0.0	0.0
Betaine....mg									
Vitamin B-12....µg	0.00		1		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	NC	4		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		1		4		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	0.0		0	Z	7		0.0	0.0	0.0
Dihydrophylloquinone....µg									
Menaquinone-4....µg									

NDB No. 19107
Candies, hard

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	0.000		0		7		0.000	0.000	0.000
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	0.000		0		4		0.000	0.000	0.000
17:0....g									
18:0....g	0.000		0		4		0.000	0.000	0.000
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.000		0		7		0.000	0.000	0.000
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0		4		0.000	0.000	0.000
17:1....g									
18:1 undifferentiated....g	0.000		0		4		0.000	0.000	0.000
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	0.000		0		7		0.000	0.000	0.000
18:2 undifferentiated....g	0.000		0		4		0.000	0.000	0.000
18:3 undifferentiated....g	0.000		0		4		0.000	0.000	0.000
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		4		0	0	0
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	0.0
Caffeine....mg	0		0	Z	7		0	0	0
Theobromine....mg	0		0	Z	7		0	0	0

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

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 6.0g: 1 piece

Measure 3 = 3.0g: 1 piece, small

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

Food Group: 19 Sweets

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

NDB No. 43058
Candies, hard, dietetic or low calorie (sorbitol)

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	1.40		0		4		0.04		
Energy	kcal	394		0	NC	4		12		
Energy	kJ	1650		0	NC	4		50		
Protein	g	0.00		1		1		0.00		
Total lipid (fat)	g	0.00		0		4		0.00		
Ash	g	0.00		0	BFSN	4		0.00		
Carbohydrate, by difference	g	98.60		0	NC	4		2.96		
Fiber, total dietary	g	0.0		0		4		0.0		
Sugars, total	g	0.00		0	NR	4		0.00		
Starch	g									
Minerals:										
Calcium, Ca	mg	0		1		1		0		
Iron, Fe	mg	0.00		1		1		0.00		
Magnesium, Mg	mg	0		0		4		0		
Phosphorus, P	mg	0		0		4		0		
Potassium, K	mg	0		0		4		0		
Sodium, Na	mg	0		0		4		0		
Zinc, Zn	mg	0.00		0		4		0.00		
Copper, Cu	mg	0.000		0		4		0.000		
Manganese, Mn	mg									
Selenium, Se	µg	0.6		0	BFSN	4		0.0		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		1		1		0.0		
Thiamin	mg	0.000		1		1		0.000		
Riboflavin	mg	0.000		1		1		0.000		
Niacin	mg	0.000		1		1		0.000		
Pantothenic acid	mg									
Vitamin B-6	mg	0.000		0		4		0.000		
Folate, total	µg	0		0		4		0		
Folic acid	µg	0		0	BFSN	4		0		
Folate, food	µg	0		0	BFSN	4		0		
Folate, DFE	µg	0		0	NC	4		0		
Choline, total	mg	0.0		0	Z	7		0.0		
Betaine	mg									
Vitamin B-12	µg	0.00		0		4		0.00		
Vitamin B-12, added	µg	0.00		0	Z	7		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		1		1		0		
Lycopene	µg	0		0	BFSN	4		0		
Lutein + zeaxanthin	µg	0		0	BFSN	4		0		
Vitamin E (alpha-tocopherol)	mg	0.00		0	BFSN	4		0.00		
Vitamin E, added	mg	0.00		0	Z	7		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		
Vitamin D	IU	0		0	Z	7		0		
Vitamin K (phylloquinone)	µg	0.0		0	BFSN	4		0.0		
Dihydrophylloquinone	µg									
Menaquinone-4	µg									

NDB No. 43058
Candies, hard, dietetic or low calorie (sorbitol)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	0.000		0		7		0.000		
4:0....g	0.000		0		4		0.000		
6:0....g	0.000		0		4		0.000		
8:0....g	0.000		0		4		0.000		
10:0....g	0.000		0		4		0.000		
12:0....g	0.000		0		4		0.000		
13:0....g									
14:0....g	0.000		0		4		0.000		
15:0....g									
16:0....g	0.000		0		4		0.000		
17:0....g									
18:0....g	0.000		0		4		0.000		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.000		0		7		0.000		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0		4		0.000		
17:1....g									
18:1 undifferentiated....g	0.000		0		4		0.000		
20:1....g	0.000		0		4		0.000		
22:1 undifferentiated....g	0.000		0		4		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.000		0		7		0.000		
18:2 undifferentiated....g	0.000		0		4		0.000		
18:3 undifferentiated....g	0.000		0		4		0.000		
18:4....g	0.000		0		4		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		4		0.000		
20:5 n-3 (EPA)....g	0.000		0		4		0.000		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		4		0.000		
22:6 n-3 (DHA)....g	0.000		0		4		0.000		
Fatty acids, total trans....g									
Cholesterol....mg	0		0		7		0		
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0		
Caffeine....mg	0		0	BFSN	4		0		
Theobromine....mg	0		0	BFSN	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 = 3.0g: 1 piece

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

Food Group: 19 Sweets

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

NDB No. 19108
Candies, jellybeans

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	6.30		1		4		0.69	1.76	
Energy....kcal	375		0	NC	4		41	105	
Energy....kJ	1568		0	NC	4		172	439	
Protein (N x 6.25)....g	0.00		1	LC	8		0.00	0.00	
Total lipid (fat)....g	0.05		0	FLC	4		0.01	0.01	
Ash....g	0.10		0	FLC	4		0.01	0.03	
Carbohydrate, by difference....g	93.55		0	NC	4		10.29	26.19	
Fiber, total dietary....g	0.2		0	FLC	4		0.0	0.1	
Sugars, total....g	70.00		1	LC	8		7.70	19.60	
Starch....g									
Minerals:									
Calcium, Ca....mg	3		1		1		0	1	
Iron, Fe....mg	0.13		0	FLC	4		0.01	0.04	
Magnesium, Mg....mg	2		1		1		0	1	
Phosphorus, P....mg	4		0	FLC	4		0	1	
Potassium, K....mg	37		1		1		4	10	
Sodium, Na....mg	50		1	LC	8		6	14	
Zinc, Zn....mg	0.05		1		1		0.01	0.01	
Copper, Cu....mg	0.028		1		1		0.003	0.008	
Manganese, Mn....mg	0.035		1		1		0.004	0.010	
Selenium, Se....µg	1.1		0	FLC	4		0.1	0.3	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	FLC	4		0.0	0.0	
Thiamin....mg	0.004		0	FLC	4		0.000	0.001	
Riboflavin....mg	0.011		0	FLC	4		0.001	0.003	
Niacin....mg	0.008		0	FLC	4		0.001	0.002	
Pantothenic acid....mg	0.009		0	FLC	4		0.001	0.003	
Vitamin B-6....mg	0.004		0	FLC	4		0.000	0.001	
Folate, total....µg	0		0	FLC	4		0	0	
Folic acid....µg	0		0	FLC	4		0	0	
Folate, food....µg	0		0	FLC	4		0	0	
Folate, DFE....µg	0		0	NC	4		0	0	
Choline, total....mg	0.0		0	Z	7		0.0	0.0	
Betaine....mg									
Vitamin B-12....µg	0.00		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	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	0	
Lycopene....µg	0		0	FLC	4		0	0	
Lutein + zeaxanthin....µg	0		0	FLC	4		0	0	
Vitamin E (alpha-tocopherol)....mg	0.00		0	FLC	4		0.00	0.00	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)....µg	0.0		0	FLC	4		0.0	0.0	
Dihydrophylloquinone....µg									
Menaquinone-4....µg									

NDB No. 19108
Candies, jellybeans

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	0.000		0	FLC	4		0.000	0.000	
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	0.000		0	FLC	4		0.000	0.000	
15:0....g									
16:0....g	0.000		0	FLC	4		0.000	0.000	
17:0....g									
18:0....g	0.000		0	FLC	4		0.000	0.000	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.000		0	FLC	4		0.000	0.000	
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	0.000		0	FLC	4		0.000	0.000	
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	0.000		0	FLC	4		0.000	0.000	
18:2 undifferentiated....g	0.000		0	FLC	4		0.000	0.000	
18:3 undifferentiated....g	0.000		0	FLC	4		0.000	0.000	
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									
Cholesterol....mg	0		0	FLC	4		0	0	
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	FLC	4		0.0	0.0	
Caffeine....mg	0		0	FLC	4		0	0	
Theobromine....mg	0		0	FLC	4		0	0	

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

Common Measures:

Measure 1 = 11.0g: 10 small

Measure 2 = 28g: 10 large (1 oz)

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

Food Group: 19 Sweets

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

NDB No. 19116
Candies, marshmallows

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	16.40	0.374	6		1		8.20	1.15	1.18
Energy....kcal	318		0	NC	4		159	22	23
Energy....kJ	1331		0		4		665	93	96
Protein (N x 5.6)....g	1.80	0.107	5		1		0.90	0.13	0.13
Total lipid (fat)....g	0.20	0.055	5		1		0.10	0.01	0.01
Ash....g	0.30	0.136	5		1		0.15	0.02	0.02
Carbohydrate, by difference....g	81.30		0	NC	4		40.65	5.69	5.85
Fiber, total dietary....g	0.1		0	FLA	4		0.1	0.0	0.0
Sugars, total....g	57.56	4.874	3	LC	8		28.78	4.03	4.14
Starch....g									
Minerals:									
Calcium, Ca....mg	3	0.356	10		1		2	0	0
Iron, Fe....mg	0.23	0.085	10		1		0.12	0.02	0.02
Magnesium, Mg....mg	2	0.503	10		1		1	0	0
Phosphorus, P....mg	8	1.376	6		1		4	1	1
Potassium, K....mg	5	1.162	10		1		3	0	0
Sodium, Na....mg	80	12.963	3	LC	8		40	6	6
Zinc, Zn....mg	0.04	0.015	10		1		0.02	0.00	0.00
Copper, Cu....mg	0.097		2		1		0.049	0.007	0.007
Manganese, Mn....mg	0.008	0.034	5		1		0.004	0.001	0.001
Selenium, Se....µg	1.7		0	FLA	4		0.8	0.1	0.1
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0	0.000	5		1		0.0	0.0	0.0
Thiamin....mg	0.001	0.000	5		1		0.001	0.000	0.000
Riboflavin....mg	0.001	0.000	4		1		0.001	0.000	0.000
Niacin....mg	0.078	0.015	5		1		0.039	0.005	0.006
Pantothenic acid....mg	0.005		1		1		0.003	0.000	0.000
Vitamin B-6....mg	0.003		0	FLA	4		0.002	0.000	0.000
Folate, total....µg	1		0	FLA	4		0	0	0
Folic acid....µg	0		0	Z	7		0	0	0
Folate, food....µg	1		0	FLA	4		0	0	0
Folate, DFE....µg	1		0	NC	4		0	0	0
Choline, total....mg	0.1		0	O	4		0.0	0.0	0.0
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	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	0.00		0	FLA	4		0.00	0.00	0.00
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	0.0
Vitamin D....IU	0		0	Z	7		0	0	0
Vitamin K (phylloquinone)....µg	0.0		0	FLA	4		0.0	0.0	0.0
Dihydrophylloquinone....µg									
Menaquinone-4....µg									

NDB No. 19116
Candies, marshmallows

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	0.056		0		4		0.028	0.004	0.004
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	0.001		0		4		0.001	0.000	0.000
15:0....g									
16:0....g	0.040		0		4		0.020	0.003	0.003
17:0....g									
18:0....g	0.015		0		4		0.008	0.001	0.001
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.080		0		4		0.040	0.006	0.006
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.004		0		4		0.002	0.000	0.000
17:1....g									
18:1 undifferentiated....g	0.076		0		4		0.038	0.005	0.005
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	0.047		0		4		0.024	0.003	0.003
18:2 undifferentiated....g	0.045		0		4		0.023	0.003	0.003
18:3 undifferentiated....g	0.001		0		4		0.001	0.000	0.000
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		0.001	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	0.023	4		1		0	0	0
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.000		0		1		0.000	0.000	0.000
Threonine....g	0.035		0		1		0.018	0.002	0.003
Isoleucine....g	0.028		0		1		0.014	0.002	0.002
Leucine....g	0.066		0		1		0.033	0.005	0.005
Lysine....g	0.077		0		1		0.039	0.005	0.006
Methionine....g	0.015		0		1		0.008	0.001	0.001
Cystine....g	0.002		0		1		0.001	0.000	0.000
Phenylalanine....g	0.042		0		1		0.021	0.003	0.003
Tyrosine....g	0.010		0		1		0.005	0.001	0.001
Valine....g	0.050		0		1		0.025	0.004	0.004
Arginine....g	0.147		0		1		0.074	0.010	0.011
Histidine....g	0.017		0		1		0.009	0.001	0.001
Alanine....g	0.180		0		1		0.090	0.013	0.013
Aspartic acid....g	0.121		0		1		0.061	0.008	0.009
Glutamic acid....g	0.208		0		1		0.104	0.015	0.015
Glycine....g	0.416		0		1		0.208	0.029	0.030
Proline....g	0.275		0		1		0.138	0.019	0.020
Serine....g	0.061		0		1		0.031	0.004	0.004
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	FLA	4		0.0	0.0	0.0
Caffeine....mg	0		0	FLA	4		0	0	0

NDB No. 19116
Candies, marshmallows

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	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 = 50g: 1 cup of miniature

Measure 2 = 7.0g: 10 miniatures

Measure 3 = 7.2g: 1 regular

Calories Factors: Protein 3.9 **Fat** 8.4 **Carbohydrate** 3.8

Food Group: 19 Sweets

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

NDB No. 19120
Candies, milk chocolate

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	1.50	0.054	9	A	1		0.11	0.66	2.53
Energy....kcal	535		0	NC	4		37	235	899
Energy....kJ	2239		0	NC	4		157	985	3762
Protein (N x 6.25)....g	7.65	0.281	9	A	1		0.54	3.37	12.86
Total lipid (fat)....g	29.66	0.230	9	A	1		2.08	13.05	49.83
Ash....g	1.78	0.036	9	A	1		0.12	0.78	2.99
Carbohydrate, by difference....g	59.40		0	NC	4		4.16	26.14	99.80
Fiber, total dietary....g	3.4	0.132	9	A	1		0.2	1.5	5.7
Sugars, total....g	51.50	0.495	9	A	1		3.60	22.66	86.52
Starch....g									
Minerals:									
Calcium, Ca....mg	189	0.333	27	A	1		13	83	317
Iron, Fe....mg	2.35	1.043	27	A	1		0.16	1.03	3.94
Magnesium, Mg....mg	63	3.153	27	A	1		4	28	105
Phosphorus, P....mg	208	6.583	27	A	1		15	92	350
Potassium, K....mg	372	30.222	27	A	1		26	164	626
Sodium, Na....mg	79	8.597	27	A	1		6	35	132
Zinc, Zn....mg	2.30		0	FLA	4		0.16	1.01	3.86
Copper, Cu....mg	0.491	0.083	27	A	1		0.034	0.216	0.825
Manganese, Mn....mg	0.471	0.131	27	A	1		0.033	0.207	0.791
Selenium, Se....µg	4.5	0.173	22	A	1		0.3	2.0	7.5
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		1	A	1		0.0	0.0	0.0
Thiamin....mg	0.112	0.007	5	A	1		0.008	0.049	0.188
Riboflavin....mg	0.298	0.034	5	A	1		0.021	0.131	0.501
Niacin....mg	0.386	0.018	5	A	1		0.027	0.170	0.648
Pantothenic acid....mg	0.472	0.041	5	A	1		0.033	0.208	0.794
Vitamin B-6....mg	0.036	0.001	5	A	1		0.002	0.016	0.060
Folate, total....µg	12	0.802	5	A	1		1	5	20
Folic acid....µg	0		0	FLA	4		0	0	0
Folate, food....µg	11		0	FLC	4		1	5	19
Folate, DFE....µg	11		0	NC	4		1	5	19
Choline, total....mg	46.1		1	A	1		3.2	20.3	77.5
Betaine....mg	2.6		1	A	1		0.2	1.2	4.4
Vitamin B-12....µg	0.75		0	NR	4		0.05	0.33	1.27
Vitamin B-12, added....µg	0.00		0	FLA	4		0.00	0.00	0.00
Vitamin A, RAE....µg	59		0	NC	4		4	26	98
Retinol....µg	59		0	FLA	4		4	26	98
Carotene, beta....µg	0	0.000	4	A	1		0	0	0
Carotene, alpha....µg	0	0.000	4	A	1		0	0	0
Cryptoxanthin, beta....µg	0	0.000	4	A	1		0	0	0
Vitamin A, IU....IU	195		0	NC	4		14	86	328
Lycopene....µg	0	0.000	4	A	1		0	0	0
Lutein + zeaxanthin....µg	6		0	FLA	4		0	3	10
Vitamin E (alpha-tocopherol)....mg	0.51		0	FLA	4		0.04	0.22	0.85
Vitamin E, added....mg	0.00		0	FLA	4		0.00	0.00	0.00
Tocopherol, beta....mg	0.00		0	FLA	4		0.00	0.00	0.00
Tocopherol, gamma....mg	0.92		0	FLA	4		0.06	0.41	1.55
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	5.7	0.585	4	A	1		0.4	2.5	9.6
Dihydrophylloquinone....µg	0.0	0.000	4	A	1		0.0	0.0	0.0
Menaquinone-4....µg									

NDB No. 19120
Candies, milk 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
Lipids:									
Fatty acids, total saturated....g	18.509		0	NR	4		1.296	8.144	31.094
4:0....g	0.358		0	NR	4		0.025	0.157	0.601
6:0....g	0.099		0	NR	4		0.007	0.044	0.166
8:0....g	0.111		0	NR	4		0.008	0.049	0.187
10:0....g	0.246		0	NR	4		0.017	0.108	0.413
12:0....g	0.254		0	NR	4		0.018	0.112	0.426
13:0....g	0.000	0.000	4	A	1		0.000	0.000	0.000
14:0....g	1.184		0	NR	4		0.083	0.521	1.988
15:0....g	0.000		0	NR	4		0.000	0.000	0.000
16:0....g	8.332		0	NR	4		0.583	3.666	13.998
17:0....g	0.013		0	NR	4		0.001	0.006	0.022
18:0....g	7.836		0	NR	4		0.548	3.448	13.164
20:0....g	0.071		0	NR	4		0.005	0.031	0.119
22:0....g	0.007		0	NR	4		0.000	0.003	0.011
24:0....g	0.000	0.000	4	A	1		0.000	0.000	0.000
Fatty acids, total monounsaturated....g	7.186		0	NR	4		0.503	3.162	12.072
14:1....g	0.000		0	NR	4		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	0.407		0	NR	4		0.028	0.179	0.683
17:1....g	0.000		0	NR	4		0.000	0.000	0.000
18:1 undifferentiated....g	6.076		0	NR	4		0.425	2.673	10.208
18:1 c....g	6.076		0	NR	4		0.425	2.673	10.208
18:1 t....g	0.000	0.000	4	A	1		0.000	0.000	0.000
18:1-11 t (18:1t n-7)....g									
20:1....g	0.000	0.000	4	A	1		0.000	0.000	0.000
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	1.376		0	NR	4		0.096	0.606	2.312
18:2 undifferentiated....g	1.218		0	NR	4		0.085	0.536	2.046
18:3 undifferentiated....g	0.122		0	NR	4		0.009	0.054	0.205
18:3 n-3 c,c,c (ALA)....g	0.122		0	NR	4		0.009	0.054	0.205
18:3 n-6 c,c,c....g	0.000	0.000	4	A	1		0.000	0.000	0.000
18:3i....g									
18:4....g	0.000		0	FLA	4		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
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.000	0.000	4	A	1		0.000	0.000	0.000
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000	0.000	4	A	1		0.000	0.000	0.000
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	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	23		1	A	1		2	10	38
Phytosterols....mg									
Stigmasterol....mg	16		1	A	1		1	7	27
Campesterol....mg	6		1	A	1		0	3	10
Beta-sitosterol....mg	37		1	A	1		3	16	62
Others:									
Alcohol, ethyl....g	0.0		0	FLA	4		0.0	0.0	0.0
Caffeine....mg	20	0.000	9	A	1		1	9	34
Theobromine....mg	205	6.891	8	A	1		14	90	345

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the 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. 19120
Candies, milk chocolate

Measure 1 = 7.0g: 1 bar, miniature
Measure 2 = 44g: 1 bar (1.55 oz)
Measure 3 = 168g: 1 cup chips

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

Food Group: 19 Sweets

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

NDB No. 19279
Candies, milk chocolate coated coffee beans

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	2.42		0	RA	4		0.68		
Energy....kcal	549		0	NC	4		156		
Energy....kJ	2298		0	NC	4		651		
Protein....g	7.41		0	RA	4		2.10		
Total lipid (fat)....g	33.18		0	O	4		9.41		
Ash....g	1.75		0	RA	4		0.50		
Carbohydrate, by difference....g	55.25		0	NC	4		15.66		
Fiber, total dietary....g	5.7		0	RA	4		1.6		
Sugars, total....g	50.75		0	RA	4		14.39		
Sucrose....g	0.00		0	RA	4		0.00		
Glucose (dextrose)....g									
Fructose....g									
Lactose....g									
Maltose....g									
Galactose....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	169		0	RA	4		48		
Iron, Fe....mg	2.29		0	RA	4		0.65		
Magnesium, Mg....mg	64		0	RA	4		18		
Phosphorus, P....mg	188		0	RA	4		53		
Potassium, K....mg	413		0	RA	4		117		
Sodium, Na....mg	70		0	RA	4		20		
Zinc, Zn....mg	2.02		0	RA	4		0.57		
Copper, Cu....mg	0.492		0	RA	4		0.139		
Manganese, Mn....mg	0.535		0	RA	4		0.152		
Selenium, Se....µg	4.3		0	RA	4		1.2		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	RA	4		0.0		
Thiamin....mg	0.098		0	RA	4		0.028		
Riboflavin....mg	0.315		0	RA	4		0.089		
Niacin....mg	0.332		0	RA	4		0.094		
Pantothenic acid....mg	0.453		0	RA	4		0.128		
Vitamin B-6....mg	0.031		0	RA	4		0.009		
Folate, total....µg	10		0	RA	4		3		
Folic acid....µg	0		0	RA	4		0		
Folate, food....µg	10		0	RA	4		3		
Folate, DFE....µg	10		0	NC	4		3		
Choline, total....mg	40.5		0	RA	4		11.5		
Betaine....mg									
Vitamin B-12....µg	0.65		0	RA	4		0.18		
Vitamin B-12, added....µg	0.00		0	RA	4		0.00		
Vitamin A, RAE....µg	51		0	NC	4		14		
Retinol....µg	51		0	RA	4		14		
Carotene, beta....µg	0		0	RA	4		0		
Carotene, alpha....µg	0		0	RA	4		0		
Cryptoxanthin, beta....µg	0		0	RA	4		0		
Vitamin A, IU....IU	168		0	NC	4		48		
Lycopene....µg	0		0	RA	4		0		
Lutein + zeaxanthin....µg	5		0	RA	4		1		
Vitamin E (alpha-tocopherol)....mg	0.44		0	RA	4		0.12		
Vitamin E, added....mg	0.00		0	RA	4		0.00		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									

NDB No. 19279
Candies, milk chocolate coated coffee beans

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	AS	1		0.0		
Vitamin D....IU	0		0	FLA	4		0		
Vitamin K (phylloquinone)....µg	5.4		0	RA	4		1.5		
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	18.138		0	NC	4		5.142		
4:0....g	0.633		0	RA	4		0.179		
6:0....g	0.229		0	RA	4		0.065		
8:0....g	0.131		0	RA	4		0.037		
10:0....g	0.248		0	RA	4		0.070		
12:0....g	0.272		0	RA	4		0.077		
13:0....g	0.000		0	RA	4		0.000		
14:0....g	0.835		0	RA	4		0.237		
15:0....g	0.086		0	RA	4		0.024		
16:0....g	7.652		0	RA	4		2.169		
17:0....g	0.082		0	RA	4		0.023		
18:0....g	7.717		0	RA	4		2.188		
20:0....g	0.229		0	RA	4		0.065		
22:0....g	0.023		0	RA	4		0.007		
24:0....g	0.000		0	RA	4		0.000		
Fatty acids, total monounsaturated....g	13.735		0	NC	4		3.894		
14:1....g	0.203		0	RA	4		0.058		
15:1....g	0.000		0	RA	4		0.000		
16:1 undifferentiated....g	0.386		0	RA	4		0.109		
17:1....g	0.057		0	RA	4		0.016		
18:1 undifferentiated....g	13.089		0	RA	4		3.711		
20:1....g	0.000		0	RA	4		0.000		
22:1 undifferentiated....g	0.000		0	RA	4		0.000		
24:1 c....g	0.000		0	RA	4		0.000		
Fatty acids, total polyunsaturated....g	1.310		0	NC	4		0.371		
18:2 undifferentiated....g	1.236		0	RA	4		0.350		
18:3 undifferentiated....g	0.074		0	RA	4		0.021		
18:4....g	0.000		0	RA	4		0.000		
20:2 n-6 c,c....g	0.000		0	RA	4		0.000		
20:3 undifferentiated....g	0.000		0	RA	4		0.000		
20:4 undifferentiated....g	0.000		0	RA	4		0.000		
20:5 n-3 (EPA)....g	0.000		0	RA	4		0.000		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	RA	4		0.000		
22:6 n-3 (DHA)....g	0.000		0	RA	4		0.000		
Fatty acids, total trans....g	0.000		0	RA	4		0.000		
Fatty acids, total trans-monoenoic....g	0.000		0	RA	4		0.000		
Fatty acids, total trans-polyenoic....g									
Cholesterol....mg	20		0	RA	4		6		
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	RA	4		0.0		
Caffeine....mg	800		0	RA	4		227		
Theobromine....mg	178		0	RA	4		50		

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

Common Measures:

Measure 1 = 28.35g: 1 oz

NDB No. 19279
Candies, milk chocolate coated coffee beans

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

Food Group: 19 Sweets

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

NDB No. 19126
Candies, milk chocolate coated peanuts

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	1.90	0.100	3		1		2.83	0.76	
Energy....kcal	519		0	NC	4		774	208	
Energy....kJ	2172		0	NC	4		3236	869	
Protein (N x 5.8)....g	13.10	0.910	5		1		19.52	5.24	
Total lipid (fat)....g	33.50	0.626	5		1		49.92	13.40	
Ash....g	1.80	0.076	3		1		2.68	0.72	
Carbohydrate, by difference....g	49.70		0	NC	4		74.05	19.88	
Fiber, total dietary....g	4.7		0	FLM	4		7.1	1.9	
Sugars, total....g	37.59		0	FLM	4		56.00	15.03	
Starch....g									
Minerals:									
Calcium, Ca....mg	104	15.972	5		1		155	42	
Iron, Fe....mg	1.31	0.074	5		1		1.95	0.52	
Magnesium, Mg....mg	96		0	FLM	4		143	38	
Phosphorus, P....mg	212		2		1		316	85	
Potassium, K....mg	502	10.786	3		1		748	201	
Sodium, Na....mg	41	2.618	3		1		61	16	
Zinc, Zn....mg	2.60		0	FLM	4		3.87	1.04	
Copper, Cu....mg	0.544		0	FLM	4		0.811	0.218	
Manganese, Mn....mg	0.945		0	FLM	4		1.408	0.378	
Selenium, Se....µg	5.4		0	FLM	4		8.0	2.1	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	FLM	4		0.0	0.0	
Thiamin....mg	0.116	0.005	4		1		0.173	0.046	
Riboflavin....mg	0.174	0.025	5		1		0.259	0.070	
Niacin....mg	4.249	0.644	5		1		6.331	1.700	
Pantothenic acid....mg	0.744		0	FLM	4		1.108	0.297	
Vitamin B-6....mg	0.100		0	FLM	4		0.150	0.040	
Folate, total....µg	51		0	FLM	4		76	20	
Folic acid....µg	0		0	FLM	4		0	0	
Folate, food....µg	51		0	FLM	4		75	20	
Folate, DFE....µg	51		0	NC	4		75	20	
Choline, total....mg	47.8		0	O	4		71.2	19.1	
Betaine....mg									
Vitamin B-12....µg	0.53		0	FLM	4		0.79	0.21	
Vitamin B-12, added....µg	0.00		0	FLM	4		0.00	0.00	
Vitamin A, RAE....µg	41		0	NC	4		62	17	
Retinol....µg	41		0	FLM	4		62	17	
Carotene, beta....µg	0		0	FLM	4		0	0	
Carotene, alpha....µg	0		0	FLM	4		0	0	
Cryptoxanthin, beta....µg	0		0	FLM	4		0	0	
Vitamin A, IU....IU	131		0	FLM	4		195	52	
Lycopene....µg	0		0	FLM	4		0	0	
Lutein + zeaxanthin....µg	4		0	FLM	4		6	2	
Vitamin E (alpha-tocopherol)....mg	2.40		0	FLM	4		3.57	0.96	
Vitamin E, added....mg	0.00		0	FLM	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	
Vitamin K (phylloquinone)....µg	4.0		0	FLM	4		6.0	1.6	
Dihydrophylloquinone....µg									
Menaquinone-4....µg									

NDB No. 19126
Candies, milk chocolate coated peanuts

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	14.600		0	FLM	4		21.754	5.840	
4:0....g	0.453		0	FLM	4		0.675	0.181	
6:0....g	0.030		1		1		0.045	0.012	
8:0....g	0.040		1		1		0.060	0.016	
10:0....g	0.090		1		1		0.134	0.036	
12:0....g	0.090		1		1		0.134	0.036	
13:0....g	0.000		0	FLM	4		0.000	0.000	
14:0....g	0.604		0	FLM	4		0.900	0.242	
15:0....g	0.062		0	FLM	4		0.092	0.025	
16:0....g	6.696		0	FLM	4		9.977	2.678	
17:0....g	0.059		0	FLM	4		0.088	0.024	
18:0....g	5.782		0	FLM	4		8.615	2.313	
20:0....g	0.154		0	FLM	4		0.230	0.062	
22:0....g	0.017		0	FLM	4		0.025	0.007	
24:0....g	0.000		0	FLM	4		0.000	0.000	
Fatty acids, total monounsaturated....g	12.920		0	FLM	4		19.251	5.168	
14:1....g	0.047		0	FLM	4		0.070	0.019	
15:1....g	0.000		0	FLM	4		0.000	0.000	
16:1 undifferentiated....g	0.091		0	FLM	4		0.136	0.037	
17:1....g	0.013		0	FLM	4		0.020	0.005	
18:1 undifferentiated....g	12.550		1		1		18.700	5.020	
20:1....g	0.137		0	FLM	4		0.205	0.055	
22:1 undifferentiated....g	0.000		0	FLM	4		0.000	0.000	
24:1 c....g	0.000		0	FLM	4		0.000	0.000	
Fatty acids, total polyunsaturated....g	4.330		0	FLM	4		6.452	1.732	
18:2 undifferentiated....g	4.222		0	FLM	4		6.290	1.689	
18:3 undifferentiated....g	0.040		0	FLM	4		0.060	0.016	
18:4....g	0.000		0	FLM	4		0.000	0.000	
20:2 n-6 c,c....g	0.000		0	FLM	4		0.000	0.000	
20:3 undifferentiated....g	0.000		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									
Cholesterol....mg	9		2		1		13	4	
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	FLM	4		0.0	0.0	
Caffeine....mg	14		0	FLM	4		21	6	
Theobromine....mg	145		0	FLM	4		216	58	

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

Common Measures:

Measure 1 = 149g: 1 cup

Measure 2 = 40g: 10 pieces

Calories Factors: Protein 3.6 **Fat** 8.6 **Carbohydrate** 3.7

Food Group: 19 Sweets

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

NDB No. 19127
Candies, milk chocolate coated 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
Proximates:									
Water....g	11.20	2.282	7		1			20.16	1.12
Energy....kcal	390		0	NC	4			702	39
Energy....kJ	1631		0	NC	4			2935	163
Protein (N x 6.2)....g	4.10	0.299	8		1			7.38	0.41
Total lipid (fat)....g	14.80	1.152	7		1			26.64	1.48
Ash....g	1.50	0.074	7		1			2.70	0.15
Carbohydrate, by difference....g	68.40		0	NC	4			123.12	6.84
Fiber, total dietary....g	3.1		0	FLC	4			5.6	0.3
Sugars, total....g	62.22		0	LC	8			112.00	6.22
Starch....g									
Minerals:									
Calcium, Ca....mg	86	14.400	4		1			155	9
Iron, Fe....mg	1.71	0.329	4		1			3.08	0.17
Magnesium, Mg....mg	45		0	FLC	4			81	4
Phosphorus, P....mg	143		2		1			257	14
Potassium, K....mg	514		2		1			925	51
Sodium, Na....mg	36		2		1			65	4
Zinc, Zn....mg	1.25		0	FLC	4			2.25	0.12
Copper, Cu....mg	0.373		0	FLC	4			0.671	0.037
Manganese, Mn....mg	0.358		0	FLC	4			0.644	0.036
Selenium, Se....µg	2.6		0	FLC	4			4.7	0.3
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.2		2		1			0.4	0.0
Thiamin....mg	0.084	0.005	4		1			0.151	0.008
Riboflavin....mg	0.161	0.037	4		1			0.290	0.016
Niacin....mg	0.400		2		1			0.720	0.040
Pantothenic acid....mg	0.264		0	FLC	4			0.476	0.026
Vitamin B-6....mg	0.074		0	FLC	4			0.134	0.007
Folate, total....µg	8		0	FLC	4			14	1
Folic acid....µg	0		0	FLC	4			0	0
Folate, food....µg	7		0	FLC	4			13	1
Folate, DFE....µg	7		0	NC	4			13	1
Choline, total....mg	26.3		0	FLC	4			47.3	2.6
Betaine....mg									
Vitamin B-12....µg	0.37		0	FLC	4			0.67	0.04
Vitamin B-12, added....µg	0.00		0	FLC	4			0.00	0.00
Vitamin A, RAE....µg	29		0	NC	4			52	3
Retinol....µg	29		0	FLC	4			52	3
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	91		0	FLC	4			163	9
Lycopene....µg	0		0	FLC	4			0	0
Lutein + zeaxanthin....µg	3		0	FLC	4			6	0
Vitamin E (alpha-tocopherol)....mg	0.29		0	FLC	4			0.52	0.03
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
Vitamin K (phylloquinone)....µg	3.9		0	FLC	4			7.1	0.4
Dihydrophylloquinone....µg									
Menaquinone-4....µg									

NDB No. 19127
Candies, milk chocolate coated 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
Lipids:									
Fatty acids, total saturated....g	10.272		0	NC	4			18.489	1.027
4:0....g	0.360		0	FLC	4			0.648	0.036
6:0....g	0.130		0	FLC	4			0.234	0.013
8:0....g	0.074		0	FLC	4			0.134	0.007
10:0....g	0.141		0	FLC	4			0.254	0.014
12:0....g	0.155		0	FLC	4			0.279	0.015
13:0....g	0.000		0	FLC	4			0.000	0.000
14:0....g	0.475		0	FLC	4			0.855	0.047
15:0....g	0.049		0	FLC	4			0.088	0.005
16:0....g	4.301		0	FLC	4			7.742	0.430
17:0....g	0.047		0	FLC	4			0.084	0.005
18:0....g	4.403		0	FLC	4			7.926	0.440
20:0....g	0.123		0	FLC	4			0.221	0.012
22:0....g	0.014		0	FLC	4			0.025	0.001
24:0....g	0.000		0	FLC	4			0.000	0.000
Fatty acids, total monounsaturated....g	3.134		0	NC	4			5.641	0.313
14:1....g									
15:1....g	0.000		0	FLC	4			0.000	0.000
16:1 undifferentiated....g	0.101		0	FLC	4			0.182	0.010
17:1....g	0.013		0	FLC	4			0.024	0.001
18:1 undifferentiated....g	3.019		0	FLC	4			5.435	0.302
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	0.571		0	NC	4			1.028	0.057
18:2 undifferentiated....g	0.534		0	FLC	4			0.961	0.053
18:3 undifferentiated....g	0.037		0	FLC	4			0.067	0.004
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									
Cholesterol....mg	3	1.638	3		1			5	0
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	FLC	4			0.0	0.0
Caffeine....mg	10		0	FLC	4			19	1
Theobromine....mg	122		0	FLC	4			220	12

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

Common Measures:

Measure 2 = 180g: 1 cup

Measure 3 = 10.0g: 10 pieces

Calories Factors: Protein 3.6 **Fat** 8.7 **Carbohydrate** 3.6

Food Group: 19 Sweets

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

NDB No. 19132
Candies, milk chocolate, with almonds

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	1.50	0.210	9		1		0.62	0.66	
Energy....kcal	526		0	NC	4		216	231	
Energy....kJ	2200		0	NC	4		902	968	
Protein (N x 5.9)....g	9.00	0.319	13		1		3.69	3.96	
Total lipid (fat)....g	34.40	0.790	14		1		14.10	15.14	
Ash....g	1.70	0.017	9		1		0.70	0.75	
Carbohydrate, by difference....g	53.40		0	NC	4		21.89	23.50	
Fiber, total dietary....g	6.2		1		1		2.5	2.7	
Sugars, total....g	43.90		0	LC	8		18.00	19.32	
Starch....g									
Minerals:									
Calcium, Ca....mg	224	13.194	12		1		92	99	
Iron, Fe....mg	1.63	0.225	12		1		0.67	0.72	
Magnesium, Mg....mg	90	5.285	6		1		37	40	
Phosphorus, P....mg	264	14.134	6		1		108	116	
Potassium, K....mg	444	6.652	8		1		182	195	
Sodium, Na....mg	74	8.195	11		1		30	33	
Zinc, Zn....mg	1.34	0.197	6		1		0.55	0.59	
Copper, Cu....mg	0.422	0.033	5		1		0.173	0.186	
Manganese, Mn....mg	0.624	0.056	5		1		0.256	0.275	
Selenium, Se....µg	4.0		0	FLA	4		1.6	1.8	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.2		2		1		0.1	0.1	
Thiamin....mg	0.060	0.007	11		1		0.025	0.026	
Riboflavin....mg	0.435	0.027	12		1		0.178	0.191	
Niacin....mg	0.742	0.086	8		1		0.304	0.326	
Pantothenic acid....mg	0.455		0	FLM	4		0.186	0.200	
Vitamin B-6....mg	0.045		0	FLM	4		0.018	0.020	
Folate, total....µg	14		0	FLM	4		6	6	
Folic acid....µg	0		0	FLM	4		0	0	
Folate, food....µg	13		0	FLM	4		5	6	
Folate, DFE....µg	13		0	NC	4		5	6	
Choline, total....mg	46.8		0	FLM	4		19.2	20.6	
Betaine....mg									
Vitamin B-12....µg	0.67		0	FLM	4		0.28	0.30	
Vitamin B-12, added....µg	0.00		0	FLM	4		0.00	0.00	
Vitamin A, RAE....µg	52		0	NC	4		21	23	
Retinol....µg	52		0	FLM	4		21	23	
Carotene, beta....µg	0		0	FLM	4		0	0	
Carotene, alpha....µg	0		0	FLM	4		0	0	
Cryptoxanthin, beta....µg	0		0	FLM	4		0	0	
Vitamin A, IU....IU	175		0	NC	4		72	77	
Lycopene....µg	0		0	FLM	4		0	0	
Lutein + zeaxanthin....µg	6		0	FLM	4		2	2	
Vitamin E (alpha-tocopherol)....mg	3.14		0	FLM	4		1.29	1.38	
Vitamin E, added....mg	0.00		0	FLM	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	
Vitamin K (phylloquinone)....µg	5.1		0	FLM	4		2.1	2.2	
Dihydrophylloquinone....µg									
Menaquinone-4....µg									

NDB No. 19132
Candies, milk chocolate, with almonds

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	17.701		0	NC	4		7.258	7.789	
4:0....g	0.611		0	FLM	4		0.250	0.269	
6:0....g	0.221		0	FLM	4		0.091	0.097	
8:0....g	0.126		0	FLM	4		0.052	0.056	
10:0....g	0.240		0	FLM	4		0.098	0.105	
12:0....g	0.263		0	FLM	4		0.108	0.116	
13:0....g	0.000		0	FLM	4		0.000	0.000	
14:0....g	0.806		0	FLM	4		0.330	0.355	
15:0....g	0.083		0	FLM	4		0.034	0.037	
16:0....g	7.562		0	FLM	4		3.100	3.327	
17:0....g	0.079		0	FLM	4		0.033	0.035	
18:0....g	7.480		0	FLM	4		3.067	3.291	
20:0....g	0.208		0	FLM	4		0.085	0.092	
22:0....g	0.022		0	FLM	4		0.009	0.010	
24:0....g	0.000		0	FLM	4		0.000	0.000	
Fatty acids, total monounsaturated....g	11.960		0	NC	4		4.903	5.262	
14:1....g	0.110		0	FLM	4		0.045	0.048	
15:1....g	0.000		0	FLM	4		0.000	0.000	
16:1 undifferentiated....g	0.244		0	FLM	4		0.100	0.107	
17:1....g	0.031		0	FLM	4		0.013	0.014	
18:1 undifferentiated....g	11.575		0	FLM	4		4.746	5.093	
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	0.000		0	FLM	4		0.000	0.000	
Fatty acids, total polyunsaturated....g	3.019		0	NC	4		1.238	1.328	
18:2 undifferentiated....g	2.937		0	FLM	4		1.204	1.292	
18:3 undifferentiated....g	0.082		0	FLM	4		0.034	0.036	
18:4....g	0.000		0	FLM	4		0.000	0.000	
20:2 n-6 c,c....g	0.000		0	FLM	4		0.000	0.000	
20:3 undifferentiated....g	0.000		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									
Cholesterol....mg	19	1.933	8		1		8	8	
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	18		0	FLM	4		7	8	
Theobromine....mg	183		0	FLM	4		75	80	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 bar (1.45 oz)

Measure 2 = 44g: 1 bar (1.55 oz)

Calories Factors: Protein 3.6 **Fat** 8.6 **Carbohydrate** 3.7

Food Group: 19 Sweets

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

NDB No. 19134
Candies, milk chocolate, with rice cereal

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	1.52		0	FLC	4		0.61	0.69	0.72
Energy....kcal	511		0	NC	4		204	230	240
Energy....kJ	2136		0	NC	4		855	961	1004
Protein (N x 6.2)....g	7.64		0	FLC	4		3.06	3.44	3.59
Total lipid (fat)....g	29.37		0	FLC	4		11.75	13.22	13.81
Ash....g	1.78		0	FLC	4		0.71	0.80	0.84
Carbohydrate, by difference....g	59.67		0	FLC	4		23.87	26.85	28.05
Fiber, total dietary....g	3.3		0	FLC	4		1.3	1.5	1.6
Sugars, total....g	51.06		0	FLC	4		20.42	22.98	24.00
Starch....g									
Minerals:									
Calcium, Ca....mg	187		0	FLC	4		75	84	88
Iron, Fe....mg	2.65		0	FLC	4		1.06	1.19	1.25
Magnesium, Mg....mg	62		0	FLC	4		25	28	29
Phosphorus, P....mg	207		0	FLC	4		83	93	97
Potassium, K....mg	370		0	FLC	4		148	166	174
Sodium, Na....mg	86		0	FLC	4		34	39	40
Zinc, Zn....mg	2.29		0	FLC	4		0.92	1.03	1.08
Copper, Cu....mg	0.488		0	FLC	4		0.195	0.219	0.229
Manganese, Mn....mg	0.477		0	FLC	4		0.191	0.215	0.224
Selenium, Se....µg	4.6		0	FLC	4		1.8	2.1	2.2
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.6		0	FLC	4		0.3	0.3	0.3
Thiamin....mg	0.131		0	FLC	4		0.052	0.059	0.062
Riboflavin....mg	0.323		0	FLC	4		0.129	0.145	0.152
Niacin....mg	0.672		0	FLC	4		0.269	0.302	0.316
Pantothenic acid....mg	0.471		0	FLC	4		0.188	0.212	0.221
Vitamin B-6....mg	0.055		0	FLC	4		0.022	0.025	0.026
Folate, total....µg	18		0	FLC	4		7	8	8
Folic acid....µg	6		0	FLC	4		2	3	3
Folate, food....µg	11		0	FLC	4		4	5	5
Folate, DFE....µg	21		0	NC	4		8	10	10
Choline, total....mg	45.8		0	O	4		18.3	20.6	21.5
Betaine....mg									
Vitamin B-12....µg	0.80		0	FLC	4		0.32	0.36	0.38
Vitamin B-12, added....µg	0.05		0	FLC	4		0.02	0.02	0.03
Vitamin A, RAE....µg	65		0	NC	4		26	29	31
Retinol....µg	65		0	FLC	4		26	29	31
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	217		0	NC	4		87	98	102
Lycopene....µg	0		0	FLC	4		0	0	0
Lutein + zeaxanthin....µg	6		0	FLC	4		2	3	3
Vitamin E (alpha-tocopherol)....mg	0.50		0	FLC	4		0.20	0.23	0.24
Vitamin E, added....mg	0.00		0	FLC	4		0.00	0.00	0.00
Tocopherol, beta....mg	0.00		0	FLC	4		0.00	0.00	0.00
Tocopherol, gamma....mg	0.91		0	FLC	4		0.37	0.41	0.43
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	5.7		0	FLC	4		2.3	2.6	2.7
Dihydrophylloquinone....µg	0.0		0	FLC	4		0.0	0.0	0.0
Menaquinone-4....µg									

NDB No. 19134
Candies, milk chocolate, with rice cereal

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	15.890		0	FLC	4		6.356	7.151	7.468
4:0....g	0.561		0	FLC	4		0.224	0.252	0.264
6:0....g	0.203		0	FLC	4		0.081	0.091	0.095
8:0....g	0.116		0	FLC	4		0.046	0.052	0.054
10:0....g	0.220		0	FLC	4		0.088	0.099	0.103
12:0....g	0.241		0	FLC	4		0.097	0.109	0.113
13:0....g	0.000		0	FLC	4		0.000	0.000	0.000
14:0....g	0.740		0	FLC	4		0.296	0.333	0.348
15:0....g	0.076		0	FLC	4		0.031	0.034	0.036
16:0....g	6.640		0	FLC	4		2.656	2.988	3.121
17:0....g	0.073		0	FLC	4		0.029	0.033	0.034
18:0....g	6.808		0	FLC	4		2.723	3.064	3.200
20:0....g	0.191		0	FLC	4		0.076	0.086	0.090
22:0....g	0.020		0	FLC	4		0.008	0.009	0.010
24:0....g	0.000		0	FLC	4		0.000	0.000	0.000
Fatty acids, total monounsaturated....g	8.640		0	FLC	4		3.456	3.888	4.061
14:1....g	0.129		0	FLC	4		0.052	0.058	0.061
15:1....g	0.000		0	FLC	4		0.000	0.000	0.000
16:1 undifferentiated....g	0.244		0	FLC	4		0.098	0.110	0.115
17:1....g	0.037		0	FLC	4		0.015	0.017	0.018
18:1 undifferentiated....g	8.231		0	FLC	4		3.292	3.704	3.868
20:1....g	0.000		0	FLC	4		0.000	0.000	0.000
22:1 undifferentiated....g	0.000		0	FLC	4		0.000	0.000	0.000
24:1 c....g	0.000		0	FLC	4		0.000	0.000	0.000
Fatty acids, total polyunsaturated....g	0.780		0	FLC	4		0.312	0.351	0.367
18:2 undifferentiated....g	0.660		0	FLC	4		0.264	0.297	0.310
18:3 undifferentiated....g	0.044		0	FLC	4		0.018	0.020	0.021
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	0.000		0	FLC	4		0.000	0.000	0.000
20:5 n-3 (EPA)....g	0.000		0	FLC	4		0.000	0.000	0.000
21:5....g	0.000		0	FLC	4		0.000	0.000	0.000
22:4....g	0.000		0	FLC	4		0.000	0.000	0.000
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									
Cholesterol....mg	23		0	FLC	4		9	10	11
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	FLC	4		0.0	0.0	0.0
Caffeine....mg	20		0	FLC	4		8	9	9
Theobromine....mg	203		0	FLC	4		81	91	96

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 bar (1.4 oz)

Measure 2 = 45g: 1 bar (1.45 oz)

Measure 3 = 47g: 1 bar (1.65 oz)

Calories Factors: Protein 3.7 **Fat** 8.7 **Carbohydrate** 3.8

Food Group: 19 Sweets

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

NDB No. 43046
Candies, nougat, with almonds

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	2.15		0	FLC	4		0.30		
Energy....kcal	398		0	NC	4		56		
Energy....kJ	1665		0	NC	4		233		
Protein....g	3.33		1	LC	8		0.47		
Total lipid (fat)....g	1.67		1	LC	8		0.23		
Ash....g	0.46		0	FLC	4		0.06		
Carbohydrate, by difference....g	92.39		0	NC	4		12.93		
Fiber, total dietary....g	3.3		1	LC	8		0.5		
Sugars, total....g	44.97		0	LC	8		6.30		
Starch....g									
Minerals:									
Calcium, Ca....mg	32		0	FLC	4		4		
Iron, Fe....mg	0.59		0	FLC	4		0.08		
Magnesium, Mg....mg	32		0	FLC	4		4		
Phosphorus, P....mg	55		0	FLC	4		8		
Potassium, K....mg	105		0	FLC	4		15		
Sodium, Na....mg	33		1	LC	8		5		
Zinc, Zn....mg	0.42		0	FLC	4		0.06		
Copper, Cu....mg	0.134		0	FLC	4		0.019		
Manganese, Mn....mg	0.304		0	FLC	4		0.043		
Selenium, Se....µg	2.6		0	FLC	4		0.4		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.3		0	FLC	4		0.0		
Thiamin....mg	0.013		0	FLC	4		0.002		
Riboflavin....mg	0.148		0	FLC	4		0.021		
Niacin....mg	0.478		0	FLC	4		0.067		
Pantothenic acid....mg	0.060		0	FLC	4		0.008		
Vitamin B-6....mg	0.020		0	FLC	4		0.003		
Folate, total....µg	5		0	FLC	4		1		
Folic acid....µg	0		0	FLC	4		0		
Folate, food....µg	4		0	FLC	4		1		
Folate, DFE....µg	5		0	NC	4		1		
Choline, total....mg	5.1		0	O	4		0.7		
Betaine....mg									
Vitamin B-12....µg	0.01		0	FLC	4		0.00		
Vitamin B-12, added....µg	0.00		0	Z	7		0.00		
Vitamin A, RAE....µg	0		0	FLC	4		0		
Retinol....µg	0		0	FLC	4		0		
Carotene, beta....µg	0		0	FLC	4		0		
Carotene, alpha....µg	0		0	FLC	4		0		
Cryptoxanthin, beta....µg	1		0	FLC	4		0		
Vitamin A, IU....IU	1		0	FLC	4		0		
Lycopene....µg	0		0	FLC	4		0		
Lutein + zeaxanthin....µg	1		0	FLC	4		0		
Vitamin E (alpha-tocopherol)....mg	2.77		0	FLC	4		0.39		
Vitamin E, added....mg	0.00		0	Z	7		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		
Vitamin D....IU	0		0	Z	7		0		
Vitamin K (phylloquinone)....µg	0.0		0	FLC	4		0.0		
Dihydrophylloquinone....µg									
Menaquinone-4....µg									

NDB No. 43046
Candies, nougat, with almonds

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	1.667		1	LC	8		0.233		
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	0.002		0	FLC	4		0.000		
15:0....g	0.000		0	FLC	4		0.000		
16:0....g	1.340		0	FLC	4		0.188		
17:0....g	0.000		0	FLC	4		0.000		
18:0....g	0.324		0	FLC	4		0.045		
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	0.000		1	LC	8		0.000		
14:1....g	0.000		0	FLC	4		0.000		
15:1....g									
16:1 undifferentiated....g	0.000		0	FLC	4		0.000		
17:1....g									
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	0.000		0	FLC	4		0.000		
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									
Cholesterol....mg	0		1	LC	8		0		
Phytosterols....mg									
Others:									
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 piece

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

Food Group: 19 Sweets

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

NDB No. 19147
Candies, peanut bar

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	1.60	0.150	4		1		0.45	0.64	0.72
Energy	kcal	522		0	NC	4		148	209	235
Energy	kJ	2184		0		4		619	874	983
Protein (N x 5.5)	g	15.50	1.151	4		1		4.39	6.20	6.98
Total lipid (fat)	g	33.70	0.229	4		1		9.55	13.48	15.17
Ash	g	1.90	0.089	3		1		0.54	0.76	0.86
Carbohydrate, by difference	g	47.40		0	NC	4		13.44	18.96	21.33
Fiber, total dietary	g	4.1		0	FLM	4		1.2	1.6	1.8
Sugars, total	g	42.22		0	LC	8		11.97	16.89	19.00
Starch	g									
Minerals:										
Calcium, Ca	mg	78		1		1		22	31	35
Iron, Fe	mg	0.97		1		1		0.27	0.39	0.44
Magnesium, Mg	mg	110		0	FLM	4		31	44	50
Phosphorus, P	mg	308		0	FLM	4		87	123	138
Potassium, K	mg	407		2		1		115	163	183
Sodium, Na	mg	156		0	LC	8		44	62	70
Zinc, Zn	mg	3.94		0	FLM	4		1.12	1.58	1.77
Copper, Cu	mg	0.774		0	FLM	4		0.220	0.310	0.348
Manganese, Mn	mg	1.243		0	FLM	4		0.352	0.497	0.559
Selenium, Se	µg	4.7		0	FLM	4		1.3	1.9	2.1
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	FLM	4		0.0	0.0	0.0
Thiamin	mg	0.100		1		1		0.028	0.040	0.045
Riboflavin	mg	0.140		1		1		0.040	0.056	0.063
Niacin	mg	7.922	0.821	4		1		2.246	3.169	3.565
Pantothenic acid	mg	0.830		0	FLM	4		0.235	0.332	0.374
Vitamin B-6	mg	0.153		0	FLM	4		0.043	0.061	0.069
Folate, total	µg	75		0	FLM	4		21	30	34
Folic acid	µg	0		0	FLM	4		0	0	0
Folate, food	µg	75		0	FLM	4		21	30	34
Folate, DFE	µg	75		0	NC	4		21	30	34
Choline, total	mg	29.4		0	O	4		8.3	11.8	13.2
Betaine	mg									
Vitamin B-12	µg	0.00		0	FLM	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	FLM	4		0	0	0
Retinol	µg	0		0	FLM	4		0	0	0
Carotene, beta	µg	0		0	FLM	4		0	0	0
Carotene, alpha	µg	0		0	FLM	4		0	0	0
Cryptoxanthin, beta	µg	0		0	FLM	4		0	0	0
Vitamin A, IU	IU	0		0	FLM	4		0	0	0
Lycopene	µg	0		0	FLM	4		0	0	0
Lutein + zeaxanthin	µg	0		0	FLM	4		0	0	0
Vitamin E (alpha-tocopherol)	mg	4.10		0	FLM	4		1.16	1.64	1.85
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	0.0		0	FLM	4		0.0	0.0	0.0
Dihydrophylloquinone	µg									
Menaquinone-4	µg									

NDB No. 19147
Candies, peanut bar

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	4.678		0	FLA	4		1.326	1.871	2.105
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	0.022		0	FLA	4		0.006	0.009	0.010
15:0....g									
16:0....g	3.528		0	FLA	4		1.000	1.411	1.588
17:0....g									
18:0....g	0.752		0	FLA	4		0.213	0.301	0.338
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	16.721		0	FLA	4		4.740	6.688	7.524
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.010		0	FLA	4		0.003	0.004	0.005
17:1....g									
18:1 undifferentiated....g	16.260		0	FLA	4		4.610	6.504	7.317
20:1....g	0.495		0	FLA	4		0.140	0.198	0.223
22:1 undifferentiated....g	0.000		0	FLA	4		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	10.650		0	FLA	4		3.019	4.260	4.793
18:2 undifferentiated....g	10.647		0	FLA	4		3.018	4.259	4.791
18:3 undifferentiated....g	0.002		0	FLA	4		0.001	0.001	0.001
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	FLA	4		0	0	0
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.149		0		1		0.042	0.060	0.067
Threonine....g	0.520		0		1		0.147	0.208	0.234
Isoleucine....g	0.534		0		1		0.151	0.214	0.240
Leucine....g	0.986		0		1		0.280	0.394	0.444
Lysine....g	0.545		0		1		0.155	0.218	0.245
Methionine....g	0.185		0		1		0.052	0.074	0.083
Cystine....g	0.194		0		1		0.055	0.078	0.087
Phenylalanine....g	0.787		0		1		0.223	0.315	0.354
Tyrosine....g	0.618		0		1		0.175	0.247	0.278
Valine....g	0.638		0		1		0.181	0.255	0.287
Arginine....g	1.818		0		1		0.515	0.727	0.818
Histidine....g	0.385		0		1		0.109	0.154	0.173
Alanine....g	0.604		0		1		0.171	0.242	0.272
Aspartic acid....g	1.855		0		1		0.526	0.742	0.835
Glutamic acid....g	3.178		0		1		0.901	1.271	1.430
Glycine....g	0.916		0		1		0.260	0.366	0.412
Proline....g	0.672		0		1		0.191	0.269	0.302
Serine....g	0.753		0		1		0.213	0.301	0.339
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	FLM	4		0.0	0.0	0.0
Caffeine....mg	0		0	FLM	4		0	0	0

NDB No. 19147
Candies, peanut bar

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	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 = 28.35g: 1 oz

Measure 2 = 40g: 1 bar (1.4 oz)

Measure 3 = 45g: 1 bar (1.6 oz)

Calories Factors: Protein 3.5 **Fat** 8.4 **Carbohydrate** 3.9

Food Group: 19 Sweets

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

NDB No. 19148
Candies, peanut brittle, 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
Proximates:										
Water	g	0.70		0	RC	4		0.20		
Energy	kcal	486		0	NC	4		138		
Energy	kJ	2033		0	NC	4		576		
Protein (N x 6.25)	g	7.57		0	RC	4		2.14		
Total lipid (fat)	g	18.98		0	RC	4		5.38		
Ash	g	1.51		0	RC	4		0.43		
Carbohydrate, by difference	g	71.24		0	NC	4		20.20		
Fiber, total dietary	g	2.5		0	RC	4		0.7		
Sugars, total	g	51.33		0	RC	4		14.55		
Starch	g									
Minerals:										
Calcium, Ca	mg	27		0	RC	4		8		
Iron, Fe	mg	1.22		0	RC	4		0.35		
Magnesium, Mg	mg	42		0	RC	4		12		
Phosphorus, P	mg	106		0	RC	4		30		
Potassium, K	mg	168		0	RC	4		48		
Sodium, Na	mg	445		0	RC	4		126		
Zinc, Zn	mg	0.87		0	RC	4		0.25		
Copper, Cu	mg	0.254		0	RC	4		0.072		
Manganese, Mn	mg	0.593		0	RC	4		0.168		
Selenium, Se	µg	2.6		0	RC	4		0.7		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	RC	4		0.0		
Thiamin	mg	0.134		0	RC	4		0.038		
Riboflavin	mg	0.044		0	RC	4		0.012		
Niacin	mg	2.646		0	RC	4		0.750		
Pantothenic acid	mg	0.529		0	RC	4		0.150		
Vitamin B-6	mg	0.079		0	RC	4		0.022		
Folate, total	µg	46		0	RC	4		13		
Folic acid	µg	0		0	RC	4		0		
Folate, food	µg	46		0	RC	4		13		
Folate, DFE	µg	46		0	NC	4		13		
Choline, total	mg	13.5		0	O	4		3.8		
Betaine	mg									
Vitamin B-12	µg	0.01		0	RC	4		0.00		
Vitamin B-12, added	µg	0.00		0	Z	7		0.00		
Vitamin A, RAE	µg	39		0	NC	4		11		
Retinol	µg	38		0	RC	4		11		
Carotene, beta	µg	9		0	RC	4		3		
Carotene, alpha	µg	0		0	RC	4		0		
Cryptoxanthin, beta	µg	0		0	RC	4		0		
Vitamin A, IU	IU	142		0	NC	4		40		
Lycopene	µg	0		0	RC	4		0		
Lutein + zeaxanthin	µg	0		0	RC	4		0		
Vitamin E (alpha-tocopherol)	mg	2.56		0	RC	4		0.73		
Vitamin E, added	mg	0.00		0	Z	7		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		
Vitamin D	IU	0		0	Z	7		0		
Vitamin K (phylloquinone)	µg	0.4		0	RC	4		0.1		
Dihydrophylloquinone	µg									
Menaquinone-4	µg									

NDB No. 19148
Candies, peanut brittle, 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
Lipids:									
Fatty acids, total saturated....g	4.144		0	RC	4		1.175		
4:0....g	0.145		0	RC	4		0.041		
6:0....g	0.090		0	RC	4		0.026		
8:0....g	0.054		0	RC	4		0.015		
10:0....g	0.114		0	RC	4		0.032		
12:0....g	0.117		0	RC	4		0.033		
13:0....g									
14:0....g	0.342		0	RC	4		0.097		
15:0....g									
16:0....g	2.479		0	RC	4		0.703		
17:0....g	0.025		0	RC	4		0.007		
18:0....g	0.771		0	RC	4		0.219		
20:0....g	0.006		0	RC	4		0.002		
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	8.064		0	RC	4		2.286		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.046		0	RC	4		0.013		
17:1....g									
18:1 undifferentiated....g	7.821		0	RC	4		2.217		
20:1....g	0.197		0	RC	4		0.056		
22:1 undifferentiated....g	0.000		0	RC	4		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	4.558		0	RC	4		1.292		
18:2 undifferentiated....g	4.557		0	RC	4		1.292		
18:3 undifferentiated....g	0.001		0	RC	4		0.000		
18:4....g	0.000		0	RC	4		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0	RC	4		0.000		
20:5 n-3 (EPA)....g	0.000		0	RC	4		0.000		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	RC	4		0.000		
22:6 n-3 (DHA)....g	0.000		0	RC	4		0.000		
Fatty acids, total trans....g									
Cholesterol....mg	12		0	RC	4		3		
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	RC	4		0.0		
Caffeine....mg	0		0	RC	4		0		
Theobromine....mg	0		0	RC	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 = 28.35g: 1 oz

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

Food Group: 19 Sweets

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

NDB No. 19216
Candies, praline, 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
Proximates:									
Water....g	10.36		0	RC	4		4.04	93.99	
Energy....kcal	485		0	RC	4		189	4396	
Energy....kJ	2028		0	RC	4		791	18391	
Protein (N x 0)....g	3.30		0	RC	4		1.29	29.92	
Total lipid (fat)....g	25.90		0	RC	4		10.10	234.89	
Ash....g	0.85		0	RC	4		0.33	7.74	
Carbohydrate, by difference....g	59.59		0	RC	4		23.24	540.46	
Fiber, total dietary....g	3.5		0	RC	4		1.3	31.3	
Sugars, total....g	55.79		0	RC	4		21.76	505.98	
Starch....g									
Minerals:									
Calcium, Ca....mg	43		0	RC	4		17	394	
Iron, Fe....mg	1.29		0	RC	4		0.50	11.70	
Magnesium, Mg....mg	49		0	RC	4		19	449	
Phosphorus, P....mg	104		0	RC	4		41	942	
Potassium, K....mg	217		0	RC	4		84	1964	
Sodium, Na....mg	48		0	RC	4		19	436	
Zinc, Zn....mg	1.67		0	RC	4		0.65	15.14	
Copper, Cu....mg	0.494		0	RC	4		0.193	4.479	
Manganese, Mn....mg	1.682		0	RC	4		0.656	15.258	
Selenium, Se....µg	1.8		0	RC	4		0.7	16.4	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.3		0	RC	4		0.1	3.0	
Thiamin....mg	0.203		0	RC	4		0.079	1.845	
Riboflavin....mg	0.053		0	RC	4		0.021	0.477	
Niacin....mg	0.415		0	RC	4		0.162	3.763	
Pantothenic acid....mg	0.332		0	RC	4		0.130	3.015	
Vitamin B-6....mg	0.077		0	RC	4		0.030	0.697	
Folate, total....µg	6		0	RC	4		3	58	
Folic acid....µg	0		0	RC	4		0	0	
Folate, food....µg	6		0	RC	4		3	58	
Folate, DFE....µg	6		0	NC	4		3	58	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.00		0	RC	4		0.00	0.00	
Vitamin B-12, added....µg	0.00		0	RC	4		0.00	0.00	
Vitamin A, RAE....µg	1		0	RC	4		0	9	
Retinol....µg	0		0	RC	4		0	0	
Carotene, beta....µg	10		0	RC	4		4	91	
Carotene, alpha....µg	0		0	RC	4		0	0	
Cryptoxanthin, beta....µg	3		0	RC	4		1	27	
Vitamin A, IU....IU	19		0	RC	4		7	174	
Lycopene....µg	0		0	RC	4		0	0	
Lutein + zeaxanthin....µg	6		0	RC	4		2	53	
Vitamin E (alpha-tocopherol)....mg	0.50		0	RC	4		0.20	4.55	
Vitamin E, added....mg	0.00		0	RC	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									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg	1.3		0	RC	4		0.5	11.5	
Dihydrophylloquinone....µg									
Menaquinone-4....µg									

NDB No. 19216
Candies, praline, 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
Lipids:									
Fatty acids, total saturated....g	2.224		0	RC	4		0.867	20.171	
4:0....g	0.000		0	RC	4		0.000	0.000	
6:0....g	0.000		0	RC	4		0.000	0.000	
8:0....g	0.000		0	RC	4		0.000	0.000	
10:0....g	0.000		0	RC	4		0.000	0.000	
12:0....g	0.000		0	RC	4		0.000	0.000	
13:0....g	0.000		0	RC	4		0.000	0.000	
14:0....g	0.000		0	RC	4		0.000	0.000	
15:0....g	0.000		0	RC	4		0.000	0.000	
16:0....g	1.571		0	RC	4		0.613	14.249	
17:0....g	0.000		0	RC	4		0.000	0.000	
18:0....g	0.628		0	RC	4		0.245	5.696	
20:0....g	0.025		0	RC	4		0.010	0.226	
22:0....g	0.000		0	RC	4		0.000	0.000	
24:0....g	0.000		0	RC	4		0.000	0.000	
Fatty acids, total monounsaturated....g	14.683		0	RC	4		5.726	133.171	
14:1....g	0.000		0	RC	4		0.000	0.000	
15:1....g									
16:1 undifferentiated....g	0.000		0	RC	4		0.000	0.000	
17:1....g									
18:1 undifferentiated....g	14.608		0	RC	4		5.697	132.494	
20:1....g	0.075		0	RC	4		0.029	0.677	
22:1 undifferentiated....g	0.000		0	RC	4		0.000	0.000	
24:1 c....g	0.000		0	RC	4		0.000	0.000	
Fatty acids, total polyunsaturated....g	7.778		0	RC	4		3.033	70.546	
18:2 undifferentiated....g	7.423		0	RC	4		2.895	67.326	
18:3 undifferentiated....g	0.355		0	RC	4		0.138	3.219	
18:4....g	0.000		0	RC	4		0.000	0.000	
20:2 n-6 c,c....g	0.000		0	RC	4		0.000	0.000	
20:3 undifferentiated....g	0.000		0	RC	4		0.000	0.000	
20:4 undifferentiated....g	0.000		0	RC	4		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0	RC	4		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	RC	4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0	RC	4		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	0		0	RC	4		0	0	
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	RC	4		0.0	0.0	
Caffeine....mg	0		0	RC	4		0	0	
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 = 39g: 1 piece

Measure 2 = 907g: 1 recipe yield

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

Food Group: 19 Sweets

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

NDB No. 19080
Candies, semisweet chocolate

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	0.70	0.062	8		1		0.10	1.27	1.21
Energy....kcal	480		0	NC	4		70	874	830
Energy....kJ	2008		0	NC	4		291	3655	3474
Protein (N x 5.63)....g	4.20	0.089	5		1		0.61	7.64	7.27
Total lipid (fat)....g	30.00	0.743	9		1		4.35	54.60	51.90
Ash....g	1.20	0.050	7		1		0.17	2.18	2.08
Carbohydrate, by difference....g	63.90		0	NC	4		9.27	116.30	110.55
Fiber, total dietary....g	5.9		2		1		0.9	10.7	10.2
Sugars, total....g	54.50	1.386	4	JO	11		7.90	99.19	94.29
Starch....g									
Minerals:									
Calcium, Ca....mg	32	1.430	3		1		5	58	55
Iron, Fe....mg	3.13	0.283	5		1		0.45	5.70	5.41
Magnesium, Mg....mg	115		2		1		17	209	199
Phosphorus, P....mg	132		2		1		19	240	228
Potassium, K....mg	365	17.035	6		1		53	664	631
Sodium, Na....mg	11	3.440	6		1		2	20	19
Zinc, Zn....mg	1.62	0.057	3		1		0.23	2.95	2.80
Copper, Cu....mg	0.700		1		1		0.102	1.274	1.211
Manganese, Mn....mg	0.800		1		1		0.116	1.456	1.384
Selenium, Se....µg	4.2		0	FLA	4		0.6	7.6	7.3
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		1		1		0.0	0.0	0.0
Thiamin....mg	0.055		2		1		0.008	0.100	0.095
Riboflavin....mg	0.090		2		1		0.013	0.164	0.156
Niacin....mg	0.427	0.049	4		1		0.062	0.777	0.739
Pantothenic acid....mg	0.105		1		4		0.015	0.191	0.182
Vitamin B-6....mg	0.035		1		4		0.005	0.064	0.061
Folate, total....µg	13		0	FLA	4		2	25	23
Folic acid....µg	0		0	FLA	4		0	0	0
Folate, food....µg	13		0	FLA	4		2	25	23
Folate, DFE....µg	13		0	NC	4		2	25	23
Choline, total....mg	22.0		0	FLA	4		3.2	40.1	38.1
Betaine....mg									
Vitamin B-12....µg	0.00		1		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	18		0	FLA	4		3	34	32
Vitamin E (alpha-tocopherol)....mg	0.26		0	FLA	4		0.04	0.47	0.45
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									
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	5.6		0	FLA	4		0.8	10.1	9.6
Dihydrophylloquinone....µg									
Menaquinone-4....µg									

NDB No. 19080
Candies, semisweet 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
Lipids:									
Fatty acids, total saturated....g	17.750		0		4		2.574	32.305	30.708
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	0.000		0	FLA	4		0.000	0.000	0.000
14:0....g	0.020		0	FLA	4		0.003	0.035	0.034
15:0....g	0.000		0	FLA	4		0.000	0.000	0.000
16:0....g	7.347		0	FLA	4		1.065	13.372	12.711
17:0....g	0.048		0	FLA	4		0.007	0.088	0.084
18:0....g	10.007		0	FLA	4		1.451	18.214	17.313
20:0....g	0.267		0	FLA	4		0.039	0.486	0.462
22:0....g	0.024		0	FLA	4		0.004	0.044	0.042
24:0....g	0.000		0	FLA	4		0.000	0.000	0.000
Fatty acids, total monounsaturated....g	9.966		0	FLA	4		1.445	18.138	17.241
14:1....g	0.000		0	FLA	4		0.000	0.000	0.000
15:1....g	0.000		0	FLA	4		0.000	0.000	0.000
16:1 undifferentiated....g	0.062		0	FLA	4		0.009	0.112	0.107
17:1....g	0.000		0	FLA	4		0.000	0.000	0.000
18:1 undifferentiated....g	9.904		0	FLA	4		1.436	18.026	17.134
20:1....g	0.000		0	FLA	4		0.000	0.000	0.000
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	0.000
24:1 c....g	0.000		0	FLA	4		0.000	0.000	0.000
Fatty acids, total polyunsaturated....g	0.966		0	FLA	4		0.140	1.758	1.671
18:2 undifferentiated....g	0.898		0	FLA	4		0.130	1.635	1.554
18:3 undifferentiated....g	0.068		0	FLA	4		0.010	0.123	0.117
18:4....g	0.000		0	FLA	4		0.000	0.000	0.000
20:2 n-6 c,c....g	0.000		0	FLA	4		0.000	0.000	0.000
20:3 undifferentiated....g	0.000		0	FLA	4		0.000	0.000	0.000
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	FLA	4		0	0	0
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.063		0		1		0.009	0.115	0.109
Threonine....g	0.168		0		1		0.024	0.306	0.291
Isoleucine....g	0.164		0		1		0.024	0.298	0.284
Leucine....g	0.257		0		1		0.037	0.468	0.445
Lysine....g	0.212		0		1		0.031	0.386	0.367
Methionine....g	0.044		0		1		0.006	0.080	0.076
Cystine....g	0.052		0		1		0.008	0.095	0.090
Phenylalanine....g	0.204		0		1		0.030	0.371	0.353
Tyrosine....g	0.159		0		1		0.023	0.289	0.275
Valine....g	0.254		0		1		0.037	0.462	0.439
Arginine....g	0.240		0		1		0.035	0.437	0.415
Histidine....g	0.073		0		1		0.011	0.133	0.126
Alanine....g	0.196		0		1		0.028	0.357	0.339
Aspartic acid....g	0.422		0		1		0.061	0.768	0.730
Glutamic acid....g	0.637		0		1		0.092	1.159	1.102
Glycine....g	0.190		0		1		0.028	0.346	0.329
Proline....g	0.181		0		1		0.026	0.329	0.313
Serine....g	0.183		0		1		0.027	0.333	0.317
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	FLA	4		0.0	0.0	0.0

NDB No. 19080
Candies, semisweet 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
Caffeine.....mg	62	3.923	6		1		9	113	107
Theobromine.....mg	486	40.814	7		1		70	885	841

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

Common Measures:

Measure 1 = 14.5g: 1 serving

Measure 2 = 182g: 1 cup large chips

Measure 3 = 173g: 1 cup mini chips

Calories Factors: Protein 1.83 **Fat** 8.5 **Carbohydrate** 3.4

Food Group: 19 Sweets

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

NDB No. 19701
Candies, semisweet chocolate, 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
Proximates:									
Water....g	0.70	0.071	7	A	1		1.19	1.27	1.21
Energy....kcal	477		0		4		811	868	825
Energy....kJ	1996				4		3393	3632	3453
Protein (N x 5.63)....g	4.20	0.089	5		1		7.14	7.64	7.27
Total lipid (fat)....g	29.70	0.777	8		1		50.49	54.05	51.38
Ash....g	1.20	0.050	7		1		2.04	2.18	2.08
Carbohydrate, by difference....g	63.40		0	NC	4		107.78	115.39	109.68
Fiber, total dietary....g	5.9		2		1		10.0	10.7	10.2
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	32	1.430	3		1		54	58	55
Iron, Fe....mg	3.13	0.283	5		1		5.32	5.70	5.41
Magnesium, Mg....mg	115		2		1		196	209	199
Phosphorus, P....mg	132		2		1		224	240	228
Potassium, K....mg	365	17.035	6		1		621	664	631
Sodium, Na....mg	11	3.440	6		1		19	20	19
Zinc, Zn....mg	1.62	0.057	3		1		2.75	2.95	2.80
Copper, Cu....mg	0.700		1		1		1.190	1.274	1.211
Manganese, Mn....mg	0.800		1		1		1.360	1.456	1.384
Selenium, Se....µg	3.2		0	FLA	4		5.4	5.8	5.5
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		1		1		0.0	0.0	0.0
Thiamin....mg	0.055		2		1		0.094	0.100	0.095
Riboflavin....mg	0.090		2		1		0.153	0.164	0.156
Niacin....mg	0.427	0.049	4		1		0.726	0.777	0.739
Pantothenic acid....mg	0.105		1		4		0.179	0.191	0.182
Vitamin B-6....mg	0.050		1		4		0.085	0.091	0.087
Folate, total....µg	3		1		4		5	5	5
Folic acid....µg	0		0	Z	7		0	0	0
Folate, food....µg	3		1		4		5	5	5
Folate, DFE....µg	3		0	NC	4		5	5	5
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.00		1		4		0.00	0.00	0.00
Vitamin A, RAE....µg	3		0	NC	4		5	5	5
Retinol....µg	0		0	Z	7		0	0	0
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	60		0		1		102	109	104
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. 19701
Candies, semisweet chocolate, made with butter

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	17.530		0		1		29.801	31.905	30.327
4:0....g	0.480		0		4		0.816	0.874	0.830
6:0....g	0.285		0		4		0.485	0.519	0.493
8:0....g	0.165		0		4		0.281	0.300	0.285
10:0....g	0.375		0		4		0.638	0.683	0.649
12:0....g	0.420		0		4		0.714	0.764	0.727
13:0....g									
14:0....g	0.050		6		1		0.085	0.091	0.087
15:0....g									
16:0....g	8.030		6		1		13.651	14.615	13.892
17:0....g									
18:0....g	9.230		6		1		15.691	16.799	15.968
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	9.930		0		1		16.881	18.073	17.179
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.360		0		4		0.612	0.655	0.623
17:1....g									
18:1 undifferentiated....g	9.930		6		1		16.881	18.073	17.179
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.950		0		1		1.615	1.729	1.644
18:2 undifferentiated....g	0.950		6		1		1.615	1.729	1.644
18:3 undifferentiated....g	0.240		0		4		0.408	0.437	0.415
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	18		0		1		31	33	31
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.063		0		1		0.107	0.115	0.109
Threonine....g	0.168		0		1		0.286	0.306	0.291
Isoleucine....g	0.164		0		1		0.279	0.298	0.284
Leucine....g	0.257		0		1		0.437	0.468	0.445
Lysine....g	0.212		0		1		0.360	0.386	0.367
Methionine....g	0.044		0		1		0.075	0.080	0.076
Cystine....g	0.052		0		1		0.088	0.095	0.090
Phenylalanine....g	0.204		0		1		0.347	0.371	0.353
Tyrosine....g	0.159		0		1		0.270	0.289	0.275
Valine....g	0.254		0		1		0.432	0.462	0.439
Arginine....g	0.240		0		1		0.408	0.437	0.415
Histidine....g	0.073		0		1		0.124	0.133	0.126
Alanine....g	0.196		0		1		0.333	0.357	0.339
Aspartic acid....g	0.422		0		1		0.717	0.768	0.730
Glutamic acid....g	0.637		0		1		1.083	1.159	1.102
Glycine....g	0.190		0		1		0.323	0.346	0.329
Proline....g	0.181		0		1		0.308	0.329	0.313
Serine....g	0.183		0		1		0.311	0.333	0.317
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g									
Caffeine....mg	62	3.923	6		1		105	113	107
Theobromine....mg	486	40.814	7		1		826	885	841

NDB No. 19701
Candies, semisweet chocolate, made with butter

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

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

Common Measures:

Measure 1 = 170g: 1 cup chips (6 oz package)

Measure 2 = 182g: 1 cup large chips

Measure 3 = 173g: 1 cup mini chips

Calories Factors: Protein 1.83 **Fat** 8.5 **Carbohydrate** 3.4

Food Group: 19 Sweets

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

NDB No. 19154
Candies, sesame crunch

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	2.20	0.056	3		1		0.62	0.04	0.77
Energy....kcal	516		0	NC	4		146	9	181
Energy....kJ	2161		0	NC	4		613	39	756
Protein (N x 5.3)....g	11.60	0.226	3		1		3.29	0.21	4.06
Total lipid (fat)....g	33.30	1.776	3		1		9.44	0.60	11.66
Ash....g	2.60	0.064	3		1		0.74	0.05	0.91
Carbohydrate, by difference....g	50.30		0	NC	4		14.26	0.91	17.61
Fiber, total dietary....g	7.7		0	FLM	4		2.2	0.1	2.7
Sugars, total....g	31.17		0	FLM	4		8.84	0.56	10.91
Starch....g									
Minerals:									
Calcium, Ca....mg	639		0	FLM	4		181	12	224
Iron, Fe....mg	4.27	0.267	3		1		1.21	0.08	1.49
Magnesium, Mg....mg	251	10.478	3		1		71	5	88
Phosphorus, P....mg	412		0	FLM	4		117	7	144
Potassium, K....mg	307		0	FLM	4		87	6	107
Sodium, Na....mg	167		0	LC	8		47	3	58
Zinc, Zn....mg	3.76		1		1		1.07	0.07	1.32
Copper, Cu....mg	0.950		1		1		0.269	0.017	0.333
Manganese, Mn....mg	1.609		0	FLM	4		0.456	0.029	0.563
Selenium, Se....µg	4.0		0	FLM	4		1.1	0.1	1.4
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	FLM	4		0.0	0.0	0.0
Thiamin....mg	0.444		0	FLM	4		0.126	0.008	0.155
Riboflavin....mg	0.159		0	FLM	4		0.045	0.003	0.056
Niacin....mg	3.703	0.124	3		1		1.050	0.067	1.296
Pantothenic acid....mg	0.033		0	FLM	4		0.009	0.001	0.011
Vitamin B-6....mg	0.491		0	FLM	4		0.139	0.009	0.172
Folate, total....µg	51		0	FLM	4		14	1	18
Folic acid....µg	0		0	FLM	4		0	0	0
Folate, food....µg	51		0	FLM	4		14	1	18
Folate, DFE....µg	51		0	NC	4		14	1	18
Choline, total....mg	16.7		0	FLM	4		4.7	0.3	5.9
Betaine....mg									
Vitamin B-12....µg	0.00		0	FLM	4		0.00	0.00	0.00
Vitamin B-12, added....µg	0.00		0	FLM	4		0.00	0.00	0.00
Vitamin A, RAE....µg	0		0	FLM	4		0	0	0
Retinol....µg	0		0	FLM	4		0	0	0
Carotene, beta....µg	3		0	FLM	4		1	0	1
Carotene, alpha....µg	0		0	FLM	4		0	0	0
Cryptoxanthin, beta....µg	0		0	FLM	4		0	0	0
Vitamin A, IU....IU	6		0	FLM	4		2	0	2
Lycopene....µg	0		0	FLM	4		0	0	0
Lutein + zeaxanthin....µg	0		0	FLM	4		0	0	0
Vitamin E (alpha-tocopherol)....mg	0.16		0	FLM	4		0.05	0.00	0.06
Vitamin E, added....mg	0.00		0	FLM	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									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	0.0
Vitamin D....IU	0		0	Z	7		0	0	0
Vitamin K (phylloquinone)....µg	0.0		0	FLM	4		0.0	0.0	0.0
Dihydrophylloquinone....µg									
Menaquinone-4....µg									

NDB No. 19154
Candies, sesame crunch

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	4.662		0	FLM	4		1.322	0.084	1.632
4:0....g	0.000		0	FLM	4		0.000	0.000	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	0.000	0.000
12:0....g	0.000		0	FLM	4		0.000	0.000	0.000
13:0....g									
14:0....g	0.083		0	FLM	4		0.024	0.001	0.029
15:0....g									
16:0....g	2.976		0	FLM	4		0.844	0.054	1.042
17:0....g									
18:0....g	1.401		0	FLM	4		0.397	0.025	0.490
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	12.571		0	FLM	4		3.564	0.226	4.400
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.100		0	FLM	4		0.028	0.002	0.035
17:1....g									
18:1 undifferentiated....g	12.412		0	FLM	4		3.519	0.223	4.344
20:1....g	0.047		0	FLM	4		0.013	0.001	0.016
22:1 undifferentiated....g	0.000		0	FLM	4		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	14.591		0	FLM	4		4.136	0.263	5.107
18:2 undifferentiated....g	14.324		0	FLM	4		4.061	0.258	5.013
18:3 undifferentiated....g	0.252		0	FLM	4		0.071	0.005	0.088
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									
Cholesterol....mg	0		0	FLM	4		0	0	0
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	FLM	4		0.0	0.0	0.0
Caffeine....mg	0		0	FLM	4		0	0	0
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 = 28.35g: 1 oz

Measure 2 = 1.8g: 1 piece

Measure 3 = 35g: 20 pieces

Calories Factors: Protein 3.5 **Fat** 8.4 **Carbohydrate** 3.9

Food Group: 19 Sweets

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

NDB No. 19866
Candies, soft fruit and nut squares

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	13.88		0	FLC	4		5.83		
Energy....kcal	390		0	FLC	4		164		
Energy....kJ	1633		0	FLC	4		686		
Protein....g	2.31		0	FLC	4		0.97		
Total lipid (fat)....g	9.52		0	FLC	4		4.00		
Ash....g	0.40		0	FLC	4		0.17		
Carbohydrate, by difference....g	73.81		0	FLC	4		31.00		
Fiber, total dietary....g	2.4		0	FLC	4		1.0		
Sugars, total....g	45.95		0	FLC	4		19.30		
Starch....g									
Minerals:									
Calcium, Ca....mg	17		0	FLC	4		7		
Iron, Fe....mg	0.93		0	FLC	4		0.39		
Magnesium, Mg....mg	25		0	FLC	4		10		
Phosphorus, P....mg	54		0	FLC	4		23		
Potassium, K....mg	82		0	FLC	4		34		
Sodium, Na....mg	131		0	FLC	4		55		
Zinc, Zn....mg	0.53		0	FLC	4		0.22		
Copper, Cu....mg	0.303		0	FLC	4		0.127		
Manganese, Mn....mg	0.539		0	FLC	4		0.226		
Selenium, Se....µg	1.4		0	FLC	4		0.6		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.2		0	FLC	4		0.1		
Thiamin....mg	0.047		0	FLC	4		0.020		
Riboflavin....mg	0.039		0	FLC	4		0.016		
Niacin....mg	0.178		0	FLC	4		0.075		
Pantothenic acid....mg	0.112		0	FLC	4		0.047		
Vitamin B-6....mg	0.082		0	FLC	4		0.034		
Folate, total....µg	12		0	FLC	4		5		
Folic acid....µg	0		0	FLC	4		0		
Folate, food....µg	11		0	FLC	4		5		
Folate, DFE....µg	11		0	NC	4		5		
Choline, total....mg	5.5		0	O	4		2.3		
Betaine....mg									
Vitamin B-12....µg	0.00		0	FLC	4		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	FLC	4		0		
Carotene, beta....µg	2		0	FLC	4		1		
Carotene, alpha....µg	0		0	FLC	4		0		
Cryptoxanthin, beta....µg	0		0	FLC	4		0		
Vitamin A, IU....IU	3		0	NC	4		1		
Lycopene....µg	0		0	FLC	4		0		
Lutein + zeaxanthin....µg	3		0	FLC	4		1		
Vitamin E (alpha-tocopherol)....mg	0.10		0	FLC	4		0.04		
Vitamin E, added....mg	0.00		0	Z	7		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		
Vitamin D....IU	0		0	Z	7		0		
Vitamin K (phylloquinone)....µg	0.4		0	FLC	4		0.2		
Dihydrophylloquinone....µg									
Menaquinone-4....µg									

NDB No. 19866
Candies, soft fruit and nut squares

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	0.898		0	FLC	4		0.377		
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	0.647		0	FLC	4		0.272		
17:0....g	0.000		0	FLC	4		0.000		
18:0....g	0.241		0	FLC	4		0.101		
20:0....g	0.009		0	FLC	4		0.004		
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	1.297		0	FLC	4		0.545		
14:1....g	0.000		0	FLC	4		0.000		
15:1....g									
16:1 undifferentiated....g	0.000		0	FLC	4		0.000		
17:1....g									
18:1 undifferentiated....g	1.278		0	FLC	4		0.537		
20:1....g	0.019		0	FLC	4		0.008		
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	6.840		0	FLC	4		2.873		
18:2 undifferentiated....g	5.525		0	FLC	4		2.321		
18:3 undifferentiated....g	1.315		0	FLC	4		0.552		
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									
Cholesterol....mg	0		0	FLC	4		0		
Phytosterols....mg									
Others:									
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 = 42g: 3 pieces

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

Food Group: 19 Sweets

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

NDB No. 19858
Candies, sugar-coated almonds

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	2.30		1		1		0.08		
Energy....kcal	474		0	NC	4		17		
Energy....kJ	1985		0	NC	4		69		
Protein....g	10.00		1	LC	8		0.35		
Total lipid (fat)....g	17.93		0	T	4		0.63		
Ash....g	1.51		0	FLM	4		0.05		
Carbohydrate, by difference....g	68.26		0	NC	4		2.39		
Fiber, total dietary....g	2.5		1	LC	8		0.1		
Sugars, total....g	62.50		1	LC	8		2.19		
Starch....g									
Minerals:									
Calcium, Ca....mg	100		1		1		4		
Iron, Fe....mg	1.90		1		1		0.07		
Magnesium, Mg....mg	137		0	FLM	4		5		
Phosphorus, P....mg	166		1		1		6		
Potassium, K....mg	255		1		1		9		
Sodium, Na....mg	13		1	LC	8		0		
Zinc, Zn....mg	1.56		0	FLM	4		0.05		
Copper, Cu....mg	0.586		0	FLM	4		0.020		
Manganese, Mn....mg	1.121		0	FLM	4		0.039		
Selenium, Se....µg	1.7		0	FLM	4		0.1		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		1		1		0.0		
Thiamin....mg	0.050		1		1		0.002		
Riboflavin....mg	0.270		1		1		0.009		
Niacin....mg	1.000		1		1		0.035		
Pantothenic acid....mg	0.156		0	FLM	4		0.005		
Vitamin B-6....mg	0.060		0	FLM	4		0.002		
Folate, total....µg	15		0	FLM	4		1		
Folic acid....µg	0		0	FLM	4		0		
Folate, food....µg	15		0	FLM	4		1		
Folate, DFE....µg	15		0	NC	4		1		
Choline, total....mg	26.0		0	O	4		0.9		
Betaine....mg									
Vitamin B-12....µg	0.00		0	FLM	4		0.00		
Vitamin B-12, added....µg	0.00		0	FLM	4		0.00		
Vitamin A, RAE....µg	0		0	NC	4		0		
Retinol....µg	0		0	FLM	4		0		
Carotene, beta....µg	2		0	FLM	4		0		
Carotene, alpha....µg	0		0	FLM	4		0		
Cryptoxanthin, beta....µg	0		0	FLM	4		0		
Vitamin A, IU....IU	3		0	FLM	4		0		
Lycopene....µg	0		0	FLM	4		0		
Lutein + zeaxanthin....µg	1		0	FLM	4		0		
Vitamin E (alpha-tocopherol)....mg	12.36		0	FLM	4		0.43		
Vitamin E, added....mg	0.00		0	Z	7		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		
Vitamin D....IU	0		0	Z	7		0		
Vitamin K (phylloquinone)....µg	0.0		0	FLM	4		0.0		
Dihydrophylloquinone....µg									
Menaquinone-4....µg									

NDB No. 19858
Candies, sugar-coated almonds

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	1.948		0	NC	4		0.068		
4:0....g	0.000		0	FLM	4		0.000		
6:0....g	0.000		0	FLM	4		0.000		
8:0....g	0.000		0	FLM	4		0.000		
10:0....g	0.000		0	FLM	4		0.000		
12:0....g	0.002		0		4		0.000		
13:0....g									
14:0....g	0.106		0		4		0.004		
15:0....g									
16:0....g	1.476		0	FLM	4		0.052		
17:0....g									
18:0....g	0.364		0		4		0.013		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	12.078		0	NC	4		0.423		
14:1....g	0.000		0	FLM	4		0.000		
15:1....g									
16:1 undifferentiated....g	0.090		0	FLM	4		0.003		
17:1....g									
18:1 undifferentiated....g	11.988		0	FLM	4		0.420		
20:1....g	0.000		0	FLM	4		0.000		
22:1 undifferentiated....g	0.000		0	FLM	4		0.000		
24:1 c....g	0.000		0	FLM	4		0.000		
Fatty acids, total polyunsaturated....g	3.904		0	NC	4		0.137		
18:2 undifferentiated....g	3.904		0	FLM	4		0.137		
18:3 undifferentiated....g	0.000		0	FLM	4		0.000		
18:4....g	0.000		0	FLM	4		0.000		
20:2 n-6 c,c....g	0.000		0	FLM	4		0.000		
20:3 undifferentiated....g	0.000		0	FLM	4		0.000		
20:4 undifferentiated....g	0.000		0	FLM	4		0.000		
20:5 n-3 (EPA)....g	0.000		0	FLM	4		0.000		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	FLM	4		0.000		
22:6 n-3 (DHA)....g	0.000		0	FLM	4		0.000		
Fatty acids, total trans....g									
Cholesterol....mg	0		0	FLM	4		0		
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	FLM	4		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 = 3.5g: 1 piece

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

Food Group: 19 Sweets

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

NDB No. 19081
Candies, sweet chocolate

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	0.50	0.088	3		1		0.14	0.21	
Energy....kcal	507		0	NC	4		144	208	
Energy....kJ	2120		0	NC	4		601	869	
Protein (N x 5.63)....g	3.90	0.280	4		1		1.11	1.60	
Total lipid (fat)....g	34.20	1.376	4		1		9.70	14.02	
Ash....g	1.00	0.000	3		1		0.28	0.41	
Carbohydrate, by difference....g	60.40		0	NC	4		17.12	24.76	
Fiber, total dietary....g	5.5		0		4		1.6	2.3	
Sugars, total....g	51.48		0	BFCN	4		14.59	21.11	
Starch....g									
Minerals:									
Calcium, Ca....mg	24	1.409	6		1		7	10	
Iron, Fe....mg	2.76	0.369	6		1		0.78	1.13	
Magnesium, Mg....mg	113	9.699	6		1		32	46	
Phosphorus, P....mg	147	5.325	4		1		42	60	
Potassium, K....mg	290	17.076	6		1		82	119	
Sodium, Na....mg	16	4.933	4		1		5	7	
Zinc, Zn....mg	1.50	0.051	6		1		0.43	0.62	
Copper, Cu....mg	0.574	0.073	6		1		0.163	0.235	
Manganese, Mn....mg	0.494	0.078	6		1		0.140	0.203	
Selenium, Se....µg	2.8		0	BFPN	4		0.8	1.1	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		1		4		0.0	0.0	
Thiamin....mg	0.020		1		1		0.006	0.008	
Riboflavin....mg	0.240		1		1		0.068	0.098	
Niacin....mg	0.670		1		1		0.190	0.275	
Pantothenic acid....mg	0.071		1		4		0.020	0.029	
Vitamin B-6....mg	0.043		1		4		0.012	0.018	
Folate, total....µg	3		1		4		1	1	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	3		1		4		1	1	
Folate, DFE....µg	3		0	NC	4		1	1	
Choline, total....mg	29.9		0	O	4		8.5	12.2	
Betaine....mg									
Vitamin B-12....µg	0.00		1		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	BFSN	4		0	0	
Retinol....µg	0		0	BFSN	4		0	0	
Carotene, beta....µg	0		0	BFSN	4		0	0	
Carotene, alpha....µg	0		0	BFSN	4		0	0	
Cryptoxanthin, beta....µg	0		0	BFSN	4		0	0	
Vitamin A, IU....IU	0		0	BFSN	4		0	0	
Lycopene....µg	0		0	BFSN	4		0	0	
Lutein + zeaxanthin....µg	18		0	BFSN	4		5	7	
Vitamin E (alpha-tocopherol)....mg	0.26		0	BFFN	4		0.07	0.11	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)....µg	6.3		0	BFFN	4		1.8	2.6	
Dihydrophylloquinone....µg									
Menaquinone-4....µg									

NDB No. 19081
Candies, sweet 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
Lipids:									
Fatty acids, total saturated....g	20.080		0		1		5.693	8.233	
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	0.030		1		1		0.009	0.012	
15:0....g									
16:0....g	8.690		1		1		2.464	3.563	
17:0....g									
18:0....g	11.350		1		1		3.218	4.654	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	11.220		0		1		3.181	4.600	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.070		1		1		0.020	0.029	
17:1....g									
18:1 undifferentiated....g	11.150		1		1		3.161	4.572	
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	0.990		0		1		0.281	0.406	
18:2 undifferentiated....g	0.960		1		1		0.272	0.394	
18:3 undifferentiated....g	0.030		1		1		0.009	0.012	
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		4		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.058		0		1		0.016	0.024	
Threonine....g	0.154		0		1		0.044	0.063	
Isoleucine....g	0.151		0		1		0.043	0.062	
Leucine....g	0.236		0		1		0.067	0.097	
Lysine....g	0.195		0		1		0.055	0.080	
Methionine....g	0.040		0		1		0.011	0.016	
Cystine....g	0.048		0		1		0.014	0.020	
Phenylalanine....g	0.187		0		1		0.053	0.077	
Tyrosine....g	0.146		0		1		0.041	0.060	
Valine....g	0.234		0		1		0.066	0.096	
Arginine....g	0.221		0		1		0.063	0.091	
Histidine....g	0.067		0		1		0.019	0.027	
Alanine....g	0.180		0		1		0.051	0.074	
Aspartic acid....g	0.388		0		1		0.110	0.159	
Glutamic acid....g	0.586		0		1		0.166	0.240	
Glycine....g	0.175		0		1		0.050	0.072	
Proline....g	0.167		0		1		0.047	0.068	
Serine....g	0.168		0		1		0.048	0.069	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	66		1		1		19	27	

NDB No. 19081
Candies, sweet 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	426		1		1		121	175	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 bar (1.45 oz)

Calories Factors: Protein 1.83 **Fat** 8.6 **Carbohydrate** 3.4

Food Group: 19 Sweets

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

NDB No. 19083
Candies, sweet chocolate coated fondant

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	7.70	0.671	6		1		3.31	0.85	
Energy....kcal	366		0	NC	4		158	40	
Energy....kJ	1533		0	NC	4		659	169	
Protein (N x 5.9)....g	2.20	0.299	5		1		0.95	0.24	
Total lipid (fat)....g	9.30	1.300	5		1		4.00	1.02	
Ash....g	0.40	0.026	6		1		0.17	0.04	
Carbohydrate, by difference....g	80.40		0	NC	4		34.57	8.84	
Fiber, total dietary....g	2.1		0	FLA	4		0.9	0.2	
Sugars, total....g	71.42		0	FLA	4		30.71	7.86	
Starch....g									
Minerals:									
Calcium, Ca....mg	17	2.291	4		1		7	2	
Iron, Fe....mg	1.56	0.028	4		1		0.67	0.17	
Magnesium, Mg....mg	63		1		1		27	7	
Phosphorus, P....mg	95		1		1		41	10	
Potassium, K....mg	168		1		1		72	18	
Sodium, Na....mg	26		2		1		11	3	
Zinc, Zn....mg	0.45	0.166	3		1		0.19	0.05	
Copper, Cu....mg	0.430		1		1		0.185	0.047	
Manganese, Mn....mg	0.400		1		1		0.172	0.044	
Selenium, Se....µg	1.6		0	FLA	4		0.7	0.2	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	FLA	4		0.0	0.0	
Thiamin....mg	0.026	0.010	4		1		0.011	0.003	
Riboflavin....mg	0.058	0.014	4		1		0.025	0.006	
Niacin....mg	0.575		2		1		0.247	0.063	
Pantothenic acid....mg	0.024		0	FLA	4		0.010	0.003	
Vitamin B-6....mg	0.010		0	FLA	4		0.004	0.001	
Folate, total....µg	3		0	FLA	4		1	0	
Folic acid....µg	0		0	FLA	4		0	0	
Folate, food....µg	3		0	FLA	4		1	0	
Folate, DFE....µg	3		0	NC	4		1	0	
Choline, total....mg	2.8		0	FLA	4		1.2	0.3	
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	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	4		0	FLA	4		2	0	
Vitamin E (alpha-tocopherol)....mg	0.13		0	FLA	4		0.06	0.01	
Vitamin E, added....mg	0.00		0	FLA	4		0.00	0.00	
Tocopherol, beta....mg	0.00		0	FLA	4		0.00	0.00	
Tocopherol, gamma....mg	0.00		0	FLA	4		0.00	0.00	
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)....µg	2.1		0	FLA	4		0.9	0.2	
Dihydrophylloquinone....µg									
Menaquinone-4....µg									

NDB No. 19083
Candies, sweet chocolate coated fondant

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	5.460		0	FLA	4		2.348	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	0.000		0	FLA	4		0.000	0.000	
14:0....g	0.009		0	FLA	4		0.004	0.001	
15:0....g	0.000		0	FLA	4		0.000	0.000	
16:0....g	2.317		0	FLA	4		0.996	0.255	
17:0....g	0.005		0	FLA	4		0.002	0.001	
18:0....g	3.035		0	FLA	4		1.305	0.334	
20:0....g	0.026		0	FLA	4		0.011	0.003	
22:0....g	0.002		0	FLA	4		0.001	0.000	
24:0....g	0.000		0	FLA	4		0.000	0.000	
Fatty acids, total monounsaturated....g	3.090		0	FLA	4		1.329	0.340	
14:1....g	0.000		0	FLA	4		0.000	0.000	
15:1....g	0.000		0	FLA	4		0.000	0.000	
16:1 undifferentiated....g	0.018		0	FLA	4		0.008	0.002	
17:1....g	0.000		0	FLA	4		0.000	0.000	
18:1 undifferentiated....g	3.067		0	FLA	4		1.319	0.337	
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	0.000		0	FLA	4		0.000	0.000	
Fatty acids, total polyunsaturated....g	0.300		0	FLA	4		0.129	0.033	
18:2 undifferentiated....g	0.281		0	FLA	4		0.121	0.031	
18:3 undifferentiated....g	0.014		0	FLA	4		0.006	0.002	
18:4....g	0.000		0	FLA	4		0.000	0.000	
20:2 n-6 c,c....g	0.000		0	FLA	4		0.000	0.000	
20:3 undifferentiated....g	0.000		0	FLA	4		0.000	0.000	
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									
Others:									
Alcohol, ethyl....g	0.0		0	FLA	4		0.0	0.0	
Caffeine....mg	10		0	FLA	4		4	1	
Theobromine....mg	185		0	FLA	4		80	20	

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

Measure 2 = 11.0g: 1 patty, small

Calories Factors: Protein 3.1 **Fat** 8.4 **Carbohydrate** 3.5

Food Group: 19 Sweets

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

NDB No. 19382
Candies, taffy, 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
Proximates:									
Water....g	4.85		0	RC	4		0.73		
Energy....kcal	397		0	RC	4		60		
Energy....kJ	1660		0	RC	4		249		
Protein (N x 0)....g	0.03		0	RC	4		0.01		
Total lipid (fat)....g	3.33		0	RC	4		0.50		
Ash....g	0.18		0	RC	4		0.03		
Carbohydrate, by difference....g	91.56		0	RC	4		13.73		
Fiber, total dietary....g	0.0		0	RC	4		0.0		
Sugars, total....g	68.48		0	RC	4		10.27		
Starch....g									
Minerals:									
Calcium, Ca....mg	8		0	RC	4		1		
Iron, Fe....mg	0.01		0	RC	4		0.00		
Magnesium, Mg....mg	0		0	RC	4		0		
Phosphorus, P....mg	1		0	RC	4		0		
Potassium, K....mg	3		0	RC	4		0		
Sodium, Na....mg	52		0	RC	4		8		
Zinc, Zn....mg	0.21		0	RC	4		0.03		
Copper, Cu....mg	0.000		0	RC	4		0.000		
Manganese, Mn....mg	0.000		0	RC	4		0.000		
Selenium, Se....µg	0.7		0	RC	4		0.1		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	RC	4		0.0		
Thiamin....mg	0.028		0	RC	4		0.004		
Riboflavin....mg	0.012		0	RC	4		0.002		
Niacin....mg	0.002		0	RC	4		0.000		
Pantothenic acid....mg	0.004		0	RC	4		0.001		
Vitamin B-6....mg	0.000		0	RC	4		0.000		
Folate, total....µg	0		0	RC	4		0		
Folic acid....µg	0		0	RC	4		0		
Folate, food....µg	0		0	RC	4		0		
Folate, DFE....µg	0		0	NC	4		0		
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.01		0	RC	4		0.00		
Vitamin B-12, added....µg	0.00		0	RC	4		0.00		
Vitamin A, RAE....µg	27		0	RC	4		4		
Retinol....µg	27		0	RC	4		4		
Carotene, beta....µg	6		0	RC	4		1		
Carotene, alpha....µg	0		0	RC	4		0		
Cryptoxanthin, beta....µg	0		0	RC	4		0		
Vitamin A, IU....IU	100		0	RC	4		15		
Lycopene....µg	0		0	RC	4		0		
Lutein + zeaxanthin....µg	0		0	RC	4		0		
Vitamin E (alpha-tocopherol)....mg	0.09		0	RC	4		0.01		
Vitamin E, added....mg	0.00		0	RC	4		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									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg	0.3		0	RC	4		0.0		
Dihydrophylloquinone....µg									
Menaquinone-4....µg									

NDB No. 19382
Candies, taffy, 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
Lipids:									
Fatty acids, total saturated....g	2.049		0	RC	4		0.307		
4:0....g	0.129		0	RC	4		0.019		
6:0....g	0.080		0	RC	4		0.012		
8:0....g	0.047		0	RC	4		0.007		
10:0....g	0.101		0	RC	4		0.015		
12:0....g	0.103		0	RC	4		0.015		
13:0....g									
14:0....g	0.297		0	RC	4		0.044		
15:0....g									
16:0....g	0.865		0	RC	4		0.130		
17:0....g	0.022		0	RC	4		0.003		
18:0....g	0.399		0	RC	4		0.060		
20:0....g	0.005		0	RC	4		0.001		
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.838		0	RC	4		0.126		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.038		0	RC	4		0.006		
16:1 c....g	0.038		0	RC	4		0.006		
16:1 t....g									
17:1....g									
18:1 undifferentiated....g	0.796		0	RC	4		0.119		
18:1 c....g	0.677		0	RC	4		0.102		
18:1 t....g	0.119		0	RC	4		0.018		
18:1-11 t (18:1t n-7)....g									
20:1....g	0.004		0	RC	4		0.001		
22:1 undifferentiated....g	0.000		0	RC	4		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.121		0	RC	4		0.018		
18:2 undifferentiated....g	0.109		0	RC	4		0.016		
18:2 n-6 c,c....g	0.086		0	RC	4		0.013		
18:2 CLAs....g	0.011		0	RC	4		0.002		
18:2 t,t....g									
18:2 i....g	0.012		0	RC	4		0.002		
18:2 t not further defined....g									
18:3 undifferentiated....g	0.013		0	RC	4		0.002		
18:3 n-3 c,c,c (ALA)....g	0.013		0	RC	4		0.002		
18:3 n-6 c,c,c....g									
18:3i....g									
18:4....g	0.000		0	RC	4		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		0	RC	4		0.000		
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000		0	RC	4		0.000		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	RC	4		0.000		
22:6 n-3 (DHA)....g	0.000		0	RC	4		0.000		
Fatty acids, total trans....g	0.131		0	RC	4		0.020		
Fatty acids, total trans-monoenoic....g	0.119		0	RC	4		0.018		
Fatty acids, total trans-polyenoic....g	0.012		0	RC	4		0.002		
Cholesterol....mg	9		0	RC	4		1		
Phytosterols....mg									
Others:									
Alcohol, ethyl....g									
Caffeine....mg	0		0	RC	4		0		
Theobromine....mg	0		0	RC	4		0		

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

NDB No. 19382
Candies, taffy, 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

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

Common Measures:
Measure 1 = 15.0g: 1 piece

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

Food Group: 19 Sweets

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

NDB No. 19383
Candies, toffee, prepared-from-recipe

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	0.55		0	RC	4		0.07		
Energy	kcal	560		0	RC	4		67		
Energy	kJ	2342		0	RC	4		281		
Protein (N x 0)	g	1.07		0	RC	4		0.13		
Total lipid (fat)	g	32.75		0	RC	4		3.93		
Ash	g	0.66		0	RC	4		0.08		
Carbohydrate, by difference	g	64.72		0	RC	4		7.77		
Fiber, total dietary	g	0.0		0	RC	4		0.0		
Sugars, total	g	63.47		0	RC	4		7.62		
Starch	g									
Minerals:										
Calcium, Ca	mg	34		0	RC	4		4		
Iron, Fe	mg	0.03		0	RC	4		0.00		
Magnesium, Mg	mg	4		0	RC	4		0		
Phosphorus, P	mg	32		0	RC	4		4		
Potassium, K	mg	51		0	RC	4		6		
Sodium, Na	mg	135		0	RC	4		16		
Zinc, Zn	mg	0.12		0	RC	4		0.01		
Copper, Cu	mg	0.003		0	RC	4		0.000		
Manganese, Mn	mg	0.002		0	RC	4		0.000		
Selenium, Se	µg	0.8		0	RC	4		0.1		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.2		0	RC	4		0.0		
Thiamin	mg	0.008		0	RC	4		0.001		
Riboflavin	mg	0.068		0	RC	4		0.008		
Niacin	mg	0.029		0	RC	4		0.003		
Pantothenic acid	mg	0.134		0	RC	4		0.016		
Vitamin B-6	mg	0.009		0	RC	4		0.001		
Folate, total	µg	2		0	RC	4		0		
Folic acid	µg	0		0	RC	4		0		
Folate, food	µg	2		0	RC	4		0		
Folate, DFE	µg	2		0	NC	4		0		
Choline, total	mg									
Betaine	mg									
Vitamin B-12	µg	0.11		0	NR	4		0.01		
Vitamin B-12, added	µg	0.00		0	RC	4		0.00		
Vitamin A, RAE	µg	319		0	RC	4		38		
Retinol	µg	314		0	RC	4		38		
Carotene, beta	µg	64		0	RC	4		8		
Carotene, alpha	µg	0		0	RC	4		0		
Cryptoxanthin, beta	µg	0		0	RC	4		0		
Vitamin A, IU	IU	1152		0	RC	4		138		
Lycopene	µg	0		0	RC	4		0		
Lutein + zeaxanthin	µg	0		0	RC	4		0		
Vitamin E (alpha-tocopherol)	mg	0.94		0	RC	4		0.11		
Vitamin E, added	mg	0.00		0	RC	4		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									
Vitamin D	IU									
Vitamin K (phylloquinone)	µg	2.8		0	RC	4		0.3		
Dihydrophylloquinone	µg									
Menaquinone-4	µg									

NDB No. 19383
Candies, toffee, 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
Lipids:									
Fatty acids, total saturated....g	20.565		0	RC	4		2.468		
4:0....g	1.184		0	RC	4		0.142		
6:0....g	0.721		0	RC	4		0.087		
8:0....g	0.424		0	RC	4		0.051		
10:0....g	0.923		0	RC	4		0.111		
12:0....g	0.983		0	RC	4		0.118		
13:0....g									
14:0....g	3.145		0	RC	4		0.377		
15:0....g									
16:0....g	8.688		0	RC	4		1.043		
17:0....g	0.115		0	RC	4		0.014		
18:0....g	4.003		0	RC	4		0.480		
20:0....g	0.028		0	RC	4		0.003		
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	8.964		0	RC	4		1.076		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.558		0	RC	4		0.067		
16:1 c....g	0.197		0	RC	4		0.024		
16:1 t....g									
17:1....g									
18:1 undifferentiated....g	8.147		0	RC	4		0.978		
18:1 c....g	3.489		0	RC	4		0.419		
18:1 t....g	0.613		0	RC	4		0.074		
18:1-11 t (18:1t n-7)....g									
20:1....g	0.021		0	RC	4		0.002		
22:1 undifferentiated....g	0.000		0	RC	4		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.222		0	RC	4		0.147		
18:2 undifferentiated....g	0.924		0	RC	4		0.111		
18:2 n-6 c,c....g	0.445		0	RC	4		0.053		
18:2 CLAs....g	0.055		0	RC	4		0.007		
18:2 t,t....g									
18:2 i....g	0.061		0	RC	4		0.007		
18:2 t not further defined....g									
18:3 undifferentiated....g	0.298		0	RC	4		0.036		
18:3 n-3 c,c,c (ALA)....g	0.065		0	RC	4		0.008		
18:3 n-6 c,c,c....g									
18:3i....g									
18:4....g	0.000		0	RC	4		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		0	RC	4		0.000		
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000		0	RC	4		0.000		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	RC	4		0.000		
22:6 n-3 (DHA)....g	0.000		0	RC	4		0.000		
Fatty acids, total trans....g	0.674		0	RC	4		0.081		
Fatty acids, total trans-monoenoic....g	0.613		0	RC	4		0.074		
Fatty acids, total trans-polyenoic....g	0.061		0	RC	4		0.007		
Cholesterol....mg	104		0	RC	4		12		
Phytosterols....mg									
Others:									
Alcohol, ethyl....g									
Caffeine....mg	0		0	RC	4		0		
Theobromine....mg	0		0	RC	4		0		

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

NDB No. 19383
Candies, toffee, 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

Number of Data Points of zero indicates the mean was 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 piece

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

Food Group: 19 Sweets

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

NDB No. 19138
Candies, truffles, 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
Proximates:									
Water....g	13.47		0	RC	4		1.62	82.42	
Energy....kcal	510		0	RC	4		61	3120	
Energy....kJ	2133		0	RC	4		256	13056	
Protein (N x 0)....g	6.21		0	RC	4		0.75	38.02	
Total lipid (fat)....g	33.76		0	RC	4		4.05	206.64	
Ash....g	1.44		0	RC	4		0.17	8.81	
Carbohydrate, by difference....g	44.88		0	RC	4		5.39	274.66	
Fiber, total dietary....g	2.5		0	RC	4		0.3	15.3	
Sugars, total....g	38.31		0	RC	4		4.60	234.47	
Starch....g									
Minerals:									
Calcium, Ca....mg	157		0	RC	4		19	960	
Iron, Fe....mg	1.75		0	RC	4		0.21	10.70	
Magnesium, Mg....mg	48		0	RC	4		6	296	
Phosphorus, P....mg	171		0	RC	4		21	1046	
Potassium, K....mg	297		0	RC	4		36	1818	
Sodium, Na....mg	68		0	RC	4		8	418	
Zinc, Zn....mg	1.55		0	RC	4		0.19	9.49	
Copper, Cu....mg	0.366		0	RC	4		0.044	2.242	
Manganese, Mn....mg	0.351		0	RC	4		0.042	2.148	
Selenium, Se....µg	3.4		0	RC	4		0.4	21.1	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.1		0	RC	4		0.0	0.6	
Thiamin....mg	0.087		0	RC	4		0.010	0.534	
Riboflavin....mg	0.250		0	RC	4		0.030	1.533	
Niacin....mg	0.299		0	RC	4		0.036	1.832	
Pantothenic acid....mg	0.417		0	RC	4		0.050	2.554	
Vitamin B-6....mg	0.032		0	RC	4		0.004	0.194	
Folate, total....µg	9		0	RC	4		1	58	
Folic acid....µg	0		0	RC	4		0	0	
Folate, food....µg	9		0	RC	4		1	55	
Folate, DFE....µg	9		0	NC	4		1	55	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.49		0	RC	4		0.06	2.97	
Vitamin A, RAE....µg	144		0	RC	4		17	879	
Retinol....µg	142		0	RC	4		17	867	
Carotene, beta....µg	19		0	RC	4		2	115	
Carotene, alpha....µg	0		0	RC	4		0	0	
Cryptoxanthin, beta....µg	0		0	RC	4		0	0	
Vitamin A, IU....IU	513		0	RC	4		62	3142	
Lycopene....µg	0		0	RC	4		0	0	
Lutein + zeaxanthin....µg	0		0	RC	4		0	0	
Vitamin E (alpha-tocopherol)....mg	1.82		0	RC	4		0.22	11.11	
Vitamin E, added....mg	0.00		0	RC	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									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg	6.0		0	RC	4		0.7	36.6	
Dihydrophylloquinone....µg									
Menaquinone-4....µg									

NDB No. 19138
Candies, truffles, 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
Lipids:									
Fatty acids, total saturated....g	18.488		0	RC	4		2.219	113.145	
4:0....g	0.686		0	RC	4		0.082	4.200	
6:0....g	0.320		0	RC	4		0.038	1.960	
8:0....g	0.275		0	RC	4		0.033	1.683	
10:0....g	0.479		0	RC	4		0.057	2.930	
12:0....g	1.181		0	RC	4		0.142	7.230	
13:0....g	0.000		0	RC	4		0.000	0.000	
14:0....g	1.766		0	RC	4		0.212	10.805	
15:0....g	0.051		0	RC	4		0.006	0.311	
16:0....g	7.178		0	RC	4		0.861	43.932	
17:0....g	0.048		0	RC	4		0.006	0.297	
18:0....g	6.154		0	RC	4		0.738	37.662	
20:0....g	0.127		0	RC	4		0.015	0.777	
22:0....g	0.014		0	RC	4		0.002	0.083	
24:0....g	0.000		0	RC	4		0.000	0.000	
Fatty acids, total monounsaturated....g	12.636		0	RC	4		1.516	77.329	
14:1....g	0.048		0	RC	4		0.006	0.295	
15:1....g	0.000		0	RC	4		0.000	0.000	
16:1 undifferentiated....g	0.309		0	RC	4		0.037	1.888	
17:1....g	0.014		0	RC	4		0.002	0.083	
18:1 undifferentiated....g	7.300		0	RC	4		0.876	44.678	
18:1 c....g	4.821		0	RC	4		0.579	29.506	
18:1 t....g	0.000		0	RC	4		0.000	0.000	
18:1-11 t (18:1t n-7)....g									
20:1....g	0.000		0	RC	4		0.000	0.000	
22:1 undifferentiated....g	0.000		0	RC	4		0.000	0.000	
24:1 c....g	0.000		0	RC	4		0.000	0.000	
Fatty acids, total polyunsaturated....g	1.013		0	RC	4		0.122	6.198	
18:2 undifferentiated....g	0.779		0	RC	4		0.094	4.770	
18:3 undifferentiated....g	0.171		0	RC	4		0.021	1.048	
18:3 n-3 c,c,c (ALA)....g	0.062		0	RC	4		0.007	0.380	
18:3 n-6 c,c,c....g	0.000		0	RC	4		0.000	0.000	
18:3i....g									
18:4....g	0.000		0	RC	4		0.000	0.000	
20:2 n-6 c,c....g	0.000		0	RC	4		0.000	0.000	
20:3 undifferentiated....g	0.000		0	RC	4		0.000	0.000	
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.000		0	RC	4		0.000	0.000	
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000		0	RC	4		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	RC	4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0	RC	4		0.000	0.000	
Fatty acids, total trans....g	0.000		0	RC	4		0.000	0.000	
Fatty acids, total trans-monoenoic....g	0.000		0	RC	4		0.000	0.000	
Fatty acids, total trans-polyenoic....g									
Cholesterol....mg	53		0	RC	4		6	323	
Phytosterols....mg									
Others:									
Alcohol, ethyl....g									
Caffeine....mg	15		0	RC	4		2	91	
Theobromine....mg	152		0	RC	4		18	932	

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

NDB No. 19138

Candies, truffles, prepared-from-recipe

Measure 2 = 612g: 1 recipe yield, recipe makes 49 1 " x 1" pieces

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

Food Group: 19 Sweets

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

NDB No. 19087
Candies, white chocolate

confectioner's coating
Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	1.30		5	A	1		1.11	0.18	2.21
Energy....kcal	539		0	NC	4		458	75	916
Energy....kJ	2254		0	NC	4		1916	316	3831
Protein (N x 6.38)....g	5.87		3	A	1		4.99	0.82	9.98
Total lipid (fat)....g	32.09		5	A	1		27.28	4.49	54.55
Ash....g	1.50		3	A	1		1.28	0.21	2.55
Carbohydrate, by difference....g	59.24		0	NC	4		50.35	8.29	100.71
Fiber, total dietary....g	0.2		2	AI	13		0.2	0.0	0.3
Sugars, total....g	59.00		0	NR	4		50.15	8.26	100.30
Starch....g									
Minerals:									
Calcium, Ca....mg	199		3	A	1		169	28	338
Iron, Fe....mg	0.24		3	A	1		0.20	0.03	0.41
Magnesium, Mg....mg	12		3	A	1		10	2	20
Phosphorus, P....mg	176		3	A	1		150	25	299
Potassium, K....mg	286		3	A	1		243	40	486
Sodium, Na....mg	90		3	A	1		77	13	153
Zinc, Zn....mg	0.74		3	A	1		0.63	0.10	1.26
Copper, Cu....mg	0.060		3	A	1		0.051	0.008	0.102
Manganese, Mn....mg	0.008		0	FLA	4		0.006	0.001	0.013
Selenium, Se....µg	4.5		0	FLA	4		3.8	0.6	7.6
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.5		3	A	1		0.4	0.1	0.9
Thiamin....mg	0.063		3	A	1		0.054	0.009	0.107
Riboflavin....mg	0.282		3	A	1		0.240	0.039	0.479
Niacin....mg	0.745		3	A	1		0.633	0.104	1.267
Pantothenic acid....mg	0.608		3	A	1		0.517	0.085	1.034
Vitamin B-6....mg	0.056		3	A	1		0.048	0.008	0.095
Folate, total....µg	7		0	FLA	4		6	1	12
Folic acid....µg	0		0	FLA	4		0	0	0
Folate, food....µg	7		0	FLA	4		6	1	12
Folate, DFE....µg	7		0	NC	4		6	1	12
Choline, total....mg	29.5		0	O	4		25.0	4.1	50.1
Betaine....mg									
Vitamin B-12....µg	0.56		0	FLA	4		0.48	0.08	0.96
Vitamin B-12, added....µg	0.00		0	FLA	4		0.00	0.00	0.00
Vitamin A, RAE....µg	9		0	NC	4		8	1	15
Retinol....µg	9		0	NR	4		8	1	15
Carotene, beta....µg	0		0	Z	7		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	30		0	NR	4		26	4	51
Lycopene....µg	0		0	FLA	4		0	0	0
Lutein + zeaxanthin....µg	0		0	FLA	4		0	0	0
Vitamin E (alpha-tocopherol)....mg	0.96		0	FLA	4		0.82	0.13	1.64
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									
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	9.1		0	FLA	4		7.7	1.3	15.5
Dihydrophylloquinone....µg									
Menaquinone-4....µg									

NDB No. 19087
Candies, white 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
Lipids:									
Fatty acids, total saturated....g	19.412		2	A	1		16.500	2.718	33.000
4:0....g	0.314		2	A	1		0.267	0.044	0.534
6:0....g	0.155		2	A	1		0.132	0.022	0.264
8:0....g	0.115		2	A	1		0.098	0.016	0.196
10:0....g	0.220		2	A	1		0.187	0.031	0.374
12:0....g	0.629		2	A	1		0.535	0.088	1.069
13:0....g									
14:0....g	0.797		2	A	1		0.677	0.112	1.355
15:0....g									
16:0....g	7.947		2	A	1		6.755	1.113	13.510
17:0....g									
18:0....g	9.145		2	A	1		7.773	1.280	15.547
20:0....g	0.004		0	FLA	4		0.004	0.001	0.008
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	9.097		2	A	1		7.732	1.274	15.465
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.062		2	A	1		0.053	0.009	0.105
17:1....g									
18:1 undifferentiated....g	8.990		2	A	1		7.642	1.259	15.283
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									
Fatty acids, total polyunsaturated....g	1.013		2	A	1		0.861	0.142	1.722
18:2 undifferentiated....g	0.910		2	A	1		0.774	0.127	1.547
18:3 undifferentiated....g	0.103		2	A	1		0.088	0.014	0.175
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	0.000		0	FLA	4		0.000	0.000	0.000
Cholesterol....mg	21		2	A	1		18	3	36
Phytosterols....mg									
Others:									
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 = 85g: 1 bar (3 oz)

Measure 2 = 14.0g: 1 tbsp

Measure 3 = 170g: 1 cup chips

Calories Factors: Protein 4.3 **Fat** 8.8 **Carbohydrate** 3.9

Food Group: 19 Sweets

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

NDB No. 19163
Chewing gum

bubble gum
Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	2.60	0.304	3		1		0.08	0.42	0.21
Energy....kcal	360		0	NC	4		11	58	29
Energy....kJ	1507		0	NC	4		45	241	121
Protein (N x 6.25)....g	0.00		1		1		0.00	0.00	0.00
Total lipid (fat)....g	0.30		2		1		0.01	0.05	0.02
Ash....g	0.40		1		1		0.01	0.06	0.03
Carbohydrate, by difference....g	96.70		0	NC	4		2.90	15.47	7.74
Fiber, total dietary....g	2.4		0	FLC	4		0.1	0.4	0.2
Sugars, total....g	66.08	7.208	3	LC	8		1.98	10.57	5.29
Starch....g									
Minerals:									
Calcium, Ca....mg	0		1		1		0	0	0
Iron, Fe....mg	0.00		1		1		0.00	0.00	0.00
Magnesium, Mg....mg	0		1		1		0	0	0
Phosphorus, P....mg	0		1		1		0	0	0
Potassium, K....mg	2		0	FLC	4		0	0	0
Sodium, Na....mg	1		0	FLC	4		0	0	0
Zinc, Zn....mg	0.00		1		1		0.00	0.00	0.00
Copper, Cu....mg	0.000		1		1		0.000	0.000	0.000
Manganese, Mn....mg	0.000		1		1		0.000	0.000	0.000
Selenium, Se....µg	0.6		0	FLC	4		0.0	0.1	0.0
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	FLC	4		0.0	0.0	0.0
Thiamin....mg	0.000		0	FLC	4		0.000	0.000	0.000
Riboflavin....mg	0.000		1		4		0.000	0.000	0.000
Niacin....mg	0.000		0	FLC	4		0.000	0.000	0.000
Pantothenic acid....mg	0.000		0	FLC	4		0.000	0.000	0.000
Vitamin B-6....mg	0.000		0	FLC	4		0.000	0.000	0.000
Folate, total....µg	0		0	FLC	4		0	0	0
Folic acid....µg	0		0	FLC	4		0	0	0
Folate, food....µg	0		0	FLC	4		0	0	0
Folate, DFE....µg	0		0	NC	4		0	0	0
Choline, total....mg	0.0		0	Z	7		0.0	0.0	0.0
Betaine....mg									
Vitamin B-12....µg	0.00		0	FLC	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	FLC	4		0	0	0
Retinol....µg	0		0	FLC	4		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	FLC	4		0	0	0
Vitamin A, IU....IU	0		0	FLC	4		0	0	0
Lycopene....µg	0		0	FLC	4		0	0	0
Lutein + zeaxanthin....µg	0		0	FLC	4		0	0	0
Vitamin E (alpha-tocopherol)....mg	0.00		0	FLC	4		0.00	0.00	0.00
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	0.0
Vitamin D....IU	0		0	Z	7		0	0	0
Vitamin K (phylloquinone)....µg	0.0		0	FLC	4		0.0	0.0	0.0
Dihydrophylloquinone....µg									
Menaquinone-4....µg									

NDB No. 19163
Chewing gum

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	0.042		0		4		0.001	0.007	0.003
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	0.036		0		4		0.001	0.006	0.003
17:0....g									
18:0....g	0.005		0		4		0.000	0.001	0.000
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.079		0		4		0.002	0.013	0.006
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0		4		0.000	0.000	0.000
17:1....g									
18:1 undifferentiated....g	0.079		0		4		0.002	0.013	0.006
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	0.137		0		4		0.004	0.022	0.011
18:2 undifferentiated....g	0.133		0		4		0.004	0.021	0.011
18:3 undifferentiated....g	0.004		0		4		0.000	0.001	0.000
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	FLC	4		0	0	0
Phytosterols....mg									
Others:									
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 = 3.0g: 1 stick

Measure 2 = 16g: 10 Chiclets

Measure 3 = 8.0g: 1 block

Calories Factors: Protein 1.82 **Fat** 8.37 **Carbohydrate** 3.7

Food Group: 19 Sweets

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

NDB No. 43060
Chewing gum, sugarless

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	3.50		0		4		0.07		
Energy....kcal	268		0		4		5		
Energy....kJ	1121		0		4		22		
Protein....g	0.00		1		1		0.00		
Total lipid (fat)....g	0.40		1		1		0.01		
Ash....g	1.30		0	NR	4		0.03		
Carbohydrate, by difference....g	94.80		0	NC	4		1.90		
Fiber, total dietary....g	2.4		0	BFZN	4		0.0		
Sugars, total....g	0.00		0	Z	7		0.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	20		1		1		0		
Iron, Fe....mg	0.00		0		4		0.00		
Magnesium, Mg....mg	0		0		4		0		
Phosphorus, P....mg	0		0		4		0		
Potassium, K....mg	0		0		4		0		
Sodium, Na....mg	7		0		4		0		
Zinc, Zn....mg	0.00		0		4		0.00		
Copper, Cu....mg	0.000		0		4		0.000		
Manganese, Mn....mg									
Selenium, Se....µg	0.5		0	BFZN	4		0.0		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		1		1		0.0		
Thiamin....mg	0.000		1		1		0.000		
Riboflavin....mg	0.000		1		1		0.000		
Niacin....mg	0.000		1		1		0.000		
Pantothenic acid....mg									
Vitamin B-6....mg	0.000		0		4		0.000		
Folate, total....µg	0		0		4		0		
Folic acid....µg	0		0	BFZN	4		0		
Folate, food....µg	0		0	BFZN	4		0		
Folate, DFE....µg	0		0	NC	4		0		
Choline, total....mg	0.0		0	Z	7		0.0		
Betaine....mg									
Vitamin B-12....µg	0.00		0		4		0.00		
Vitamin B-12, added....µg	0.00		0	Z	7		0.00		
Vitamin A, RAE....µg	0		0	BFZN	4		0		
Retinol....µg	0		0	BFZN	4		0		
Carotene, beta....µg	0		0	BFZN	4		0		
Carotene, alpha....µg	0		0	BFZN	4		0		
Cryptoxanthin, beta....µg	0		0	BFZN	4		0		
Vitamin A, IU....IU	0		1		1		0		
Lycopene....µg	0		0	BFZN	4		0		
Lutein + zeaxanthin....µg	0		0	BFZN	4		0		
Vitamin E (alpha-tocopherol)....mg	0.00		0	BFZN	4		0.00		
Vitamin E, added....mg	0.00		0	Z	7		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		
Vitamin D....IU	0		0	Z	7		0		
Vitamin K (phylloquinone)....µg	0.0		0	BFZN	4		0.0		
Dihydrophylloquinone....µg									

NDB No. 43060
Chewing gum, sugarless

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.058		0		4		0.001		
4:0....g	0.000		0		4		0.000		
6:0....g	0.000		0		4		0.000		
8:0....g	0.000		0		4		0.000		
10:0....g	0.000		0		4		0.000		
12:0....g	0.000		0		4		0.000		
13:0....g									
14:0....g	0.000		0		4		0.000		
15:0....g									
16:0....g	0.041		0		4		0.001		
17:0....g									
18:0....g	0.015		0		4		0.000		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.093		0		4		0.002		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.001		0		4		0.000		
17:1....g									
18:1 undifferentiated....g	0.091		0		4		0.002		
20:1....g	0.001		0		4		0.000		
22:1 undifferentiated....g	0.000		0		4		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.232		0		4		0.005		
18:2 undifferentiated....g	0.204		0		4		0.004		
18:3 undifferentiated....g	0.027		0		4		0.001		
18:4....g	0.000		0		4		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		4		0.000		
20:5 n-3 (EPA)....g	0.000		0		4		0.000		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		4		0.000		
22:6 n-3 (DHA)....g	0.000		0		4		0.000		
Fatty acids, total trans....g									
Cholesterol....mg	0		0		7		0		
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0		7		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 = 2.0g: 1 piece

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

Food Group: 19 Sweets

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

NDB No. 19902
Chocolate, dark, 45- 59% cacao solids

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	0.97	0.034	5	A	1		0.27	1.57	
Energy....kcal	546		0	NC	4		155	884	
Energy....kJ	2283		0	NC	4		647	3699	
Protein....g	4.88	0.012	5	A	1		1.38	7.91	
Total lipid (fat)....g	31.28	0.502	8	A	1		8.87	50.68	
Ash....g	1.70	0.011	5	A	1		0.48	2.75	
Carbohydrate, by difference....g	61.17		0	NC	4		17.34	99.09	
Fiber, total dietary....g	7.0	0.079	5	A	1		2.0	11.3	
Sugars, total....g	47.90	0.161	5	A	1		13.58	77.60	
Sucrose....g	46.25	0.146	5	A	1		13.11	74.93	
Glucose (dextrose)....g	0.00	0.000	5	A	1		0.00	0.00	
Fructose....g	0.00	0.000	5	A	1		0.00	0.00	
Lactose....g	1.65	0.015	5	A	1		0.47	2.67	
Maltose....g	0.00	0.000	5	A	1		0.00	0.00	
Galactose....g	0.00	0.000	5	A	1		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	56	0.502	5	A	1		16	90	
Iron, Fe....mg	8.02	0.061	5	A	1		2.27	13.00	
Magnesium, Mg....mg	146	2.016	5	A	1		41	237	
Phosphorus, P....mg	206	2.016	5	A	1		58	334	
Potassium, K....mg	559	8.545	5	A	1		159	906	
Sodium, Na....mg	24	0.455	5	A	1		7	39	
Zinc, Zn....mg	2.01	0.023	5	A	1		0.57	3.26	
Copper, Cu....mg	1.028	0.012	5	A	1		0.291	1.666	
Manganese, Mn....mg	1.419	0.026	5	A	1		0.402	2.298	
Selenium, Se....µg	3.0		3	A	1		0.9	4.9	
Vitamins:									
Vitamin C, total ascorbic acid....mg									
Thiamin....mg	0.025	0.003	5	A	1		0.007	0.040	
Riboflavin....mg	0.050	0.000	5	A	1		0.014	0.081	
Niacin....mg	0.725	0.008	5	A	1		0.206	1.174	
Pantothenic acid....mg	0.297		3	A	1		0.084	0.482	
Vitamin B-6....mg	0.042	0.007	5	A	1		0.012	0.067	
Folate, total....µg									
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.23		3	A	1		0.07	0.38	
Vitamin A, RAE....µg	2		0	AS	1		1	4	
Vitamin A, IU....IU	50		0	AS	1		14	80	
Lycopene....µg	0		3	A	1		0	0	
Lutein + zeaxanthin....µg	31		3	A	1		9	50	
Vitamin E (alpha-tocopherol)....mg	0.54		3	A	1		0.15	0.88	
Tocopherol, beta....mg	0.00		3	A	1		0.00	0.00	
Tocopherol, gamma....mg	6.37		3	A	1		1.81	10.32	
Tocopherol, delta....mg	0.34		3	A	1		0.10	0.55	
Tocotrienol, alpha....mg	0.00		3	A	1		0.00	0.00	
Tocotrienol, beta....mg	0.00		3	A	1		0.00	0.00	
Tocotrienol, gamma....mg	0.08		3	A	1		0.02	0.13	
Tocotrienol, delta....mg	0.00		3	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	8.1		3	A	1		2.3	13.2	
Dihydrophylloquinone....µg	0.0		3	A	1		0.0	0.0	
Menaquinone-4....µg	0.1		3	A	1		0.0	0.1	

NDB No. 19902
Chocolate, dark, 45- 59% cacao solids

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	18.519		0	NC	4		5.250	30.000	
4:0....g	0.057	0.002	5	A	1		0.016	0.092	
6:0....g	0.044	0.001	5	A	1		0.013	0.072	
8:0....g	0.029	0.001	5	A	1		0.008	0.047	
10:0....g	0.085	0.001	5	A	1		0.024	0.137	
12:0....g	0.078	0.000	5	A	1		0.022	0.127	
13:0....g									
14:0....g	0.259	0.000	5	A	1		0.073	0.420	
15:0....g	0.033	0.000	5	A	1		0.009	0.054	
16:0....g	7.624	0.094	5	A	1		2.161	12.351	
17:0....g	0.074	0.001	5	A	1		0.021	0.121	
18:0....g	9.842	0.197	5	A	1		2.790	15.944	
20:0....g	0.308	0.009	5	A	1		0.087	0.498	
22:0....g	0.054	0.002	5	A	1		0.015	0.087	
24:0....g	0.030	0.001	5	A	1		0.008	0.049	
Fatty acids, total monounsaturated....g	9.540		0	NC	4		2.705	15.454	
14:1....g	0.019	0.000	5	A	1		0.005	0.030	
15:1....g	0.000	0.000	5	A	1		0.000	0.000	
16:1 undifferentiated....g	0.113	0.002	5	AS	1		0.032	0.183	
16:1 c....g	0.103	0.002	5	A	1		0.029	0.167	
16:1 t....g	0.010	0.000	5	A	1		0.003	0.016	
17:1....g	0.000	0.000	5	A	1		0.000	0.000	
18:1 undifferentiated....g	9.391	0.147	5	AS	1		2.662	15.213	
18:1 c....g	9.312	0.147	5	A	1		2.640	15.086	
18:1 t....g	0.078	0.000	5	A	1		0.022	0.126	
18:1-11 t (18:1t n-7)....g									
20:1....g	0.018	0.000	5	A	1		0.005	0.028	
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	1.092		0	NC	4		0.310	1.769	
18:2 undifferentiated....g	0.998	0.026	5	AS	1		0.283	1.616	
18:2 n-6 c,c....g	0.947	0.026	5	A	1		0.268	1.534	
18:2 CLAs....g	0.027	0.001	5	A	1		0.008	0.044	
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.024	0.001	5	A	1		0.007	0.039	
18:3 undifferentiated....g	0.085	0.002	5	AS	1		0.024	0.138	
18:3 n-3 c,c,c (ALA)....g	0.085	0.002	5	A	1		0.024	0.138	
18:3 n-6 c,c,c....g	0.000	0.000	5	A	1		0.000	0.000	
18:3i....g									
18:4....g	0.000	0.000	5	A	1		0.000	0.000	
20:2 n-6 c,c....g	0.001	0.000	5	A	1		0.000	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	0.002	0.000	5	A	1		0.000	0.003	
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.001	0.001	5	A	1		0.000	0.002	
21:5....g									
22:4....g	0.003	0.000	5	A	1		0.001	0.005	
22:5 n-3 (DPA)....g	0.000	0.000	5	A	1		0.000	0.000	
22:6 n-3 (DHA)....g	0.000	0.000	5	A	1		0.000	0.000	
Fatty acids, total trans....g	0.112		0	NC	4		0.032	0.182	
Fatty acids, total trans-monoenoic....g	0.088		0	NC	4		0.025	0.143	
Fatty acids, total trans-polyenoic....g	0.024		0	NC	4		0.007	0.039	
Cholesterol....mg	8		3	A	1		2	12	
Phytosterols....mg									
Stigmasterol....mg	25		3	A	1		7	41	
Campesterol....mg	11		3	A	1		3	17	
Beta-sitosterol....mg	66		3	A	1		19	106	

NDB No. 19902
Chocolate, dark, 45- 59% cacao solids

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Others:									
Alcohol, ethyl....g									
Caffeine....mg	43		3	A	1		12	69	
Theobromine....mg	493		3	A	1		140	798	

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

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 162g: 1 bar

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

Food Group: 19 Sweets

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

NDB No. 19903
Chocolate, dark, 60-69% cacao solids

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	1.25	0.023	6	A	1		0.35	1.40	
Energy....kcal	579		0	NC	4		164	648	
Energy....kJ	2422		0	NC	4		687	2713	
Protein....g	6.12	0.009	6	A	1		1.73	6.85	
Total lipid (fat)....g	38.31	0.164	9	A	1		10.86	42.91	
Ash....g	1.90	0.007	6	A	1		0.54	2.13	
Carbohydrate, by difference....g	52.42		0	NC	4		14.86	58.71	
Fiber, total dietary....g	8.0	0.082	6	A	1		2.3	9.0	
Sugars, total....g	36.71	0.023	6	A	1		10.41	41.11	
Sucrose....g	36.39	0.023	6	A	1		10.32	40.76	
Glucose (dextrose)....g	0.00	0.000	6	A	1		0.00	0.00	
Fructose....g	0.00	0.000	6	A	1		0.00	0.00	
Lactose....g	0.31	0.000	6	A	1		0.09	0.35	
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									
Minerals:									
Calcium, Ca....mg	62	0.368	6	A	1		18	69	
Iron, Fe....mg	6.32	0.074	6	A	1		1.79	7.08	
Magnesium, Mg....mg	176	0.600	6	A	1		50	197	
Phosphorus, P....mg	260	1.350	6	A	1		74	292	
Potassium, K....mg	567	3.747	6	A	1		161	634	
Sodium, Na....mg	10	0.354	6	A	1		3	12	
Zinc, Zn....mg	2.65	0.018	6	A	1		0.75	2.96	
Copper, Cu....mg	1.248	0.012	6	A	1		0.354	1.398	
Manganese, Mn....mg	1.325	0.009	6	A	1		0.376	1.484	
Selenium, Se....µg	8.4		3	A	1		2.4	9.4	
Vitamins:									
Vitamin C, total ascorbic acid....mg									
Thiamin....mg	0.032	0.000	6	A	1		0.009	0.036	
Riboflavin....mg	0.049	0.001	6	A	1		0.014	0.055	
Niacin....mg	0.838	0.003	6	A	1		0.238	0.939	
Pantothenic acid....mg	0.300		3	A	1		0.085	0.336	
Vitamin B-6....mg	0.034	0.001	6	A	1		0.010	0.038	
Folate, total....µg									
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.18		3	A	1		0.05	0.21	
Vitamin A, RAE....µg	3		0	AS	1		1	3	
Vitamin A, IU....IU	50		0	AS	1		14	56	
Lycopene....µg	0		3	A	1		0	0	
Lutein + zeaxanthin....µg	32		3	A	1		9	35	
Vitamin E (alpha-tocopherol)....mg	0.59		3	A	1		0.17	0.67	
Tocopherol, beta....mg	0.00		3	A	1		0.00	0.00	
Tocopherol, gamma....mg	8.47		3	A	1		2.40	9.49	
Tocopherol, delta....mg	0.34		3	A	1		0.10	0.38	
Tocotrienol, alpha....mg	0.00		3	A	1		0.00	0.00	
Tocotrienol, beta....mg	0.00		3	A	1		0.00	0.00	
Tocotrienol, gamma....mg	0.10		3	A	1		0.03	0.11	
Tocotrienol, delta....mg	0.00		3	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	7.2		3	A	1		2.0	8.1	
Dihydrophylloquinone....µg	0.0		3	A	1		0.0	0.0	
Menaquinone-4....µg	0.0		3	A	1		0.0	0.0	

NDB No. 19903
Chocolate, dark, 60-69% cacao solids

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	22.031		0	NC	4		6.246	24.675	
4:0....g	0.040	0.000	6	A	1		0.011	0.044	
6:0....g	0.030	0.000	6	A	1		0.009	0.034	
8:0....g	0.020	0.000	6	A	1		0.006	0.023	
10:0....g	0.064	0.001	6	A	1		0.018	0.072	
12:0....g	0.056	0.000	6	A	1		0.016	0.062	
13:0....g									
14:0....g	0.192	0.000	6	A	1		0.055	0.216	
15:0....g	0.027	0.000	6	A	1		0.008	0.031	
16:0....g	9.198	0.057	6	A	1		2.607	10.301	
17:0....g	0.081	0.001	6	A	1		0.023	0.090	
18:0....g	11.860	0.141	6	A	1		3.362	13.283	
20:0....g	0.364	0.007	6	A	1		0.103	0.408	
22:0....g	0.062	0.001	6	A	1		0.018	0.070	
24:0....g	0.035	0.001	6	A	1		0.010	0.039	
Fatty acids, total monounsaturated....g	11.522		0	NC	4		3.267	12.905	
14:1....g	0.013	0.000	6	A	1		0.004	0.014	
15:1....g	0.000	0.000	6	A	1		0.000	0.000	
16:1 undifferentiated....g	0.116	0.000	6	AS	1		0.033	0.130	
16:1 c....g	0.110	0.000	6	A	1		0.031	0.123	
16:1 t....g	0.006	0.000	6	A	1		0.002	0.007	
17:1....g	0.000	0.000	6	A	1		0.000	0.000	
18:1 undifferentiated....g	11.373	0.096	6	AS	1		3.224	12.737	
18:1 c....g	11.318	0.095	6	A	1		3.209	12.676	
18:1 t....g	0.055	0.001	6	A	1		0.016	0.062	
18:1-11 t (18:1t n-7)....g									
20:1....g	0.021	0.000	6	A	1		0.006	0.023	
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	1.221		0	NC	4		0.346	1.368	
18:2 undifferentiated....g	1.126	0.006	6	AS	1		0.319	1.261	
18:2 n-6 c,c....g	1.091	0.006	6	A	1		0.309	1.222	
18:2 CLAs....g	0.017	0.000	6	A	1		0.005	0.020	
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.017	0.000	6	A	1		0.005	0.019	
18:3 undifferentiated....g	0.088	0.000	6	AS	1		0.025	0.099	
18:3 n-3 c,c,c (ALA)....g	0.088	0.000	6	A	1		0.025	0.099	
18:3 n-6 c,c,c....g	0.000	0.000	6	A	1		0.000	0.000	
18:3i....g									
18:4....g	0.000	0.000	6	A	1		0.000	0.000	
20:2 n-6 c,c....g	0.001	0.000	6	A	1		0.000	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	0.000	0.000	6	A	1		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	
21:5....g									
22:4....g	0.003	0.000	6	A	1		0.001	0.004	
22:5 n-3 (DPA)....g	0.000	0.000	6	A	1		0.000	0.000	
22:6 n-3 (DHA)....g	0.000	0.000	6	A	1		0.000	0.000	
Fatty acids, total trans....g	0.079		0	NC	4		0.022	0.088	
Fatty acids, total trans-monoenoic....g	0.061		0	NC	4		0.017	0.069	
Fatty acids, total trans-polyenoic....g	0.017		0	NC	4		0.005	0.019	
Cholesterol....mg	6		3	A	1		2	7	
Phytosterols....mg									
Stigmasterol....mg	29		3	A	1		8	32	
Campesterol....mg	12		3	A	1		3	13	
Beta-sitosterol....mg	75		3	A	1		21	84	

NDB No. 19903
Chocolate, dark, 60-69% cacao solids

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Others:									
Alcohol, ethyl....g									
Caffeine....mg	86		3	A	1		24	96	
Theobromine....mg	632		3	A	1		179	708	

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

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

Food Group: 19 Sweets

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

NDB No. 19904
Chocolate, dark, 70-85% cacao solids

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	1.37		2	A	1		0.39	1.38	
Energy....kcal	598		0	NC	4		170	604	
Energy....kJ	2504		0	NC	4		710	2529	
Protein....g	7.79		2	A	1		2.21	7.87	
Total lipid (fat)....g	42.63	0.170	4	A	1		12.08	43.05	
Ash....g	2.32		2	A	1		0.66	2.34	
Carbohydrate, by difference....g	45.90		0	NC	4		13.01	46.36	
Fiber, total dietary....g	10.9		2	A	1		3.1	11.0	
Sugars, total....g	23.99		2	A	1		6.80	24.23	
Sucrose....g	23.99		2	A	1		6.80	24.23	
Glucose (dextrose)....g	0.00		2	A	1		0.00	0.00	
Fructose....g	0.00		2	A	1		0.00	0.00	
Lactose....g	0.00		2	A	1		0.00	0.00	
Maltose....g	0.00		2	A	1		0.00	0.00	
Galactose....g	0.00		2	A	1		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	73		2	A	1		21	74	
Iron, Fe....mg	11.90		2	A	1		3.37	12.02	
Magnesium, Mg....mg	228		2	A	1		65	230	
Phosphorus, P....mg	308		2	A	1		87	311	
Potassium, K....mg	715		2	A	1		203	723	
Sodium, Na....mg	20		2	A	1		6	21	
Zinc, Zn....mg	3.31		2	A	1		0.94	3.35	
Copper, Cu....mg	1.766		2	A	1		0.501	1.784	
Manganese, Mn....mg	1.948		2	A	1		0.552	1.967	
Selenium, Se....µg	6.8		2	A	1		1.9	6.9	
Vitamins:									
Vitamin C, total ascorbic acid....mg									
Thiamin....mg	0.034		2	A	1		0.010	0.034	
Riboflavin....mg	0.078		2	A	1		0.022	0.079	
Niacin....mg	1.054		2	A	1		0.299	1.064	
Pantothenic acid....mg	0.418		2	A	1		0.118	0.422	
Vitamin B-6....mg	0.038		2	A	1		0.011	0.038	
Folate, total....µg									
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.28		2	A	1		0.08	0.28	
Vitamin A, RAE....µg	2		0	AS	1		1	2	
Vitamin A, IU....IU	39		0	AS	1		11	39	
Lycopene....µg	0		2	A	1		0	0	
Lutein + zeaxanthin....µg	27		2	A	1		8	27	
Vitamin E (alpha-tocopherol)....mg	0.59		2	A	1		0.17	0.60	
Tocopherol, beta....mg	0.01		2	A	1		0.00	0.01	
Tocopherol, gamma....mg	9.19		2	A	1		2.60	9.28	
Tocopherol, delta....mg	0.29		2	A	1		0.08	0.29	
Tocotrienol, alpha....mg	0.00		2	A	1		0.00	0.00	
Tocotrienol, beta....mg	0.00		2	A	1		0.00	0.00	
Tocotrienol, gamma....mg	0.14		2	A	1		0.04	0.15	
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	7.3		2	A	1		2.1	7.4	
Dihydrophylloquinone....µg	0.0		2	A	1		0.0	0.0	
Menaquinone-4....µg	0.0		2	A	1		0.0	0.0	

NDB No. 19904
Chocolate, dark, 70-85% cacao solids

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	24.489		0	NC	4		6.943	24.734	
4:0....g	0.014		2	A	1		0.004	0.014	
6:0....g	0.008		2	A	1		0.002	0.008	
8:0....g	0.006		2	A	1		0.002	0.006	
10:0....g	0.045		2	A	1		0.013	0.045	
12:0....g	0.017		2	A	1		0.005	0.017	
13:0....g									
14:0....g	0.078		2	A	1		0.022	0.079	
15:0....g	0.016		2	A	1		0.005	0.016	
16:0....g	10.076		2	A	1		2.856	10.177	
17:0....g	0.086		2	A	1		0.024	0.087	
18:0....g	13.630		2	A	1		3.864	13.766	
20:0....g	0.408		2	A	1		0.116	0.412	
22:0....g	0.068		2	A	1		0.019	0.068	
24:0....g	0.038		2	A	1		0.011	0.038	
Fatty acids, total monounsaturated....g	12.781		0	NC	4		3.623	12.909	
14:1....g	0.004		2	A	1		0.001	0.004	
15:1....g	0.000		2	A	1		0.000	0.000	
16:1 undifferentiated....g	0.106		0	AS	1		0.030	0.107	
16:1 c....g	0.104		2	A	1		0.029	0.105	
16:1 t....g	0.002		2	A	1		0.001	0.002	
17:1....g	0.000		2	A	1		0.000	0.000	
18:1 undifferentiated....g	12.651		0	AS	1		3.587	12.778	
18:1 c....g	12.629		2	A	1		3.580	12.755	
18:1 t....g	0.023		2	A	1		0.006	0.023	
18:1-11 t (18:1t n-7)....g									
20:1....g	0.020		2	A	1		0.006	0.020	
22:1 undifferentiated....g	0.000		0	AS	1		0.000	0.000	
22:1 c....g	0.000		2	A	1		0.000	0.000	
22:1 t....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	1.257		0	NC	4		0.356	1.270	
18:2 undifferentiated....g	1.217		0	AS	1		0.345	1.229	
18:2 n-6 c,c....g	1.208		2	A	1		0.342	1.220	
18:2 CLAs....g	0.004		2	A	1		0.001	0.004	
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.005		2	A	1		0.001	0.005	
18:3 undifferentiated....g	0.034		0	AS	1		0.010	0.034	
18:3 n-3 c,c,c (ALA)....g	0.034		2	A	1		0.010	0.034	
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	0.001		2	A	1		0.000	0.001	
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	0.001		2	A	1		0.000	0.001	
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	0.004		2	A	1		0.001	0.004	
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	0.030		0	NC	4		0.008	0.030	
Fatty acids, total trans-monoenoic....g	0.025		0	NC	4		0.007	0.025	
Fatty acids, total trans-polyenoic....g	0.005		0	NC	4		0.001	0.005	
Cholesterol....mg	3		2	A	1		1	3	
Phytosterols....mg									
Stigmasterol....mg	31		2	A	1		9	31	
Campesterol....mg	12		2	A	1		3	12	
Beta-sitosterol....mg	86		2	A	1		24	87	

NDB No. 19904
Chocolate, dark, 70-85% cacao solids

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Others:									
Alcohol, ethyl....g									
Caffeine....mg	80		2	A	1		23	81	
Theobromine....mg	802		2	A	1		227	810	

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

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

Food Group: 19 Sweets

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

NDB No. 19125
Chocolate-flavored hazelnut spread

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	1.07		0	FLC	4		0.39		
Energy....kcal	541		1	LC	8		200		
Energy....kJ	2262		0	LC	8		837		
Protein....g	5.41		1	LC	8		2.00		
Total lipid (fat)....g	29.73		1	LC	8		11.00		
Ash....g	1.44		0	FLC	4		0.53		
Carbohydrate, by difference....g	62.16		1	LC	8		23.00		
Fiber, total dietary....g	5.4		1	LC	8		2.0		
Sugars, total....g	54.05		1	LC	8		20.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	108		1	LC	8		40		
Iron, Fe....mg	4.38		1	LC	8		1.62		
Magnesium, Mg....mg	64		0	FLC	4		24		
Phosphorus, P....mg	152		0	FLC	4		56		
Potassium, K....mg	407		0	FLC	4		151		
Sodium, Na....mg	41		1	LC	8		15		
Zinc, Zn....mg	1.06		0	FLC	4		0.39		
Copper, Cu....mg	0.469		0	FLC	4		0.174		
Manganese, Mn....mg	0.868		0	FLC	4		0.321		
Selenium, Se....µg	3.6		0	FLC	4		1.3		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		1	LC	8		0.0		
Thiamin....mg	0.085		0	FLC	4		0.032		
Riboflavin....mg	0.170		0	FLC	4		0.063		
Niacin....mg	0.427		0	FLC	4		0.158		
Pantothenic acid....mg	0.357		0	FLC	4		0.132		
Vitamin B-6....mg	0.082		0	FLC	4		0.030		
Folate, total....µg	14		0	FLC	4		5		
Folic acid....µg	0		0	FLC	4		0		
Folate, food....µg	14		0	FLC	4		5		
Folate, DFE....µg	14		0	NC	4		5		
Choline, total....mg	17.6		0	FLC	4		6.5		
Betaine....mg									
Vitamin B-12....µg	0.27		0	FLC	4		0.10		
Vitamin B-12, added....µg	0.00		0	FLC	4		0.00		
Vitamin A, RAE....µg	1		0	NC	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	3		0	FLC	4		1		
Lycopene....µg	0		0	FLC	4		0		
Lutein + zeaxanthin....µg	10		0	FLC	4		4		
Vitamin E (alpha-tocopherol)....mg	4.96		0	FLC	4		1.83		
Vitamin E, added....mg	0.00		0	FLC	4		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		
Vitamin D....IU	0		0	Z	7		0		
Vitamin K (phylloquinone)....µg	1.9		0	FLC	4		0.7		
Dihydrophylloquinone....µg									
Menaquinone-4....µg									

NDB No. 19125
Chocolate-flavored hazelnut spread

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	28.423		1	LC	8		10.517		
4:0....g	0.011		0	FLC	4		0.004		
6:0....g	0.002		0	FLC	4		0.001		
8:0....g	0.003		0	FLC	4		0.001		
10:0....g	0.007		0	FLC	4		0.003		
12:0....g	0.006		0	FLC	4		0.002		
13:0....g	0.000		0	FLC	4		0.000		
14:0....g	0.175		0	FLC	4		0.065		
15:0....g	0.000		0	FLC	4		0.000		
16:0....g	15.879		0	FLC	4		5.875		
17:0....g	0.000		0	FLC	4		0.000		
18:0....g	5.573		0	FLC	4		2.062		
20:0....g	1.877		0	FLC	4		0.694		
22:0....g	3.653		0	FLC	4		1.352		
24:0....g	1.174		0	FLC	4		0.434		
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									
16:1 undifferentiated....g	0.000		0	FLC	4		0.000		
17:1....g									
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	0.000		0	FLC	4		0.000		
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									
Cholesterol....mg	0		1	LC	8		0		
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	FLC	4		0.0		
Caffeine....mg	7		0	FLC	4		3		
Theobromine....mg	230		0	FLC	4		85		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 serving 2 TBSP

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

Food Group: 19 Sweets

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

NDB No. 19859
Cocoa, dry powder, hi-fat or breakfast, plain

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	3.00		1		1		0.16		
Energy	kcal	486		0	NC	4		26		
Energy	kJ	2034		0	NC	4		110		
Protein	g	16.80		1		1		0.91		
Total lipid (fat)	g	23.71		1		1		1.28		
Ash	g	5.10		0	BFNN	4		0.28		
Carbohydrate, by difference	g	51.39		0	NC	4		2.78		
Fiber, total dietary	g	29.8		1		1		1.6		
Sugars, total	g	1.55		0	BFCN	4		0.08		
Starch	g									
Minerals:										
Calcium, Ca	mg	122		0		4		7		
Iron, Fe	mg	14.50		0		4		0.78		
Magnesium, Mg	mg	519		0		4		28		
Phosphorus, P	mg	758		0		4		41		
Potassium, K	mg	1574		0		4		85		
Sodium, Na	mg	20		0		4		1		
Zinc, Zn	mg	6.70		0		4		0.36		
Copper, Cu	mg	3.610		0		4		0.195		
Manganese, Mn	mg									
Selenium, Se	µg	12.3		0	BFPN	4		0.7		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		1		1		0.0		
Thiamin	mg	0.080		0		4		0.004		
Riboflavin	mg	0.370		0		4		0.020		
Niacin	mg	1.800		0		4		0.097		
Pantothenic acid	mg									
Vitamin B-6	mg	0.190		0		4		0.010		
Folate, total	µg	38		1		1		2		
Folic acid	µg	0		0	BFCN	4		0		
Folate, food	µg	38		1		1		2		
Folate, DFE	µg	38		0	NC	4		2		
Choline, total	mg	11.9		0	O	4		0.6		
Betaine	mg									
Vitamin B-12	µg	0.00		0		7		0.00		
Vitamin B-12, added	µg	0.00		0	Z	7		0.00		
Vitamin A, RAE	µg	0		0	BFCN	4		0		
Retinol	µg	0		1	BFCN	4		0		
Carotene, beta	µg	0		0	BFCN	4		0		
Carotene, alpha	µg	0		0	BFCN	4		0		
Cryptoxanthin, beta	µg	0		0	BFCN	4		0		
Vitamin A, IU	IU	0		0	NC	4		0		
Lycopene	µg	0		0	BFCN	4		0		
Lutein + zeaxanthin	µg	34		0	BFCN	4		2		
Vitamin E (alpha-tocopherol)	mg	0.09		0	BFCN	4		0.01		
Vitamin E, added	mg	0.00		0	Z	7		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		
Vitamin D	IU	0		0	Z	7		0		
Vitamin K (phylloquinone)	µg	2.3		0	BFCN	4		0.1		
Dihydrophylloquinone	µg									
Menaquinone-4	µg									

NDB No. 19859
Cocoa, dry powder, hi-fat or breakfast, 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
Lipids:									
Fatty acids, total saturated....g	12.640		0		4		0.683		
4:0....g	0.000		0		4		0.000		
6:0....g	0.000		0		4		0.000		
8:0....g	0.000		0		4		0.000		
10:0....g	0.000		0		4		0.000		
12:0....g	0.000		0		4		0.000		
13:0....g									
14:0....g	0.028		0		4		0.002		
15:0....g									
16:0....g	5.787		0		4		0.312		
17:0....g									
18:0....g	6.700		0		4		0.362		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	7.380		0		4		0.399		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0		4		0.000		
17:1....g									
18:1 undifferentiated....g	7.380		0		4		0.399		
20:1....g	0.000		0		4		0.000		
22:1 undifferentiated....g	0.000		0		4		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.769		0		4		0.042		
18:2 undifferentiated....g	0.769		0		4		0.042		
18:3 undifferentiated....g	0.000		0		4		0.000		
18:4....g	0.000		0		4		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		4		0.000		
20:5 n-3 (EPA)....g	0.000		0		4		0.000		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		4		0.000		
22:6 n-3 (DHA)....g	0.000		0		4		0.000		
Fatty acids, total trans....g									
Cholesterol....mg	0		1		1		0		
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0		
Caffeine....mg	197		0	BFPN	4		11		
Theobromine....mg	1763		0	BFPN	4		95		

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

Common Measures:

Measure 1 = 5.4g: 1 tbsp

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

Food Group: 19 Sweets

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

NDB No. 19860
Cocoa, dry powder, hi-fat or breakfast, processed with alkali

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	3.00		1		1		0.18	0.15	8.49
Energy....kcal	479		0	NC	4		29	24	1357
Energy....kJ	2006		0	NC	4		120	100	5676
Protein....g	16.80		1		1		1.01	0.84	47.54
Total lipid (fat)....g	23.71		1		1		1.42	1.19	67.09
Ash....g	6.79		0	BFNN	4		0.41	0.34	19.22
Carbohydrate, by difference....g	49.71		0	NC	4		2.98	2.49	140.67
Fiber, total dietary....g	33.9		0		4		2.0	1.7	95.9
Sugars, total....g	1.53		0	BFNN	4		0.09	0.08	4.34
Starch....g									
Minerals:									
Calcium, Ca....mg	122		1		1		7	6	345
Iron, Fe....mg	14.50		1		1		0.87	0.73	41.04
Magnesium, Mg....mg	476		1		1		29	24	1347
Phosphorus, P....mg	758		1		1		45	38	2145
Potassium, K....mg	2509		1		1		151	125	7100
Sodium, Na....mg	20		1		1		1	1	57
Zinc, Zn....mg	6.70		1		1		0.40	0.34	18.96
Copper, Cu....mg	3.610		1		1		0.217	0.181	10.216
Manganese, Mn....mg									
Selenium, Se....µg	12.3		0	BFPN	4		0.7	0.6	34.8
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		1		1		0.0	0.0	0.0
Thiamin....mg	0.080		0		4		0.005	0.004	0.226
Riboflavin....mg	0.370		0		4		0.022	0.019	1.047
Niacin....mg	1.800		0		4		0.108	0.090	5.094
Pantothenic acid....mg									
Vitamin B-6....mg	0.190		0		4		0.011	0.010	0.538
Folate, total....µg	38		1		1		2	2	108
Folic acid....µg	0		0	BFNN	4		0	0	0
Folate, food....µg	38		1		1		2	2	108
Folate, DFE....µg	38		0	NC	4		2	2	108
Choline, total....mg	11.4		0	O	4		0.7	0.6	32.3
Betaine....mg									
Vitamin B-12....µg	0.00		0		7		0.00	0.00	0.00
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE....µg	0		0	NC	4		0	0	0
Retinol....µg	0		0	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	33		0	BFNN	4		2	2	93
Vitamin E (alpha-tocopherol)....mg	0.18		0	BFFN	4		0.01	0.01	0.51
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	4.4		0	BFFN	4		0.3	0.2	12.4
Dihydrophylloquinone....µg									
Menaquinone-4....µg									

NDB No. 19860

Cocoa, dry powder, hi-fat or breakfast, processed with alkali

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	12.640		0		4		0.758	0.632	35.771
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	0.028		0		4		0.002	0.001	0.079
15:0....g									
16:0....g	5.787		0		4		0.347	0.289	16.377
17:0....g									
18:0....g	6.700		0		4		0.402	0.335	18.961
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	7.380		0		4		0.443	0.369	20.885
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0		4		0.000	0.000	0.000
17:1....g									
18:1 undifferentiated....g	7.380		0		4		0.443	0.369	20.885
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	0.769		0		4		0.046	0.038	2.176
18:2 undifferentiated....g	0.769		0		4		0.046	0.038	2.176
18:3 undifferentiated....g	0.000		0		4		0.000	0.000	0.000
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									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	0.0
Caffeine....mg	72		0	BFPN	4		4	4	204
Theobromine....mg	2445		0	BFPN	4		147	122	6919

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

Common Measures:

Measure 1 = 6.0g: 1 tablespoon Ghirardelli label 2011

Measure 2 = 5.0g: 1 tablespoon Hershey's label 2011

Measure 3 = 283g: 1 container Ghirardelli label 2011

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

Food Group: 19 Sweets

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

NDB No. 19165
Cocoa, dry powder, unsweetened

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	3.00	0.305	8		1		2.58	0.16	
Energy....kcal	228		0	NC	4		196	12	
Energy....kJ	952		0	NC	4		819	51	
Protein (N x 5.63)....g	19.60	0.520	8		1		16.86	1.06	
Total lipid (fat)....g	13.70	0.495	8		1		11.78	0.74	
Ash....g	5.80	0.558	7		1		4.99	0.31	
Carbohydrate, by difference....g	57.90		0	NC	4		49.79	3.13	
Fiber, total dietary....g	37.0		0	LC	8		31.8	2.0	
Sugars, total....g	1.75		0	BFCN	4		1.50	0.09	
Starch....g									
Minerals:									
Calcium, Ca....mg	128	8.030	9		1		110	7	
Iron, Fe....mg	13.86	1.608	9		1		11.92	0.75	
Magnesium, Mg....mg	499	11.115	9		1		429	27	
Phosphorus, P....mg	734	19.765	9		1		631	40	
Potassium, K....mg	1524	74.068	6		1		1311	82	
Sodium, Na....mg	21	3.184	8		1		18	1	
Zinc, Zn....mg	6.81	0.256	9		1		5.86	0.37	
Copper, Cu....mg	3.788	0.146	9		1		3.258	0.205	
Manganese, Mn....mg	3.837	0.104	9		1		3.300	0.207	
Selenium, Se....µg	14.3	3.095	3	A	1		12.3	0.8	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		1		4		0.0	0.0	
Thiamin....mg	0.078	0.020	6		1		0.067	0.004	
Riboflavin....mg	0.241	0.061	6		1		0.207	0.013	
Niacin....mg	2.185	0.455	6		1		1.879	0.118	
Pantothenic acid....mg	0.254	0.064	5		1		0.218	0.014	
Vitamin B-6....mg	0.118	0.035	6		1		0.101	0.006	
Folate, total....µg	32		2		1		28	2	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	32		2		1		28	2	
Folate, DFE....µg	32		0	NC	4		28	2	
Choline, total....mg	12.0		0	O	4		10.3	0.6	
Betaine....mg									
Vitamin B-12....µg	0.00		1		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	BFSN	4		0	0	
Carotene, beta....µg	0		0	BFSN	4		0	0	
Carotene, alpha....µg	0		0	BFSN	4		0	0	
Cryptoxanthin, beta....µg	0		0	BFSN	4		0	0	
Vitamin A, IU....IU	0		0	BFSN	4		0	0	
Lycopene....µg	0		0	BFSN	4		0	0	
Lutein + zeaxanthin....µg	38		0	BFSN	4		32	2	
Vitamin E (alpha-tocopherol)....mg	0.10		0	BFFN	4		0.09	0.01	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)....µg	2.5		0	BFFN	4		2.2	0.1	
Dihydrophylloquinone....µg									
Menaquinone-4....µg									

NDB No. 19165
Cocoa, dry powder, unsweetened

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	8.070		0		1		6.940	0.436	
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	0.020		6		1		0.017	0.001	
15:0....g									
16:0....g	3.690		6		1		3.173	0.199	
17:0....g									
18:0....g	4.250		6		1		3.655	0.230	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	4.570		0		1		3.930	0.247	
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	4.570		6		1		3.930	0.247	
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	0.440		0		1		0.378	0.024	
18:2 undifferentiated....g	0.440		6		1		0.378	0.024	
18:3 undifferentiated....g	0.000		0		1		0.000	0.000	
18:4....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	0		1		1		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.293		0		1		0.252	0.016	
Threonine....g	0.776		0		1		0.667	0.042	
Isoleucine....g	0.760		0		1		0.654	0.041	
Leucine....g	1.189		0		1		1.023	0.064	
Lysine....g	0.983		0		1		0.845	0.053	
Methionine....g	0.202		0		1		0.174	0.011	
Cystine....g	0.239		0		1		0.206	0.013	
Phenylalanine....g	0.941		0		1		0.809	0.051	
Tyrosine....g	0.735		0		1		0.632	0.040	
Valine....g	1.177		0		1		1.012	0.064	
Arginine....g	1.111		0		1		0.955	0.060	
Histidine....g	0.339		0		1		0.292	0.018	
Alanine....g	0.904		0		1		0.777	0.049	
Aspartic acid....g	1.953		0		1		1.680	0.105	
Glutamic acid....g	2.948		0		1		2.535	0.159	
Glycine....g	0.879		0		1		0.756	0.047	
Proline....g	0.838		0		1		0.721	0.045	
Serine....g	0.846		0		1		0.728	0.046	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	230		1		1		198	12	

NDB No. 19165
Cocoa, dry powder, unsweetened

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	2057		1		1		1769	111	

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

Common Measures:

Measure 1 = 86g: 1 cup

Measure 2 = 5.4g: 1 tbsp

Calories Factors: Protein 1.83 **Fat** 8.37 **Carbohydrate** 1.33

Food Group: 19 Sweets

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

NDB No. 19171

Cocoa, dry powder, unsweetened, HERSHEY'S European Style Cocoa

Hershey Food Corp.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g									
Energy....kcal	400		1	MC	9		20		
Energy....kJ	1674		0	MC	9		84		
Protein....g	20.00		1	MC	9		1.00		
Total lipid (fat)....g	10.00		1	MC	9		0.50		
Ash....g									
Carbohydrate, by difference....g	60.00		1	MC	9		3.00		
Fiber, total dietary....g	20.0		1	MC	9		1.0		
Sugars, total....g	0.00		1	MC	9		0.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	0		1	MC	9		0		
Iron, Fe....mg	36.00		1	MC	9		1.80		
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg									
Sodium, Na....mg	0		1	MC	9		0		
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		1	MC	9		0.0		
Thiamin....mg									
Riboflavin....mg									
Niacin....mg									
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....µg									
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg									
Vitamin A, RAE....µg									
Vitamin A, IU....IU	0		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									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.000		1	MC	9		0.000		
Fatty acids, total monounsaturated....g									
Fatty acids, total polyunsaturated....g									
Fatty acids, total trans....g									
Cholesterol....mg	0		1	MC	9		0		
Phytosterols....mg									

NDB No. 19171

Cocoa, dry powder, unsweetened, HERSHEY'S European Style Cocoa

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

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

Common Measures:

Measure 1 = 5.0g: 1 tbsp

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

Food Group: 19 Sweets

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

NDB No. 19166
Cocoa, dry powder, unsweetened, processed with alkali

Dutch cocoa
Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	2.70		2		1		2.32	0.15	
Energy....kcal	220		0	NC	4		189	12	
Energy....kJ	922		0	NC	4		793	50	
Protein (N x 5.63)....g	18.10		2		1		15.57	0.98	
Total lipid (fat)....g	13.10		2		1		11.27	0.71	
Ash....g	7.80		2		1		6.71	0.42	
Carbohydrate, by difference....g	58.30		0	NC	4		50.14	3.15	
Fiber, total dietary....g	29.8		0		1		25.6	1.6	
Sugars, total....g	1.76		0	BFCN	4		1.52	0.10	
Starch....g									
Minerals:									
Calcium, Ca....mg	111	1.204	3		1		95	6	
Iron, Fe....mg	15.52	4.219	3		1		13.35	0.84	
Magnesium, Mg....mg	476	14.971	3		1		409	26	
Phosphorus, P....mg	728	10.406	3		1		626	39	
Potassium, K....mg	2509	585.368	3		1		2158	135	
Sodium, Na....mg	19		2		1		16	1	
Zinc, Zn....mg	6.37	0.254	3		1		5.48	0.34	
Copper, Cu....mg	3.607	0.148	3		1		3.102	0.195	
Manganese, Mn....mg	3.737	0.182	3		1		3.214	0.202	
Selenium, Se....µg	13.2		0	BFPN	4		11.4	0.7	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		1		4		0.0	0.0	
Thiamin....mg	0.110		1		4		0.095	0.006	
Riboflavin....mg	0.460		1		4		0.396	0.025	
Niacin....mg	2.400		1		4		2.064	0.130	
Pantothenic acid....mg	0.254		1		4		0.218	0.014	
Vitamin B-6....mg	0.118		1		4		0.101	0.006	
Folate, total....µg	32		1		4		28	2	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	32		1		4		28	2	
Folate, DFE....µg	32		0	NC	4		28	2	
Choline, total....mg	11.4		0	O	4		9.8	0.6	
Betaine....mg									
Vitamin B-12....µg	0.00		1		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	BFSN	4		0	0	
Carotene, beta....µg	0		0	BFSN	4		0	0	
Carotene, alpha....µg	0		0	BFSN	4		0	0	
Cryptoxanthin, beta....µg	0		0	BFSN	4		0	0	
Vitamin A, IU....IU	0		0	BFSN	4		0	0	
Lycopene....µg	0		0	BFSN	4		0	0	
Lutein + zeaxanthin....µg	38		0	BFSN	4		33	2	
Vitamin E (alpha-tocopherol)....mg	0.10		0	BFFN	4		0.09	0.01	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)....µg	2.4		0	BFFN	4		2.1	0.1	
Dihydrophylloquinone....µg									
Menaquinone-4....µg									

NDB No. 19166
Cocoa, dry powder, unsweetened, processed with alkali

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	7.760		0		1		6.674	0.419	
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	0.020		6		1		0.017	0.001	
15:0....g									
16:0....g	3.550		6		1		3.053	0.192	
17:0....g									
18:0....g	4.080		6		1		3.509	0.220	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	4.390		0		1		3.775	0.237	
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	4.390		6		1		3.775	0.237	
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	0.420		0		1		0.361	0.023	
18:2 undifferentiated....g	0.420		6		1		0.361	0.023	
18:3 undifferentiated....g	0.000		0		1		0.000	0.000	
18:4....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	0		1		4		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.271		0		1		0.233	0.015	
Threonine....g	0.716		0		1		0.616	0.039	
Isoleucine....g	0.701		0		1		0.603	0.038	
Leucine....g	1.097		0		1		0.943	0.059	
Lysine....g	0.907		0		1		0.780	0.049	
Methionine....g	0.187		0		1		0.161	0.010	
Cystine....g	0.221		0		1		0.190	0.012	
Phenylalanine....g	0.869		0		1		0.747	0.047	
Tyrosine....g	0.678		0		1		0.583	0.037	
Valine....g	1.086		0		1		0.934	0.059	
Arginine....g	1.025		0		1		0.882	0.055	
Histidine....g	0.312		0		1		0.268	0.017	
Alanine....g	0.834		0		1		0.717	0.045	
Aspartic acid....g	1.802		0		1		1.550	0.097	
Glutamic acid....g	2.720		0		1		2.339	0.147	
Glycine....g	0.812		0		1		0.698	0.044	
Proline....g	0.773		0		1		0.665	0.042	
Serine....g	0.781		0		1		0.672	0.042	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	78		1		1		67	4	

NDB No. 19166
Cocoa, dry powder, unsweetened, processed with alkali

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	2634		1		1		2265	142	

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

Common Measures:

Measure 1 = 86g: 1 cup

Measure 2 = 5.4g: 1 tbsp

Calories Factors: Protein 1.83 **Fat** 8.37 **Carbohydrate** 1.33

Food Group: 19 Sweets

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

NDB No. 19186
Desserts, apple crisp, 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
Proximates:									
Water....g	62.91		0	RC	4		88.71	531.00	
Energy....kcal	161		0	RC	4		227	1361	
Energy....kJ	675		0	RC	4		951	5693	
Protein (N x 0)....g	1.75		0	RC	4		2.46	14.74	
Total lipid (fat)....g	3.43		0	RC	4		4.84	28.95	
Ash....g	1.07		0	RC	4		1.51	9.03	
Carbohydrate, by difference....g	30.84		0	RC	4		43.48	260.28	
Fiber, total dietary....g	1.4		0	RC	4		2.0	11.8	
Sugars, total....g	19.68		0	RC	4		27.75	166.08	
Sucrose....g									
Glucose (dextrose)....g									
Fructose....g									
Lactose....g									
Maltose....g									
Galactose....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	35		0	RC	4		50	299	
Iron, Fe....mg	0.82		0	RC	4		1.15	6.90	
Magnesium, Mg....mg	8		0	RC	4		11	65	
Phosphorus, P....mg	28		0	RC	4		40	240	
Potassium, K....mg	78		0	RC	4		110	660	
Sodium, Na....mg	351		0	RC	4		495	2963	
Zinc, Zn....mg	0.18		0	RC	4		0.26	1.56	
Copper, Cu....mg	0.071		0	RC	4		0.100	0.596	
Manganese, Mn....mg	0.130		0	RC	4		0.183	1.098	
Selenium, Se....µg	3.5		0	RC	4		5.0	29.9	
Vitamins:									
Vitamin C, total ascorbic acid....mg	2.2		0	RC	4		3.2	18.9	
Thiamin....mg	0.083		0	RC	4		0.118	0.704	
Riboflavin....mg	0.081		0	RC	4		0.115	0.686	
Niacin....mg	0.846		0	RC	4		1.193	7.139	
Pantothenic acid....mg	0.092		0	RC	4		0.130	0.779	
Vitamin B-6....mg	0.040		0	RC	4		0.057	0.339	
Folate, total....µg	16		0	RC	4		22	133	
Folic acid....µg	12		0	RC	4		17	102	
Folate, food....µg	4		0	RC	4		5	31	
Folate, DFE....µg	24		0	NC	4		34	204	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.00		0	RC	4		0.00	0.03	
Vitamin B-12, added....µg	0.00		0	RC	4		0.00	0.00	
Vitamin A, RAE....µg	29		0	RC	4		40	242	
Retinol....µg	26		0	RC	4		36	216	
Carotene, beta....µg	30		0	RC	4		43	256	
Carotene, alpha....µg	0		0	RC	4		0	0	
Cryptoxanthin, beta....µg	8		0	RC	4		11	64	
Vitamin A, IU....IU	142		0	RC	4		200	1199	
Lycopene....µg	0		0	RC	4		0	0	
Lutein + zeaxanthin....µg	19		0	RC	4		26	157	
Vitamin E (alpha-tocopherol)....mg	0.38		0	RC	4		0.53	3.18	
Vitamin E, added....mg	0.00		0	RC	4		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									

NDB No. 19186
Desserts, apple crisp, 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
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg	4.1		0	RC	4		5.8	34.9	
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.685		0	RC	4		0.965	5.778	
4:0....g	0.000		0	RC	4		0.000	0.000	
6:0....g	0.000		0	RC	4		0.000	0.000	
8:0....g	0.000		0	RC	4		0.000	0.000	
10:0....g	0.000		0	RC	4		0.000	0.000	
12:0....g	0.000		0	RC	4		0.000	0.003	
13:0....g									
14:0....g	0.007		0	RC	4		0.010	0.059	
15:0....g	0.000		0	RC	4		0.000	0.000	
16:0....g	0.411		0	RC	4		0.580	3.471	
17:0....g	0.000		0	RC	4		0.000	0.000	
18:0....g	0.266		0	RC	4		0.375	2.246	
20:0....g	0.000		0	RC	4		0.000	0.000	
22:0....g	0.000		0	RC	4		0.000	0.000	
24:0....g	0.000		0	RC	4		0.000	0.000	
Fatty acids, total monounsaturated....g	1.334		0	RC	4		1.881	11.257	
14:1....g	0.000		0	RC	4		0.000	0.000	
15:1....g	0.000		0	RC	4		0.000	0.000	
16:1 undifferentiated....g	0.000		0	RC	4		0.000	0.003	
17:1....g	0.000		0	RC	4		0.000	0.000	
18:1 undifferentiated....g	1.333		0	RC	4		1.880	11.254	
20:1....g	0.000		0	RC	4		0.000	0.000	
22:1 undifferentiated....g	0.000		0	RC	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.144		0	RC	4		1.613	9.654	
18:2 undifferentiated....g	1.075		0	RC	4		1.515	9.071	
18:3 undifferentiated....g	0.069		0	RC	4		0.097	0.582	
18:4....g	0.000		0	RC	4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0	RC	4		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0	RC	4		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	RC	4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0	RC	4		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	0		0	RC	4		0	0	
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	RC	4		0.0	0.0	
Caffeine....mg	0		0	RC	4		0	0	
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 = 141g: .5 cup

Measure 2 = 844g: 1 recipe yield

Calories Factors:

NDB No. 19186
Desserts, apple crisp, prepared-from-recipe

Protein	Fat	Carbohydrate

Food Group: 19 Sweets

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

NDB No. 19168
Desserts, egg custard, baked, 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
Proximates:									
Water....g	78.86		0	RC	4		111.20	444.01	
Energy....kcal	104		0	NC	4		147	588	
Energy....kJ	437		0	NC	4		616	2459	
Protein (N x 0)....g	5.02		0	RC	4		7.08	28.27	
Total lipid (fat)....g	4.58		0	RC	4		6.45	25.76	
Ash....g	0.76		0	RC	4		1.06	4.25	
Carbohydrate, by difference....g	11.00		0	O	4		15.51	61.93	
Fiber, total dietary....g	0.0		0	RC	4		0.0	0.0	
Sugars, total....g	11.00		0	O	4		15.51	61.93	
Starch....g									
Minerals:									
Calcium, Ca....mg	107		0	RC	4		151	604	
Iron, Fe....mg	0.35		0	RC	4		0.50	2.00	
Magnesium, Mg....mg	11		0	RC	4		15	61	
Phosphorus, P....mg	113		0	RC	4		159	634	
Potassium, K....mg	148		0	RC	4		209	833	
Sodium, Na....mg	61		0	RC	4		87	346	
Zinc, Zn....mg	0.54		0	RC	4		0.77	3.06	
Copper, Cu....mg	0.028		0	RC	4		0.039	0.157	
Manganese, Mn....mg	0.010		0	RC	4		0.014	0.056	
Selenium, Se....µg	8.8		0	RC	4		12.5	49.8	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	RC	4		0.0	0.0	
Thiamin....mg	0.038		0	RC	4		0.054	0.215	
Riboflavin....mg	0.240		0	RC	4		0.339	1.352	
Niacin....mg	0.105		0	RC	4		0.148	0.590	
Pantothenic acid....mg	0.569		0	RC	4		0.802	3.201	
Vitamin B-6....mg	0.048		0	RC	4		0.067	0.269	
Folate, total....µg	10		0	RC	4		14	55	
Folic acid....µg	0		0	RC	4		0	0	
Folate, food....µg	10		0	RC	4		14	55	
Folate, DFE....µg	10		0	NC	4		14	55	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.39		0	RC	4		0.55	2.20	
Vitamin B-12, added....µg	0.00		0	RC	4		0.00	0.00	
Vitamin A, RAE....µg	49		0	NC	4		70	278	
Retinol....µg	49		0	RC	4		69	275	
Carotene, beta....µg	6		0	RC	4		9	35	
Carotene, alpha....µg	0		0	RC	4		0	0	
Cryptoxanthin, beta....µg	2		0	RC	4		2	9	
Vitamin A, IU....IU	175		0	NC	4		246	983	
Lycopene....µg	0		0	RC	4		0	0	
Lutein + zeaxanthin....µg	59		0	RC	4		83	331	
Vitamin E (alpha-tocopherol)....mg	0.22		0	RC	4		0.31	1.25	
Vitamin E, added....mg	0.00		0	RC	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									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg	0.2		0	RC	4		0.4	1.4	
Dihydrophylloquinone....µg									
Menaquinone-4....µg									

NDB No. 19168

Desserts, egg custard, baked, 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
Lipids:									
Fatty acids, total saturated....g	2.164		0	RC	4		3.051	12.181	
4:0....g	0.064		0	RC	4		0.091	0.363	
6:0....g	0.064		0	RC	4		0.091	0.363	
8:0....g	0.065		0	RC	4		0.092	0.366	
10:0....g	0.065		0	RC	4		0.092	0.366	
12:0....g	0.067		0	RC	4		0.094	0.376	
13:0....g	0.000		0	RC	4		0.000	0.000	
14:0....g	0.263		0	RC	4		0.371	1.480	
15:0....g	0.001		0	RC	4		0.001	0.004	
16:0....g	1.112		0	RC	4		1.568	6.261	
17:0....g	0.003		0	RC	4		0.004	0.017	
18:0....g	0.455		0	RC	4		0.641	2.560	
20:0....g	0.002		0	RC	4		0.003	0.010	
22:0....g	0.002		0	RC	4		0.003	0.012	
24:0....g	0.001		0	RC	4		0.001	0.003	
Fatty acids, total monounsaturated....g	1.379		0	RC	4		1.944	7.762	
14:1....g	0.001		0	RC	4		0.002	0.008	
15:1....g									
16:1 undifferentiated....g	0.053		0	RC	4		0.075	0.298	
17:1....g									
18:1 undifferentiated....g	1.319		0	RC	4		1.860	7.425	
20:1....g	0.005		0	RC	4		0.007	0.028	
22:1 undifferentiated....g	0.001		0	RC	4		0.001	0.003	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.410		0	RC	4		0.578	2.310	
18:2 undifferentiated....g	0.307		0	RC	4		0.434	1.731	
18:3 undifferentiated....g	0.070		0	RC	4		0.099	0.396	
18:4....g	0.000		0	RC	4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.025		0	RC	4		0.036	0.142	
20:5 n-3 (EPA)....g	0.001		0	RC	4		0.001	0.004	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	RC	4		0.000	0.000	
22:6 n-3 (DHA)....g	0.007		0	RC	4		0.009	0.037	
Fatty acids, total trans....g									
Cholesterol....mg	84		0	RC	4		118	473	
Phytosterols....mg									
Others:									
Alcohol, ethyl....g									
Caffeine....mg	0		0	RC	4		0	0	
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 = 141g: .5 cup

Measure 2 = 563g: 1 recipe yield

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

Food Group: 19 Sweets

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

NDB No. 19094
Desserts, flan, caramel custard, 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
Proximates:									
Water....g	68.05		0	RC	4		104.11	1041.77	
Energy....kcal	145		0	NC	4		223	2227	
Energy....kJ	609		0	NC	4		931	9319	
Protein (N x 0)....g	4.53		0	RC	4		6.93	69.30	
Total lipid (fat)....g	4.03		0	RC	4		6.16	61.64	
Ash....g	0.62		0	RC	4		0.95	9.46	
Carbohydrate, by difference....g	22.78		0	NC	4		34.86	348.83	
Fiber, total dietary....g	0.0		0	RC	4		0.0	0.0	
Sugars, total....g	23.15		0	RC	4		35.41	354.38	
Starch....g									
Minerals:									
Calcium, Ca....mg	83		0	RC	4		127	1271	
Iron, Fe....mg	0.38		0	RC	4		0.59	5.87	
Magnesium, Mg....mg	9		0	RC	4		14	136	
Phosphorus, P....mg	96		0	RC	4		146	1464	
Potassium, K....mg	118		0	RC	4		181	1813	
Sodium, Na....mg	53		0	RC	4		82	816	
Zinc, Zn....mg	0.47		0	RC	4		0.72	7.25	
Copper, Cu....mg	0.028		0	RC	4		0.043	0.428	
Manganese, Mn....mg	0.010		0	RC	4		0.015	0.155	
Selenium, Se....µg	8.7		0	RC	4		13.3	133.0	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	RC	4		0.0	0.0	
Thiamin....mg	0.032		0	RC	4		0.049	0.486	
Riboflavin....mg	0.210		0	RC	4		0.321	3.212	
Niacin....mg	0.082		0	RC	4		0.126	1.256	
Pantothenic acid....mg	0.514		0	RC	4		0.786	7.864	
Vitamin B-6....mg	0.044		0	RC	4		0.067	0.675	
Folate, total....µg	9		0	RC	4		14	145	
Folic acid....µg	0		0	RC	4		0	0	
Folate, food....µg	9		0	RC	4		14	145	
Folate, DFE....µg	9		0	NC	4		14	145	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.36		0	RC	4		0.54	5.44	
Vitamin B-12, added....µg	0.00		0	RC	4		0.00	0.00	
Vitamin A, RAE....µg	46		0	RC	4		70	699	
Retinol....µg	45		0	RC	4		69	691	
Carotene, beta....µg	5		0	RC	4		8	81	
Carotene, alpha....µg	0		0	RC	4		0	0	
Cryptoxanthin, beta....µg	2		0	RC	4		3	27	
Vitamin A, IU....IU	161		0	RC	4		246	2460	
Lycopene....µg	0		0	RC	4		0	0	
Lutein + zeaxanthin....µg	65		0	RC	4		99	995	
Vitamin E (alpha-tocopherol)....mg	0.23		0	RC	4		0.35	3.47	
Vitamin E, added....mg	0.00		0	RC	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									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg	0.2		0	RC	4		0.3	3.1	
Dihydrophylloquinone....µg									
Menaquinone-4....µg									

NDB No. 19094

Desserts, flan, caramel custard, 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
Lipids:									
Fatty acids, total saturated....g	1.799		0	RC	4		2.752	27.540	
4:0....g	0.048		0	RC	4		0.073	0.728	
6:0....g	0.048		0	RC	4		0.073	0.728	
8:0....g	0.048		0	RC	4		0.074	0.737	
10:0....g	0.048		0	RC	4		0.074	0.737	
12:0....g	0.050		0	RC	4		0.076	0.758	
13:0....g	0.000		0	RC	4		0.000	0.000	
14:0....g	0.196		0	RC	4		0.300	3.004	
15:0....g	0.001		0	RC	4		0.001	0.012	
16:0....g	0.966		0	RC	4		1.478	14.789	
17:0....g	0.003		0	RC	4		0.005	0.051	
18:0....g	0.387		0	RC	4		0.592	5.921	
20:0....g	0.002		0	RC	4		0.003	0.030	
22:0....g	0.002		0	RC	4		0.004	0.036	
24:0....g	0.001		0	RC	4		0.001	0.009	
Fatty acids, total monounsaturated....g	1.266		0	RC	4		1.937	19.387	
14:1....g	0.002		0	RC	4		0.002	0.024	
15:1....g									
16:1 undifferentiated....g	0.058		0	RC	4		0.089	0.895	
17:1....g									
18:1 undifferentiated....g	1.200		0	RC	4		1.836	18.374	
20:1....g	0.005		0	RC	4		0.008	0.084	
22:1 undifferentiated....g	0.001		0	RC	4		0.001	0.009	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.392		0	RC	4		0.600	6.000	
18:2 undifferentiated....g	0.302		0	RC	4		0.462	4.623	
18:3 undifferentiated....g	0.054		0	RC	4		0.083	0.827	
18:4....g	0.000		0	RC	4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.028		0	RC	4		0.043	0.427	
20:5 n-3 (EPA)....g	0.001		0	RC	4		0.001	0.012	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	RC	4		0.000	0.000	
22:6 n-3 (DHA)....g	0.007		0	RC	4		0.011	0.111	
Fatty acids, total trans....g									
Cholesterol....mg	90		0	RC	4		137	1373	
Phytosterols....mg									
Others:									
Alcohol, ethyl....g									
Caffeine....mg	0		0	RC	4		0	0	
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 = 153g: .5 cup

Measure 2 = 1531g: 1 recipe yield

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

Food Group: 19 Sweets

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

NDB No. 19182
Desserts, mousse, chocolate, 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
Proximates:									
Water....g	62.94		0	RC	4		508.59	127.15	
Energy....kcal	225		0	RC	4		1817	454	
Energy....kJ	941		0	RC	4		7601	1900	
Protein (N x 0)....g	4.14		0	RC	4		33.43	8.36	
Total lipid (fat)....g	16.00		0	RC	4		129.26	32.32	
Ash....g	0.76		0	RC	4		6.17	1.54	
Carbohydrate, by difference....g	16.07		0	RC	4		129.87	32.47	
Fiber, total dietary....g	0.6		0	RC	4		4.7	1.2	
Sugars, total....g	14.81		0	RC	4		119.66	29.91	
Starch....g									
Minerals:									
Calcium, Ca....mg	96		0	RC	4		774	194	
Iron, Fe....mg	0.55		0	RC	4		4.42	1.10	
Magnesium, Mg....mg	20		0	RC	4		161	40	
Phosphorus, P....mg	117		0	RC	4		944	236	
Potassium, K....mg	143		0	RC	4		1153	288	
Sodium, Na....mg	38		0	RC	4		308	77	
Zinc, Zn....mg	0.64		0	RC	4		5.19	1.30	
Copper, Cu....mg	0.075		0	RC	4		0.603	0.151	
Manganese, Mn....mg	0.059		0	RC	4		0.473	0.118	
Selenium, Se....µg	7.4		0	RC	4		59.4	14.8	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.1		0	RC	4		1.0	0.3	
Thiamin....mg	0.045		0	RC	4		0.361	0.090	
Riboflavin....mg	0.205		0	RC	4		1.658	0.415	
Niacin....mg	0.146		0	RC	4		1.177	0.294	
Pantothenic acid....mg	0.533		0	RC	4		4.309	1.077	
Vitamin B-6....mg	0.058		0	RC	4		0.468	0.117	
Folate, total....µg	15		0	RC	4		124	31	
Folic acid....µg	0		0	RC	4		0	0	
Folate, food....µg	15		0	RC	4		124	31	
Folate, DFE....µg	15		0	NC	4		124	31	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.47		0	NR	4		3.78	0.94	
Vitamin B-12, added....µg	0.00		0	RC	4		0.00	0.00	
Vitamin A, RAE....µg	140		0	RC	4		1135	284	
Retinol....µg	138		0	RC	4		1115	279	
Carotene, beta....µg	27		0	RC	4		214	54	
Carotene, alpha....µg	3		0	RC	4		26	6	
Cryptoxanthin, beta....µg	3		0	RC	4		23	6	
Vitamin A, IU....IU	509		0	RC	4		4113	1028	
Lycopene....µg	0		0	RC	4		0	0	
Lutein + zeaxanthin....µg	94		0	RC	4		757	189	
Vitamin E (alpha-tocopherol)....mg	0.51		0	RC	4		4.16	1.04	
Vitamin E, added....mg	0.00		0	RC	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									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg	1.6		0	RC	4		12.7	3.2	
Dihydrophylloquinone....µg									
Menaquinone-4....µg									

NDB No. 19182

Desserts, mousse, chocolate, prepared-from-recipe

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	9.151		0	RC	4		73.942	18.486	
4:0....g	0.312		0	RC	4		2.517	0.629	
6:0....g	0.203		0	RC	4		1.637	0.409	
8:0....g	0.137		0	RC	4		1.110	0.278	
10:0....g	0.252		0	RC	4		2.035	0.509	
12:0....g	0.278		0	RC	4		2.244	0.561	
13:0....g	0.000		0	RC	4		0.000	0.000	
14:0....g	1.018		0	RC	4		8.222	2.055	
15:0....g	0.001		0	RC	4		0.009	0.002	
16:0....g	4.150		0	RC	4		33.532	8.383	
17:0....g	0.004		0	RC	4		0.035	0.009	
18:0....g	2.611		0	RC	4		21.094	5.273	
20:0....g	0.003		0	RC	4		0.022	0.005	
22:0....g	0.003		0	RC	4		0.026	0.006	
24:0....g	0.001		0	RC	4		0.006	0.002	
Fatty acids, total monounsaturated....g	5.027		0	RC	4		40.619	10.155	
14:1....g	0.002		0	RC	4		0.016	0.004	
15:1....g									
16:1 undifferentiated....g	0.269		0	RC	4		2.170	0.543	
17:1....g									
18:1 undifferentiated....g	4.627		0	RC	4		37.382	9.346	
20:1....g	0.007		0	RC	4		0.058	0.015	
22:1 undifferentiated....g	0.001		0	RC	4		0.006	0.002	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.879		0	RC	4		7.105	1.776	
18:2 undifferentiated....g	0.656		0	RC	4		5.300	1.325	
18:3 undifferentiated....g	0.176		0	RC	4		1.424	0.356	
18:4....g	0.000		0	RC	4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.037		0	RC	4		0.297	0.074	
20:5 n-3 (EPA)....g	0.001		0	RC	4		0.007	0.002	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	RC	4		0.000	0.000	
22:6 n-3 (DHA)....g	0.010		0	RC	4		0.077	0.019	
Fatty acids, total trans....g									
Cholesterol....mg	140		0	RC	4		1134	283	
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	RC	4		0.0	0.0	
Caffeine....mg	7		0	RC	4		56	14	
Theobromine....mg	45		0	RC	4		361	90	

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

Common Measures:

Measure 1 = 808g: 1 recipe yield

Measure 2 = 202g: .5 cup

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

Food Group: 19 Sweets

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

NDB No. 19220
Desserts, rennin, chocolate, dry mix

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	1.00		1		4		0.09	0.57	
Energy	kcal	363		0	NC	4		33	207	
Energy	kJ	1519		0		4		137	866	
Protein (N x 5.6)	g	2.40		1		4		0.22	1.37	
Total lipid (fat)	g	3.30		1		4		0.30	1.88	
Ash	g	1.40		1		4		0.13	0.80	
Carbohydrate, by difference	g	91.50		0	NC	4		8.24	52.16	
Fiber, total dietary	g	5.1		0	FLM	4		0.5	2.9	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	166		1		4		15	95	
Iron, Fe	mg	2.55		1		4		0.23	1.45	
Magnesium, Mg	mg	81		1		4		7	46	
Phosphorus, P	mg	129		1		4		12	74	
Potassium, K	mg	430		1		4		39	245	
Sodium, Na	mg	187		0	NR	4		17	107	
Zinc, Zn	mg	1.58		1		4		0.14	0.90	
Copper, Cu	mg	0.735		1		4		0.066	0.419	
Manganese, Mn	mg	0.643		1		4		0.058	0.367	
Selenium, Se	µg	2.9		0	FLM	4		0.3	1.7	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		1		4		0.0	0.0	
Thiamin	mg	0.014		1		4		0.001	0.008	
Riboflavin	mg	0.063		1		4		0.006	0.036	
Niacin	mg	0.306		1		4		0.028	0.174	
Pantothenic acid	mg	0.044		1		4		0.004	0.025	
Vitamin B-6	mg	0.032		1		4		0.003	0.018	
Folate, total	µg	6		1		4		1	3	
Folic acid	µg	0		0	Z	7		0	0	
Folate, food	µg	6		1		4		1	3	
Folate, DFE	µg	6		0	NC	4		1	3	
Choline, total	mg									
Betaine	mg									
Vitamin B-12	µg	0.00		1		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	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	3		1		4		0	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									

NDB No. 19220
Desserts, rennin, chocolate, 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
Lipids:									
Fatty acids, total saturated....g	1.940		0		1		0.175	1.106	
4:0....g									
6:0....g									
8:0....g									
10:0....g									
12:0....g									
13:0....g									
14:0....g	0.000		1		1		0.000	0.000	
15:0....g									
16:0....g	0.840		1		1		0.076	0.479	
17:0....g									
18:0....g	1.090		1		1		0.098	0.621	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	1.080		0		1		0.097	0.616	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.010		1		1		0.001	0.006	
17:1....g									
18:1 undifferentiated....g	1.070		1		1		0.096	0.610	
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.100		0		1		0.009	0.057	
18:2 undifferentiated....g	0.090		1		1		0.008	0.051	
18:3 undifferentiated....g	0.000		1		1		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									
Cholesterol....mg	0		1		4		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.030		0		1		0.003	0.017	
Threonine....g	0.088		0		1		0.008	0.050	
Isoleucine....g	0.085		0		1		0.008	0.048	
Leucine....g	0.136		0		1		0.012	0.078	
Lysine....g	0.120		0		1		0.011	0.068	
Methionine....g	0.024		0		1		0.002	0.014	
Cystine....g	0.025		0		1		0.002	0.014	
Phenylalanine....g	0.107		0		1		0.010	0.061	
Tyrosine....g	0.078		0		1		0.007	0.044	
Valine....g	0.133		0		1		0.012	0.076	
Arginine....g	0.148		0		1		0.013	0.084	
Histidine....g	0.038		0		1		0.003	0.022	
Alanine....g	0.134		0		1		0.012	0.076	
Aspartic acid....g	0.230		0		1		0.021	0.131	
Glutamic acid....g	0.351		0		1		0.032	0.200	
Glycine....g	0.186		0		1		0.017	0.106	
Proline....g	0.148		0		1		0.013	0.084	
Serine....g	0.101		0		1		0.009	0.058	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g									
Caffeine....mg	13		0	FLM	4		1	7	

NDB No. 19220
Desserts, rennin, chocolate, 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
Theobromine.....mg	424		0	FLM	4		38	242	

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

Common Measures:

Measure 1 = 9.0g: 1 tbsp

Measure 2 = 57g: 1 package (2 oz)

Calories Factors: Protein 2.2 **Fat** 8.37 **Carbohydrate** 3.6

Food Group: 19 Sweets

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

NDB No. 19225
Desserts, rennin, tablets, unsweetened

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	6.50		2		1		0.64		
Energy....kcal	84		0	NC	4		8		
Energy....kJ	351				4		35		
Protein (N x 6.25)....g	1.00		2		1		0.10		
Total lipid (fat)....g	0.10		2		1		0.01		
Ash....g	72.50		2		1		7.18		
Carbohydrate, by difference....g	19.80		0	NC	4		1.96		
Fiber, total dietary....g	0.0		0		7		0.0		
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	3733		2		1		370		
Iron, Fe....mg	7.07		2		1		0.70		
Magnesium, Mg....mg	18	10.199	3		1		2		
Phosphorus, P....mg	340		2		1		34		
Potassium, K....mg	292		2		1		29		
Sodium, Na....mg	26050		2		1		2579		
Zinc, Zn....mg	6.36		2		1		0.63		
Copper, Cu....mg	0.200		2		1		0.020		
Manganese, Mn....mg	0.895		2		1		0.089		
Selenium, Se....µg	0.0		0	Z	7		0.0		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		1		4		0.0		
Thiamin....mg	0.000		1		4		0.000		
Riboflavin....mg	0.000		1		4		0.000		
Niacin....mg	0.000		1		4		0.000		
Pantothenic acid....mg	0.000		1		4		0.000		
Vitamin B-6....mg	0.000		1		4		0.000		
Folate, total....µg	0		1		4		0		
Folic acid....µg	0		0	Z	7		0		
Folate, food....µg	0		1		4		0		
Folate, DFE....µg	0		0	NC	4		0		
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.00		1		4		0.00		
Vitamin A, RAE....µg	0		0	NC	4		0		
Retinol....µg	0		0	Z	7		0		
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	0		1		4		0		
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

NDB No. 19225
Desserts, rennin, tablets, unsweetened

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.041		0		4		0.004		
4:0....g	0.000		0		4		0.000		
6:0....g	0.000		0		4		0.000		
8:0....g	0.000		0		4		0.000		
10:0....g	0.000		0		4		0.000		
12:0....g	0.000		0		4		0.000		
13:0....g									
14:0....g	0.004		0		4		0.000		
15:0....g									
16:0....g	0.021		0		4		0.002		
17:0....g									
18:0....g	0.014		0		4		0.001		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.038		0		4		0.004		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.004		0		4		0.000		
17:1....g									
18:1 undifferentiated....g	0.033		0		4		0.003		
20:1....g	0.000		0		4		0.000		
22:1 undifferentiated....g	0.000		0		4		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.007		0		4		0.001		
18:2 undifferentiated....g	0.005		0		4		0.000		
18:3 undifferentiated....g	0.001		0		4		0.000		
18:4....g	0.000		0		4		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.001		0		4		0.000		
20:5 n-3 (EPA)....g	0.000		0		4		0.000		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		4		0.000		
22:6 n-3 (DHA)....g	0.000		0		4		0.000		
Fatty acids, total trans....g									
Cholesterol....mg	0		1		4		0		
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0		
Caffeine....mg									
Theobromine....mg									

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

Common Measures:

Measure 1 = 9.9g: 1 package (0.35 oz)

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

Food Group: 19 Sweets

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

NDB No. 19222
Desserts, rennin, vanilla, dry mix

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	0.40		1		4		0.04	0.17	
Energy	kcal	383		0		4		41	165	
Energy	kJ	1602		0		4		173	689	
Protein (N x 5.6)	g	0.00		1		4		0.00	0.00	
Total lipid (fat)	g	0.00		1		4		0.00	0.00	
Ash	g	0.60		1		4		0.06	0.26	
Carbohydrate, by difference	g	99.00		0	NC	4		10.69	42.57	
Fiber, total dietary	g	0.0		0	FLM	4		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	117		1		4		13	50	
Iron, Fe	mg	0.07		1		4		0.01	0.03	
Magnesium, Mg	mg	1		1		4		0	0	
Phosphorus, P	mg	91		1		4		10	39	
Potassium, K	mg	3		1		4		0	1	
Sodium, Na	mg	6		1		4		1	3	
Zinc, Zn	mg	0.04		1		4		0.00	0.02	
Copper, Cu	mg	0.058		1		4		0.006	0.025	
Manganese, Mn	mg	0.009		1		4		0.001	0.004	
Selenium, Se	µg	0.7		0	FLM	4		0.1	0.3	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		1		4		0.0	0.0	
Thiamin	mg	0.000		1		4		0.000	0.000	
Riboflavin	mg	0.021		1		4		0.002	0.009	
Niacin	mg	0.001		1		4		0.000	0.000	
Pantothenic acid	mg	0.001		1		4		0.000	0.000	
Vitamin B-6	mg	0.001		1		4		0.000	0.000	
Folate, total	µg	0		1		4		0	0	
Folic acid	µg	0		0	Z	7		0	0	
Folate, food	µg	0		1		4		0	0	
Folate, DFE	µg	0		0	NC	4		0	0	
Choline, total	mg									
Betaine	mg									
Vitamin B-12	µg	0.00		1		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	Z	7		0	0	
Carotene, beta	µg									
Carotene, alpha	µg									
Cryptoxanthin, beta	µg									
Vitamin A, IU	IU	0		1		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									

NDB No. 19222
Desserts, rennin, vanilla, 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
Lipids:									
Fatty acids, total saturated....g									
Fatty acids, total monounsaturated....g									
Fatty acids, total polyunsaturated....g									
Fatty acids, total trans....g									
Cholesterol....mg	0		1		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 = 10.8g: 1 tbsp

Measure 2 = 43g: 1 package (1.5 oz)

Calories Factors: Protein 3.9 **Fat** 9 **Carbohydrate** 3.9

Food Group: 19 Sweets

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

NDB No. 19169
Egg custards, 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
Proximates:									
Water....g	1.70	0.043	6		1		1.45	0.36	
Energy....kcal	410		0	NC	4		349	86	
Energy....kJ	1715		0		4		1458	360	
Protein (N x 6.3)....g	6.90	0.286	6		1		5.87	1.45	
Total lipid (fat)....g	6.40	0.161	6		1		5.44	1.34	
Ash....g	2.20	0.060	6		1		1.87	0.46	
Carbohydrate, by difference....g	82.80		0	NC	4		70.38	17.39	
Fiber, total dietary....g	0.0		0	FLA	4		0.0	0.0	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	228	4.423	6		1		194	48	
Iron, Fe....mg	1.93	0.088	6		1		1.64	0.41	
Magnesium, Mg....mg	45		0	FLA	4		38	9	
Phosphorus, P....mg	332		0	FLA	4		282	70	
Potassium, K....mg	540		0	FLA	4		459	113	
Sodium, Na....mg	281		0	FLA	4		239	59	
Zinc, Zn....mg	1.05		0	FLA	4		0.89	0.22	
Copper, Cu....mg	0.046		0	FLA	4		0.039	0.010	
Manganese, Mn....mg	0.020		0	FLA	4		0.017	0.004	
Selenium, Se....µg	16.6		0	FLA	4		14.1	3.5	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.4		0	FLA	4		0.3	0.1	
Thiamin....mg	0.145	0.001	6		1		0.123	0.030	
Riboflavin....mg	0.412	0.011	6		1		0.350	0.087	
Niacin....mg	0.320		0	FLA	4		0.272	0.067	
Pantothenic acid....mg	2.238		0	FLA	4		1.903	0.470	
Vitamin B-6....mg	0.216		0	FLA	4		0.184	0.045	
Folate, total....µg	30		0	FLA	4		25	6	
Folic acid....µg	0		0	FLA	4		0	0	
Folate, food....µg	30		0	FLA	4		25	6	
Folate, DFE....µg	30		0	NC	4		25	6	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	1.17		0	FLA	4		0.99	0.25	
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....µg	63		0	NC	4		54	13	
Retinol....µg	63		0	O	4		54	13	
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	217	13.661	6		1		184	46	
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									

NDB No. 19169
Egg custards, 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
Lipids:									
Fatty acids, total saturated....g	2.030		0		1		1.726	0.426	
4:0....g	0.010		1		1		0.009	0.002	
6:0....g	0.010		1		1		0.009	0.002	
8:0....g	0.000		1		1		0.000	0.000	
10:0....g	0.010		1		1		0.009	0.002	
12:0....g	0.010		1		1		0.009	0.002	
13:0....g									
14:0....g	0.050		1		1		0.043	0.011	
15:0....g									
16:0....g	1.430		1		1		1.216	0.300	
17:0....g									
18:0....g	0.510		1		1		0.434	0.107	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	2.400		0		1		2.040	0.504	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.190		1		1		0.162	0.040	
17:1....g									
18:1 undifferentiated....g	2.190		1		1		1.862	0.460	
20:1....g	0.020		1		1		0.017	0.004	
22:1 undifferentiated....g	0.000		1		1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.850		0		1		0.723	0.179	
18:2 undifferentiated....g	0.710		1		1		0.604	0.149	
18:3 undifferentiated....g	0.020		1		1		0.017	0.004	
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.090		1		1		0.077	0.019	
20:5 n-3 (EPA)....g	0.000		1		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	0.020		1		1		0.017	0.004	
Fatty acids, total trans....g									
Cholesterol....mg	258		0	FLA	4		220	54	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.094		0	FLA	4		0.080	0.020	
Threonine....g	0.401		0	FLA	4		0.341	0.084	
Isoleucine....g	0.368		0	FLA	4		0.312	0.077	
Leucine....g	0.623		0	FLA	4		0.530	0.131	
Lysine....g	0.553		0	FLA	4		0.470	0.116	
Methionine....g	0.153		0	FLA	4		0.130	0.032	
Cystine....g	0.130		0	FLA	4		0.110	0.027	
Phenylalanine....g	0.261		0	FLA	4		0.222	0.055	
Tyrosine....g	0.257		0	FLA	4		0.218	0.054	
Valine....g	0.381		0	FLA	4		0.324	0.080	
Arginine....g	0.361		0	FLA	4		0.307	0.076	
Histidine....g	0.156		0	FLA	4		0.133	0.033	
Alanine....g	0.341		0	FLA	4		0.290	0.072	
Aspartic acid....g	0.681		0	FLA	4		0.579	0.143	
Glutamic acid....g	1.031		0	FLA	4		0.876	0.217	
Glycine....g	0.185		0	FLA	4		0.158	0.039	
Proline....g	0.351		0	FLA	4		0.298	0.074	
Serine....g	0.475		0	FLA	4		0.404	0.100	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	FLA	4		0.0	0.0	
Caffeine....mg									

NDB No. 19169
Egg custards, 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
Theobromine.....mg									

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

Common Measures:

Measure 1 = 85g: 1 package (3 oz)

Measure 2 = 21g: 1 portion, amount to make 1/2 cup

Calories Factors: Protein 4.3 **Fat** 9 **Carbohydrate** 3.9

Food Group: 19 Sweets

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

NDB No. 19205
Egg custards, dry mix, prepared with 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
Proximates:									
Water....g	74.44		0	RP	4		104.95		
Energy....kcal	112		0	RP	4		159		
Energy....kJ	470		0	RP	4		663		
Protein....g	4.13		0	RP	4		5.82		
Total lipid (fat)....g	2.83		0	RP	4		3.99		
Ash....g	1.00		0	RP	4		1.41		
Carbohydrate, by difference....g	17.61		0	RP	4		24.82		
Fiber, total dietary....g	0.0		0	RP	4		0.0		
Sugars, total....g	4.63		0	RP	4		6.54		
Sucrose....g	0.01		0	RP	4		0.01		
Glucose (dextrose)....g	0.01		0	RP	4		0.01		
Fructose....g	0.01		0	RP	4		0.01		
Lactose....g	4.59		0	RP	4		6.47		
Maltose....g	0.01		0	RP	4		0.01		
Galactose....g	0.01		0	RP	4		0.02		
Starch....g									
Minerals:									
Calcium, Ca....mg	146		0	RP	4		206		
Iron, Fe....mg	0.33		0	RP	4		0.47		
Magnesium, Mg....mg	17		0	RP	4		25		
Phosphorus, P....mg	137		0	RP	4		193		
Potassium, K....mg	214		0	RP	4		302		
Sodium, Na....mg	87		0	RP	4		123		
Zinc, Zn....mg	0.61		0	RP	4		0.86		
Copper, Cu....mg	0.012		0	RP	4		0.018		
Manganese, Mn....mg	0.016		0	RP	4		0.022		
Selenium, Se....µg	4.9		0	RP	4		7.0		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.2		0	RP	4		0.3		
Thiamin....mg	0.056		0	RP	4		0.078		
Riboflavin....mg	0.235		0	RP	4		0.332		
Niacin....mg	0.135		0	RP	4		0.191		
Pantothenic acid....mg	0.683		0	RP	4		0.963		
Vitamin B-6....mg	0.066		0	RP	4		0.093		
Folate, total....µg	8		0	RP	4		12		
Folic acid....µg	0		0	RP	4		0		
Folate, food....µg	8		0	RP	4		12		
Folate, DFE....µg	8		0	NC	4		12		
Choline, total....mg	13.5		0	RP	4		19.1		
Betaine....mg	0.9		0	RP	4		1.2		
Vitamin B-12....µg	0.58		0	RP	4		0.82		
Vitamin B-12, added....µg	0.00		0	RP	4		0.00		
Vitamin A, RAE....µg	61		0	NC	4		86		
Retinol....µg	60		0	RP	4		85		
Carotene, beta....µg	4		0	RP	4		5		
Carotene, alpha....µg	0		0	RP	4		0		
Cryptoxanthin, beta....µg	0		0	RP	4		0		
Vitamin A, IU....IU	208		0	NC	4		293		
Lycopene....µg	0		0	RP	4		0		
Lutein + zeaxanthin....µg	0		0	RP	4		0		
Vitamin E (alpha-tocopherol)....mg	0.03		0	RP	4		0.04		
Vitamin E, added....mg	0.00		0	RP	4		0.00		
Tocopherol, beta....mg	0.00		0	RP	4		0.00		
Tocopherol, gamma....mg	0.00		0	RP	4		0.00		
Tocopherol, delta....mg	0.00		0	RP	4		0.00		
Tocotrienol, alpha....mg	0.00		0	RP	4		0.00		
Tocotrienol, beta....mg	0.00		0	RP	4		0.00		

NDB No. 19205
Egg custards, dry mix, prepared with 2% milk

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Tocotrienol, gamma....mg	0.00		0	RP	4		0.00		
Tocotrienol, delta....mg	0.00		0	RP	4		0.00		
Vitamin D (D2 + D3)....µg	1.1		0	AS	1		1.6		
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg	1.1		0	RP	4		1.6		
Vitamin D....IU	44		0	RP	4		63		
Vitamin K (phylloquinone)....µg	0.2		0	RP	4		0.2		
Dihydrophylloquinone....µg	0.0		0	RP	4		0.0		
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	1.475		0	RP	4		2.080		
4:0....g	0.072		0	RP	4		0.101		
6:0....g	0.038		0	RP	4		0.054		
8:0....g	0.019		0	RP	4		0.026		
10:0....g	0.047		0	RP	4		0.066		
12:0....g	0.052		0	RP	4		0.073		
13:0....g	0.002		0	RP	4		0.003		
14:0....g	0.169		0	RP	4		0.238		
15:0....g	0.018		0	RP	4		0.026		
16:0....g	0.739		0	RP	4		1.042		
17:0....g	0.010		0	RP	4		0.015		
18:0....g	0.304		0	RP	4		0.428		
20:0....g	0.004		0	RP	4		0.005		
22:0....g	0.002		0	RP	4		0.003		
24:0....g									
Fatty acids, total monounsaturated....g	0.896		0	RP	4		1.263		
14:1....g	0.013		0	RP	4		0.019		
15:1....g	0.004		0	RP	4		0.005		
16:1 undifferentiated....g	0.055		0	RP	4		0.077		
17:1....g	0.005		0	RP	4		0.006		
18:1 undifferentiated....g	0.814		0	RP	4		1.148		
20:1....g	0.005		0	RP	4		0.007		
22:1 undifferentiated....g	0.000		0	RP	4		0.001		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.201		0	RP	4		0.283		
18:2 undifferentiated....g	0.170		0	RP	4		0.239		
18:3 undifferentiated....g	0.011		0	RP	4		0.015		
18:4....g	0.000		0	RP	4		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g	0.003		0	RP	4		0.004		
20:4 undifferentiated....g	0.014		0	RP	4		0.020		
20:5 n-3 (EPA)....g	0.000		0	RP	4		0.000		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	RP	4		0.000		
22:6 n-3 (DHA)....g	0.003		0	RP	4		0.004		
Fatty acids, total trans....g	0.078		0	RP	4		0.110		
Cholesterol....mg	49		0	RP	4		69		
Phytosterols....mg									
Stigmasterol....mg	0		0	RP	4		0		
Campesterol....mg	0		0	RP	4		0		
Beta-sitosterol....mg	0		0	RP	4		0		
Amino Acids:									
Tryptophan....g	0.052		0	RP	4		0.073		
Threonine....g	0.159		0	RP	4		0.224		
Isoleucine....g	0.226		0	RP	4		0.318		
Leucine....g	0.402		0	RP	4		0.567		
Lysine....g	0.301		0	RP	4		0.425		
Methionine....g	0.100		0	RP	4		0.141		
Cystine....g	0.119		0	RP	4		0.168		
Phenylalanine....g	0.190		0	RP	4		0.268		
Tyrosine....g	0.181		0	RP	4		0.255		
Valine....g	0.260		0	RP	4		0.367		

NDB No. 19205
Egg custards, dry mix, prepared with 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 of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Arginine.....g	0.156		0	RP	4		0.220		
Histidine.....g	0.091		0	RP	4		0.129		
Alanine.....g	0.156		0	RP	4		0.220		
Aspartic acid.....g	0.383		0	RP	4		0.540		
Glutamic acid.....g	0.878		0	RP	4		1.238		
Glycine.....g	0.085		0	RP	4		0.120		
Proline.....g	0.393		0	RP	4		0.554		
Serine.....g	0.258		0	RP	4		0.364		
Hydroxyproline.....g	0.000		0	RP	4		0.000		
Others:									
Alcohol, ethyl.....g	0.0		0	RP	4		0.0		
Caffeine.....mg	0		0	RP	4		0		
Theobromine.....mg	0		0	RP	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 = 141g: .5 cup

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

Food Group: 19 Sweets

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

NDB No. 19170
Egg custards, dry mix, prepared with whole milk

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	73.45		0	RP	4		103.56		
Energy....kcal	122		0	NC	4		172		
Energy....kJ	512		0	NC	4		722		
Protein....g	3.99		0	RP	4		5.62		
Total lipid (fat)....g	4.00		0	RP	4		5.64		
Ash....g	0.97		0	RP	4		1.36		
Carbohydrate, by difference....g	17.60		0	RP	4		24.82		
Fiber, total dietary....g	0.0		0	RP	4		0.0		
Sugars, total....g	4.82		0	RP	4		6.79		
Sucrose....g	0.00		0	RP	4		0.00		
Glucose (dextrose)....g	0.00		0	RP	4		0.00		
Fructose....g	0.00		0	RP	4		0.00		
Lactose....g	4.63		0	RP	4		6.53		
Maltose....g	0.00		0	RP	4		0.00		
Galactose....g	0.00		0	RP	4		0.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	139		0	RP	4		197		
Iron, Fe....mg	0.34		0	RP	4		0.48		
Magnesium, Mg....mg	16		0	RP	4		23		
Phosphorus, P....mg	130		0	RP	4		183		
Potassium, K....mg	207		0	RP	4		292		
Sodium, Na....mg	84		0	RP	4		118		
Zinc, Zn....mg	0.51		0	RP	4		0.72		
Copper, Cu....mg	0.030		0	RP	4		0.043		
Manganese, Mn....mg	0.007		0	RP	4		0.010		
Selenium, Se....µg	6.0		0	RP	4		8.5		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.1		0	RP	4		0.1		
Thiamin....mg	0.061		0	RP	4		0.086		
Riboflavin....mg	0.220		0	RP	4		0.310		
Niacin....mg	0.132		0	RP	4		0.186		
Pantothenic acid....mg	0.699		0	RP	4		0.985		
Vitamin B-6....mg	0.064		0	RP	4		0.090		
Folate, total....µg	9		0	RP	4		12		
Folic acid....µg	0		0	RP	4		0		
Folate, food....µg	9		0	RP	4		12		
Folate, DFE....µg	9		0	NC	4		12		
Choline, total....mg	11.8		0	RP	4		16.6		
Betaine....mg	0.6		0	RP	4		0.8		
Vitamin B-12....µg	0.52		0	RP	4		0.73		
Vitamin B-12, added....µg	0.00		0	RP	4		0.00		
Vitamin A, RAE....µg	52		0	NC	4		73		
Retinol....µg	52		0	RP	4		73		
Carotene, beta....µg	6		0	RP	4		9		
Carotene, alpha....µg	0		0	RP	4		0		
Cryptoxanthin, beta....µg	0		0	RP	4		0		
Vitamin A, IU....IU	182		0	NC	4		256		
Lycopene....µg	0		0	RP	4		0		
Lutein + zeaxanthin....µg	0		0	RP	4		0		
Vitamin E (alpha-tocopherol)....mg	0.06		0	RP	4		0.09		
Vitamin E, added....mg	0.00		0	RP	4		0.00		
Tocopherol, beta....mg	0.00		0	RP	4		0.00		
Tocopherol, gamma....mg	0.00		0	RP	4		0.01		
Tocopherol, delta....mg	0.00		0	RP	4		0.00		
Tocotrienol, alpha....mg	0.00		0	RP	4		0.00		
Tocotrienol, beta....mg	0.00		0	RP	4		0.00		

NDB No. 19170
Egg custards, dry mix, prepared with whole milk

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Tocotrienol, gamma....mg	0.00		0	RP	4		0.00		
Tocotrienol, delta....mg	0.00		0	RP	4		0.00		
Vitamin D (D2 + D3)....µg	1.2		0	AS	1		1.6		
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg	1.2		0	RP	4		1.6		
Vitamin D....IU	47		0	RP	4		66		
Vitamin K (phylloquinone)....µg	0.2		0	RP	4		0.3		
Dihydrophylloquinone....µg	0.0		0	RP	4		0.0		
Menaquinone-4....µg	0.9		0	RP	4		1.2		
Lipids:									
Fatty acids, total saturated....g	2.032		0	RP	4		2.865		
4:0....g	0.070		0	RP	4		0.098		
6:0....g	0.070		0	RP	4		0.098		
8:0....g	0.068		0	RP	4		0.096		
10:0....g	0.070		0	RP	4		0.098		
12:0....g	0.072		0	RP	4		0.101		
13:0....g	0.000		0	RP	4		0.000		
14:0....g	0.280		0	RP	4		0.395		
15:0....g	0.000		0	RP	4		0.000		
16:0....g	0.987		0	RP	4		1.392		
17:0....g	0.000		0	RP	4		0.000		
18:0....g	0.415		0	RP	4		0.586		
20:0....g	0.000		0	RP	4		0.000		
22:0....g	0.000		0	RP	4		0.000		
24:0....g	0.000		0	RP	4		0.000		
Fatty acids, total monounsaturated....g	1.127		0	RP	4		1.589		
14:1....g	0.000		0	RP	4		0.000		
15:1....g									
16:1 undifferentiated....g	0.030		0	RP	4		0.043		
17:1....g									
18:1 undifferentiated....g	1.093		0	RP	4		1.541		
20:1....g	0.003		0	RP	4		0.004		
22:1 undifferentiated....g	0.000		0	RP	4		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.312		0	RP	4		0.440		
18:2 undifferentiated....g	0.223		0	RP	4		0.315		
18:3 undifferentiated....g	0.071		0	RP	4		0.101		
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.014		0	RP	4		0.020		
20:5 n-3 (EPA)....g	0.000		0	RP	4		0.000		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	RP	4		0.000		
22:6 n-3 (DHA)....g	0.003		0	RP	4		0.004		
Fatty acids, total trans....g									
Cholesterol....mg	51		0	RP	4		71		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.082		0	RP	4		0.116		
Threonine....g	0.192		0	RP	4		0.271		
Isoleucine....g	0.207		0	RP	4		0.291		
Leucine....g	0.337		0	RP	4		0.476		
Lysine....g	0.214		0	RP	4		0.302		
Methionine....g	0.091		0	RP	4		0.129		
Cystine....g	0.036		0	RP	4		0.050		
Phenylalanine....g	0.173		0	RP	4		0.244		
Tyrosine....g	0.177		0	RP	4		0.249		
Valine....g	0.233		0	RP	4		0.329		
Arginine....g	0.125		0	RP	4		0.176		
Histidine....g	0.092		0	RP	4		0.130		
Alanine....g	0.146		0	RP	4		0.206		

NDB No. 19170
Egg custards, dry mix, prepared with whole milk

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	0.321		0	RP	4		0.453		
Glutamic acid.....g	0.745		0	RP	4		1.051		
Glycine.....g	0.097		0	RP	4		0.136		
Proline.....g	0.362		0	RP	4		0.511		
Serine.....g	0.171		0	RP	4		0.242		
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	RP	4		0.0		
Caffeine.....mg	0		0	RP	4		0		
Theobromine.....mg	0		0	RP	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 = 141g: .5 cup

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

Food Group: 19 Sweets

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

NDB No. 19187
Flan, caramel custard, dry mix

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	7.80		1		4		6.63	1.64	
Energy....kcal	348		0	NC	4		296	73	
Energy....kJ	1456		0		4		1238	306	
Protein (N x 6.25)....g	0.00		1		4		0.00	0.00	
Total lipid (fat)....g	0.00		1		4		0.00	0.00	
Ash....g	0.61		0	BFAN	4		0.52	0.13	
Carbohydrate, by difference....g	91.60		0	NC	4		77.86	19.24	
Fiber, total dietary....g	0.0		0	LC	8		0.0	0.0	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	24		1		4		20	5	
Iron, Fe....mg	0.08		1		4		0.07	0.02	
Magnesium, Mg....mg	0		1		4		0	0	
Phosphorus, P....mg	1		1		4		1	0	
Potassium, K....mg	153	8.625	5		1		130	32	
Sodium, Na....mg	432	13.189	5		1		367	91	
Zinc, Zn....mg	0.04		1		4		0.03	0.01	
Copper, Cu....mg	0.015		1		4		0.013	0.003	
Manganese, Mn....mg	0.007		1		4		0.006	0.001	
Selenium, Se....µg	21.3		0	BFZN	4		18.1	4.5	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		1		4		0.0	0.0	
Thiamin....mg	0.000		1		4		0.000	0.000	
Riboflavin....mg	0.000		1		4		0.000	0.000	
Niacin....mg	0.000		1		4		0.000	0.000	
Pantothenic acid....mg	0.000		1		4		0.000	0.000	
Vitamin B-6....mg	0.000		1		4		0.000	0.000	
Folate, total....µg	0		1		4		0	0	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	0		1		4		0	0	
Folate, DFE....µg	0		0	NC	4		0	0	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.00		1		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	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		1		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									

NDB No. 19187
Flan, caramel custard, 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
Lipids:									
Fatty acids, total saturated....g									
Fatty acids, total monounsaturated....g									
Fatty acids, total polyunsaturated....g									
Fatty acids, total trans....g									
Cholesterol....mg	0		1		4		0	0	
Phytosterols....mg									
Others:									
Alcohol, ethyl....g									
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

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

Common Measures:

Measure 1 = 85g: 1 package (3 oz)

Measure 2 = 21g: 1 portion, amount to make 1/2 cup

Calories Factors: Protein 1.8 **Fat** 8.4 **Carbohydrate** 3.8

Food Group: 19 Sweets

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

NDB No. 19231
Flan, caramel custard, dry mix, prepared with 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
Proximates:									
Water....g	75.71		0	RP	4				
Energy....kcal	103		0	RP	4				
Energy....kJ	430		0	RP	4				
Protein....g	2.99		0	RP	4				
Total lipid (fat)....g	1.72		0	RP	4				
Ash....g	0.76		0	RP	4				
Carbohydrate, by difference....g	18.82		0	RP	4				
Fiber, total dietary....g	0.0		0	RP	4				
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	113		0	RP	4				
Iron, Fe....mg	0.06		0	RP	4				
Magnesium, Mg....mg	12		0	RP	4				
Phosphorus, P....mg	86		0	RP	4				
Potassium, K....mg	163		0	RP	4				
Sodium, Na....mg	113		0	RP	4				
Zinc, Zn....mg	0.36		0	RP	4				
Copper, Cu....mg	0.010		0	RP	4				
Manganese, Mn....mg	0.003		0	RP	4				
Selenium, Se....µg	5.3		0	RP	4				
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.7		0	RP	4				
Thiamin....mg	0.032		0	RP	4				
Riboflavin....mg	0.148		0	RP	4				
Niacin....mg	0.077		0	RP	4				
Pantothenic acid....mg	0.287		0	RP	4				
Vitamin B-6....mg	0.035		0	RP	4				
Folate, total....µg	4		0	RP	4				
Folic acid....µg	0		0	RP	4				
Folate, food....µg	4		0	RP	4				
Folate, DFE....µg	4		0	NC	4				
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.26		0	RP	4				
Vitamin A, RAE....µg	52		0	NC	4				
Retinol....µg	51		0	RP	4				
Carotene, beta....µg	11		0	O	4				
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	180		0	O	4				
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.9		0	RP	4				
Vitamin D....IU	36		0	RP	4				
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

NDB No. 19231

Flan, caramel custard, dry mix, prepared with 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 of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	1.035		0	RP	4				
4:0....g	0.056		0	RP	4				
6:0....g	0.033		0	RP	4				
8:0....g	0.019		0	RP	4				
10:0....g	0.043		0	RP	4				
12:0....g	0.048		0	RP	4				
13:0....g									
14:0....g	0.173		0	RP	4				
15:0....g									
16:0....g	0.453		0	RP	4				
17:0....g									
18:0....g	0.209		0	RP	4				
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.472		0	RP	4				
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.039		0	RP	4				
17:1....g									
18:1 undifferentiated....g	0.434		0	RP	4				
20:1....g	0.000		0	RP	4				
22:1 undifferentiated....g	0.000		0	RP	4				
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.064		0	RP	4				
18:2 undifferentiated....g	0.039		0	RP	4				
18:3 undifferentiated....g	0.025		0	RP	4				
18:4....g	0.000		0	RP	4				
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0	RP	4				
20:5 n-3 (EPA)....g	0.000		0	RP	4				
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	RP	4				
22:6 n-3 (DHA)....g	0.000		0	RP	4				
Fatty acids, total trans....g									
Cholesterol....mg	7		0	RP	4				
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.042		0	RP	4				
Threonine....g	0.135		0	RP	4				
Isoleucine....g	0.180		0	RP	4				
Leucine....g	0.293		0	RP	4				
Lysine....g	0.237		0	RP	4				
Methionine....g	0.075		0	RP	4				
Cystine....g	0.028		0	RP	4				
Phenylalanine....g	0.145		0	RP	4				
Tyrosine....g	0.145		0	RP	4				
Valine....g	0.200		0	RP	4				
Arginine....g	0.109		0	RP	4				
Histidine....g	0.081		0	RP	4				
Alanine....g	0.103		0	RP	4				
Aspartic acid....g	0.227		0	RP	4				
Glutamic acid....g	0.626		0	RP	4				
Glycine....g	0.063		0	RP	4				
Proline....g	0.290		0	RP	4				
Serine....g	0.162		0	RP	4				
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	RP	4				
Caffeine....mg	0		0	RP	4				
Theobromine....mg	0		0	RP	4				

NDB No. 19231

Flan, caramel custard, dry mix, prepared with 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 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:

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

Food Group: 19 Sweets

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

NDB No. 19232

Flan, caramel custard, dry mix, prepared with whole 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
Proximates:									
Water ... g	74.63		0	RP	4				
Energy ... kcal	113		0	RP	4				
Energy ... kJ	475		0	RP	4				
Protein ... g	2.95		0	RP	4				
Total lipid (fat) ... g	3.00		0	RP	4				
Ash ... g	0.74		0	RP	4				
Carbohydrate, by difference ... g	18.68		0	RP	4				
Fiber, total dietary ... g	0.0		0	RP	4				
Sugars, total ... g									
Starch ... g									
Minerals:									
Calcium, Ca ... mg	111		0	RP	4				
Iron, Fe ... mg	0.06		0	RP	4				
Magnesium, Mg ... mg	12		0	RP	4				
Phosphorus, P ... mg	84		0	RP	4				
Potassium, K ... mg	160		0	RP	4				
Sodium, Na ... mg	112		0	RP	4				
Zinc, Zn ... mg	0.35		0	RP	4				
Copper, Cu ... mg	0.011		0	RP	4				
Manganese, Mn ... mg	0.005		0	RP	4				
Selenium, Se ... µg	5.2		0	RP	4				
Vitamins:									
Vitamin C, total ascorbic acid ... mg	0.7		0	RP	4				
Thiamin ... mg	0.031		0	RP	4				
Riboflavin ... mg	0.145		0	RP	4				
Niacin ... mg	0.075		0	RP	4				
Pantothenic acid ... mg	0.282		0	RP	4				
Vitamin B-6 ... mg	0.034		0	RP	4				
Folate, total ... µg	4		0	RP	4				
Folic acid ... µg	0		0	RP	4				
Folate, food ... µg	4		0	RP	4				
Folate, DFE ... µg	4		0	NC	4				
Choline, total ... mg									
Betaine ... mg									
Vitamin B-12 ... µg	0.26		0	RP	4				
Vitamin A, RAE ... µg	29		0	NC	4				
Retinol ... µg	28		0	O	4				
Carotene, beta ... µg	16		0	O	4				
Carotene, alpha ... µg									
Cryptoxanthin, beta ... µg									
Vitamin A, IU ... IU	113		0	RP	4				
Lycopene ... µg									
Lutein + zeaxanthin ... µg									
Vitamin E (alpha-tocopherol) ... mg									
Tocopherol, beta ... mg									
Tocopherol, gamma ... mg									
Tocopherol, delta ... mg									
Tocotrienol, alpha ... mg									
Tocotrienol, beta ... mg									
Tocotrienol, gamma ... mg									
Tocotrienol, delta ... mg									
Vitamin D (D2 + D3) ... µg	0.9		0	RP	4				
Vitamin D ... IU	36		0	RP	4				
Vitamin K (phylloquinone) ... µg									
Dihydrophylloquinone ... µg									
Menaquinone-4 ... µg									
Lipids:									

NDB No. 19232

Flan, caramel custard, dry mix, prepared with whole milk

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	1.800		0	RP	4				
4:0....g	0.097		0	RP	4				
6:0....g	0.057		0	RP	4				
8:0....g	0.033		0	RP	4				
10:0....g	0.075		0	RP	4				
12:0....g	0.084		0	RP	4				
13:0....g									
14:0....g	0.301		0	RP	4				
15:0....g									
16:0....g	0.788		0	RP	4				
17:0....g									
18:0....g	0.363		0	RP	4				
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.821		0	RP	4				
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.067		0	RP	4				
17:1....g									
18:1 undifferentiated....g	0.753		0	RP	4				
20:1....g	0.000		0	RP	4				
22:1 undifferentiated....g	0.000		0	RP	4				
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.111		0	RP	4				
18:2 undifferentiated....g	0.067		0	RP	4				
18:3 undifferentiated....g	0.044		0	RP	4				
18:4....g	0.000		0	RP	4				
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0	RP	4				
20:5 n-3 (EPA)....g	0.000		0	RP	4				
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	RP	4				
22:6 n-3 (DHA)....g	0.000		0	RP	4				
Fatty acids, total trans....g									
Cholesterol....mg	12		0	RP	4				
Phytosterols....mg	0		0	RP	4				
Amino Acids:									
Tryptophan....g	0.041		0	RP	4				
Threonine....g	0.134		0	RP	4				
Isoleucine....g	0.178		0	RP	4				
Leucine....g	0.289		0	RP	4				
Lysine....g	0.234		0	RP	4				
Methionine....g	0.074		0	RP	4				
Cystine....g	0.027		0	RP	4				
Phenylalanine....g	0.143		0	RP	4				
Tyrosine....g	0.143		0	RP	4				
Valine....g	0.197		0	RP	4				
Arginine....g	0.107		0	RP	4				
Histidine....g	0.080		0	RP	4				
Alanine....g	0.101		0	RP	4				
Aspartic acid....g	0.224		0	RP	4				
Glutamic acid....g	0.618		0	RP	4				
Glycine....g	0.063		0	RP	4				
Proline....g	0.286		0	RP	4				
Serine....g	0.161		0	RP	4				
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	RP	4				
Caffeine....mg	0		0	RP	4				
Theobromine....mg	0		0	RP	4				

NDB No. 19232

Flan, caramel custard, dry mix, prepared with whole milk

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

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

Common Measures:

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

Food Group: 19 Sweets

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

NDB No. 19240
Frostings, chocolate, creamy, 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
Proximates:									
Water....g	0.60		1		1		2.33		
Energy....kcal	389		0		4		1509		
Energy....kJ	1628		0		4		6315		
Protein (N x 5.6)....g	1.30		1		1		5.04		
Total lipid (fat)....g	5.20		1		1		20.18		
Ash....g	0.60		1		1		2.33		
Carbohydrate, by difference....g	92.00		0	NC	4		356.96		
Fiber, total dietary....g	2.4		0	FLM	4		9.3		
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	11		1		4		43		
Iron, Fe....mg	1.19		1		1		4.62		
Magnesium, Mg....mg	38		1		4		147		
Phosphorus, P....mg	62		1		4		241		
Potassium, K....mg	180		1		1		698		
Sodium, Na....mg	76		1		1		295		
Zinc, Zn....mg	0.81		1		4		3.14		
Copper, Cu....mg	0.294		1		4		1.141		
Manganese, Mn....mg	0.333		1		4		1.292		
Selenium, Se....µg	1.6		0	FLM	4		6.2		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		1		4		0.0		
Thiamin....mg	0.006		1		4		0.023		
Riboflavin....mg	0.029		1		4		0.113		
Niacin....mg	0.142		1		4		0.551		
Pantothenic acid....mg	0.029		1		4		0.113		
Vitamin B-6....mg	0.080		1		4		0.310		
Folate, total....µg	3		1		4		12		
Folic acid....µg	0		0	Z	7		0		
Folate, food....µg	3		1		4		12		
Folate, DFE....µg	3		0	NC	4		12		
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.00		1		4		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	Z	7		0		
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	0		1		1		0		
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									

NDB No. 19240
Frostings, chocolate, creamy, 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
Lipids:									
Fatty acids, total saturated....g									
Fatty acids, total monounsaturated....g									
Fatty acids, total polyunsaturated....g									
Fatty acids, total trans....g									
Cholesterol....mg	0		1		4		0		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.020		0		1		0.078		
Threonine....g	0.053		0		1		0.206		
Isoleucine....g	0.052		0		1		0.202		
Leucine....g	0.082		0		1		0.318		
Lysine....g	0.067		0		1		0.260		
Methionine....g	0.014		0		1		0.054		
Cystine....g	0.016		0		1		0.062		
Phenylalanine....g	0.064		0		1		0.248		
Tyrosine....g	0.050		0		1		0.194		
Valine....g	0.080		0		1		0.310		
Arginine....g	0.076		0		1		0.295		
Histidine....g	0.023		0		1		0.089		
Alanine....g	0.062		0		1		0.241		
Aspartic acid....g	0.133		0		1		0.516		
Glutamic acid....g	0.202		0		1		0.784		
Glycine....g	0.060		0		1		0.233		
Proline....g	0.058		0		1		0.225		
Serine....g	0.058		0		1		0.225		
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g									
Caffeine....mg	6		0	FLM	4		23		
Theobromine....mg	188		0	FLM	4		729		

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

Common Measures:

Measure 1 = 388g: 1 package

Calories Factors: Protein 1.8 **Fat** 8.8 **Carbohydrate** 3.7

Food Group: 19 Sweets

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

NDB No. 19241

Frostings, chocolate, creamy, dry mix, prepared with butter

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	13.33		0	RPI	6		4.40		
Energy	kcal	408		0	NC	4		135		
Energy	kJ	1708		0	NC	4		564		
Protein	g	1.11		0	RPI	6		0.36		
Total lipid (fat)	g	13.06		0	RPI	6		4.31		
Ash	g	0.71		0	RPI	6		0.24		
Carbohydrate, by difference	g	71.80		0	NC	4		23.69		
Fiber, total dietary	g	1.9		0	RPI	6		0.6		
Sugars, total	g	0.01		0	RPI	6		0.00		
Starch	g									
Minerals:										
Calcium, Ca	mg	12		0	RPI	6		4		
Iron, Fe	mg	0.93		0	RPA	1		0.31		
Magnesium, Mg	mg	30		0	RPI	6		10		
Phosphorus, P	mg	51		0	RPI	6		17		
Potassium, K	mg	143		0	RPA	1		47		
Sodium, Na	mg	124		0	RPA	1		41		
Zinc, Zn	mg	0.64		0	RPI	6		0.21		
Copper, Cu	mg	0.230		0	RPI	6		0.076		
Manganese, Mn	mg	0.259		0	RPI	6		0.085		
Selenium, Se	µg	1.4		0	RPI	6		0.4		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	RPI	6		0.0		
Thiamin	mg	0.005		0	RPI	6		0.002		
Riboflavin	mg	0.026		0	RPI	6		0.009		
Niacin	mg	0.115		0	RPI	6		0.038		
Pantothenic acid	mg	0.035		0	RPI	6		0.011		
Vitamin B-6	mg	0.063		0	RPI	6		0.021		
Folate, total	µg	3		0	RPI	6		1		
Folic acid	µg	0		0	RPI	6		0		
Folate, food	µg	3		0	RPI	6		1		
Folate, DFE	µg	3		0	NC	4		1		
Choline, total	mg	2.1		0	RPI	6		0.7		
Betaine	mg	0.0		0	RPA	1		0.0		
Vitamin B-12	µg	0.02		0	RPI	6		0.01		
Vitamin B-12, added	µg	0.00		0	RPI	6		0.00		
Vitamin A, RAE	µg	76		0	NC	4		25		
Retinol	µg	75		0	RPI	6		25		
Carotene, beta	µg	18		0	RPI	6		6		
Carotene, alpha	µg	0		0	RPI	6		0		
Cryptoxanthin, beta	µg	0		0	RPI	6		0		
Vitamin A, IU	IU	278		0	NC	4		92		
Lycopene	µg	0		0	RPI	6		0		
Lutein + zeaxanthin	µg	0		0	RPI	6		0		
Vitamin E (alpha-tocopherol)	mg	0.26		0	RPI	6		0.09		
Vitamin E, added	mg	0.00		0	RPI	6		0.00		
Tocopherol, beta	mg	0.00		0	RPA	1		0.00		
Tocopherol, gamma	mg	0.00		0	RPA	1		0.00		
Tocopherol, delta	mg	0.00		0	RPA	1		0.00		
Tocotrienol, alpha	mg	0.00		0	RPA	1		0.00		
Tocotrienol, beta	mg	0.00		0	RPA	1		0.00		
Tocotrienol, gamma	mg	0.00		0	RPA	1		0.00		
Tocotrienol, delta	mg	0.00		0	RPA	1		0.00		
Vitamin D (D2 + D3)	µg	0.2		0	AS	1		0.1		
Vitamin D2 (ergocalciferol)	µg									
Vitamin D3 (cholecalciferol)	µg	0.2		0	RPI	6		0.1		
Vitamin D	IU	7		0	RPI	6		2		
Vitamin K (phylloquinone)	µg	0.8		0	RPI	6		0.3		

NDB No. 19241

Frostings, chocolate, creamy, dry mix, prepared with butter

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	8.369		0	RPI	6		2.762		
4:0....g	0.526		0	RPI	6		0.173		
6:0....g	0.327		0	RPI	6		0.108		
8:0....g	0.194		0	RPI	6		0.064		
10:0....g	0.412		0	RPI	6		0.136		
12:0....g	0.421		0	RPI	6		0.139		
13:0....g									
14:0....g	1.212		0	RPI	6		0.400		
15:0....g									
16:0....g	3.535		0	RPI	6		1.167		
17:0....g	0.091		0	RPA	1		0.030		
18:0....g	1.629		0	RPI	6		0.538		
20:0....g	0.022		0	RPA	1		0.007		
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	3.425		0	RPI	6		1.130		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.156		0	RPI	6		0.052		
17:1....g									
18:1 undifferentiated....g	3.252		0	RPI	6		1.073		
20:1....g	0.016		0	RPI	6		0.005		
22:1 undifferentiated....g	0.000		0	RPI	6		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.496		0	RPI	6		0.164		
18:2 undifferentiated....g	0.445		0	RPI	6		0.147		
18:3 undifferentiated....g	0.051		0	RPI	6		0.017		
18:4....g	0.000		0	RPI	6		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0	RPI	6		0.000		
20:5 n-3 (EPA)....g	0.000		0	RPI	6		0.000		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	RPI	6		0.000		
22:6 n-3 (DHA)....g	0.000		0	RPI	6		0.000		
Fatty acids, total trans....g	0.534		0	RPI	6		0.176		
Fatty acids, total trans-monoenoic....g									
Fatty acids, total trans-polyenoic....g									
Cholesterol....mg	24		0	RPI	6		8		
Phytosterols....mg									
Stigmasterol....mg	0		0	RPA	1		0		
Campesterol....mg	0		0	RPA	1		0		
Beta-sitosterol....mg	0		0	RPA	1		0		
Amino Acids:									
Tryptophan....g	0.017		0	RPA	1		0.006		
Threonine....g	0.045		0	RPA	1		0.015		
Isoleucine....g	0.046		0	RPA	1		0.015		
Leucine....g	0.073		0	RPA	1		0.024		
Lysine....g	0.060		0	RPA	1		0.020		
Methionine....g	0.013		0	RPA	1		0.004		
Cystine....g	0.013		0	RPA	1		0.004		
Phenylalanine....g	0.054		0	RPA	1		0.018		
Tyrosine....g	0.043		0	RPA	1		0.014		
Valine....g	0.069		0	RPA	1		0.023		
Arginine....g	0.063		0	RPA	1		0.021		
Histidine....g	0.020		0	RPA	1		0.007		
Alanine....g	0.051		0	RPA	1		0.017		
Aspartic acid....g	0.111		0	RPA	1		0.036		
Glutamic acid....g	0.177		0	RPA	1		0.058		

NDB No. 19241

Frostings, chocolate, creamy, dry mix, prepared with butter

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Glycine....g	0.049		0	RPA	1		0.016		
Proline....g	0.054		0	RPA	1		0.018		
Serine....g	0.050		0	RPA	1		0.017		
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	RPI	6		0.0		
Caffeine....mg	5		0	RPI	6		2		
Theobromine....mg	146		0	RPI	6		48		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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: 2 tablespoon

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

Food Group: 19 Sweets

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

NDB No. 19372

Frostings, chocolate, creamy, dry mix, prepared with margarine

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	14.07		0	RP	4		4.64		
Energy	kcal	404		0	RP	4		133		
Energy	kJ	1692		0	RP	4		558		
Protein	g	1.10		0	RP	4		0.36		
Total lipid (fat)	g	12.87		0	RP	4		4.25		
Ash	g	0.69		0	RP	4		0.23		
Carbohydrate, by difference	g	71.02		0	RP	4		23.44		
Fiber, total dietary	g	1.9		0	RP	4		0.6		
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	12		0	RP	4		4		
Iron, Fe	mg	0.93		0	RP	4		0.31		
Magnesium, Mg	mg	30		0	RP	4		10		
Phosphorus, P	mg	50		0	RP	4		17		
Potassium, K	mg	143		0	RP	4		47		
Sodium, Na	mg	163		0	RP	4		54		
Zinc, Zn	mg	0.63		0	RP	4		0.21		
Copper, Cu	mg	0.227		0	RP	4		0.075		
Manganese, Mn	mg									
Selenium, Se	µg	1.2		0	RP	4		0.4		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	RP	4		0.0		
Thiamin	mg	0.006		0	RP	4		0.002		
Riboflavin	mg	0.026		0	RP	4		0.009		
Niacin	mg	0.112		0	RP	4		0.037		
Pantothenic acid	mg	0.032		0	RP	4		0.010		
Vitamin B-6	mg	0.063		0	RP	4		0.021		
Folate, total	µg	2		0	RP	4		1		
Folic acid	µg	0		0	RP	4		0		
Folate, food	µg	2		0	RP	4		1		
Folate, DFE	µg	2		0	NC	4		1		
Choline, total	mg									
Betaine	mg									
Vitamin B-12	µg	0.01		0	RP	4		0.00		
Vitamin A, RAE	µg	80		0	NC	4		27		
Retinol	µg	73		0	RP	4		24		
Carotene, beta	µg	91		0	O	4		30		
Carotene, alpha	µg									
Cryptoxanthin, beta	µg									
Vitamin A, IU	IU	393		0	RP	4		130		
Lycopene	µg									
Lutein + zeaxanthin	µg									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Tocotrienol, alpha	mg									
Tocotrienol, beta	mg									
Tocotrienol, gamma	mg									
Tocotrienol, delta	mg									
Vitamin D (D2 + D3)	µg									
Vitamin D	IU									
Vitamin K (phylloquinone)	µg									
Dihydrophylloquinone	µg									
Menaquinone-4	µg									
Lipids:										

NDB No. 19372

Frostings, chocolate, creamy, dry mix, prepared 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	1.740		0	RP	4		0.574		
4:0....g	0.000		0	RP	4		0.000		
6:0....g	0.000		0	RP	4		0.000		
8:0....g	0.000		0	RP	4		0.000		
10:0....g	0.000		0	RP	4		0.000		
12:0....g	0.000		0	RP	4		0.000		
13:0....g									
14:0....g	0.022		0	RP	4		0.007		
15:0....g									
16:0....g	1.068		0	RP	4		0.353		
17:0....g									
18:0....g	0.650		0	RP	4		0.214		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	3.943		0	RP	4		1.301		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0	RP	4		0.000		
17:1....g									
18:1 undifferentiated....g	3.943		0	RP	4		1.301		
20:1....g	0.000		0	RP	4		0.000		
22:1 undifferentiated....g	0.000		0	RP	4		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	2.797		0	RP	4		0.923		
18:2 undifferentiated....g	2.676		0	RP	4		0.883		
18:3 undifferentiated....g	0.121		0	RP	4		0.040		
18:4....g	0.000		0	RP	4		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0	RP	4		0.000		
20:5 n-3 (EPA)....g	0.000		0	RP	4		0.000		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	RP	4		0.000		
22:6 n-3 (DHA)....g	0.000		0	RP	4		0.000		
Fatty acids, total trans....g									
Cholesterol....mg	0		0	RP	4		0		
Phytosterols....mg	29		0	RP	4		10		
Amino Acids:									
Tryptophan....g	0.017		0	RP	4		0.006		
Threonine....g	0.045		0	RP	4		0.015		
Isoleucine....g	0.046		0	RP	4		0.015		
Leucine....g	0.072		0	RP	4		0.024		
Lysine....g	0.059		0	RP	4		0.020		
Methionine....g	0.013		0	RP	4		0.004		
Cystine....g	0.013		0	RP	4		0.004		
Phenylalanine....g	0.054		0	RP	4		0.018		
Tyrosine....g	0.043		0	RP	4		0.014		
Valine....g	0.068		0	RP	4		0.022		
Arginine....g	0.062		0	RP	4		0.020		
Histidine....g	0.020		0	RP	4		0.007		
Alanine....g	0.051		0	RP	4		0.017		
Aspartic acid....g	0.110		0	RP	4		0.036		
Glutamic acid....g	0.175		0	RP	4		0.058		
Glycine....g	0.048		0	RP	4		0.016		
Proline....g	0.054		0	RP	4		0.018		
Serine....g	0.050		0	RP	4		0.016		
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	RP	4		0.0		
Caffeine....mg	5		0	RP	4		2		
Theobromine....mg	145		0	RP	4		48		

NDB No. 19372

Frostings, chocolate, creamy, dry mix, prepared 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

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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: 2 tablespoon

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

Food Group: 19 Sweets

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

NDB No. 19226
Frostings, chocolate, creamy, ready-to-eat

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	17.00	0.689	13		1		6.97		
Energy	kcal	397		0		4		163		
Energy	kJ	1661		0		4		681		
Protein (N x 5.6)	g	1.10	0.047	13		1		0.45		
Total lipid (fat)	g	17.60	0.432	12		1		7.22		
Ash	g	1.00	0.101	9		1		0.41		
Carbohydrate, by difference	g	63.20		0		4		25.91		
Fiber, total dietary	g	0.9		0	FLC	4		0.4		
Sugars, total	g	57.70		1	A	1		23.66		
Starch	g									
Minerals:										
Calcium, Ca	mg	8	0.511	7		1		3		
Iron, Fe	mg	1.42	0.079	7		1		0.58		
Magnesium, Mg	mg	21	1.743	6		1		9		
Phosphorus, P	mg	79		1		1		32		
Potassium, K	mg	196	18.573	9		1		80		
Sodium, Na	mg	183	19.804	15		1		75		
Zinc, Zn	mg	0.29	0.054	4		1		0.12		
Copper, Cu	mg	0.200	0.045	4		1		0.082		
Manganese, Mn	mg	0.240		1		1		0.098		
Selenium, Se	µg	0.8		0	FLC	4		0.3		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		4		0.0		
Thiamin	mg	0.013	0.001	7		1		0.005		
Riboflavin	mg	0.017	0.003	7		1		0.007		
Niacin	mg	0.119	0.005	7		1		0.049		
Pantothenic acid	mg	0.028	0.010	5		1		0.011		
Vitamin B-6	mg	0.005		1		1		0.002		
Folate, total	µg	1		0	FLC	4		0		
Folic acid	µg	0		0	FLC	4		0		
Folate, food	µg	1		0	FLC	4		0		
Folate, DFE	µg	1		0	NC	4		0		
Choline, total	mg	6.9		0	AS	1		2.8		
Betaine	mg									
Vitamin B-12	µg	0.00		1		4		0.00		
Vitamin B-12, added	µg	0.00		0	Z	7		0.00		
Vitamin A, RAE	µg	0		0	AS	1		0		
Retinol	µg	0		0	Z	7		0		
Carotene, beta	µg	0		0	Z	7		0		
Carotene, alpha	µg	0		0	Z	7		0		
Cryptoxanthin, beta	µg	0		0	Z	7		0		
Vitamin A, IU	IU	1		0	FLC	4		0		
Lycopene	µg	0		0	Z	7		0		
Lutein + zeaxanthin	µg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)	mg	1.56	0.035	3	A	1		0.64		
Vitamin E, added	mg	0.00		0	Z	7		0.00		
Tocopherol, beta	mg	0.06	0.063	3	A	1		0.03		
Tocopherol, gamma	mg	7.26	0.673	3	A	1		2.98		
Tocopherol, delta	mg	1.80	0.176	3	A	1		0.74		
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	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	0.0		0	Z	7		0.0		

NDB No. 19226
Frostings, chocolate, creamy, ready-to-eat

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	5.526		0	FLC	4		2.266		
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	0.103		0	FLC	4		0.042		
15:0....g									
16:0....g	2.410	0.000	3		1		0.988		
17:0....g									
18:0....g	3.060	0.000	3		1		1.255		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	9.020		0		1		3.698		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0	FLC	4		0.000		
17:1....g									
18:1 undifferentiated....g	9.020	0.000	3		1		3.698		
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	2.226		0	O	4		0.913		
18:2 undifferentiated....g	2.130	0.000	3		1		0.873		
18:3 undifferentiated....g	0.096		0	FLC	4		0.039		
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		1		0		
Phytosterols....mg	34		0	FLC	4		14		
Amino Acids:									
Tryptophan....g	0.016		0		1		0.007		
Threonine....g	0.043		0		1		0.018		
Isoleucine....g	0.042		0		1		0.017		
Leucine....g	0.066		0		1		0.027		
Lysine....g	0.054		0		1		0.022		
Methionine....g	0.011		0		1		0.005		
Cystine....g	0.013		0		1		0.005		
Phenylalanine....g	0.052		0		1		0.021		
Tyrosine....g	0.041		0		1		0.017		
Valine....g	0.065		0		1		0.027		
Arginine....g	0.061		0		1		0.025		
Histidine....g	0.019		0		1		0.008		
Alanine....g	0.050		0		1		0.021		
Aspartic acid....g	0.108		0		1		0.044		
Glutamic acid....g	0.163		0		1		0.067		
Glycine....g	0.048		0		1		0.020		
Proline....g	0.047		0		1		0.019		
Serine....g	0.047		0		1		0.019		
Hydroxyproline....g									

NDB No. 19226
Frostings, chocolate, creamy, ready-to-eat

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0		
Caffeine....mg	2		0	FLC	4		1		
Theobromine....mg	79		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 = 41g: 2 tbsp creamy

Calories Factors: Protein 1.8 **Fat** 8.8 **Carbohydrate** 3.8

Food Group: 19 Sweets

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

NDB No. 19227
Frostings, coconut-nut, ready-to-eat

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	21.00	0.064	9		1		7.98	7.35	97.02
Energy	kcal	433		0	NC	4		164	151	2000
Energy	kJ	1811		0	NC	4		688	634	8366
Protein (N x 6.25)	g	1.50	0.066	9		1		0.57	0.53	6.93
Total lipid (fat)	g	24.00	0.063	9		1		9.12	8.40	110.88
Ash	g	0.80	0.008	9		1		0.30	0.28	3.70
Carbohydrate, by difference	g	52.70		0	NC	4		20.03	18.45	243.47
Fiber, total dietary	g	2.5		0	FLA	4		0.9	0.9	11.5
Sugars, total	g	40.00		0	LC	8		15.20	14.00	184.80
Starch	g									
Minerals:										
Calcium, Ca	mg	13	0.958	9		1		5	5	60
Iron, Fe	mg	0.54	0.035	8		1		0.21	0.19	2.49
Magnesium, Mg	mg	19	0.787	9		1		7	7	88
Phosphorus, P	mg	63		1		1		24	22	291
Potassium, K	mg	186	2.451	9		1		71	65	859
Sodium, Na	mg	160		0	LC	8		61	56	739
Zinc, Zn	mg	0.41	0.014	8		1		0.16	0.14	1.89
Copper, Cu	mg	0.125	0.007	8		1		0.048	0.044	0.578
Manganese, Mn	mg	0.673		0	FLA	4		0.256	0.236	3.109
Selenium, Se	µg	2.5		0	FLA	4		0.9	0.9	11.5
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.2		0	FLA	4		0.1	0.1	1.0
Thiamin	mg	0.035	0.001	9		1		0.013	0.012	0.162
Riboflavin	mg	0.019	0.004	9		1		0.007	0.007	0.088
Niacin	mg	0.212	0.031	9		1		0.081	0.074	0.979
Pantothenic acid	mg	0.155		0	FLA	4		0.059	0.054	0.715
Vitamin B-6	mg	0.047		0	FLA	4		0.018	0.016	0.215
Folate, total	µg	2		0	FLA	4		1	1	11
Folic acid	µg	0		0	FLA	4		0	0	0
Folate, food	µg	2		0	FLA	4		1	1	11
Folate, DFE	µg	2		0	NC	4		1	1	11
Choline, total	mg	7.2		0	FLA	4		2.7	2.5	33.3
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	NC	4		0	0	1
Retinol	µg	0		0	FLA	4		0	0	0
Carotene, beta	µg	2		0	FLA	4		1	1	10
Carotene, alpha	µg	0		0	FLA	4		0	0	0
Cryptoxanthin, beta	µg	1		0	FLA	4		0	0	3
Vitamin A, IU	IU	4		0	NC	4		2	1	19
Lycopene	µg	0		0	FLA	4		0	0	0
Lutein + zeaxanthin	µg	1		0	FLA	4		0	0	6
Vitamin E (alpha-tocopherol)	mg	1.09		0	FLA	4		0.42	0.38	5.06
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									
Vitamin D (D2 + D3)	µg	0.0		0	AS	1		0.0	0.0	0.0
Vitamin D	IU	0		0	FLA	4		0	0	0
Vitamin K (phylloquinone)	µg	3.9		0	FLA	4		1.5	1.4	17.8
Dihydrophylloquinone	µg									
Menaquinone-4	µg									

NDB No. 19227
Frostings, coconut-nut, ready-to-eat

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	8.631		0	FLA	4		3.280	3.021	39.876
4:0....g	0.000		0	FLA	4		0.000	0.000	0.000
6:0....g	0.034		0	FLA	4		0.013	0.012	0.157
8:0....g	0.417		0	FLA	4		0.159	0.146	1.928
10:0....g	0.332		0	FLA	4		0.126	0.116	1.533
12:0....g	2.644		0	FLA	4		1.005	0.925	12.213
13:0....g	0.000		0	FLA	4		0.000	0.000	0.000
14:0....g	1.056		0	FLA	4		0.401	0.369	4.876
15:0....g	0.004		0	FLA	4		0.002	0.001	0.019
16:0....g	2.183		0	FLA	4		0.830	0.764	10.087
17:0....g	0.014		0	FLA	4		0.005	0.005	0.063
18:0....g	1.863		0	FLA	4		0.708	0.652	8.606
20:0....g	0.045		0	FLA	4		0.017	0.016	0.209
22:0....g	0.040		0	FLA	4		0.015	0.014	0.185
24:0....g	0.000		0	FLA	4		0.000	0.000	0.000
Fatty acids, total monounsaturated....g	10.786		0	FLA	4		4.099	3.775	49.833
14:1....g	0.000		0	FLA	4		0.000	0.000	0.000
15:1....g									
16:1 undifferentiated....g	0.011		0	FLA	4		0.004	0.004	0.051
17:1....g									
18:1 undifferentiated....g	10.752		0	FLA	4		4.086	3.763	49.675
20:1....g	0.023		0	FLA	4		0.009	0.008	0.107
22:1 undifferentiated....g	0.000		0	FLA	4		0.000	0.000	0.000
24:1 c....g	0.000		0	FLA	4		0.000	0.000	0.000
Fatty acids, total polyunsaturated....g	3.264		0	FLA	4		1.240	1.142	15.081
18:2 undifferentiated....g	3.075		0	FLA	4		1.169	1.076	14.207
18:3 undifferentiated....g	0.135		0	FLA	4		0.051	0.047	0.622
18:4....g	0.000		0	FLA	4		0.000	0.000	0.000
20:2 n-6 c,c....g	0.000		0	FLA	4		0.000	0.000	0.000
20:3 undifferentiated....g	0.000		0	FLA	4		0.000	0.000	0.000
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	3.748		0	FLA	4		1.424	1.312	17.317
Cholesterol....mg	0		0	FLA	4		0	0	0
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	FLA	4		0.0	0.0	0.0
Caffeine....mg	0		0	FLA	4		0	0	0
Theobromine....mg	0		0	FLA	4		0	0	0

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

Common Measures:

Measure 1 = 38g: .083 package

Measure 2 = 35g: 2 tbsp

Measure 3 = 462g: 1 package (16 oz)

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

Food Group: 19 Sweets

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

NDB No. 19228
Frostings, cream cheese-flavor, ready-to-eat

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	15.10	0.000	3		1		4.98	3.62	
Energy....kcal	415		0	NC	4		137	100	
Energy....kJ	1737		0	NC	4		573	417	
Protein (N x 5.8)....g	0.10	0.000	3		1		0.03	0.02	
Total lipid (fat)....g	17.30		2		1		5.71	4.15	
Ash....g	0.23		0	T	4		0.08	0.06	
Carbohydrate, by difference....g	67.32		0	NC	4		22.22	16.16	
Fiber, total dietary....g	0.0		0	FLC	4		0.0	0.0	
Sugars, total....g	63.54	2.621	3	LC	8		20.97	15.25	
Starch....g									
Minerals:									
Calcium, Ca....mg	3		2		1		1	1	
Iron, Fe....mg	0.16		2		1		0.05	0.04	
Magnesium, Mg....mg	2		1		1		1	0	
Phosphorus, P....mg	3		1		1		1	1	
Potassium, K....mg	35		2		1		12	8	
Sodium, Na....mg	191	3.157	3	LC	8		63	46	
Zinc, Zn....mg	0.02		0	FLC	4		0.01	0.01	
Copper, Cu....mg	0.020		1		1		0.007	0.005	
Manganese, Mn....mg	0.013		0	FLC	4		0.004	0.003	
Selenium, Se....µg	0.5		0	FLC	4		0.2	0.1	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	FLC	4		0.0	0.0	
Thiamin....mg	0.000		1		1		0.000	0.000	
Riboflavin....mg	0.006		2		1		0.002	0.001	
Niacin....mg	0.011		2		1		0.004	0.003	
Pantothenic acid....mg	0.002		0	FLC	4		0.001	0.001	
Vitamin B-6....mg	0.000		1		1		0.000	0.000	
Folate, total....µg	0		1		1		0	0	
Folic acid....µg	0		0	FLC	4		0	0	
Folate, food....µg	0		0	FLC	4		0	0	
Folate, DFE....µg	0		0	NC	4		0	0	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.00		1		1		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									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	0	0.000	3	LC	8		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									
Lipids:									

NDB No. 19228

Frostings, cream cheese-flavor, ready-to-eat

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	4.545		0	FLC	4		1.500	1.091	
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	0.075		0	FLC	4		0.025	0.018	
15:0....g									
16:0....g	3.536		0	FLC	4		1.167	0.849	
17:0....g									
18:0....g	0.934		0	FLC	4		0.308	0.224	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	3.755		0	FLC	4		1.239	0.901	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.026		0	FLC	4		0.009	0.006	
17:1....g									
18:1 undifferentiated....g	3.729		0	FLC	4		1.230	0.895	
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	6.153		0	FLC	4		2.030	1.477	
18:2 undifferentiated....g	5.792		0	FLC	4		1.911	1.390	
18:3 undifferentiated....g	0.361		0	FLC	4		0.119	0.087	
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									
Cholesterol....mg	0		1		1		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.000		0	FLC	4		0.000	0.000	
Threonine....g	0.000		0	FLC	4		0.000	0.000	
Isoleucine....g	0.000		0	FLC	4		0.000	0.000	
Leucine....g	0.000		0	FLC	4		0.000	0.000	
Lysine....g	0.000		0	FLC	4		0.000	0.000	
Methionine....g	0.000		0	FLC	4		0.000	0.000	
Cystine....g	0.000		0	FLC	4		0.000	0.000	
Phenylalanine....g	0.000		0	FLC	4		0.000	0.000	
Tyrosine....g	0.000		0	FLC	4		0.000	0.000	
Valine....g	0.000		0	FLC	4		0.000	0.000	
Arginine....g	0.000		0	FLC	4		0.000	0.000	
Histidine....g	0.000		0	FLC	4		0.000	0.000	
Alanine....g	0.000		0	FLC	4		0.000	0.000	
Aspartic acid....g	0.000		0	FLC	4		0.000	0.000	
Glutamic acid....g	0.000		0	FLC	4		0.000	0.000	
Glycine....g	0.000		0	FLC	4		0.000	0.000	
Proline....g	0.000		0	FLC	4		0.000	0.000	
Serine....g	0.000		0	FLC	4		0.000	0.000	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	FLC	4		0.0	0.0	
Caffeine....mg									
Theobromine....mg									

NDB No. 19228

Frostings, cream cheese-flavor, ready-to-eat

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

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

Common Measures:

Measure 1 = 33g: 2 tbsp creamy

Measure 2 = 24g: 2 tbsp whipped

Calories Factors: Protein 4.1 **Fat** 8.8 **Carbohydrate** 3.9

Food Group: 19 Sweets

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

NDB No. 19409

Frostings, glaze, chocolate, prepared-from-recipe, with butter, NFSMI Recipe No. C-32 (1)

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	18.27		0	RC	4		6.03		
Energy....kcal	359		0	NC	4		118		
Energy....kJ	1502		0	NC	4		496		
Protein....g	1.42		0	RC	4		0.47		
Total lipid (fat)....g	7.17		0	RC	4		2.37		
Ash....g	0.82		0	RC	4		0.27		
Carbohydrate, by difference....g	72.18		0	RC	4		23.82		
Fiber, total dietary....g	1.1		0	RC	4		0.4		
Sugars, total....g	64.30		0	RC	4		21.22		
Starch....g									
Minerals:									
Calcium, Ca....mg	32		0	RC	4		11		
Iron, Fe....mg	0.60		0	RC	4		0.20		
Magnesium, Mg....mg	20		0	RC	4		7		
Phosphorus, P....mg	48		0	RC	4		16		
Potassium, K....mg	130		0	RC	4		43		
Sodium, Na....mg	132		0	RC	4		43		
Zinc, Zn....mg	0.37		0	RC	4		0.12		
Copper, Cu....mg	0.136		0	RC	4		0.045		
Manganese, Mn....mg	0.140		0	RC	4		0.046		
Selenium, Se....µg	1.6		0	RC	4		0.5		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.1		0	RC	4		0.0		
Thiamin....mg	0.018		0	RC	4		0.006		
Riboflavin....mg	0.066		0	RC	4		0.022		
Niacin....mg	0.111		0	RC	4		0.037		
Pantothenic acid....mg	0.081		0	RC	4		0.027		
Vitamin B-6....mg	0.011		0	RC	4		0.004		
Folate, total....µg	2		0	RC	4		1		
Folic acid....µg	0		0	RC	4		0		
Folate, food....µg	2		0	RC	4		1		
Folate, DFE....µg	2		0	NC	4		1		
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.09		0	RC	4		0.03		
Vitamin B-12, added....µg	0.00		0	RC	4		0.00		
Vitamin A, RAE....µg	69		0	RC	4		23		
Retinol....µg	68		0	RC	4		23		
Carotene, beta....µg	13		0	RC	4		4		
Carotene, alpha....µg	0		0	RC	4		0		
Cryptoxanthin, beta....µg	0		0	RC	4		0		
Vitamin A, IU....IU	249		0	RC	4		82		
Lycopene....µg	0		0	RC	4		0		
Lutein + zeaxanthin....µg	1		0	RC	4		0		
Vitamin E (alpha-tocopherol)....mg	0.19		0	RC	4		0.06		
Vitamin E, added....mg	0.00		0	RC	4		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									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg	0.7		0	RC	4		0.2		
Dihydrophylloquinone....µg									
Menaquinone-4....µg									

NDB No. 19409

Frostings, glaze, chocolate, prepared-from-recipe, with butter, NFSMI Recipe No. C-32 (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
Lipids:									
Fatty acids, total saturated....g	4.483		0	RC	4		1.479		
4:0....g	0.263		0	RC	4		0.087		
6:0....g	0.163		0	RC	4		0.054		
8:0....g	0.097		0	RC	4		0.032		
10:0....g	0.206		0	RC	4		0.068		
12:0....g	0.210		0	RC	4		0.069		
13:0....g									
14:0....g	0.606		0	RC	4		0.200		
15:0....g									
16:0....g	1.910		0	RC	4		0.630		
17:0....g	0.045		0	RC	4		0.015		
18:0....g	0.966		0	RC	4		0.319		
20:0....g	0.011		0	RC	4		0.004		
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	1.894		0	RC	4		0.625		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.078		0	RC	4		0.026		
16:1 c....g	0.078		0	RC	4		0.026		
16:1 t....g									
17:1....g									
18:1 undifferentiated....g	1.807		0	RC	4		0.596		
18:1 c....g	1.380		0	RC	4		0.455		
18:1 t....g	0.242		0	RC	4		0.080		
18:1-11 t (18:1t n-7)....g									
20:1....g	0.008		0	RC	4		0.003		
22:1 undifferentiated....g	0.000		0	RC	4		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.294		0	RC	4		0.097		
18:2 undifferentiated....g	0.268		0	RC	4		0.089		
18:2 n-6 c,c....g	0.176		0	RC	4		0.058		
18:2 CLAs....g	0.022		0	RC	4		0.007		
18:2 t,t....g									
18:2 i....g	0.024		0	RC	4		0.008		
18:2 t not further defined....g									
18:3 undifferentiated....g	0.026		0	RC	4		0.009		
18:3 n-3 c,c,c (ALA)....g	0.026		0	RC	4		0.008		
18:3 n-6 c,c,c....g									
18:3i....g									
18:4....g	0.000		0	RC	4		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		0	RC	4		0.000		
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000		0	RC	4		0.000		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	RC	4		0.000		
22:6 n-3 (DHA)....g	0.000		0	RC	4		0.000		
Fatty acids, total trans....g	0.266		0	RC	4		0.088		
Fatty acids, total trans-monoenoic....g	0.242		0	RC	4		0.080		
Fatty acids, total trans-polyenoic....g	0.024		0	RC	4		0.008		
Cholesterol....mg	18		0	RC	4		6		
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	RC	4		0.0		
Caffeine....mg	3		0	RC	4		1		
Theobromine....mg	98		0	RC	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.

NDB No. 19409

Frostings, glaze, chocolate, prepared-from-recipe, with butter, NFSMI Recipe No. C-32 (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

Number of Data Points of zero indicates the mean was 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: 2 tablespoon

Footnotes:

1 Recipe No. C-32, from NFSMI, Healthy School Meals Resource System, and Team Nutrition

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

Food Group: 19 Sweets

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

NDB No. 19375
Frostings, glaze, prepared-from-recipe (1)

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	15.27		0	RC	4		49.93		
Energy ... kcal	341		0	NC	4		1115		
Energy ... kJ	1427		0	NC	4		4667		
Protein ... g	0.44		0	RC	4		1.45		
Total lipid (fat) ... g	0.53		0	RC	4		1.73		
Ash ... g	0.11		0	RC	4		0.36		
Carbohydrate, by difference ... g	83.65		0	NC	4		273.53		
Fiber, total dietary ... g	0.0		0	RC	4		0.0		
Sugars, total ... g	80.44		0	RC	4		263.05		
Starch ... g									
Minerals:									
Calcium, Ca ... mg	17		0	RC	4		55		
Iron, Fe ... mg	0.03		0	RC	4		0.09		
Magnesium, Mg ... mg	2		0	RC	4		7		
Phosphorus, P ... mg	13		0	RC	4		42		
Potassium, K ... mg	30		0	RC	4		98		
Sodium, Na ... mg	6		0	RC	4		21		
Zinc, Zn ... mg	0.06		0	RC	4		0.20		
Copper, Cu ... mg	0.006		0	RC	4		0.021		
Manganese, Mn ... mg	0.014		0	RC	4		0.047		
Selenium, Se ... µg	1.0		0	RC	4		3.3		
Vitamins:									
Vitamin C, total ascorbic acid ... mg	0.0		0	RC	4		0.0		
Thiamin ... mg	0.006		0	RC	4		0.020		
Riboflavin ... mg	0.045		0	RC	4		0.148		
Niacin ... mg	0.039		0	RC	4		0.126		
Pantothenic acid ... mg	0.051		0	RC	4		0.168		
Vitamin B-6 ... mg	0.006		0	RC	4		0.019		
Folate, total ... µg	1		0	RC	4		2		
Folic acid ... µg	0		0	RC	4		0		
Folate, food ... µg	1		0	RC	4		2		
Folate, DFE ... µg	1		0	NC	4		2		
Choline, total ... mg									
Betaine ... mg									
Vitamin B-12 ... µg	0.05		0	RC	4		0.16		
Vitamin B-12, added ... µg	0.00		0	RC	4		0.00		
Vitamin A, RAE ... µg	4		0	NC	4		13		
Retinol ... µg	4		0	RC	4		12		
Carotene, beta ... µg	1		0	RC	4		2		
Carotene, alpha ... µg	0		0	RC	4		0		
Cryptoxanthin, beta ... µg	0		0	RC	4		0		
Vitamin A, IU ... IU	14		0	RC	4		46		
Lycopene ... µg	0		0	RC	4		0		
Lutein + zeaxanthin ... µg	0		0	RC	4		0		
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	0.0		0	RC	4		0.1		
Dihydrophylloquinone ... µg									
Menaquinone-4 ... µg									

NDB No. 19375
Frostings, glaze, prepared-from-recipe (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
Lipids:									
Fatty acids, total saturated....g	0.271		0	RC	4		0.887		
4:0....g	0.010		0	RC	4		0.033		
6:0....g	0.010		0	RC	4		0.033		
8:0....g	0.010		0	RC	4		0.033		
10:0....g	0.010		0	RC	4		0.033		
12:0....g	0.010		0	RC	4		0.034		
13:0....g	0.000		0	RC	4		0.000		
14:0....g	0.041		0	RC	4		0.133		
15:0....g	0.000		0	RC	4		0.000		
16:0....g	0.128		0	RC	4		0.418		
17:0....g	0.000		0	RC	4		0.000		
18:0....g	0.051		0	RC	4		0.168		
20:0....g	0.000		0	RC	4		0.000		
22:0....g	0.000		0	RC	4		0.000		
24:0....g	0.000		0	RC	4		0.000		
Fatty acids, total monounsaturated....g	0.137		0	RC	4		0.449		
14:1....g	0.000		0	RC	4		0.000		
15:1....g									
16:1 undifferentiated....g	0.000		0	RC	4		0.000		
17:1....g									
18:1 undifferentiated....g	0.137		0	RC	4		0.449		
20:1....g	0.000		0	RC	4		0.000		
22:1 undifferentiated....g	0.000		0	RC	4		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.067		0	RC	4		0.220		
18:2 undifferentiated....g	0.057		0	RC	4		0.186		
18:3 undifferentiated....g	0.010		0	RC	4		0.033		
18:4....g	0.000		0	RC	4		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0	RC	4		0.000		
20:5 n-3 (EPA)....g	0.000		0	RC	4		0.000		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	RC	4		0.000		
22:6 n-3 (DHA)....g	0.000		0	RC	4		0.000		
Fatty acids, total trans....g									
Cholesterol....mg	1		0	RC	4		5		
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	RC	4		0.0		
Caffeine....mg	0		0	RC	4		0		
Theobromine....mg	0		0	RC	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 = 327g: 1 recipe yield

Footnotes:

1 Powdered sugar, milk and vanilla.

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

Food Group: 19 Sweets

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

NDB No. 19244
Frostings, vanilla, creamy, 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
Proximates:									
Water....g	0.70	0.095	4		1		2.88	0.24	
Energy....kcal	410		0	NC	4		1685	139	
Energy....kJ	1715		0		4		7050	583	
Protein (N x 6.25)....g	0.30	0.022	4		1		1.23	0.10	
Total lipid (fat)....g	4.90	0.377	3		1		20.14	1.67	
Ash....g	0.30		1		1		1.23	0.10	
Carbohydrate, by difference....g	93.80		0	NC	4		385.52	31.89	
Fiber, total dietary....g	0.1		0	FLM	4		0.4	0.0	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	3		1		1		12	1	
Iron, Fe....mg	0.00		1		1		0.00	0.00	
Magnesium, Mg....mg	2		1		1		8	1	
Phosphorus, P....mg	4		1		1		16	1	
Potassium, K....mg	7		2		1		29	2	
Sodium, Na....mg	13		2		1		53	4	
Zinc, Zn....mg	0.01		1		4		0.04	0.00	
Copper, Cu....mg	0.035		1		4		0.144	0.012	
Manganese, Mn....mg	0.012		1		4		0.049	0.004	
Selenium, Se....µg	0.8		0	FLM	4		3.3	0.3	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		1		4		0.0	0.0	
Thiamin....mg	0.000		1		4		0.000	0.000	
Riboflavin....mg	0.002		1		4		0.008	0.001	
Niacin....mg	0.001		1		4		0.004	0.000	
Pantothenic acid....mg	0.007		1		4		0.029	0.002	
Vitamin B-6....mg	0.001		1		4		0.004	0.000	
Folate, total....µg	0		1		4		0	0	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	0		1		4		0	0	
Folate, DFE....µg	0		0	NC	4		0	0	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.00		1		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	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		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									

NDB No. 19244
Frostings, vanilla, creamy, 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
Lipids:									
Fatty acids, total saturated....g									
Fatty acids, total monounsaturated....g									
Fatty acids, total polyunsaturated....g									
Fatty acids, total trans....g									
Cholesterol....mg	0		1		4		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.001		0		1		0.004	0.000	
Threonine....g	0.009		0		1		0.037	0.003	
Isoleucine....g	0.010		0		1		0.041	0.003	
Leucine....g	0.035		0		1		0.144	0.012	
Lysine....g	0.006		0		1		0.025	0.002	
Methionine....g	0.005		0		1		0.021	0.002	
Cystine....g	0.006		0		1		0.025	0.002	
Phenylalanine....g	0.013		0		1		0.053	0.004	
Tyrosine....g	0.010		0		1		0.041	0.003	
Valine....g	0.013		0		1		0.053	0.004	
Arginine....g	0.012		0		1		0.049	0.004	
Histidine....g	0.008		0		1		0.033	0.003	
Alanine....g	0.019		0		1		0.078	0.006	
Aspartic acid....g	0.020		0		1		0.082	0.007	
Glutamic acid....g	0.052		0		1		0.214	0.018	
Glycine....g	0.009		0		1		0.037	0.003	
Proline....g	0.024		0		1		0.099	0.008	
Serine....g	0.011		0		1		0.045	0.004	
Hydroxyproline....g									

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

Common Measures:

Measure 1 = 411g: 1 package

Measure 2 = 34g: .083 package

Calories Factors: Protein 3.46 **Fat** 8.8 **Carbohydrate** 3.9

Food Group: 19 Sweets

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

NDB No. 19371

Frostings, vanilla, creamy, dry mix, prepared with margarine

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	12.18		0	RP	4		4.02		
Energy	kcal	413		0	RP	4		136		
Energy	kJ	1728		0	RP	4		570		
Protein	g	0.34		0	RP	4		0.11		
Total lipid (fat)	g	12.74		0	RP	4		4.20		
Ash	g	0.47		0	RP	4		0.15		
Carbohydrate, by difference	g	74.28		0	RP	4		24.51		
Fiber, total dietary	g	0.1		0	RP	4		0.0		
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	6		0	RP	4		2		
Iron, Fe	mg	0.01		0	RP	4		0.00		
Magnesium, Mg	mg	2		0	RP	4		1		
Phosphorus, P	mg	6		0	RP	4		2		
Potassium, K	mg	10		0	RP	4		3		
Sodium, Na	mg	114		0	RP	4		38		
Zinc, Zn	mg	0.01		0	RP	4		0.00		
Copper, Cu	mg	0.028		0	RP	4		0.009		
Manganese, Mn	mg									
Selenium, Se	µg	0.6		0	RP	4		0.2		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	RP	4		0.0		
Thiamin	mg	0.001		0	RP	4		0.000		
Riboflavin	mg	0.006		0	RP	4		0.002		
Niacin	mg	0.003		0	RP	4		0.001		
Pantothenic acid	mg	0.015		0	RP	4		0.005		
Vitamin B-6	mg	0.002		0	RP	4		0.001		
Folate, total	µg	0		0	RP	4		0		
Folic acid	µg	0		0	RP	4		0		
Folate, food	µg	0		0	RP	4		0		
Folate, DFE	µg	0		0	NC	4		0		
Choline, total	mg									
Betaine	mg									
Vitamin B-12	µg	0.01		0	RP	4		0.00		
Vitamin A, RAE	µg	80		0	NC	4		27		
Retinol	µg	73		0	RP	4		24		
Carotene, beta	µg	91		0	O	4		30		
Carotene, alpha	µg									
Cryptoxanthin, beta	µg									
Vitamin A, IU	IU	393		0	RP	4		130		
Lycopene	µg									
Lutein + zeaxanthin	µg									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Tocotrienol, alpha	mg									
Tocotrienol, beta	mg									
Tocotrienol, gamma	mg									
Tocotrienol, delta	mg									
Vitamin D (D2 + D3)	µg									
Vitamin D	IU									
Vitamin K (phylloquinone)	µg									
Dihydrophylloquinone	µg									
Menaquinone-4	µg									
Lipids:										

NDB No. 19371

Frostings, vanilla, creamy, dry mix, prepared 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	1.740		0	RP	4		0.574		
4:0....g	0.000		0	RP	4		0.000		
6:0....g	0.000		0	RP	4		0.000		
8:0....g	0.000		0	RP	4		0.000		
10:0....g	0.000		0	RP	4		0.000		
12:0....g	0.000		0	RP	4		0.000		
13:0....g									
14:0....g	0.022		0	RP	4		0.007		
15:0....g									
16:0....g	1.068		0	RP	4		0.352		
17:0....g									
18:0....g	0.650		0	RP	4		0.214		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	3.942		0	RP	4		1.301		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0	RP	4		0.000		
17:1....g									
18:1 undifferentiated....g	3.942		0	RP	4		1.301		
20:1....g	0.000		0	RP	4		0.000		
22:1 undifferentiated....g	0.000		0	RP	4		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	2.797		0	RP	4		0.923		
18:2 undifferentiated....g	2.676		0	RP	4		0.883		
18:3 undifferentiated....g	0.121		0	RP	4		0.040		
18:4....g	0.000		0	RP	4		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0	RP	4		0.000		
20:5 n-3 (EPA)....g	0.000		0	RP	4		0.000		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	RP	4		0.000		
22:6 n-3 (DHA)....g	0.000		0	RP	4		0.000		
Fatty acids, total trans....g									
Cholesterol....mg	0		0	RP	4		0		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.002		0	RP	4		0.001		
Threonine....g	0.011		0	RP	4		0.004		
Isoleucine....g	0.014		0	RP	4		0.004		
Leucine....g	0.037		0	RP	4		0.012		
Lysine....g	0.012		0	RP	4		0.004		
Methionine....g	0.006		0	RP	4		0.002		
Cystine....g	0.006		0	RP	4		0.002		
Phenylalanine....g	0.015		0	RP	4		0.005		
Tyrosine....g	0.012		0	RP	4		0.004		
Valine....g	0.017		0	RP	4		0.005		
Arginine....g	0.013		0	RP	4		0.004		
Histidine....g	0.009		0	RP	4		0.003		
Alanine....g	0.018		0	RP	4		0.006		
Aspartic acid....g	0.023		0	RP	4		0.008		
Glutamic acid....g	0.061		0	RP	4		0.020		
Glycine....g	0.009		0	RP	4		0.003		
Proline....g	0.028		0	RP	4		0.009		
Serine....g	0.014		0	RP	4		0.005		
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	RP	4		0.0		
Caffeine....mg									
Theobromine....mg									

NDB No. 19371

Frostings, vanilla, creamy, dry mix, prepared 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

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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: 2 tablespoon

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

Food Group: 19 Sweets

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

NDB No. 19230
Frostings, vanilla, creamy, ready-to-eat

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	15.07	0.347	6	A	1		5.73	4.97	69.62
Energy....kcal	418		0	NC	4		159	138	1930
Energy....kJ	1748		0	NC	4		664	577	8074
Protein (N x 6.25)....g	0.00	0.000	6	A	1		0.00	0.00	0.00
Total lipid (fat)....g	16.23	0.265	6	A	1		6.17	5.36	75.00
Ash....g	0.81	0.030	6	A	1		0.31	0.27	3.73
Carbohydrate, by difference....g	67.89		0	NC	4		25.80	22.40	313.66
Fiber, total dietary....g	0.0		0	FLA	4		0.0	0.0	0.0
Sugars, total....g	63.10	1.906	4	LC	8		23.98	20.82	291.51
Starch....g									
Minerals:									
Calcium, Ca....mg	3	0.233	6	A	1		1	1	13
Iron, Fe....mg	0.16	0.009	6	A	1		0.06	0.05	0.73
Magnesium, Mg....mg	1	0.150	6	A	1		0	0	3
Phosphorus, P....mg	18	5.109	6	A	1		7	6	83
Potassium, K....mg	34	2.068	6	A	1		13	11	158
Sodium, Na....mg	184	2.798	6	A	1		70	61	851
Zinc, Zn....mg	0.07	0.010	6	A	1		0.03	0.02	0.32
Copper, Cu....mg	0.000	0.000	6	A	1		0.000	0.000	0.000
Manganese, Mn....mg	0.000	0.000	6	A	1		0.000	0.000	0.000
Selenium, Se....µg	0.1	0.029	3	A	1		0.0	0.0	0.5
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	FLA	4		0.0	0.0	0.0
Thiamin....mg	0.010	0.001	6	A	1		0.004	0.003	0.047
Riboflavin....mg	0.302	0.025	6	A	1		0.115	0.100	1.396
Niacin....mg	0.220	0.000	6	A	1		0.084	0.073	1.016
Pantothenic acid....mg	0.055	0.000	6	A	1		0.021	0.018	0.255
Vitamin B-6....mg	0.000	0.000	6	A	1		0.000	0.000	0.000
Folate, total....µg	8	0.000	6	A	1		3	3	38
Folic acid....µg	0		0	NR	4		0	0	0
Folate, food....µg	8	0.000	6	A	1		3	3	38
Folate, DFE....µg	8		0	NC	4		3	3	38
Choline, total....mg	2.3		0	AS	1		0.9	0.8	10.7
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	0.000	4	LC	8		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	1.53		0	FLA	4		0.58	0.50	7.06
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									
Vitamin D (D2 + D3)....µg	0.0		0	AS	1		0.0	0.0	0.0
Vitamin D....IU	0		0	FLA	4		0	0	0
Vitamin K (phylloquinone)....µg	13.0	0.612	3	A	1		4.9	4.3	59.9
Dihydrophylloquinone....µg									
Menaquinone-4....µg									

NDB No. 19230
Frostings, vanilla, creamy, ready-to-eat

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	2.974		0	FLA	4		1.130	0.981	13.738
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		0.008	0.007	0.092
15:0....g	0.000		0	FLA	4		0.000	0.000	0.000
16:0....g	2.375		0	FLA	4		0.902	0.784	10.972
17:0....g	0.000		0	FLA	4		0.000	0.000	0.000
18:0....g	0.579		0	FLA	4		0.220	0.191	2.673
20:0....g	0.000		0	FLA	4		0.000	0.000	0.000
22:0....g	0.000		0	FLA	4		0.000	0.000	0.000
24:0....g									
Fatty acids, total monounsaturated....g	4.860		0	FLA	4		1.847	1.604	22.452
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.178		0	FLA	4		0.068	0.059	0.824
17:1....g									
18:1 undifferentiated....g	4.681		0	FLA	4		1.779	1.545	21.628
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	7.951		0	FLA	4		3.021	2.624	36.733
18:2 undifferentiated....g	7.050		0	FLA	4		2.679	2.326	32.570
18:3 undifferentiated....g	0.901		0	FLA	4		0.342	0.297	4.163
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	0.000		0	FLA	4		0.000	0.000	0.000
Cholesterol....mg	0		0	FLA	4		0	0	0
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	FLA	4		0.0	0.0	0.0
Caffeine....mg	0		0	FLA	4		0	0	0
Theobromine....mg	0		0	FLA	4		0	0	0

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

Common Measures:

Measure 1 = 38g: .083 package

Measure 2 = 33g: 2 tbsp creamy

Measure 3 = 462g: 1 package (16 oz)

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

Food Group: 19 Sweets

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

NDB No. 19246
Frostings, white, fluffy, dry mix

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	1.90		1		1		3.93	0.32	
Energy	kcal	371		0	NC	4		768	63	
Energy	kJ	1552		0		4		3213	264	
Protein (N x 6.1)	g	2.30		1		1		4.76	0.39	
Total lipid (fat)	g	0.00		1		1		0.00	0.00	
Ash	g	0.90		1		1		1.86	0.15	
Carbohydrate, by difference	g	94.90		0	NC	4		196.44	16.13	
Fiber, total dietary	g	0.0		0	FLM	4		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	4		1		1		8	1	
Iron, Fe	mg	0.09		1		4		0.19	0.02	
Magnesium, Mg	mg	3		1		1		6	1	
Phosphorus, P	mg	7		1		1		14	1	
Potassium, K	mg	117		1		1		242	20	
Sodium, Na	mg	234		1		1		484	40	
Zinc, Zn	mg	0.01		1		4		0.02	0.00	
Copper, Cu	mg	0.037		1		4		0.077	0.006	
Manganese, Mn	mg	0.007		1		4		0.014	0.001	
Selenium, Se	µg	4.1		0	FLM	4		8.5	0.7	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		1		4		0.0	0.0	
Thiamin	mg	0.001		1		4		0.002	0.000	
Riboflavin	mg	0.058		0		1		0.120	0.010	
Niacin	mg	1.000		1		1		2.070	0.170	
Pantothenic acid	mg	0.052		1		4		0.108	0.009	
Vitamin B-6	mg	0.001		1		4		0.002	0.000	
Folate, total	µg	3		1		4		6	1	
Folic acid	µg	0		0	Z	7		0	0	
Folate, food	µg	3		1		4		6	1	
Folate, DFE	µg	3		0	NC	4		6	1	
Choline, total	mg									
Betaine	mg									
Vitamin B-12	µg	0.01		1		4		0.02	0.00	
Vitamin B-12, added	µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE	µg	0		0	AS	1		0	0	
Retinol	µg	0		0	Z	7		0	0	
Carotene, beta	µg									
Carotene, alpha	µg									
Cryptoxanthin, beta	µg									
Vitamin A, IU	IU	0		1		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									

NDB No. 19246
Frostings, white, fluffy, 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
Lipids:									
Fatty acids, total saturated....g									
Fatty acids, total monounsaturated....g									
Fatty acids, total polyunsaturated....g									
Fatty acids, total trans....g									
Cholesterol....mg	0		1		4		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.025		0		1		0.052	0.004	
Threonine....g	0.099		0		1		0.205	0.017	
Isoleucine....g	0.119		0		1		0.246	0.020	
Leucine....g	0.182		0		1		0.377	0.031	
Lysine....g	0.152		0		1		0.315	0.026	
Methionine....g	0.072		0		1		0.149	0.012	
Cystine....g	0.052		0		1		0.108	0.009	
Phenylalanine....g	0.126		0		1		0.261	0.021	
Tyrosine....g	0.080		0		1		0.166	0.014	
Valine....g	0.138		0		1		0.286	0.023	
Arginine....g	0.139		0		1		0.288	0.024	
Histidine....g	0.048		0		1		0.099	0.008	
Alanine....g	0.152		0		1		0.315	0.026	
Aspartic acid....g	0.228		0		1		0.472	0.039	
Glutamic acid....g	0.308		0		1		0.638	0.052	
Glycine....g	0.154		0		1		0.319	0.026	
Proline....g	0.133		0		1		0.275	0.023	
Serine....g	0.151		0		1		0.313	0.026	
Hydroxyproline....g									

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

Common Measures:

Measure 1 = 207g: 1 package

Measure 2 = 17g: .083 package

Calories Factors: Protein 4.3 **Fat** 8.6 **Carbohydrate** 3.8

Food Group: 19 Sweets

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

NDB No. 19247
Frostings, white, fluffy, dry mix, prepared with water

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	35.20		0		1		110.88	9.15	
Energy....kcal	244		0	NC	4		769	63	
Energy....kJ	1021				4		3216	265	
Protein (N x 0)....g	1.50		0		1		4.73	0.39	
Total lipid (fat)....g	0.00		0		1		0.00	0.00	
Ash....g	0.60		0		1		1.89	0.16	
Carbohydrate, by difference....g	62.60		0	NC	4		197.19	16.28	
Fiber, total dietary....g	0.0		0		4		0.0	0.0	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	4		0		1		13	1	
Iron, Fe....mg	0.06		0		1		0.19	0.02	
Magnesium, Mg....mg	2		0		1		6	1	
Phosphorus, P....mg	5		0		1		16	1	
Potassium, K....mg	77		0		1		243	20	
Sodium, Na....mg	156		0		1		491	41	
Zinc, Zn....mg	0.02		0		1		0.06	0.01	
Copper, Cu....mg	0.027		0		1		0.085	0.007	
Manganese, Mn....mg	0.005		0		1		0.016	0.001	
Selenium, Se....µg	2.6		0	RP	4		8.2	0.7	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		1		0.0	0.0	
Thiamin....mg	0.001		0		1		0.003	0.000	
Riboflavin....mg	0.026		0		1		0.082	0.007	
Niacin....mg	0.660		0		1		2.079	0.172	
Pantothenic acid....mg	0.034		0		1		0.107	0.009	
Vitamin B-6....mg	0.001		0		1		0.003	0.000	
Folate, total....µg	2		0		1		6	1	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	2		0		1		6	1	
Folate, DFE....µg	2		0	NC	4		6	1	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.01		0		1		0.03	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									
Lipids:									

NDB No. 19247

Frostings, white, fluffy, dry mix, prepared with water

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	0.000		0		4		0.000	0.000	
Fatty acids, total monounsaturated....g									
Fatty acids, total polyunsaturated....g									
Fatty acids, total trans....g									
Cholesterol....mg	0		0		1		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.016		0		1		0.050	0.004	
Threonine....g	0.065		0		1		0.205	0.017	
Isoleucine....g	0.079		0		1		0.249	0.021	
Leucine....g	0.120		0		1		0.378	0.031	
Lysine....g	0.100		0		1		0.315	0.026	
Methionine....g	0.048		0		1		0.151	0.012	
Cystine....g	0.034		0		1		0.107	0.009	
Phenylalanine....g	0.083		0		1		0.261	0.022	
Tyrosine....g	0.053		0		1		0.167	0.014	
Valine....g	0.091		0		1		0.287	0.024	
Arginine....g	0.092		0		1		0.290	0.024	
Histidine....g	0.032		0		1		0.101	0.008	
Alanine....g	0.100		0		1		0.315	0.026	
Aspartic acid....g	0.151		0		1		0.476	0.039	
Glutamic acid....g	0.203		0		1		0.639	0.053	
Glycine....g	0.102		0		1		0.321	0.027	
Proline....g	0.088		0		1		0.277	0.023	
Serine....g	0.100		0		1		0.315	0.026	
Hydroxyproline....g									

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

Common Measures:

Measure 1 = 315g: 1 package yields

Measure 2 = 26g: .083 package

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

Food Group: 19 Sweets

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

NDB No. 19872

Frozen novelties, Fat Free FUDGESICLE bars

Good Humor - Breyers Ice Cream

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	65.94		0	O	4		33.63		
Energy....kcal	127		1	MC	9		65		
Energy....kJ	533		0	MC	9		272		
Protein (N x 6.25)....g	5.55		1	MC	9		2.83		
Total lipid (fat)....g	0.66		1	MC	9		0.34		
Ash....g	0.91		0	FLC	4		0.46		
Carbohydrate, by difference....g	26.94		1	MC	9		13.74		
Fiber, total dietary....g	1.7		1	MC	9		0.9		
Sugars, total....g	20.10		1	MC	9		10.25		
Starch....g									
Minerals:									
Calcium, Ca....mg	159		1	MC	9		81		
Iron, Fe....mg	0.91		1	MC	9		0.46		
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg									
Sodium, Na....mg	94		1	MC	9		48		
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	1.0		1	MC	9		0.5		
Thiamin....mg									
Riboflavin....mg									
Niacin....mg									
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....µg									
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg									
Vitamin A, RAE....µg									
Vitamin A, IU....IU	4		1	MC	9		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									
Lipids:									
Fatty acids, total saturated....g	0.480		1	MC	9		0.245		
Fatty acids, total monounsaturated....g									
Fatty acids, total polyunsaturated....g									
Fatty acids, total trans....g									
Cholesterol....mg	3		1	MC	9		2		
Phytosterols....mg									

NDB No. 19872
Frozen novelties, Fat Free FUDGESICLE bars

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

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

Common Measures:

Measure 1 = 51g: 1 serving 1 pop

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

Food Group: 19 Sweets

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

NDB No. 19886

Frozen novelties, KLONDIKE, SLIM-A-BEAR Chocolate Cone

Good Humor - Breyers Ice Cream

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	45.51		0	O	4		35.95		
Energy....kcal	224		1	MC	9		177		
Energy....kJ	938		0	MC	9		741		
Protein (N x 6.25)....g	4.09		1	MC	9		3.23		
Total lipid (fat)....g	4.10		1	MC	9		3.24		
Ash....g	0.98		0	BFFN	4		0.77		
Carbohydrate, by difference....g	45.32		1	MC	9		35.80		
Fiber, total dietary....g	4.3		1	MC	9		3.4		
Sugars, total....g	24.62		1	MC	9		19.45		
Starch....g									
Minerals:									
Calcium, Ca....mg	125		1	MC	9		99		
Iron, Fe....mg	0.75		1	MC	9		0.59		
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg									
Sodium, Na....mg	159		1	MC	9		125		
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.6		1	MC	9		0.5		
Thiamin....mg									
Riboflavin....mg									
Niacin....mg									
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....µg									
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg									
Vitamin A, RAE....µg									
Vitamin A, IU....IU	259		1	MC	9		204		
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	1.001		1	MC	9		0.791		
Fatty acids, total monounsaturated....g									
Fatty acids, total polyunsaturated....g									
Fatty acids, total trans....g									
Cholesterol....mg	2		1	MC	9		2		
Phytosterols....mg									

NDB No. 19886

Frozen novelties, KLONDIKE, SLIM-A-BEAR Chocolate Cone

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

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 serving 1 cone

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

Food Group: 19 Sweets

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

NDB No. 19874

Frozen novelties, KLONDIKE, SLIM-A-BEAR Fudge Bar, 98% fat free, no sugar added

Good Humor - Breyers Ice Cream

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	63.51		0	FLC	4		47.00		
Energy....kcal	124		1	MC	9		91		
Energy....kJ	517		0	MC	9		382		
Protein (N x 6.25)....g	4.31		1	MC	9		3.19		
Total lipid (fat)....g	1.88		1	MC	9		1.39		
Ash....g	0.23		0	O	4		0.17		
Carbohydrate, by difference....g	30.07		1	MC	9		22.25		
Fiber, total dietary....g	6.0		1	MC	9		4.4		
Sugars, total....g	7.10		1	MC	9		5.25		
Starch....g									
Minerals:									
Calcium, Ca....mg	138		1	MC	9		102		
Iron, Fe....mg	0.71		1	MC	9		0.53		
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg									
Sodium, Na....mg	120		1	MC	9		89		
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.9		1	MC	9		0.6		
Thiamin....mg									
Riboflavin....mg									
Niacin....mg									
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....µg									
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg									
Vitamin A, RAE....µg									
Vitamin A, IU....IU	49		1	MC	9		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									
Lipids:									
Fatty acids, total saturated....g	1.000		1	MC	9		0.740		
Fatty acids, total monounsaturated....g									
Fatty acids, total polyunsaturated....g									
Fatty acids, total trans....g									
Cholesterol....mg	7		1	MC	9		5		
Phytosterols....mg									

NDB No. 19874

Frozen novelties, KLONDIKE, SLIM-A-BEAR Fudge Bar, 98% fat free, no sugar added

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

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 serving 3.5 fl oz bar

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

Food Group: 19 Sweets

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

NDB No. 19887

Frozen novelties, KLONDIKE, SLIM-A-BEAR Vanilla Sandwich

Good Humor - Breyers Ice Cream

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	46.65		0	O	4		29.85		
Energy....kcal	239		0	NC	4		153		
Energy....kJ	1001		0	NC	4		641		
Protein....g	3.90		0	NR	4		2.50		
Total lipid (fat)....g	5.85		0	NR	4		3.74		
Ash....g	0.85		0	FLM	4		0.55		
Carbohydrate, by difference....g	42.75		0	NC	4		27.36		
Fiber, total dietary....g	4.3		1	MC	9		2.8		
Sugars, total....g	21.82		1	MC	9		13.96		
Starch....g									
Minerals:									
Calcium, Ca....mg	142		1	MC	9		91		
Iron, Fe....mg	0.38		1	MC	9		0.24		
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg									
Sodium, Na....mg	191		1	MC	9		122		
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.7		1	MC	9		0.4		
Thiamin....mg									
Riboflavin....mg									
Niacin....mg									
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....µg									
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg									
Vitamin A, RAE....µg									
Vitamin A, IU....IU	288		1	MC	9		184		
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	3.250		0	NR	4		2.080		
Fatty acids, total monounsaturated....g									
Fatty acids, total polyunsaturated....g									
Fatty acids, total trans....g									
Cholesterol....mg	4		1	MC	9		3		
Phytosterols....mg									

NDB No. 19887

Frozen novelties, KLONDIKE, SLIM-A-BEAR Vanilla Sandwich

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

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 serving 1 sandwich

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

Food Group: 19 Sweets

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

NDB No. 19890

Frozen novelties, KLONDIKE, SLIM-A-BEAR, No Sugar Added, Stickless Bar

Good Humor - Breyers Ice Cream

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	54.69		0	O	4		42.66		
Energy....kcal	242		0	NC	4		189		
Energy....kJ	1011		0	NC	4		789		
Protein (N x 6.25)....g	5.20		0	LC	8		4.06		
Total lipid (fat)....g	13.00		0	LC	8		10.14		
Ash....g	1.13		0	FLM	4		0.88		
Carbohydrate, by difference....g	25.98		0	NC	4		20.26		
Fiber, total dietary....g	3.9		0	LC	8		3.0		
Sugars, total....g	8.64		1	MC	9		6.74		
Starch....g									
Minerals:									
Calcium, Ca....mg	289		1	MC	9		225		
Iron, Fe....mg	0.41		1	MC	9		0.32		
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg									
Sodium, Na....mg	86		1	MC	9		67		
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	1.0		1	MC	9		0.8		
Thiamin....mg									
Riboflavin....mg									
Niacin....mg									
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....µg									
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg									
Vitamin A, RAE....µg									
Vitamin A, IU....IU	289		1	MC	9		225		
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	10.400		0	LC	8		8.112		
Fatty acids, total monounsaturated....g									
Fatty acids, total polyunsaturated....g									
Fatty acids, total trans....g									
Cholesterol....mg	8		1	MC	9		6		
Phytosterols....mg									

NDB No. 19890

Frozen novelties, KLONDIKE, SLIM-A-BEAR, No Sugar Added, Stickless Bar

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

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

Common Measures:

Measure 1 = 78g: 1 serving 1 bar

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

Food Group: 19 Sweets

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

NDB No. 19891

Frozen novelties, No Sugar Added CREAMSICLE Pops

Good Humor - Breyers Ice Cream

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	82.38		0	O	4		36.25		
Energy....kcal	72		0	NC	4		32		
Energy....kJ	300		0	NC	4		132		
Protein (N x 6.25)....g	3.69		0	NR	4		1.62		
Total lipid (fat)....g	0.61		0	NR	4		0.27		
Ash....g	0.44		0	FLM	4		0.19		
Carbohydrate, by difference....g	12.88		0	NC	4		5.67		
Fiber, total dietary....g	3.6		0	NR	4		1.6		
Sugars, total....g	2.75		1	MC	9		1.21		
Starch....g									
Minerals:									
Calcium, Ca....mg	137		1	MC	9		60		
Iron, Fe....mg	0.28		1	MC	9		0.12		
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg									
Sodium, Na....mg	41		1	MC	9		18		
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.4		1	MC	9		0.2		
Thiamin....mg									
Riboflavin....mg									
Niacin....mg									
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....µg									
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg									
Vitamin A, RAE....µg									
Vitamin A, IU....IU	23		1	MC	9		10		
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.470		1	MC	9		0.207		
Fatty acids, total monounsaturated....g									
Fatty acids, total polyunsaturated....g									
Fatty acids, total trans....g									
Cholesterol....mg	3		1	MC	9		1		
Phytosterols....mg									

NDB No. 19891

Frozen novelties, No Sugar Added CREAMSICLE Pops

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

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

Common Measures:

Measure 1 = 44g: 1 serving 1 pop

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

Food Group: 19 Sweets

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

NDB No. 19871

Frozen novelties, No Sugar Added, FUDGESICLE pops

Good Humor - Breyers Ice Cream

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	71.85		0	FLC	4		60.35		
Energy ... kcal	105		1	MC	9		88		
Energy ... kJ	440		0	MC	9		370		
Protein (N x 6.25) ... g	3.60		1	MC	9		3.02		
Total lipid (fat) ... g	0.97		1	MC	9		0.81		
Ash ... g	1.15		0	FLC	4		0.97		
Carbohydrate, by difference ... g	22.28		1	MC	9		18.72		
Fiber, total dietary ... g	1.6		1	MC	9		1.3		
Sugars, total ... g	3.93		1	MC	9		3.30		
Starch ... g									
Minerals:									
Calcium, Ca ... mg	101		1	MC	9		85		
Iron, Fe ... mg	0.94		1	MC	9		0.79		
Magnesium, Mg ... mg	15		0	BFZN	4		12		
Phosphorus, P ... mg	106		0	BFZN	4		89		
Potassium, K ... mg	196		0	BFZN	4		165		
Sodium, Na ... mg	102		1	MC	9		86		
Zinc, Zn ... mg	0.40		0	BFZN	4		0.34		
Copper, Cu ... mg	0.018		0	BFZN	4		0.015		
Manganese, Mn ... mg	0.009		0	BFZN	4		0.008		
Selenium, Se ... µg	2.9		0	BFZN	4		2.4		
Vitamins:									
Vitamin C, total ascorbic acid ... mg	0.7		1	MC	9		0.6		
Thiamin ... mg	0.044		0	BFZN	4		0.037		
Riboflavin ... mg	0.180		0	BFZN	4		0.151		
Niacin ... mg	0.111		0	BFZN	4		0.093		
Pantothenic acid ... mg									
Vitamin B-6 ... mg	0.042		0	BFZN	4		0.035		
Folate, total ... µg	5		0	BFZN	4		4		
Folic acid ... µg	0		0	BFZN	4		0		
Folate, food ... µg	5		0	BFZN	4		4		
Folate, DFE ... µg	5		0	NC	4		4		
Choline, total ... mg	11.7		0	BFZN	4		9.8		
Betaine ... mg									
Vitamin B-12 ... µg	0.38		0	BFZN	4		0.32		
Vitamin B-12, added ... µg	0.00		0	BFZN	4		0.00		
Vitamin A, RAE ... µg	7		0	NC	4		6		
Retinol ... µg	7		0	BFZN	4		6		
Carotene, beta ... µg	1		0	BFZN	4		1		
Carotene, alpha ... µg	0		0	BFZN	4		0		
Cryptoxanthin, beta ... µg	0		0	BFZN	4		0		
Vitamin A, IU ... IU	25		0	NC	4		21		
Lycopene ... µg	0		0	BFZN	4		0		
Lutein + zeaxanthin ... µg	0		0	BFZN	4		0		
Vitamin E (alpha-tocopherol) ... mg	0.30		0	BFZN	4		0.25		
Vitamin E, added ... mg	0.00		0	BFZN	4		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		
Vitamin D ... IU	0		0	Z	7		0		
Vitamin K (phylloquinone) ... µg	3.6		0	BFZN	4		3.1		
Dihydrophylloquinone ... µg									
Menaquinone-4 ... µg									

NDB No. 19871
Frozen novelties, No Sugar Added, FUDGESICLE pops

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	0.591		0	NC	4		0.497		
4:0....g	0.029		0	BFFN	4		0.024		
6:0....g	0.018		0	BFFN	4		0.015		
8:0....g	0.011		0	BFFN	4		0.009		
10:0....g	0.023		0	BFFN	4		0.019		
12:0....g	0.025		0	BFFN	4		0.021		
13:0....g									
14:0....g	0.092		0	BFFN	4		0.077		
15:0....g									
16:0....g	0.274		0	BFFN	4		0.231		
17:0....g									
18:0....g	0.119		0	BFFN	4		0.100		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.157		0	NC	4		0.132		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.011		0	BFFN	4		0.009		
17:1....g									
18:1 undifferentiated....g	0.146		0	BFFN	4		0.123		
20:1....g	0.000		0	BFFN	4		0.000		
22:1 undifferentiated....g	0.000		0	BFFN	4		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.089		0	NC	4		0.075		
18:2 undifferentiated....g	0.073		0	BFFN	4		0.062		
18:3 undifferentiated....g	0.016		0	BFFN	4		0.013		
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	0.000		0	BFFN	4		0.000		
20:5 n-3 (EPA)....g	0.000		0	BFFN	4		0.000		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	BFFN	4		0.000		
22:6 n-3 (DHA)....g	0.000		0	BFFN	4		0.000		
Fatty acids, total trans....g									
Cholesterol....mg	2		1	MC	9		1		
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	BFZN	4		0.0		
Caffeine....mg	0		0	BFZN	4		0		
Theobromine....mg	5		0	BFZN	4		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 = 84g: 1 serving

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

Food Group: 19 Sweets

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

NDB No. 19892

Frozen novelties, Sugar Free, CREAMSICLE Pops

Good Humor - Breyers Ice Cream

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	83.91		0	O	4		67.13		
Energy....kcal	49		1	MC	9		39		
Energy....kJ	204		0	MC	9		163		
Protein (N x 6.25)....g	1.37		1	MC	9		1.10		
Total lipid (fat)....g	2.33		1	MC	9		1.86		
Ash....g	0.44		0	BFZN	4		0.35		
Carbohydrate, by difference....g	11.95		1	MC	9		9.56		
Fiber, total dietary....g	7.5		1	MC	9		6.0		
Sugars, total....g	0.43		1	MC	9		0.34		
Starch....g									
Minerals:									
Calcium, Ca....mg	23		1	MC	9		18		
Iron, Fe....mg	0.03		1	MC	9		0.02		
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg									
Sodium, Na....mg	6		1	MC	9		5		
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		1	MC	9		0.0		
Thiamin....mg									
Riboflavin....mg									
Niacin....mg									
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....µg									
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg									
Vitamin A, RAE....µg									
Vitamin A, IU....IU	0		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									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	2.000		1	MC	9		1.600		
Fatty acids, total monounsaturated....g									
Fatty acids, total polyunsaturated....g									
Fatty acids, total trans....g									
Cholesterol....mg	0		1	MC	9		0		
Phytosterols....mg									

NDB No. 19892

Frozen novelties, Sugar Free, CREAMSICLE Pops

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

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

Common Measures:

Measure 1 = 80g: 1 serving 2 pops

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

Food Group: 19 Sweets

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

NDB No. 19263
Frozen novelties, fruit and juice bars

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	78.30		0		4		60.29	72.04	
Energy....kcal	87		0	NC	4		67	80	
Energy....kJ	362		0	NC	4		279	333	
Protein (N x 6.25)....g	1.20		0		4		0.92	1.10	
Total lipid (fat)....g	0.10		0		4		0.08	0.09	
Ash....g	0.20		0		4		0.15	0.18	
Carbohydrate, by difference....g	20.20		0	NC	4		15.55	18.58	
Fiber, total dietary....g	1.0		0	FLA	4		0.8	0.9	
Sugars, total....g	17.48		0	FLA	4		13.46	16.08	
Starch....g									
Minerals:									
Calcium, Ca....mg	5		0		4		4	5	
Iron, Fe....mg	0.19		0		4		0.15	0.17	
Magnesium, Mg....mg	4		0		4		3	4	
Phosphorus, P....mg	6		0		4		5	6	
Potassium, K....mg	53		0		1		41	49	
Sodium, Na....mg	4		0		1		3	4	
Zinc, Zn....mg	0.05		0		4		0.04	0.05	
Copper, Cu....mg	0.000		0		4		0.000	0.000	
Manganese, Mn....mg	0.165		0		4		0.127	0.152	
Selenium, Se....µg	0.2		0	BFSN	4		0.2	0.2	
Vitamins:									
Vitamin C, total ascorbic acid....mg	9.5		0		4		7.3	8.7	
Thiamin....mg	0.011		0		4		0.008	0.010	
Riboflavin....mg	0.018		0		4		0.014	0.017	
Niacin....mg	0.159		0		4		0.122	0.146	
Pantothenic acid....mg	0.040		0		4		0.031	0.037	
Vitamin B-6....mg	0.025		0		4		0.019	0.023	
Folate, total....µg	7		0	FLA	4		6	7	
Folic acid....µg	0		0	FLA	4		0	0	
Folate, food....µg	7		0	FLA	4		6	7	
Folate, DFE....µg	7		0	NC	4		6	7	
Choline, total....mg	4.0		0	O	4		3.1	3.7	
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	1		0	FLA	4		1	1	
Retinol....µg	0		0	FLA	4		0	0	
Carotene, beta....µg	11		0	FLA	4		8	10	
Carotene, alpha....µg	0		0	FLA	4		0	0	
Cryptoxanthin, beta....µg	0		0	FLA	4		0	0	
Vitamin A, IU....IU	18		0	FLA	4		14	17	
Lycopene....µg	0		0	FLA	4		0	0	
Lutein + zeaxanthin....µg	34		0	FLA	4		26	31	
Vitamin E (alpha-tocopherol)....mg	0.00		0	Z	7		0.00	0.00	
Vitamin E, added....mg	0.00		0	FLA	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	
Vitamin K (phylloquinone)....µg	0.9		0	FLA	4		0.7	0.8	
Dihydrophylloquinone....µg									
Menaquinone-4....µg									

NDB No. 19263
Frozen novelties, fruit and juice bars

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	0.000		0	FLA	4		0.000	0.000	
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	0.000		0	FLA	4		0.000	0.000	
17:0....g									
18:0....g	0.000		0	FLA	4		0.000	0.000	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.000		0	FLA	4		0.000	0.000	
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	0.000		0	FLA	4		0.000	0.000	
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	0.030		0	FLA	4		0.023	0.028	
18:2 undifferentiated....g	0.022		0	FLA	4		0.017	0.020	
18:3 undifferentiated....g	0.008		0	FLA	4		0.006	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	FLA	4		0	0	
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	FLA	4		0.0	0.0	
Caffeine....mg	0		0	FLA	4		0	0	
Theobromine....mg	0		0	FLA	4		0	0	

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

Common Measures:

Measure 1 = 77g: 1 bar (2.5 fl oz)

Measure 2 = 92g: 1 bar (3 fl oz)

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

Food Group: 19 Sweets

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

NDB No. 43506

Frozen novelties, ice cream type, chocolate or caramel covered, with nuts

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
		Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	43.10		1		1		23.27		
Energy	kcal	323		1	NC	4		174		
Energy	kJ	1351		1	NC	4		730		
Protein	g	4.40		1		1		2.38		
Total lipid (fat)	g	20.20		1		1		10.91		
Ash	g	1.19		0	BFZN	4		0.64		
Carbohydrate, by difference	g	30.90		0		4		16.69		
Fiber, total dietary	g	0.6		0		4		0.3		
Sugars, total	g	30.00		0	O	4		16.20		
Starch	g									
Minerals:										
Calcium, Ca	mg	252		1		1		136		
Iron, Fe	mg	0.72		1		1		0.39		
Magnesium, Mg	mg	29		1		1		16		
Phosphorus, P	mg	114		1		1		62		
Potassium, K	mg	238		1		1		129		
Sodium, Na	mg	92		1		1		50		
Zinc, Zn	mg	0.63		0		4		0.34		
Copper, Cu	mg	0.128		0		4		0.069		
Manganese, Mn	mg									
Selenium, Se	µg	2.4		0	BFZN	4		1.3		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.7		0		4		0.4		
Thiamin	mg	0.040		1		1		0.022		
Riboflavin	mg	0.180		1		1		0.097		
Niacin	mg	0.960		1		1		0.518		
Pantothenic acid	mg									
Vitamin B-6	mg	0.220		0		4		0.119		
Folate, total	µg	11		0		4		6		
Folic acid	µg	0		0	BFZN	4		0		
Folate, food	µg	11		0		4		6		
Folate, DFE	µg	11		0	NC	4		6		
Choline, total	mg	29.7		0	BFZN	4		16.0		
Betaine	mg									
Vitamin B-12	µg	0.38		0		4		0.21		
Vitamin B-12, added	µg	0.00		0	BFZN	4		0.00		
Vitamin A, RAE	µg	48		0	NC	4		26		
Retinol	µg	44		0	O	4		24		
Carotene, beta	µg	44		0	BFZN	4		24		
Carotene, alpha	µg	0		0	BFZN	4		0		
Cryptoxanthin, beta	µg	0		0	BFZN	4		0		
Vitamin A, IU	IU	220		0	NC	4		119		
Lycopene	µg	0		0	BFZN	4		0		
Lutein + zeaxanthin	µg	0		0	BFZN	4		0		
Vitamin E (alpha-tocopherol)	mg	0.42		0	BFZN	4		0.23		
Vitamin E, added	mg	0.00		0	BFZN	4		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	0.2		0	BFZN	4		0.1		
Vitamin D	IU	7		0	BFZN	4		4		
Vitamin K (phylloquinone)	µg	1.3		0	BFZN	4		0.7		
Dihydrophylloquinone	µg									
Menaquinone-4	µg									

NDB No. 43506

Frozen novelties, ice cream type, chocolate or caramel covered, with nuts

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	12.658		0		4		6.835		
4:0....g	0.271		0		4		0.146		
6:0....g	0.199		0		4		0.107		
8:0....g	0.557		0		4		0.301		
10:0....g	0.631		0		4		0.341		
12:0....g	3.244		0		4		1.752		
13:0....g									
14:0....g	2.052		0		4		1.108		
15:0....g									
16:0....g	3.654		0		4		1.973		
17:0....g									
18:0....g	1.824		0		4		0.985		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	4.977		0		4		2.688		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.186		0		4		0.100		
17:1....g									
18:1 undifferentiated....g	4.626		0		4		2.498		
20:1....g	0.041		0		4		0.022		
22:1 undifferentiated....g	0.000		0		4		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.469		0		4		0.793		
18:2 undifferentiated....g	1.345		0		4		0.726		
18:3 undifferentiated....g	0.124		0		4		0.067		
18:4....g	0.000		0		4		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		4		0.000		
20:5 n-3 (EPA)....g	0.000		0		4		0.000		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		4		0.000		
22:6 n-3 (DHA)....g	0.000		0		4		0.000		
Fatty acids, total trans....g									
Cholesterol....mg	1		0		4		1		
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0		
Caffeine....mg	3		0	BFZN	4		2		
Theobromine....mg	32		0	BFZN	4		17		

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

Common Measures:

Measure 1 = 54g: 1 bar

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

Food Group: 19 Sweets

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

NDB No. 43269
Frozen novelties, ice cream type, sundae, prepackaged

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	59.30		1		1				
Energy ... kcal	185		1		1				
Energy ... kJ	774		1		1				
Protein ... g	4.30		1		1				
Total lipid (fat) ... g	6.00		1		1				
Ash ... g	0.76		0	FLC	4				
Carbohydrate, by difference ... g	29.40		0	NC	4				
Fiber, total dietary ... g	0.3		0	FLC	4				
Sugars, total ... g	20.74		0	FLC	4				
Starch ... g									
Minerals:									
Calcium, Ca ... mg	120		1		1				
Iron, Fe ... mg	0.25		1		1				
Magnesium, Mg ... mg	19		1		1				
Phosphorus, P ... mg	131		1		1				
Potassium, K ... mg	211		1		1				
Sodium, Na ... mg	95		1		1				
Zinc, Zn ... mg	0.54		1		1				
Copper, Cu ... mg	0.060		1		1				
Manganese, Mn ... mg	0.011		0	FLC	4				
Selenium, Se ... µg	2.0		0	FLC	4				
Vitamins:									
Vitamin C, total ascorbic acid ... mg	1.8		1		1				
Thiamin ... mg	0.040		1		1				
Riboflavin ... mg	0.190		1		1				
Niacin ... mg	0.640		1		1				
Pantothenic acid ... mg	0.348		0	FLC	4				
Vitamin B-6 ... mg	0.050		1		1				
Folate, total ... µg	5		0	FLC	4				
Folic acid ... µg	0		0	FLC	4				
Folate, food ... µg	5		0	FLC	4				
Folate, DFE ... µg	5		0	NC	4				
Choline, total ... mg	12.3		0	NR	4				
Betaine ... mg									
Vitamin B-12 ... µg	0.39		1		1				
Vitamin B-12, added ... µg	0.00		0	Z	7				
Vitamin A, RAE ... µg	131		0	NC	4				
Retinol ... µg	130		0	FLC	4				
Carotene, beta ... µg	16		0	FLC	4				
Carotene, alpha ... µg	0		0	FLC	4				
Cryptoxanthin, beta ... µg	0		0	FLC	4				
Vitamin A, IU ... IU	458		0	NC	4				
Lycopene ... µg	0		0	FLC	4				
Lutein + zeaxanthin ... µg	0		0	FLC	4				
Vitamin E (alpha-tocopherol) ... mg	0.12		0	FLC	4				
Vitamin E, added ... mg	0.00		0	Z	7				
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	0.1		0	AS	1				
Vitamin D ... IU	4		0	BFFN	4				
Vitamin K (phylloquinone) ... µg	0.3		0	FLC	4				
Dihydrophylloquinone ... µg									
Menaquinone-4 ... µg									

NDB No. 43269

Frozen novelties, ice cream type, sundae, prepackaged

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	3.090		0		4				
4:0....g	0.000		0		4				
6:0....g	0.092		0		4				
8:0....g	0.057		0		4				
10:0....g	0.113		0		4				
12:0....g	0.338		0		4				
13:0....g									
14:0....g	0.451		0		4				
15:0....g									
16:0....g	1.267		0		4				
17:0....g									
18:0....g	0.654		0		4				
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	1.872		0		4				
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.110		0		4				
17:1....g									
18:1 undifferentiated....g	1.690		0		4				
20:1....g	0.011		0		4				
22:1 undifferentiated....g	0.000		0		4				
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.663		0		4				
18:2 undifferentiated....g	0.576		0		4				
18:3 undifferentiated....g	0.063		0		4				
18:4....g	0.000		0		4				
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.024		0		4				
20:5 n-3 (EPA)....g	0.000		0		4				
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		4				
22:6 n-3 (DHA)....g	0.000		0		4				
Fatty acids, total trans....g									
Cholesterol....mg	13		1		1				
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	FLC	4				
Caffeine....mg	0		0	FLC	4				
Theobromine....mg	2		0	FLC	4				

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

Common Measures:

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

Food Group: 19 Sweets

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

NDB No. 42074

Frozen novelties, ice cream type, vanilla ice cream, light, no sugar added, chocolate coated

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	56.20		1		1		43.84		
Energy ... kcal	221		0	NC	4		172		
Energy ... kJ	924		0	NC	4		721		
Protein (N x 6.25) ... g	6.40		1		1		4.99		
Total lipid (fat) ... g	10.10		1		1		7.88		
Ash ... g	1.19		0	FLC	4		0.92		
Carbohydrate, by difference ... g	26.11		0	NC	4		20.37		
Fiber, total dietary ... g	0.8		0	FLC	4		0.6		
Sugars, total ... g	8.52		0	T	4		6.65		
Starch ... g									
Minerals:									
Calcium, Ca ... mg	222		1		1		173		
Iron, Fe ... mg	0.29		1		1		0.23		
Magnesium, Mg ... mg	28		1		1		22		
Phosphorus, P ... mg	173		1		1		135		
Potassium, K ... mg	305		1		1		238		
Sodium, Na ... mg	104		1		1		81		
Zinc, Zn ... mg	0.82		1		1		0.64		
Copper, Cu ... mg	0.076		1		1		0.059		
Manganese, Mn ... mg	0.078		0	FLC	4		0.061		
Selenium, Se ... µg	2.4		0	FLC	4		1.9		
Vitamins:									
Vitamin C, total ascorbic acid ... mg	0.0		0		4		0.0		
Thiamin ... mg	0.062		0	FLC	4		0.048		
Riboflavin ... mg	0.261		0	FLC	4		0.204		
Niacin ... mg	0.175		0	FLC	4		0.136		
Pantothenic acid ... mg	0.479		0	FLC	4		0.373		
Vitamin B-6 ... mg	0.043		0	FLC	4		0.034		
Folate, total ... µg	7		0	FLC	4		6		
Folic acid ... µg	0		0	FLC	4		0		
Folate, food ... µg	7		0	FLC	4		6		
Folate, DFE ... µg	7		0	NC	4		6		
Choline, total ... mg	29.7		0	O	4		23.2		
Betaine ... mg									
Vitamin B-12 ... µg	0.49		0	FLC	4		0.38		
Vitamin B-12, added ... µg	0.00		0	FLC	4		0.00		
Vitamin A, RAE ... µg	19		0	NC	4		15		
Retinol ... µg	15		0	T	4		12		
Carotene, beta ... µg	44		0	T	4		34		
Carotene, alpha ... µg	0		0	FLC	4		0		
Cryptoxanthin, beta ... µg	0		0	FLC	4		0		
Vitamin A, IU ... IU	123		0	NC	4		96		
Lycopene ... µg	0		0	FLC	4		0		
Lutein + zeaxanthin ... µg	0		0	FLC	4		0		
Vitamin E (alpha-tocopherol) ... mg	0.42		0	FLC	4		0.33		
Vitamin E, added ... mg	0.00		0	FLC	4		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	0.2		0	AS	1		0.1		
Vitamin D ... IU	7		0	BFFN	4		6		
Vitamin K (phylloquinone) ... µg	1.3		0	FLC	4		1.0		
Dihydrophylloquinone ... µg									
Menaquinone-4 ... µg									

NDB No. 42074

Frozen novelties, ice cream type, vanilla ice cream, light, no sugar added, 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
Lipids:									
Fatty acids, total saturated....g	5.528		0		4		4.312		
4:0....g	0.075		0		4		0.059		
6:0....g	0.063		0		4		0.049		
8:0....g	0.259		0		4		0.202		
10:0....g	0.245		0		4		0.191		
12:0....g	1.453		0		4		1.133		
13:0....g	0.000		0	FLC	4		0.000		
14:0....g	0.761		0		4		0.594		
15:0....g	0.014		0	FLC	4		0.011		
16:0....g	1.567		0		4		1.222		
17:0....g	0.013		0	FLC	4		0.010		
18:0....g	1.042		0		4		0.813		
20:0....g	0.035		0	FLC	4		0.027		
22:0....g	0.004		0	FLC	4		0.003		
24:0....g	0.000		0	FLC	4		0.000		
Fatty acids, total monounsaturated....g	2.700		0		4		2.106		
14:1....g	0.006		0	FLC	4		0.005		
15:1....g	0.000		0	FLC	4		0.000		
16:1 undifferentiated....g	0.067		0		4		0.052		
17:1....g	0.002		0	FLC	4		0.001		
18:1 undifferentiated....g	2.594		0		4		2.023		
20:1....g	0.000		0		4		0.000		
22:1 undifferentiated....g	0.000		0		4		0.000		
24:1 c....g	0.000		0	FLC	4		0.000		
Fatty acids, total polyunsaturated....g	1.359		0		4		1.060		
18:2 undifferentiated....g	1.239		0		4		0.966		
18:3 undifferentiated....g	0.118		0		4		0.092		
18:4....g	0.000		0		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		4		0.000		
20:5 n-3 (EPA)....g	0.000		0		4		0.000		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		4		0.000		
22:6 n-3 (DHA)....g	0.000		0		4		0.000		
Fatty acids, total trans....g									
Cholesterol....mg	10		0		4		8		
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	FLC	4		0.0		
Caffeine....mg	3		0	FLC	4		2		
Theobromine....mg	32		0	FLC	4		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 = 78g: 1 bar

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

Food Group: 19 Sweets

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

NDB No. 19217
Frozen novelties, ice type, fruit, no sugar added

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	93.20		0		4		47.53		
Energy....kcal	24		0		4		12		
Energy....kJ	100		0		4		51		
Protein (N x 5.6)....g	0.50		0		4		0.26		
Total lipid (fat)....g	0.10		0		4		0.05		
Ash....g	0.10		0		4		0.05		
Carbohydrate, by difference....g	6.20		0	NC	4		3.16		
Fiber, total dietary....g	0.0		0		4		0.0		
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	2		0		4		1		
Iron, Fe....mg	0.13		0		4		0.07		
Magnesium, Mg....mg	2		1		4		1		
Phosphorus, P....mg	0		0		4		0		
Potassium, K....mg	26		0		4		13		
Sodium, Na....mg	5		0		4		3		
Zinc, Zn....mg	0.04		1		4		0.02		
Copper, Cu....mg	0.017		1		4		0.009		
Manganese, Mn....mg	0.021		1		4		0.011		
Selenium, Se....µg	0.2		0	FLA	4		0.1		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		4		0.0		
Thiamin....mg	0.000		0		4		0.000		
Riboflavin....mg	0.000		0		4		0.000		
Niacin....mg	0.150		0		4		0.077		
Pantothenic acid....mg	0.000		0		4		0.000		
Vitamin B-6....mg	0.000		0		4		0.000		
Folate, total....µg	0		0		4		0		
Folic acid....µg	0		0	Z	7		0		
Folate, food....µg	0		0		4		0		
Folate, DFE....µg	0		0	NC	4		0		
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.00		0		4		0.00		
Vitamin A, RAE....µg	0		0	NC	4		0		
Retinol....µg	0		0	Z	7		0		
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	1		0		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									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

NDB No. 19217
Frozen novelties, ice type, fruit, no sugar added

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated.....g	0.000		0		4		0.000		
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		4		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 = 51g: 1 bar

Calories Factors: Protein 3.9 **Fat** 9 **Carbohydrate** 3.5

Food Group: 19 Sweets

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

NDB No. 19281

Frozen novelties, ice type, italian, restaurant-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
Proximates:									
Water....g	86.40		2	A	1		25.06	100.22	
Energy....kcal	53		0	NC	4		15	61	
Energy....kJ	222		0		4		64	257	
Protein (N x 6.25)....g	0.03		2	A	1		0.01	0.03	
Total lipid (fat)....g	0.02		2	A	1		0.01	0.02	
Ash....g	0.05		2	A	1		0.01	0.06	
Carbohydrate, by difference....g	13.50		0	NC	4		3.92	15.66	
Fiber, total dietary....g	0.0		0	BFZN	4		0.0	0.0	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	1		2	A	1		0	1	
Iron, Fe....mg	0.09		2	A	1		0.03	0.10	
Magnesium, Mg....mg	0		2	A	1		0	0	
Phosphorus, P....mg	0		2	A	1		0	0	
Potassium, K....mg	6		2	A	1		2	7	
Sodium, Na....mg	4		2	A	1		1	5	
Zinc, Zn....mg	0.03		2	A	1		0.01	0.03	
Copper, Cu....mg	0.010		0	BFZN	4		0.003	0.012	
Manganese, Mn....mg	0.020		0	BFZN	4		0.006	0.023	
Selenium, Se....µg	0.1		0	BFZN	4		0.0	0.1	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.5		2	A	1		0.1	0.6	
Thiamin....mg	0.005		2	A	1		0.001	0.006	
Riboflavin....mg	0.010		2	A	1		0.003	0.012	
Niacin....mg	0.715		2	A	1		0.207	0.829	
Pantothenic acid....mg	0.005		2	A	1		0.001	0.006	
Vitamin B-6....mg	0.002		2	A	1		0.001	0.002	
Folate, total....µg	5		2	A	1		1	6	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	5		2	A	1		1	6	
Folate, DFE....µg	5		0	NC	4		1	6	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....µg									
Retinol....µg									
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	167		0	NC	4		48	194	
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. 19281

Frozen novelties, ice type, italian, restaurant-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	0.000		0	BFZN	4		0.000	0.000	
4:0....g	0.000		0	BFZN	4		0.000	0.000	
6:0....g	0.000		0	BFZN	4		0.000	0.000	
8:0....g	0.000		0	BFZN	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	0.000		0	BFZN	4		0.000	0.000	
15:0....g									
16:0....g	0.000		0	BFZN	4		0.000	0.000	
17:0....g									
18:0....g	0.000		0	BFZN	4		0.000	0.000	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.000		0	BFZN	4		0.000	0.000	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0	BFZN	4		0.000	0.000	
17:1....g									
18:1 undifferentiated....g	0.000		0	BFZN	4		0.000	0.000	
20:1....g	0.000		0	BFZN	4		0.000	0.000	
22:1 undifferentiated....g	0.000		0	BFZN	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.000		0	BFZN	4		0.000	0.000	
18:2 undifferentiated....g	0.000		0	BFZN	4		0.000	0.000	
18:3 undifferentiated....g	0.000		0	BFZN	4		0.000	0.000	
18:4....g	0.000		0	BFZN	4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0	BFZN	4		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0	BFZN	4		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	BFZN	4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0	BFZN	4		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	0		0	Z	7		0	0	
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg									
Theobromine....mg									

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

Common Measures:

Measure 1 = 29.0g: 1 fl oz

Measure 2 = 116g: .5 cup

Calories Factors: Protein 3.36 **Fat** 8.37 **Carbohydrate** 3.9

Food Group: 19 Sweets

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

NDB No. 19280
Frozen novelties, ice type, lime

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	66.90		1		4		66.23		
Energy ... kcal	128		0	NC	4		127		
Energy ... kJ	536		0		4		530		
Protein (N x 6.25) ... g	0.40		1		4		0.40		
Total lipid (fat) ... g	0.00		1		4		0.00		
Ash ... g	0.03		0	T	4		0.03		
Carbohydrate, by difference ... g	32.60		0	NC	4		32.27		
Fiber, total dietary ... g	0.0		0		4		0.0		
Sugars, total ... g	32.60		0	NR	4		32.27		
Starch ... g									
Minerals:									
Calcium, Ca ... mg	2		1		4		2		
Iron, Fe ... mg	0.16		1		4		0.16		
Magnesium, Mg ... mg	1		1		4		1		
Phosphorus, P ... mg	1		1		4		1		
Potassium, K ... mg	3		1		4		3		
Sodium, Na ... mg	22		1		4		22		
Zinc, Zn ... mg	0.02		1		4		0.02		
Copper, Cu ... mg	0.013		1		4		0.013		
Manganese, Mn ... mg	0.020		1		4		0.020		
Selenium, Se ... µg	0.1		0	BFPN	4		0.1		
Vitamins:									
Vitamin C, total ascorbic acid ... mg	1.0		1		4		1.0		
Thiamin ... mg	0.001		1		4		0.001		
Riboflavin ... mg	0.000		1		4		0.000		
Niacin ... mg	0.007		1		4		0.007		
Pantothenic acid ... mg	0.003		1		4		0.003		
Vitamin B-6 ... mg	0.001		1		4		0.001		
Folate, total ... µg	0		1		4		0		
Folic acid ... µg	0		0	Z	7		0		
Folate, food ... µg	0		1		4		0		
Folate, DFE ... µg	0		0	NC	4		0		
Choline, total ... mg	4.0		0	O	4		4.0		
Betaine ... mg									
Vitamin B-12 ... µg	0.00		1		4		0.00		
Vitamin B-12, added ... µg	0.00		0	Z	7		0.00		
Vitamin A, RAE ... µg	0		0	AS	1		0		
Retinol ... µg	0		0	Z	7		0		
Carotene, beta ... µg	0		0	Z	7		0		
Carotene, alpha ... µg	0		0	Z	7		0		
Cryptoxanthin, beta ... µg	0		0	Z	7		0		
Vitamin A, IU ... IU	0		1		4		0		
Lycopene ... µg	0		0	Z	7		0		
Lutein + zeaxanthin ... µg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol) ... mg	0.00		0	Z	7		0.00		
Vitamin E, added ... mg	0.00		0	Z	7		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		
Vitamin D ... IU	0		0	Z	7		0		
Vitamin K (phylloquinone) ... µg	0.0		0	Z	7		0.0		
Dihydrophylloquinone ... µg									
Menaquinone-4 ... µg									

NDB No. 19280
Frozen novelties, ice type, lime

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	0.000		0		7		0.000		
4:0....g	0.000		0		4		0.000		
6:0....g	0.000		0		4		0.000		
8:0....g	0.000		0		4		0.000		
10:0....g	0.000		0		4		0.000		
12:0....g	0.000		0		4		0.000		
13:0....g									
14:0....g	0.000		0		4		0.000		
15:0....g									
16:0....g	0.000		0		4		0.000		
17:0....g									
18:0....g	0.000		0		4		0.000		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.000		0		7		0.000		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0		4		0.000		
17:1....g									
18:1 undifferentiated....g	0.000		0		4		0.000		
20:1....g	0.000		0		4		0.000		
22:1 undifferentiated....g	0.000		0		4		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.000		0		7		0.000		
18:2 undifferentiated....g	0.000		0		4		0.000		
18:3 undifferentiated....g	0.000		0		4		0.000		
18:4....g	0.000		0		4		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		4		0.000		
20:5 n-3 (EPA)....g	0.000		0		4		0.000		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		4		0.000		
22:6 n-3 (DHA)....g	0.000		0		4		0.000		
Fatty acids, total trans....g									
Cholesterol....mg	0		1		4		0		
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0		
Caffeine....mg	0		0	Z	7		0		
Theobromine....mg	0		0	Z	7		0		

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

Common Measures:

Measure 1 = 99g: .5 cup (4 fl oz)

Calories Factors: Protein 3.36 **Fat** 8.37 **Carbohydrate** 3.9

Food Group: 19 Sweets

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

NDB No. 19387
Frozen novelties, ice type, pineapple-coconut

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	73.30		1		1		72.57		
Energy....kcal	113		0		4		112		
Energy....kJ	473		0		4		468		
Protein (N x 6.25)....g	0.00		1		1		0.00		
Total lipid (fat)....g	2.60		1		1		2.57		
Ash....g	0.20		1		1		0.20		
Carbohydrate, by difference....g	23.90		0		4		23.66		
Fiber, total dietary....g	0.7		0	RC	4		0.7		
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	0		1		1		0		
Iron, Fe....mg	3.53		1		1		3.49		
Magnesium, Mg....mg	5		0		4		5		
Phosphorus, P....mg	9		0		4		9		
Potassium, K....mg	17		0		4		17		
Sodium, Na....mg	35		1		1		35		
Zinc, Zn....mg	0.11		0		4		0.11		
Copper, Cu....mg	0.044		0		4		0.044		
Manganese, Mn....mg	0.161		0		4		0.159		
Selenium, Se....µg	0.9		0	FLA	4		0.9		
Vitamins:									
Vitamin C, total ascorbic acid....mg	13.2		1		1		13.1		
Thiamin....mg	0.006		0		4		0.006		
Riboflavin....mg	0.005		0		4		0.005		
Niacin....mg	0.034		0		4		0.034		
Pantothenic acid....mg	0.039		0		4		0.039		
Vitamin B-6....mg	0.016		0		4		0.016		
Folate, total....µg	1		0		4		1		
Folic acid....µg	0		0	Z	7		0		
Folate, food....µg	1		0		4		1		
Folate, DFE....µg	1		0	NC	4		1		
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.00		0		4		0.00		
Vitamin A, RAE....µg	0		0	NC	4		0		
Retinol....µg	0		0	Z	7		0		
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	0		1		1		0		
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

NDB No. 19387
Frozen novelties, ice type, pineapple-coconut

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	2.304		0	FLA	4		2.281		
Fatty acids, total monounsaturated.....g	0.111		0	FLA	4		0.110		
Fatty acids, total polyunsaturated.....g	0.029		0	FLA	4		0.029		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		1		1		0		
Phytosterols.....mg									

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

Common Measures:

Measure 1 = 99g: .5 cup (4 fl oz)

Calories Factors: Protein 3.4 **Fat** 8.4 **Carbohydrate**3.8

Food Group: 19 Sweets

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

NDB No. 19283
Frozen novelties, ice type, pop

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	80.49	0.152	3	A	1		41.85		
Energy	kcal	79		0	NC	4		41		
Energy	kJ	331		0	NC	4		172		
Protein (N x 6.25)	g	0.00	0.000	3	A	1		0.00		
Total lipid (fat)	g	0.24	0.056	3	A	1		0.12		
Ash	g	0.05	0.009	3	A	1		0.02		
Carbohydrate, by difference	g	19.23		0	NC	4		10.00		
Fiber, total dietary	g	0.0	0.000	3	A	1		0.0		
Sugars, total	g	13.66		0	NR	4		7.10		
Sucrose	g	6.28	0.035	3	A	1		3.26		
Glucose (dextrose)	g	3.96	0.023	3	A	1		2.06		
Fructose	g	2.72	0.018	3	A	1		1.41		
Lactose	g	0.00	0.000	3	A	1		0.00		
Maltose	g	0.71	0.012	3	A	1		0.37		
Galactose	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	0	0.000	3	A	1		0		
Iron, Fe	mg	0.54	0.151	3	A	1		0.28		
Magnesium, Mg	mg	1	0.023	3	A	1		1		
Phosphorus, P	mg	0	0.000	3	A	1		0		
Potassium, K	mg	15	3.863	3	A	1		8		
Sodium, Na	mg	7	0.088	3	A	1		4		
Zinc, Zn	mg	0.15		2	A	1		0.08		
Copper, Cu	mg	0.000	0.000	3	A	1		0.000		
Manganese, Mn	mg	0.000	0.000	3	A	1		0.000		
Selenium, Se	µg	0.2	0.167	18	A	1		0.1		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.7	0.278	3	A	1		0.4		
Thiamin	mg	0.000		1		4		0.000		
Riboflavin	mg	0.000		1		4		0.000		
Niacin	mg	0.000		1		4		0.000		
Pantothenic acid	mg	0.001		0	FLA	4		0.000		
Vitamin B-6	mg	0.000		0	FLA	4		0.000		
Folate, total	µg	0		0	FLA	4		0		
Folic acid	µg	0		0	FLA	4		0		
Folate, food	µg	0		0	FLA	4		0		
Folate, DFE	µg	0		0	NC	4		0		
Choline, total	mg	0.0		0	Z	7		0.0		
Betaine	mg									
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	0		0	FLA	4		0		
Vitamin E (alpha-tocopherol)	mg	0.00		0	FLA	4		0.00		
Vitamin E, added	mg	0.00		0	FLA	4		0.00		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Tocotrienol, alpha	mg									
Tocotrienol, beta	mg									
Tocotrienol, gamma	mg									

NDB No. 19283
Frozen novelties, ice type, pop

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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		
Vitamin D....IU	0		0	Z	7		0		
Vitamin K (phylloquinone)....µg	0.0		1	A	1		0.0		
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.013		0	FLA	4		0.007		
4:0....g	0.000		0	FLA	4		0.000		
6:0....g	0.000		0	FLA	4		0.000		
8:0....g	0.000		0	FLA	4		0.000		
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	0.000		0	FLA	4		0.000		
15:0....g									
16:0....g	0.013		0	FLA	4		0.007		
17:0....g									
18:0....g	0.000		0	FLA	4		0.000		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.051		0	FLA	4		0.027		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0	FLA	4		0.000		
17:1....g									
18:1 undifferentiated....g	0.051		0	FLA	4		0.027		
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	0.016		0	FLA	4		0.008		
18:2 undifferentiated....g	0.015		0	FLA	4		0.008		
18:3 undifferentiated....g	0.000		0	FLA	4		0.000		
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	FLA	4		0		
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0		
Caffeine....mg	0		0	FLA	4		0		
Theobromine....mg	0		0	FLA	4		0		

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

Common Measures:

Measure 1 = 52g: 1 serving 1.75 fl oz pop

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

NDB No. 19283
Frozen novelties, ice type, pop

Food Group: 19 Sweets

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

NDB No. 43514

Frozen novelties, ice type, pop, with low calorie sweetener

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	94.03		2	A	1		51.71		
Energy ... kcal	24		0	NC	4		13		
Energy ... kJ	99		0	NC	4		54		
Protein (N x 6.25) ... g	0.00	0.000	3	A	1		0.00		
Total lipid (fat) ... g	0.00		1	MC	9		0.00		
Ash ... g	0.06	0.012	3	A	1		0.03		
Carbohydrate, by difference ... g	5.92		0	NC	4		3.26		
Fiber, total dietary ... g	0.0	0.000	3	A	1		0.0		
Sugars, total ... g	1.52		0	NR	4		0.84		
Sucrose ... g	0.70	0.015	3	A	1		0.39		
Glucose (dextrose) ... g	0.47	0.025	3	A	1		0.26		
Fructose ... g	0.34	0.007	3	A	1		0.19		
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									
Minerals:									
Calcium, Ca ... mg	0	0.000	3	A	1		0		
Iron, Fe ... mg	0.67	0.270	3	A	1		0.37		
Magnesium, Mg ... mg	1	0.074	3	A	1		0		
Phosphorus, P ... mg	0	0.000	3	A	1		0		
Potassium, K ... mg	11	2.968	3	A	1		6		
Sodium, Na ... mg	10	2.238	3	A	1		5		
Zinc, Zn ... mg	0.47	0.215	3	A	1		0.26		
Copper, Cu ... mg	0.000	0.000	3	A	1		0.000		
Manganese, Mn ... mg	0.000	0.000	3	A	1		0.000		
Selenium, Se ... µg	0.0		0	FLA	4		0.0		
Vitamins:									
Vitamin C, total ascorbic acid ... mg	10.4	0.353	3	A	1		5.7		
Thiamin ... mg	0.000		0	FLA	4		0.000		
Riboflavin ... mg	0.000		0	FLA	4		0.000		
Niacin ... mg	0.000		0	FLA	4		0.000		
Pantothenic acid ... mg	0.000		0	FLA	4		0.000		
Vitamin B-6 ... mg	0.000		0	FLA	4		0.000		
Folate, total ... µg	0		0	FLA	4		0		
Folic acid ... µg	0		0	FLA	4		0		
Folate, food ... µg	0		0	FLA	4		0		
Folate, DFE ... µg	0		0	NC	4		0		
Choline, total ... mg	0.0		0	Z	7		0.0		
Betaine ... mg									
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		1	MC	9		0		
Lycopene ... µg	0		0	FLA	4		0		
Lutein + zeaxanthin ... µg	0		0	FLA	4		0		
Vitamin E (alpha-tocopherol) ... mg	0.00		0	BFSN	4		0.00		
Vitamin E, added ... mg	0.00		0	FLA	4		0.00		
Tocopherol, beta ... mg									
Tocopherol, gamma ... mg									
Tocopherol, delta ... mg									
Tocotrienol, alpha ... mg									
Tocotrienol, beta ... mg									
Tocotrienol, gamma ... mg									

NDB No. 43514
Frozen novelties, ice type, pop, with low calorie sweetener

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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		
Vitamin D....IU	0		0	Z	7		0		
Vitamin K (phylloquinone)....µg	0.0		0	BFSN	4		0.0		
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.000		1	MC	9		0.000		
4:0....g	0.000		0	FLA	4		0.000		
6:0....g	0.000		0	FLA	4		0.000		
8:0....g	0.000		0	FLA	4		0.000		
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	0.000		0		4		0.000		
15:0....g									
16:0....g	0.000		0	NR	4		0.000		
17:0....g									
18:0....g	0.000		0	NR	4		0.000		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.000		0	NR	4		0.000		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0		4		0.000		
17:1....g									
18:1 undifferentiated....g	0.000		0	NR	4		0.000		
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	0.000		0	NR	4		0.000		
18:2 undifferentiated....g	0.000		0	NR	4		0.000		
18:3 undifferentiated....g	0.000		0		4		0.000		
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		1	MC	9		0		
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	FLA	4		0.0		
Caffeine....mg	0		0	FLA	4		0		
Theobromine....mg	0		0	FLA	4		0		

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

Common Measures:

Measure 1 = 55g: 1 serving 1.75 fl oz pop

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

NDB No. 43514

Frozen novelties, ice type, pop, with low calorie sweetener

Food Group: 19 Sweets

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

NDB No. 19873

Frozen novelties, ice type, sugar free, orange, cherry, and grape POPSICLE pops

Good Humor - Breyers Ice Cream

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	94.03		2	A	1		51.71		
Energy....kcal	21		1	NC	4		11		
Energy....kJ	86		0	NC	4		47		
Protein (N x 6.25)....g	0.00	0.000	3	A	1		0.00		
Total lipid (fat)....g	0.00		1	MC	9		0.00		
Ash....g	0.06	0.012	3	A	1		0.03		
Carbohydrate, by difference....g	5.14		1	MC	9		2.83		
Fiber, total dietary....g	0.0	0.000	3	A	1		0.0		
Sugars, total....g	1.52		0	NR	4		0.83		
Sucrose....g	0.70	0.015	3	A	1		0.39		
Glucose (dextrose)....g	0.47	0.025	3	A	1		0.26		
Fructose....g	0.34	0.007	3	A	1		0.19		
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									
Minerals:									
Calcium, Ca....mg	0	0.000	3	A	1		0		
Iron, Fe....mg	0.67	0.270	3	A	1		0.37		
Magnesium, Mg....mg	1	0.074	3	A	1		0		
Phosphorus, P....mg	0	0.000	3	A	1		0		
Potassium, K....mg	11	2.968	3	A	1		6		
Sodium, Na....mg	10	2.238	3	A	1		5		
Zinc, Zn....mg	0.47	0.215	3	A	1		0.26		
Copper, Cu....mg	0.000	0.000	3	A	1		0.000		
Manganese, Mn....mg	0.000	0.000	3	A	1		0.000		
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	10.4	0.353	3	A	1		5.7		
Thiamin....mg									
Riboflavin....mg									
Niacin....mg									
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....µg									
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg									
Vitamin A, RAE....µg									
Vitamin A, IU....IU	0		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									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

NDB No. 19873

Frozen novelties, ice type, sugar free, orange, cherry, and grape POPSICLE pops

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	0.000		1	MC	9		0.000		
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		1	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 = 55g: 1 serving 1.75 fl oz pop

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

Food Group: 19 Sweets

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

NDB No. 19856

Frozen novelties, juice type, POPSICLE SCRIBBLERS

Good Humor - Breyers Ice Cream

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	79.96		1	A	1		26.39		
Energy ... kcal	81		0	NC	4		27		
Energy ... kJ	338		0	NC	4		112		
Protein (N x 6.25) ... g	0.00		1	A	1		0.00		
Total lipid (fat) ... g	0.24		1	A	1		0.08		
Ash ... g	0.12		1	A	1		0.04		
Carbohydrate, by difference ... g	19.68		0	NC	4		6.49		
Fiber, total dietary ... g	0.0		1	A	1		0.0		
Sugars, total ... g	14.57		0	NR	4		4.81		
Sucrose ... g	5.68		1	A	1		1.87		
Glucose (dextrose) ... g	4.52		1	A	1		1.49		
Fructose ... g	3.70		1	A	1		1.22		
Lactose ... g	0.00		1	A	1		0.00		
Maltose ... g	0.67		1	A	1		0.22		
Galactose ... g									
Starch ... g									
Minerals:									
Calcium, Ca ... mg	5		1	A	1		2		
Iron, Fe ... mg	0.30		1	A	1		0.10		
Magnesium, Mg ... mg	3		1	A	1		1		
Phosphorus, P ... mg	2		1	A	1		1		
Potassium, K ... mg	23		1	A	1		8		
Sodium, Na ... mg	13		1	A	1		4		
Zinc, Zn ... mg	0.07		1	A	1		0.02		
Copper, Cu ... mg	0.000		1	A	1		0.000		
Manganese, Mn ... mg	0.000		1	A	1		0.000		
Selenium, Se ... µg									
Vitamins:									
Vitamin C, total ascorbic acid ... mg	1.2		1	A	1		0.4		
Thiamin ... mg									
Riboflavin ... mg									
Niacin ... mg									
Pantothenic acid ... mg									
Vitamin B-6 ... mg									
Folate, total ... µg									
Folate, DFE ... µg									
Choline, total ... mg									
Betaine ... mg									
Vitamin B-12 ... µg									
Vitamin A, RAE ... µg									
Vitamin A, IU ... IU									
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. 19856
Frozen novelties, juice type, POPSICLE SCRIBBLERS

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

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

Common Measures:

Measure 1 = 33g: 1 serving 1.2 fl oz pop

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

Food Group: 19 Sweets

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

NDB No. 43450
Frozen novelties, juice type, juice with cream

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	72.57		0	FLC	4		51.53		
Energy....kcal	115		0	NC	4		81		
Energy....kJ	480		0	NC	4		341		
Protein (N x 6.25)....g	1.41		1	LC	8		1.00		
Total lipid (fat)....g	1.41		1	LC	8		1.00		
Ash....g	0.50		0	FLC	4		0.36		
Carbohydrate, by difference....g	24.11		0	NC	4		17.12		
Fiber, total dietary....g	0.1		0	FLM	4		0.1		
Sugars, total....g	20.61		0	FLM	4		14.64		
Starch....g									
Minerals:									
Calcium, Ca....mg	141		1	LC	8		100		
Iron, Fe....mg	0.28		0	FLC	4		0.20		
Magnesium, Mg....mg	9		0	FLC	4		6		
Phosphorus, P....mg	41		0	FLC	4		29		
Potassium, K....mg	120		0	FLC	4		85		
Sodium, Na....mg	42		1	LC	8		30		
Zinc, Zn....mg	0.27		0	FLC	4		0.19		
Copper, Cu....mg	0.013		0	FLC	4		0.009		
Manganese, Mn....mg	0.059		0	FLC	4		0.042		
Selenium, Se....µg	0.8		0	FLC	4		0.6		
Vitamins:									
Vitamin C, total ascorbic acid....mg	21.2		1	LC	8		15.0		
Thiamin....mg	0.025		0	FLC	4		0.018		
Riboflavin....mg	0.101		0	FLC	4		0.072		
Niacin....mg	0.151		0	FLC	4		0.107		
Pantothenic acid....mg	0.195		0	FLC	4		0.139		
Vitamin B-6....mg	0.029		0	FLC	4		0.021		
Folate, total....µg	11		0	FLC	4		7		
Folic acid....µg	0		0	FLC	4		0		
Folate, food....µg	11		0	FLC	4		7		
Folate, DFE....µg	11		0	NC	4		7		
Choline, total....mg	15.6		0	T	4		11.1		
Betaine....mg									
Vitamin B-12....µg	0.14		0	FLM	4		0.10		
Vitamin B-12, added....µg	0.00		0	FLM	4		0.00		
Vitamin A, RAE....µg	19		0	NC	4		14		
Retinol....µg	14		0	FLM	4		10		
Carotene, beta....µg	59		0	FLM	4		42		
Carotene, alpha....µg	0		0	FLM	4		0		
Cryptoxanthin, beta....µg	0		0	FLM	4		0		
Vitamin A, IU....IU	145		0	NC	4		103		
Lycopene....µg	0		0	FLM	4		0		
Lutein + zeaxanthin....µg	27		0	FLM	4		19		
Vitamin E (alpha-tocopherol)....mg	0.06		0	FLM	4		0.04		
Vitamin E, added....mg	0.00		0	FLM	4		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		
Vitamin D....IU	0		0	NR	4		0		
Vitamin K (phylloquinone)....µg	0.2		0	FLM	4		0.1		
Dihydrophylloquinone....µg									
Menaquinone-4....µg									

NDB No. 43450
Frozen novelties, juice type, juice with cream

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	0.705		1	LC	8		0.501		
4:0....g	0.034		0	FLM	4		0.024		
6:0....g	0.024		0	FLM	4		0.017		
8:0....g	0.018		0	FLM	4		0.013		
10:0....g	0.028		0	FLM	4		0.020		
12:0....g	0.031		0	FLM	4		0.022		
13:0....g	0.000		0	FLM	4		0.000		
14:0....g	0.113		0	FLM	4		0.081		
15:0....g	0.000		0	FLM	4		0.000		
16:0....g	0.304		0	FLM	4		0.216		
17:0....g	0.000		0	FLM	4		0.000		
18:0....g	0.137		0	FLM	4		0.097		
20:0....g	0.000		0	FLM	4		0.000		
22:0....g	0.000		0	FLM	4		0.000		
24:0....g	0.000		0	FLM	4		0.000		
Fatty acids, total monounsaturated....g	0.000		1	LC	8		0.000		
14:1....g	0.000		0	FLM	4		0.000		
15:1....g									
16:1 undifferentiated....g	0.000		0	FLM	4		0.000		
17:1....g									
18:1 undifferentiated....g	0.000		0	FLM	4		0.000		
20:1....g	0.000		0	FLM	4		0.000		
22:1 undifferentiated....g	0.000		0	FLM	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	FLM	4		0.000		
18:3 undifferentiated....g	0.000		0	FLM	4		0.000		
18:4....g	0.000		0	FLM	4		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0	FLM	4		0.000		
20:5 n-3 (EPA)....g	0.000		0	FLM	4		0.000		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	FLM	4		0.000		
22:6 n-3 (DHA)....g	0.000		0	FLM	4		0.000		
Fatty acids, total trans....g									
Cholesterol....mg	7		1	LC	8		5		
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	FLM	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 = 71g: 2.5 oz

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

Food Group: 19 Sweets

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

NDB No. 43346
Frozen novelties, juice type, orange

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	76.10		1		1		22.68		
Energy....kcal	95		0	NC	4		28		
Energy....kJ	396		0	NC	4		118		
Protein (N x 6.25)....g	0.50		1		1		0.15		
Total lipid (fat)....g	0.00		1		1		0.00		
Ash....g	0.23		0	FLC	4		0.07		
Carbohydrate, by difference....g	23.17		0	NC	4		6.90		
Fiber, total dietary....g	0.1		0		4		0.0		
Sugars, total....g	19.99		0	BFCN	4		5.96		
Starch....g									
Minerals:									
Calcium, Ca....mg	9		1		1		3		
Iron, Fe....mg	0.47		1		1		0.14		
Magnesium, Mg....mg	8		1		1		2		
Phosphorus, P....mg	13		1		1		4		
Potassium, K....mg	100		1		1		30		
Sodium, Na....mg	8		1		1		2		
Zinc, Zn....mg	0.02		0		4		0.01		
Copper, Cu....mg	0.022		0		4		0.007		
Manganese, Mn....mg	0.008		0	FLC	4		0.002		
Selenium, Se....µg	0.1		0	BFPN	4		0.0		
Vitamins:									
Vitamin C, total ascorbic acid....mg	25.7		1		1		7.7		
Thiamin....mg	0.010		1		1		0.003		
Riboflavin....mg	0.030		1		1		0.009		
Niacin....mg	0.160		1		1		0.048		
Pantothenic acid....mg	0.065		0	FLC	4		0.019		
Vitamin B-6....mg	0.018		0	FLC	4		0.005		
Folate, total....µg	18		0	FLC	4		5		
Folic acid....µg	0		0	FLC	4		0		
Folate, food....µg	18		0	FLC	4		5		
Folate, DFE....µg	18		0	NC	4		5		
Choline, total....mg	2.9		0	O	4		0.9		
Betaine....mg									
Vitamin B-12....µg	0.00		0	FLC	4		0.00		
Vitamin B-12, added....µg	0.00		0	Z	7		0.00		
Vitamin A, RAE....µg	1		0	BFCN	4		0		
Retinol....µg	0		0	BFCN	4		0		
Carotene, beta....µg	12		0	BFCN	4		4		
Carotene, alpha....µg	0		0	BFCN	4		0		
Cryptoxanthin, beta....µg	0		0	BFCN	4		0		
Vitamin A, IU....IU	21		0	BFCN	4		6		
Lycopene....µg	0		0	BFCN	4		0		
Lutein + zeaxanthin....µg	39		0	BFCN	4		12		
Vitamin E (alpha-tocopherol)....mg	0.04		0	NR	4		0.01		
Vitamin E, added....mg	0.00		0	Z	7		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		
Vitamin D....IU	0		0	Z	7		0		
Vitamin K (phylloquinone)....µg	0.1		0	BFSN	4		0.0		
Dihydrophylloquinone....µg									
Menaquinone-4....µg									

NDB No. 43346
Frozen novelties, juice type, orange

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	0.000		0		4		0.000		
4:0....g	0.000		0		4		0.000		
6:0....g	0.000		0		4		0.000		
8:0....g	0.000		0		4		0.000		
10:0....g	0.000		0		4		0.000		
12:0....g	0.000		0		4		0.000		
13:0....g									
14:0....g	0.000		0		4		0.000		
15:0....g									
16:0....g	0.000		0		4		0.000		
17:0....g									
18:0....g	0.000		0		4		0.000		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.000		0		4		0.000		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0		4		0.000		
17:1....g									
18:1 undifferentiated....g	0.000		0		4		0.000		
20:1....g	0.000		0		4		0.000		
22:1 undifferentiated....g	0.000		0		4		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.000		0		4		0.000		
18:2 undifferentiated....g	0.000		0		4		0.000		
18:3 undifferentiated....g	0.000		0		4		0.000		
18:4....g	0.000		0		4		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		4		0.000		
20:5 n-3 (EPA)....g	0.000		0		4		0.000		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		4		0.000		
22:6 n-3 (DHA)....g	0.000		0		4		0.000		
Fatty acids, total trans....g									
Cholesterol....mg	0		0	FLC	4		0		
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	FLC	4		0.0		
Caffeine....mg	0		0	Z	7		0		
Theobromine....mg	0		0	Z	7		0		

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

Common Measures:

Measure 1 = 29.8g: 1 fl oz

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

Food Group: 19 Sweets

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

NDB No. 42186
Frozen yogurts, chocolate

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	71.20		0		4		123.89		
Energy....kcal	127		0		4		221		
Energy....kJ	531		0		4		925		
Protein....g	3.00		0		4		5.22		
Total lipid (fat)....g	3.60		0		4		6.26		
Ash....g	0.60		0	NR	4		1.04		
Carbohydrate, by difference....g	21.60		0		4		37.58		
Fiber, total dietary....g	2.3		0		4		4.0		
Sugars, total....g	19.24		0	BFSN	4		33.47		
Starch....g									
Minerals:									
Calcium, Ca....mg	100		0		4		174		
Iron, Fe....mg	0.46		0		4		0.80		
Magnesium, Mg....mg	25		0		4		44		
Phosphorus, P....mg	89		0		4		155		
Potassium, K....mg	234		0		4		407		
Sodium, Na....mg	63		0		4		110		
Zinc, Zn....mg	0.28		0		4		0.49		
Copper, Cu....mg	0.054		0		4		0.094		
Manganese, Mn....mg									
Selenium, Se....µg	1.9		0	BFPN	4		3.3		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0		
Thiamin....mg	0.040		0		4		0.070		
Riboflavin....mg	0.180		0		4		0.313		
Niacin....mg	0.140		0		4		0.244		
Pantothenic acid....mg									
Vitamin B-6....mg	0.040		0		4		0.070		
Folate, total....µg	12		0		4		21		
Folic acid....µg	0		0	BFSN	4		0		
Folate, food....µg	12		0		4		21		
Folate, DFE....µg	12		0	NC	4		21		
Choline, total....mg	14.1		0	O	4		24.5		
Betaine....mg									
Vitamin B-12....µg	0.07		0		4		0.12		
Vitamin B-12, added....µg	0.00		0	Z	7		0.00		
Vitamin A, RAE....µg	39		0	NC	4		67		
Retinol....µg	38		0	BFFN	4		66		
Carotene, beta....µg	9		0	BFSN	4		15		
Carotene, alpha....µg	0		0	BFSN	4		0		
Cryptoxanthin, beta....µg	0		0	BFSN	4		0		
Vitamin A, IU....IU	141		0	NC	4		246		
Lycopene....µg	0		0	BFFN	4		0		
Lutein + zeaxanthin....µg	0		0	BFFN	4		0		
Vitamin E (alpha-tocopherol)....mg	0.09		0	BFSN	4		0.16		
Vitamin E, added....mg	0.00		0	Z	7		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	0.1		0	AS	1		0.1		
Vitamin D....IU	3		0	BFFN	4		5		
Vitamin K (phylloquinone)....µg	0.3		0	BFSN	4		0.5		
Dihydrophylloquinone....µg									

NDB No. 42186
Frozen yogurts, chocolate

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	2.272		0		4		3.953		
4:0....g	0.096		0		4		0.167		
6:0....g	0.067		0		4		0.117		
8:0....g	0.038		0		4		0.066		
10:0....g	0.086		0		4		0.150		
12:0....g	0.106		0		4		0.184		
13:0....g									
14:0....g	0.327		0		4		0.569		
15:0....g									
16:0....g	0.971		0		4		1.690		
17:0....g									
18:0....g	0.443		0		4		0.771		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.961		0		4		1.672		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.067		0		4		0.117		
17:1....g									
18:1 undifferentiated....g	0.817		0		4		1.422		
20:1....g	0.000		0		4		0.000		
22:1 undifferentiated....g	0.000		0		4		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.102		0		4		0.177		
18:2 undifferentiated....g	0.073		0		4		0.127		
18:3 undifferentiated....g	0.029		0		4		0.050		
18:4....g	0.000		0		4		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		4		0.000		
20:5 n-3 (EPA)....g	0.000		0		4		0.000		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		4		0.000		
22:6 n-3 (DHA)....g	0.000		0		4		0.000		
Fatty acids, total trans....g									
Cholesterol....mg	13		0		4		23		
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0		4		0.0		
Caffeine....mg	3		0	BFZN	4		5		
Theobromine....mg	106		0	BFZN	4		184		

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

Common Measures:

Measure 1 = 174g: 1 cup

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

Food Group: 19 Sweets

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

NDB No. 42185

Frozen yogurts, chocolate, nonfat milk, sweetened without sugar

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	73.50		0		4		136.71		
Energy....kcal	107		0		4		199		
Energy....kJ	448		0		4		833		
Protein....g	4.40		0		4		8.18		
Total lipid (fat)....g	0.80		0		4		1.49		
Ash....g	1.60		0	O	4		2.98		
Carbohydrate, by difference....g	19.70		0		4		36.64		
Fiber, total dietary....g	2.0		0		4		3.7		
Sugars, total....g	12.61		0	O	4		23.45		
Starch....g									
Minerals:									
Calcium, Ca....mg	159		0		4		296		
Iron, Fe....mg	0.04		0		4		0.07		
Magnesium, Mg....mg	40		0		4		74		
Phosphorus, P....mg	129		0		4		240		
Potassium, K....mg	339		0		4		631		
Sodium, Na....mg	81		0		4		151		
Zinc, Zn....mg	0.49		0		4		0.91		
Copper, Cu....mg	0.203		0		4		0.378		
Manganese, Mn....mg									
Selenium, Se....µg	2.8		0	BFPN	4		5.2		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.7		0		4		1.3		
Thiamin....mg	0.040		0		4		0.074		
Riboflavin....mg	0.180		0		4		0.335		
Niacin....mg	0.200		0		4		0.372		
Pantothenic acid....mg									
Vitamin B-6....mg	0.040		0		4		0.074		
Folate, total....µg	12		0		4		22		
Folic acid....µg	0		0	O	4		0		
Folate, food....µg	12		0		4		22		
Folate, DFE....µg	12		0	NC	4		22		
Choline, total....mg	3.1		0	O	4		5.8		
Betaine....mg									
Vitamin B-12....µg	0.49		0		4		0.91		
Vitamin B-12, added....µg	0.00		0	Z	7		0.00		
Vitamin A, RAE....µg	2		0	NC	4		3		
Retinol....µg	1		0	O	4		2		
Carotene, beta....µg	8		0	BFSN	4		15		
Carotene, alpha....µg	0		0	BFSN	4		0		
Cryptoxanthin, beta....µg	0		0	BFSN	4		0		
Vitamin A, IU....IU	7		0		4		13		
Lycopene....µg	0		0	BFSN	4		0		
Lutein + zeaxanthin....µg	0		0	BFSN	4		0		
Vitamin E (alpha-tocopherol)....mg	0.08		0	BFSN	4		0.16		
Vitamin E, added....mg	0.00		0	Z	7		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		
Vitamin D....IU	0		0	Z	7		0		
Vitamin K (phylloquinone)....µg	0.3		0	BFSN	4		0.5		
Dihydrophylloquinone....µg									
Menaquinone-4....µg									

NDB No. 42185

Frozen yogurts, chocolate, nonfat milk, sweetened without sugar

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	0.505		0		4		0.939		
4:0....g	0.027		0		4		0.050		
6:0....g	0.009		0		4		0.017		
8:0....g	0.009		0		4		0.017		
10:0....g	0.018		0		4		0.033		
12:0....g	0.009		0		4		0.017		
13:0....g									
14:0....g	0.071		0		4		0.132		
15:0....g									
16:0....g	0.241		0		4		0.448		
17:0....g									
18:0....g	0.104		0		4		0.193		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.214		0		4		0.398		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.018		0		4		0.033		
17:1....g									
18:1 undifferentiated....g	0.187		0		4		0.348		
20:1....g	0.000		0		4		0.000		
22:1 undifferentiated....g	0.000		0		4		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.030		0		4		0.056		
18:2 undifferentiated....g	0.021		0		4		0.039		
18:3 undifferentiated....g	0.009		0		4		0.017		
18:4....g	0.000		0		4		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		4		0.000		
20:5 n-3 (EPA)....g	0.000		0		4		0.000		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		4		0.000		
22:6 n-3 (DHA)....g	0.000		0		4		0.000		
Fatty acids, total trans....g									
Cholesterol....mg	4		0		4		7		
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0		
Caffeine....mg	3		0	BFZN	4		6		
Theobromine....mg	106		0	BFZN	4		197		

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

Common Measures:

Measure 1 = 186g: 1 cup

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

Food Group: 19 Sweets

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

NDB No. 19393
Frozen yogurts, chocolate, soft-serve

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	63.80	0.389	3		1		45.94		
Energy....kcal	160		0		4		115		
Energy....kJ	669				4		482		
Protein (N x 6.2)....g	4.00	0.127	3		1		2.88		
Total lipid (fat)....g	6.00	0.084	3		1		4.32		
Ash....g	1.00	0.023	3		1		0.72		
Carbohydrate, by difference....g	24.90		0	NC	4		17.93		
Fiber, total dietary....g	2.2		0		4		1.6		
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	147	2.421	3		1		106		
Iron, Fe....mg	1.25		1		4		0.90		
Magnesium, Mg....mg	27		2		1		19		
Phosphorus, P....mg	139		2		1		100		
Potassium, K....mg	261		2		1		188		
Sodium, Na....mg	98	3.821	3		1		71		
Zinc, Zn....mg	0.49		2		1		0.35		
Copper, Cu....mg	0.131		2		1		0.094		
Manganese, Mn....mg	0.121		2		1		0.087		
Selenium, Se....µg	2.4		0	FLA	4		1.7		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.3		2		1		0.2		
Thiamin....mg	0.036		2		1		0.026		
Riboflavin....mg	0.211	0.020	3		1		0.152		
Niacin....mg	0.305		2		1		0.220		
Pantothenic acid....mg	0.674		2		1		0.485		
Vitamin B-6....mg	0.074		2		1		0.053		
Folate, total....µg	11		2		1		8		
Folic acid....µg	0		0	Z	7		0		
Folate, food....µg	11		2		1		8		
Folate, DFE....µg	11		0	NC	4		8		
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.29		2		1		0.21		
Vitamin A, RAE....µg	44		0	NC	4		32		
Retinol....µg	43		0	O	4		31		
Carotene, beta....µg	12		0	O	4		9		
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	160		1		4		115		
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. 19393
Frozen yogurts, chocolate, soft-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
Fatty acids, total saturated....g	3.630		0		1		2.614		
4:0....g	0.160		1		1		0.115		
6:0....g	0.090		1		1		0.065		
8:0....g	0.050		1		1		0.036		
10:0....g	0.120		1		1		0.086		
12:0....g	0.130		1		1		0.094		
13:0....g									
14:0....g	0.500		1		1		0.360		
15:0....g									
16:0....g	1.610		1		1		1.159		
17:0....g									
18:0....g	0.960		1		1		0.691		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	1.750		0		1		1.260		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.110		1		1		0.079		
17:1....g									
18:1 undifferentiated....g	1.640		1		1		1.181		
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.220		0		1		0.158		
18:2 undifferentiated....g	0.140		1		1		0.101		
18:3 undifferentiated....g	0.070		1		1		0.050		
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	5		2		1		4		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.056		0		1		0.040		
Threonine....g	0.171		0		1		0.123		
Isoleucine....g	0.214		0		1		0.154		
Leucine....g	0.344		0		1		0.248		
Lysine....g	0.279		0		1		0.201		
Methionine....g	0.083		0		1		0.060		
Cystine....g	0.040		0		1		0.029		
Phenylalanine....g	0.189		0		1		0.136		
Tyrosine....g	0.178		0		1		0.128		
Valine....g	0.256		0		1		0.184		
Arginine....g	0.164		0		1		0.118		
Histidine....g	0.096		0		1		0.069		
Alanine....g	0.147		0		1		0.106		
Aspartic acid....g	0.323		0		1		0.233		
Glutamic acid....g	0.758		0		1		0.546		
Glycine....g	0.108		0		1		0.078		
Proline....g	0.321		0		1		0.231		
Serine....g	0.201		0		1		0.145		
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g									
Caffeine....mg	3		0	FLA	4		2		
Theobromine....mg	106		0	FLA	4		76		

NDB No. 19393
Frozen yogurts, chocolate, soft-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

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

Common Measures:

Measure 1 = 72g: .5 cup (4 fl oz)

Calories Factors: Protein 3.6 **Fat** 8.7 **Carbohydrate**3.7

Food Group: 19 Sweets

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

NDB No. 42187
Frozen yogurts, flavors other than chocolate

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	71.20		0		4		123.89		
Energy....kcal	127		0		4		221		
Energy....kJ	531		0		4		925		
Protein....g	3.00		0		4		5.22		
Total lipid (fat)....g	3.60		0		4		6.26		
Ash....g	0.60		0	NR	4		1.04		
Carbohydrate, by difference....g	21.60		0		4		37.58		
Fiber, total dietary....g	0.0		0		7		0.0		
Sugars, total....g	19.92		0	BFSN	4		34.66		
Starch....g									
Minerals:									
Calcium, Ca....mg	100		0		4		174		
Iron, Fe....mg	0.46		0		4		0.80		
Magnesium, Mg....mg	10		0		4		17		
Phosphorus, P....mg	89		0		4		155		
Potassium, K....mg	156		0		4		271		
Sodium, Na....mg	63		0		4		110		
Zinc, Zn....mg	0.28		0		4		0.49		
Copper, Cu....mg	0.009		0		4		0.016		
Manganese, Mn....mg									
Selenium, Se....µg	1.9		0	BFPN	4		3.3		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.7		0		4		1.2		
Thiamin....mg	0.040		0		4		0.070		
Riboflavin....mg	0.180		0		4		0.313		
Niacin....mg	0.070		0		4		0.122		
Pantothenic acid....mg									
Vitamin B-6....mg	0.040		0		4		0.070		
Folate, total....µg	4		0		4		7		
Folic acid....µg	0		0	BFSN	4		0		
Folate, food....µg	4		0		4		7		
Folate, DFE....µg	4		0	NC	4		7		
Choline, total....mg	23.1		0	AS	1		40.2		
Betaine....mg									
Vitamin B-12....µg	0.07		0		4		0.12		
Vitamin B-12, added....µg	0.00		0	Z	7		0.00		
Vitamin A, RAE....µg	49		0	BFSN	4		86		
Retinol....µg	48		0	BFSN	4		84		
Carotene, beta....µg	9		0	BFSN	4		15		
Carotene, alpha....µg	0		0	BFSN	4		0		
Cryptoxanthin, beta....µg	0		0	BFSN	4		0		
Vitamin A, IU....IU	176		0	NC	4		306		
Lycopene....µg	0		0	BFSN	4		0		
Lutein + zeaxanthin....µg	0		0	BFSN	4		0		
Vitamin E (alpha-tocopherol)....mg	0.09		0	BFSN	4		0.16		
Vitamin E, added....mg	0.00		0	Z	7		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	0.1		0	AS	1		0.1		
Vitamin D....IU	3		0	BFFN	4		5		
Vitamin K (phylloquinone)....µg	0.3		0	BFSN	4		0.5		
Dihydrophylloquinone....µg									
Menaquinone-4....µg									

NDB No. 42187
Frozen yogurts, flavors other than chocolate

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	2.326		0		4		4.047		
4:0....g	0.111		0		4		0.193		
6:0....g	0.078		0		4		0.136		
8:0....g	0.044		0		4		0.077		
10:0....g	0.100		0		4		0.174		
12:0....g	0.122		0		4		0.212		
13:0....g									
14:0....g	0.377		0		4		0.656		
15:0....g									
16:0....g	0.986		0		4		1.716		
17:0....g									
18:0....g	0.355		0		4		0.618		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.986		0		4		1.716		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.078		0		4		0.136		
17:1....g									
18:1 undifferentiated....g	0.820		0		4		1.427		
20:1....g	0.000		0		4		0.000		
22:1 undifferentiated....g	0.000		0		4		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.100		0		4		0.174		
18:2 undifferentiated....g	0.067		0		4		0.117		
18:3 undifferentiated....g	0.033		0		4		0.057		
18:4....g	0.000		0		4		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		4		0.000		
20:5 n-3 (EPA)....g	0.000		0		4		0.000		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		4		0.000		
22:6 n-3 (DHA)....g	0.000		0		4		0.000		
Fatty acids, total trans....g									
Cholesterol....mg	13		0		4		23		
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0		4		0.0		
Caffeine....mg	0		0	BFSN	4		0		
Theobromine....mg	0		0	BFSN	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 = 174g: 1 cup

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

Food Group: 19 Sweets

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

NDB No. 19293
Frozen yogurts, vanilla, soft-serve

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	65.30	0.386	8		1		47.02		
Energy....kcal	159		0	NC	4		114		
Energy....kJ	665		0		4		479		
Protein (N x 6.25)....g	4.00	0.119	8		1		2.88		
Total lipid (fat)....g	5.60	0.120	8		1		4.03		
Ash....g	0.90	0.017	8		1		0.65		
Carbohydrate, by difference....g	24.20		0	NC	4		17.42		
Fiber, total dietary....g	0.0		0	FLM	4		0.0		
Sugars, total....g	24.00		0	FLM	4		17.28		
Starch....g									
Minerals:									
Calcium, Ca....mg	143	4.303	8		1		103		
Iron, Fe....mg	0.30		1		1		0.22		
Magnesium, Mg....mg	14	0.273	3		1		10		
Phosphorus, P....mg	129	3.055	3		1		93		
Potassium, K....mg	211	10.899	3		1		152		
Sodium, Na....mg	87	4.037	8		1		63		
Zinc, Zn....mg	0.42		2		1		0.30		
Copper, Cu....mg	0.040		2		1		0.029		
Manganese, Mn....mg	0.012		0	FLM	4		0.009		
Selenium, Se....µg	3.3		0	FLM	4		2.3		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.8		2		1		0.6		
Thiamin....mg	0.037	0.007	3		1		0.027		
Riboflavin....mg	0.224	0.007	8		1		0.161		
Niacin....mg	0.287	0.003	3		1		0.207		
Pantothenic acid....mg	0.645		1		1		0.464		
Vitamin B-6....mg	0.080		2		1		0.058		
Folate, total....µg	6		2		1		4		
Folic acid....µg	0		0	FLM	4		0		
Folate, food....µg	6		2		1		4		
Folate, DFE....µg	6		0	NC	4		4		
Choline, total....mg	20.2		0	AS	1		14.6		
Betaine....mg									
Vitamin B-12....µg	0.29		2		1		0.21		
Vitamin B-12, added....µg	0.00		0	Z	7		0.00		
Vitamin A, RAE....µg	59		0	FLA	4		43		
Retinol....µg	58		0	FLA	4		42		
Carotene, beta....µg	11		0	FLA	4		8		
Carotene, alpha....µg	0		0	FLA	4		0		
Cryptoxanthin, beta....µg	0		0	FLA	4		0		
Vitamin A, IU....IU	212	8.609	3		1		153		
Lycopene....µg	0		0	FLA	4		0		
Lutein + zeaxanthin....µg	0		0	FLA	4		0		
Vitamin E (alpha-tocopherol)....mg	0.11		0	FLM	4		0.08		
Vitamin E, added....mg	0.00		0	Z	7		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	0.1		0	AS	1		0.1		
Vitamin D....IU	4		0	BFFN	4		3		
Vitamin K (phylloquinone)....µg	0.3		0	FLM	4		0.2		
Dihydrophylloquinone....µg									
Menaquinone-4....µg									

NDB No. 19293
Frozen yogurts, vanilla, soft-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
Lipids:									
Fatty acids, total saturated....g	3.420		0		1		2.462		
4:0....g	0.180		1		1		0.130		
6:0....g	0.100		1		1		0.072		
8:0....g	0.060		1		1		0.043		
10:0....g	0.140		1		1		0.101		
12:0....g	0.160		1		1		0.115		
13:0....g									
14:0....g	0.570		1		1		0.410		
15:0....g									
16:0....g	1.520		1		1		1.094		
17:0....g									
18:0....g	0.680		1		1		0.490		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	1.590		0		1		1.145		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.130		1		1		0.094		
17:1....g									
18:1 undifferentiated....g	1.460		1		1		1.051		
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	0.210		0		1		0.151		
18:2 undifferentiated....g	0.130		1		1		0.094		
18:3 undifferentiated....g	0.080		1		1		0.058		
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	2		2		1		1		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.053		0		1		0.038		
Threonine....g	0.169		0		1		0.122		
Isoleucine....g	0.228		0		1		0.164		
Leucine....g	0.368		0		1		0.265		
Lysine....g	0.298		0		1		0.215		
Methionine....g	0.094		0		1		0.068		
Cystine....g	0.035		0		1		0.025		
Phenylalanine....g	0.181		0		1		0.130		
Tyrosine....g	0.181		0		1		0.130		
Valine....g	0.252		0		1		0.181		
Arginine....g	0.136		0		1		0.098		
Histidine....g	0.102		0		1		0.073		
Alanine....g	0.129		0		1		0.093		
Aspartic acid....g	0.285		0		1		0.205		
Glutamic acid....g	0.786		0		1		0.566		
Glycine....g	0.080		0		1		0.058		
Proline....g	0.364		0		1		0.262		
Serine....g	0.204		0		1		0.147		
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	FLM	4		0.0		
Caffeine....mg	0		0	FLM	4		0		

NDB No. 19293
Frozen yogurts, vanilla, soft-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
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 = 72g: .5 cup

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

Food Group: 19 Sweets

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

NDB No. 19294
Fruit butters, 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
Proximates:									
Water....g	56.45		1	MA	12		9.60	9.60	159.19
Energy....kcal	173		0	MC	9		29	29	488
Energy....kJ	724		0	MC	9		123	123	2041
Protein (N x 6.25)....g	0.39		1	MA	12		0.07	0.07	1.10
Total lipid (fat)....g	0.30		0	FLA	4		0.05	0.05	0.85
Ash....g	0.39		1	MA	12		0.07	0.07	1.10
Carbohydrate, by difference....g	42.47		0	NC	4		7.22	7.22	119.77
Fiber, total dietary....g	1.5		1	MA	12		0.3	0.3	4.2
Sugars, total....g	35.30		1	MA	12		6.00	6.00	99.55
Starch....g									
Minerals:									
Calcium, Ca....mg	14		1	MA	12		2	2	39
Iron, Fe....mg	0.31		1	MA	12		0.05	0.05	0.87
Magnesium, Mg....mg	4		0	FLA	4		1	1	12
Phosphorus, P....mg	8		0	FLA	4		1	1	22
Potassium, K....mg	91		0	FLA	4		15	15	257
Sodium, Na....mg	15		1	LC	8		3	3	42
Zinc, Zn....mg	0.06		1		1		0.01	0.01	0.17
Copper, Cu....mg	0.080		1		1		0.014	0.014	0.226
Manganese, Mn....mg	0.315		0	FLA	4		0.054	0.054	0.890
Selenium, Se....µg	0.4		0	FLA	4		0.1	0.1	1.2
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.6		0	FLA	4		0.1	0.1	1.8
Thiamin....mg	0.009		0	FLA	4		0.002	0.002	0.026
Riboflavin....mg	0.019		0	FLA	4		0.003	0.003	0.053
Niacin....mg	0.076		0	FLA	4		0.013	0.013	0.215
Pantothenic acid....mg	0.049		0	FLA	4		0.008	0.008	0.137
Vitamin B-6....mg	0.037		0	FLA	4		0.006	0.006	0.103
Folate, total....µg	1		0	FLA	4		0	0	2
Folic acid....µg	0		0	FLA	4		0	0	0
Folate, food....µg	1		0	FLA	4		0	0	2
Folate, DFE....µg	1		0	NC	4		0	0	2
Choline, total....mg	2.1		0	FLA	4		0.4	0.4	6.0
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	1		0	FLA	4		0	0	4
Retinol....µg	0		0	FLA	4		0	0	0
Carotene, beta....µg	9		0	FLA	4		1	1	25
Carotene, alpha....µg	0		0	FLA	4		0	0	0
Cryptoxanthin, beta....µg	9		0	FLA	4		2	2	27
Vitamin A, IU....IU	22		0	FLA	4		4	4	63
Lycopene....µg	0		0	FLA	4		0	0	1
Lutein + zeaxanthin....µg	17		0	FLA	4		3	3	48
Vitamin E (alpha-tocopherol)....mg	0.05		0	FLA	4		0.01	0.01	0.15
Vitamin E, added....mg	0.00		0	FLA	4		0.00	0.00	0.00
Tocopherol, beta....mg	0.00		0	FLA	4		0.00	0.00	0.00
Tocopherol, gamma....mg	0.01		0	FLA	4		0.00	0.00	0.02
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	0.9		0	FLA	4		0.1	0.1	2.5
Dihydrophylloquinone....µg									
Menaquinone-4....µg									

NDB No. 19294
Fruit butters, apple

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	0.053		0	FLA	4		0.009	0.009	0.149
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	0.003
13:0....g									
14:0....g	0.002		0	FLA	4		0.000	0.000	0.007
15:0....g									
16:0....g	0.041		0	FLA	4		0.007	0.007	0.116
17:0....g									
18:0....g	0.008		0	FLA	4		0.001	0.001	0.021
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.016		0	FLA	4		0.003	0.003	0.046
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.001		0	FLA	4		0.000	0.000	0.003
17:1....g									
18:1 undifferentiated....g	0.016		0	FLA	4		0.003	0.003	0.045
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	0.084		0	FLA	4		0.014	0.014	0.237
18:2 undifferentiated....g	0.066		0	FLA	4		0.011	0.011	0.188
18:3 undifferentiated....g	0.017		0	FLA	4		0.003	0.003	0.049
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	LC	8		0	0	0
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	FLA	4		0.0	0.0	0.0
Caffeine....mg	0		0	FLA	4		0	0	0
Theobromine....mg	0		0	FLA	4		0	0	0

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

Common Measures:

Measure 1 = 17g: 1 tbsp

Measure 2 = 17g: 1 serving

Measure 3 = 282g: 1 cup

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

Food Group: 19 Sweets

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

NDB No. 19172
Gelatin desserts, 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
Proximates:									
Water....g	1.00	0.029	84		1		0.85	0.21	
Energy....kcal	381		0		4		324	80	
Energy....kJ	1594		0		4		1355	335	
Protein (N x 5.55)....g	7.80	0.031	84		1		6.63	1.64	
Total lipid (fat)....g	0.00		1		4		0.00	0.00	
Ash....g	0.70	0.016	84		1		0.60	0.15	
Carbohydrate, by difference....g	90.50		0	NC	4		76.93	19.01	
Fiber, total dietary....g	0.0		2	LC	8		0.0	0.0	
Sugars, total....g	86.04		0	FLC	4		73.13	18.07	
Starch....g									
Minerals:									
Calcium, Ca....mg	3	0.102	9		1		3	1	
Iron, Fe....mg	0.13		0	FLC	4		0.11	0.03	
Magnesium, Mg....mg	2		0	FLC	4		2	1	
Phosphorus, P....mg	141		0	FLA	4		120	30	
Potassium, K....mg	7	0.966	17		1		6	1	
Sodium, Na....mg	466	54.339	4	LC	8		396	98	
Zinc, Zn....mg	0.01		2		1		0.01	0.00	
Copper, Cu....mg	0.118		1		1		0.100	0.025	
Manganese, Mn....mg	0.011		0	FLC	4		0.010	0.002	
Selenium, Se....µg	6.7		1	A	1		5.7	1.4	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	FLC	4		0.0	0.0	
Thiamin....mg	0.003		0	FLC	4		0.002	0.001	
Riboflavin....mg	0.041		0	FLC	4		0.035	0.009	
Niacin....mg	0.009		0	FLC	4		0.008	0.002	
Pantothenic acid....mg	0.014		0	FLC	4		0.012	0.003	
Vitamin B-6....mg	0.001		0	FLC	4		0.001	0.000	
Folate, total....µg	3		0	FLC	4		3	1	
Folic acid....µg	0		0	FLC	4		0	0	
Folate, food....µg	3		0	FLC	4		3	1	
Folate, DFE....µg	3		0	NC	4		3	1	
Choline, total....mg	3.5		0	O	4		3.0	0.7	
Betaine....mg									
Vitamin B-12....µg	0.00		1		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	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	NC	4		0	0	
Lycopene....µg	0		0	FLC	4		0	0	
Lutein + zeaxanthin....µg	0		0	FLC	4		0	0	
Vitamin E (alpha-tocopherol)....mg	0.00		0	FLC	4		0.00	0.00	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)....µg	0.0		0	FLC	4		0.0	0.0	
Dihydrophylloquinone....µg									
Menaquinone-4....µg									

NDB No. 19172
Gelatin desserts, 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
Lipids:									
Fatty acids, total saturated....g	0.000		2	LC	8		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		2	LC	8		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		2	LC	8		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		2	LC	8		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.000		0		1		0.000	0.000	
Threonine....g	0.151		0		1		0.128	0.032	
Isoleucine....g	0.118		0		1		0.100	0.025	
Leucine....g	0.251		0		1		0.213	0.053	
Lysine....g	0.354		0		1		0.301	0.074	
Methionine....g	0.062		0		1		0.053	0.013	
Cystine....g	0.000		0		1		0.000	0.000	
Phenylalanine....g	0.177		0		1		0.150	0.037	
Tyrosine....g	0.031		0		1		0.026	0.007	
Valine....g	0.213		0		1		0.181	0.045	
Arginine....g	0.676		0		1		0.575	0.142	
Histidine....g	0.068		0		1		0.058	0.014	
Alanine....g	0.818		0		1		0.695	0.172	
Aspartic acid....g	0.538		0		1		0.457	0.113	
Glutamic acid....g	0.894		0		1		0.760	0.188	
Glycine....g	1.947		0		1		1.655	0.409	
Proline....g	1.256		0		1		1.068	0.264	
Serine....g	0.266		0		1		0.226	0.056	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	FLC	4		0.0	0.0	
Caffeine....mg	0		0	FLC	4		0	0	

NDB No. 19172
Gelatin desserts, 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
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 = 85g: 1 package (3 oz)

Measure 2 = 21g: 1 portion, amount to make 1/2 cup

Calories Factors: Protein 3.9 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 19 Sweets

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

NDB No. 19173
Gelatin desserts, dry mix, prepared with water

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	84.39		0	RPI	6		113.92	17.72	455.68
Energy....kcal	62		0	RPI	6		83	13	333
Energy....kJ	258		0	RPI	6		348	54	1393
Protein....g	1.22		0	RPI	6		1.65	0.26	6.61
Total lipid (fat)....g	0.00		0	RPI	6		0.00	0.00	0.00
Ash....g	0.20		0	RPI	6		0.27	0.04	1.06
Carbohydrate, by difference....g	14.19		0	RPI	6		19.16	2.98	76.65
Fiber, total dietary....g	0.0		0	RPI	6		0.0	0.0	0.0
Sugars, total....g	13.49		0	RPI	6		18.21	2.83	72.85
Starch....g									
Minerals:									
Calcium, Ca....mg	3		0	RPA	1		4	1	14
Iron, Fe....mg	0.02		0	RPI	6		0.03	0.01	0.13
Magnesium, Mg....mg	1		0	RPI	6		1	0	5
Phosphorus, P....mg	22		0	RPI	6		30	5	119
Potassium, K....mg	1		0	RPA	1		2	0	7
Sodium, Na....mg	75		0	RPI	6		101	16	405
Zinc, Zn....mg	0.01		0	RPA	1		0.01	0.00	0.03
Copper, Cu....mg	0.024		0	RPA	1		0.033	0.005	0.132
Manganese, Mn....mg	0.002		0	RPI	6		0.003	0.000	0.012
Selenium, Se....µg	1.1		0	RPI	6		1.4	0.2	5.7
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	RPI	6		0.0	0.0	0.0
Thiamin....mg	0.000		0	RPI	6		0.001	0.000	0.002
Riboflavin....mg	0.006		0	RPI	6		0.009	0.001	0.035
Niacin....mg	0.001		0	RPI	6		0.002	0.000	0.008
Pantothenic acid....mg	0.002		0	RPI	6		0.003	0.000	0.012
Vitamin B-6....mg	0.000		0	RPI	6		0.000	0.000	0.001
Folate, total....µg	1		0	RPI	6		1	0	3
Folic acid....µg	0		0	RPI	6		0	0	0
Folate, food....µg	1		0	RPI	6		1	0	3
Folate, DFE....µg	1		0	NC	4		1	0	3
Choline, total....mg	0.5		0	AS	1		0.7	0.1	3.0
Betaine....mg	0.5		2	A	1		0.6	0.1	2.5
Vitamin B-12....µg	0.00		0	RPI	6		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	RPI	6		0	0	0
Retinol....µg	0		0	RPI	6		0	0	0
Carotene, beta....µg	0		0	RPI	6		0	0	0
Carotene, alpha....µg	0		0	RPI	6		0	0	0
Cryptoxanthin, beta....µg	0		0	RPI	6		0	0	0
Vitamin A, IU....IU	0		0	RPI	6		0	0	0
Lycopene....µg	0		0	RPI	6		0	0	0
Lutein + zeaxanthin....µg	0		0	RPI	6		0	0	0
Vitamin E (alpha-tocopherol)....mg	0.00		0	RPI	6		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	0.0		0	RPI	6		0.0	0.0	0.0
Dihydrophylloquinone....µg									
Menaquinone-4....µg									

NDB No. 19173
Gelatin desserts, dry mix, prepared with water

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	0.000		0	RPI	6		0.000	0.000	0.000
4:0....g	0.000		0	RPI	6		0.000	0.000	0.000
6:0....g	0.000		0	RPI	6		0.000	0.000	0.000
8:0....g	0.000		0	RPI	6		0.000	0.000	0.000
10:0....g	0.000		0	RPI	6		0.000	0.000	0.000
12:0....g	0.000		0	RPI	6		0.000	0.000	0.000
13:0....g									
14:0....g	0.000		0	RPI	6		0.000	0.000	0.000
15:0....g									
16:0....g	0.000		0	RPI	6		0.000	0.000	0.000
17:0....g									
18:0....g	0.000		0	RPI	6		0.000	0.000	0.000
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.000		0	RPI	6		0.000	0.000	0.000
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0	RPI	6		0.000	0.000	0.000
17:1....g									
18:1 undifferentiated....g	0.000		0	RPI	6		0.000	0.000	0.000
20:1....g	0.000		0	RPI	6		0.000	0.000	0.000
22:1 undifferentiated....g	0.000		0	RPI	6		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.000		0	RPI	6		0.000	0.000	0.000
18:2 undifferentiated....g	0.000		0	RPI	6		0.000	0.000	0.000
18:3 undifferentiated....g	0.000		0	RPI	6		0.000	0.000	0.000
18:4....g	0.000		0	RPI	6		0.000	0.000	0.000
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0	RPI	6		0.000	0.000	0.000
20:5 n-3 (EPA)....g	0.000		0	RPI	6		0.000	0.000	0.000
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	RPI	6		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.000		0	RPI	6		0.000	0.000	0.000
Fatty acids, total trans....g									
Cholesterol....mg	0		0	RPI	6		0	0	0
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.000		0	RPA	1		0.000	0.000	0.000
Threonine....g	0.024		0	RPA	1		0.032	0.005	0.128
Isoleucine....g	0.019		0	RPA	1		0.025	0.004	0.100
Leucine....g	0.039		0	RPA	1		0.053	0.008	0.213
Lysine....g	0.056		0	RPA	1		0.075	0.012	0.300
Methionine....g	0.010		0	RPA	1		0.013	0.002	0.053
Cystine....g	0.000		0	RPA	1		0.000	0.000	0.000
Phenylalanine....g	0.028		0	RPA	1		0.037	0.006	0.150
Tyrosine....g	0.005		0	RPA	1		0.007	0.001	0.026
Valine....g	0.033		0	RPA	1		0.045	0.007	0.180
Arginine....g	0.106		0	RPA	1		0.143	0.022	0.573
Histidine....g	0.011		0	RPA	1		0.014	0.002	0.058
Alanine....g	0.128		0	RPA	1		0.173	0.027	0.693
Aspartic acid....g	0.084		0	RPA	1		0.114	0.018	0.456
Glutamic acid....g	0.140		0	RPA	1		0.189	0.029	0.757
Glycine....g	0.305		0	RPA	1		0.412	0.064	1.649
Proline....g	0.197		0	RPA	1		0.266	0.041	1.064
Serine....g	0.042		0	RPA	1		0.056	0.009	0.225
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	RPI	6		0.0	0.0	0.0
Caffeine....mg	0		0	RPI	6		0	0	0

NDB No. 19173
Gelatin desserts, dry mix, prepared with water

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	0		0	RPI	6		0	0	0

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

Common Measures:

Measure 1 = 135g: .5 cup

Measure 2 = 21g: 1 serving

Measure 3 = 540g: 1 package 3 oz, yields 2 cups

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

Food Group: 19 Sweets

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

NDB No. 19175
Gelatin desserts, dry mix, reduced calorie, with aspartame

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	1.93		0	FLC	4		0.12		
Energy....kcal	198		0	NC	4		13		
Energy....kJ	829		0	NC	4		53		
Protein (N x 5.55)....g	15.67		1	LC	8		1.00		
Total lipid (fat)....g	0.00		1	LC	8		0.00		
Ash....g	2.18		0	NR	4		0.14		
Carbohydrate, by difference....g	80.21		0	NC	4		5.13		
Fiber, total dietary....g	0.1		0	FLC	4		0.0		
Sugars, total....g	0.00		0	FLC	4		0.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	8		0	FLC	4		1		
Iron, Fe....mg	0.06		0	FLC	4		0.00		
Magnesium, Mg....mg	2		0	FLC	4		0		
Phosphorus, P....mg	1293		0		4		83		
Potassium, K....mg	14	1.459	7		1		1		
Sodium, Na....mg	862		1	LC	8		55		
Zinc, Zn....mg	0.00		0	FLC	4		0.00		
Copper, Cu....mg	0.000		0	FLC	4		0.000		
Manganese, Mn....mg	0.000		0	FLC	4		0.000		
Selenium, Se....µg	0.0		0	FLC	4		0.0		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	FLC	4		0.0		
Thiamin....mg	0.000		0	FLC	4		0.000		
Riboflavin....mg	0.000		0	FLC	4		0.000		
Niacin....mg	0.000		0	FLC	4		0.000		
Pantothenic acid....mg	0.000		0	FLC	4		0.000		
Vitamin B-6....mg	0.000		0	FLC	4		0.000		
Folate, total....µg	0		0	FLC	4		0		
Folic acid....µg	0		0	FLC	4		0		
Folate, food....µg	0		0	FLC	4		0		
Folate, DFE....µg	0		0	NC	4		0		
Choline, total....mg	0.0		0	O	4		0.0		
Betaine....mg									
Vitamin B-12....µg	0.00		0	FLC	4		0.00		
Vitamin B-12, added....µg	0.00		0	Z	7		0.00		
Vitamin A, RAE....µg	0		0	FLC	4		0		
Retinol....µg	0		0	FLC	4		0		
Carotene, beta....µg	0		0	FLC	4		0		
Carotene, alpha....µg	0		0	FLC	4		0		
Cryptoxanthin, beta....µg	0		0	FLC	4		0		
Vitamin A, IU....IU	0		0	FLC	4		0		
Lycopene....µg	0		0	FLC	4		0		
Lutein + zeaxanthin....µg	0		0	FLC	4		0		
Vitamin E (alpha-tocopherol)....mg	0.00		0	FLC	4		0.00		
Vitamin E, added....mg	0.00		0	Z	7		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		
Vitamin D....IU	0		0	Z	7		0		
Vitamin K (phylloquinone)....µg	0.0		0	FLC	4		0.0		
Dihydrophylloquinone....µg									
Menaquinone-4....µg									

NDB No. 19175

Gelatin desserts, dry mix, reduced calorie, with aspartame

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	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									
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	0.000		0	FLC	4		0.000		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0	FLC	4		0.000		
17:1....g									
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		0	FLC	4		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									
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	LC	8		0		
Phytosterols....mg									
Others:									
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 = 6.4g: 1 serving

Calories Factors: Protein 0 **Fat** 0 **Carbohydrate** 2.47

Food Group: 19 Sweets

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

NDB No. 19703

Gelatin desserts, dry mix, reduced calorie, with aspartame, added phosphorus, potassium, sodium, vitamin C

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	6.70		0		4		0.60	0.67	0.17
Energy....kcal	345		0		4		31	35	9
Energy....kJ	1443				4		130	144	36
Protein (N x 5.55)....g	55.30		0		4		4.98	5.53	1.38
Total lipid (fat)....g	0.00		1		4		0.00	0.00	0.00
Ash....g	4.70		0		4		0.42	0.47	0.12
Carbohydrate, by difference....g	33.30		0	NC	4		3.00	3.33	0.83
Fiber, total dietary....g	0.0		0		4		0.0	0.0	0.0
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	2		0		4		0	0	0
Iron, Fe....mg	0.02		1		4		0.00	0.00	0.00
Magnesium, Mg....mg	1		0		4		0	0	0
Phosphorus, P....mg	0		0		1		0	0	0
Potassium, K....mg	1985		0		1		179	199	50
Sodium, Na....mg	2751		0		1		248	275	69
Zinc, Zn....mg	0.07		1		4		0.01	0.01	0.00
Copper, Cu....mg	1.016		1		4		0.091	0.102	0.025
Manganese, Mn....mg	0.049		1		4		0.004	0.005	0.001
Selenium, Se....µg	25.5		0	BFPN	4		2.3	2.6	0.6
Vitamins:									
Vitamin C, total ascorbic acid....mg	490.0		0		1		44.1	49.0	12.3
Thiamin....mg	0.012		1		4		0.001	0.001	0.000
Riboflavin....mg	0.108		1		4		0.010	0.011	0.003
Niacin....mg	0.040		1		4		0.004	0.004	0.001
Pantothenic acid....mg	0.059		1		4		0.005	0.006	0.001
Vitamin B-6....mg	0.049		1		4		0.004	0.005	0.001
Folate, total....µg	14		1		4		1	1	0
Folic acid....µg	0		0	Z	7		0	0	0
Folate, food....µg	14		1		4		1	1	0
Folate, DFE....µg	14		0	NC	4		1	1	0
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	AS	1		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									
Lipids:									

NDB No. 19703

Gelatin desserts, dry mix, reduced calorie, with aspartame, added phosphorus, potassium, sodium, vitamin C

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	0.000		0		4		0.000	0.000	0.000
Fatty acids, total monounsaturated....g									
Fatty acids, total polyunsaturated....g									
Fatty acids, total trans....g									
Cholesterol....mg	0		0		4		0	0	0
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.000		0		1		0.000	0.000	0.000
Threonine....g	1.066		0		1		0.096	0.107	0.027
Isoleucine....g	0.837		0		1		0.075	0.084	0.021
Leucine....g	1.774		0		1		0.160	0.177	0.044
Lysine....g	2.501		0		1		0.225	0.250	0.063
Methionine....g	0.439		0		1		0.040	0.044	0.011
Cystine....g	0.000		0		1		0.000	0.000	0.000
Phenylalanine....g	1.256		0		1		0.113	0.126	0.031
Tyrosine....g	0.219		0		1		0.020	0.022	0.005
Valine....g	1.505		0		1		0.135	0.151	0.038
Arginine....g	4.784		0		1		0.431	0.478	0.120
Histidine....g	0.478		0		1		0.043	0.048	0.012
Alanine....g	5.790		0		1		0.521	0.579	0.145
Aspartic acid....g	3.807		0		1		0.343	0.381	0.095
Glutamic acid....g	6.328		0		1		0.570	0.633	0.158
Glycine....g	13.773		0		1		1.240	1.377	0.344
Proline....g	8.890		0		1		0.800	0.889	0.222
Serine....g	1.884		0		1		0.170	0.188	0.047
Hydroxyproline....g									
Others:									
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:

Measure 1 = 9.0g: 1 tbsp

Measure 2 = 10.0g: 1 package (0.35 oz)

Measure 3 = 2.5g: 1 portion, amount to make 1/2 cup

Calories Factors: Protein 3.9 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 19 Sweets

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

NDB No. 19704

Gelatin desserts, dry mix, reduced calorie, with aspartame, no added sodium

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	6.70		0		4		0.60	0.67	0.17
Energy....kcal	345		0		4		31	35	9
Energy....kJ	1443				4		130	144	36
Protein (N x 5.55)....g	55.30		0		4		4.98	5.53	1.38
Total lipid (fat)....g	0.00		1		4		0.00	0.00	0.00
Ash....g	4.70		0		4		0.42	0.47	0.12
Carbohydrate, by difference....g	33.30		0	NC	4		3.00	3.33	0.83
Fiber, total dietary....g	0.0		0		4		0.0	0.0	0.0
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	2		0		4		0	0	0
Iron, Fe....mg	0.02		1		4		0.00	0.00	0.00
Magnesium, Mg....mg	1		0		4		0	0	0
Phosphorus, P....mg	1293		0		4		116	129	32
Potassium, K....mg	14	1.459	7		1		1	1	0
Sodium, Na....mg	158		0		1		14	16	4
Zinc, Zn....mg	0.07		1		4		0.01	0.01	0.00
Copper, Cu....mg	1.016		1		4		0.091	0.102	0.025
Manganese, Mn....mg	0.049		1		4		0.004	0.005	0.001
Selenium, Se....µg	25.5		0	BFPN	4		2.3	2.6	0.6
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		4		0.0	0.0	0.0
Thiamin....mg	0.012		1		4		0.001	0.001	0.000
Riboflavin....mg	0.108		1		4		0.010	0.011	0.003
Niacin....mg	0.040		1		4		0.004	0.004	0.001
Pantothenic acid....mg	0.059		1		4		0.005	0.006	0.001
Vitamin B-6....mg	0.049		1		4		0.004	0.005	0.001
Folate, total....µg	14		1		4		1	1	0
Folic acid....µg	0		0	Z	7		0	0	0
Folate, food....µg	14		1		4		1	1	0
Folate, DFE....µg	14		0	NC	4		1	1	0
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	AS	1		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									
Lipids:									

NDB No. 19704

Gelatin desserts, dry mix, reduced calorie, with aspartame, no added 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
Fatty acids, total saturated....g	0.000		0		4		0.000	0.000	0.000
Fatty acids, total monounsaturated....g									
Fatty acids, total polyunsaturated....g									
Fatty acids, total trans....g									
Cholesterol....mg	0		0		4		0	0	0
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.000		0		1		0.000	0.000	0.000
Threonine....g	1.066		0		1		0.096	0.107	0.027
Isoleucine....g	0.837		0		1		0.075	0.084	0.021
Leucine....g	1.774		0		1		0.160	0.177	0.044
Lysine....g	2.501		0		1		0.225	0.250	0.063
Methionine....g	0.439		0		1		0.040	0.044	0.011
Cystine....g	0.000		0		1		0.000	0.000	0.000
Phenylalanine....g	1.256		0		1		0.113	0.126	0.031
Tyrosine....g	0.219		0		1		0.020	0.022	0.005
Valine....g	1.505		0		1		0.135	0.151	0.038
Arginine....g	4.784		0		1		0.431	0.478	0.120
Histidine....g	0.478		0		1		0.043	0.048	0.012
Alanine....g	5.790		0		1		0.521	0.579	0.145
Aspartic acid....g	3.807		0		1		0.343	0.381	0.095
Glutamic acid....g	6.328		0		1		0.570	0.633	0.158
Glycine....g	13.773		0		1		1.240	1.377	0.344
Proline....g	8.890		0		1		0.800	0.889	0.222
Serine....g	1.884		0		1		0.170	0.188	0.047
Hydroxyproline....g									
Others:									
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:

Measure 1 = 9.0g: 1 tbsp

Measure 2 = 10.0g: 1 package (0.35 oz)

Measure 3 = 2.5g: 1 portion, amount to make 1/2 cup

Calories Factors: Protein 3.9 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 19 Sweets

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

NDB No. 19176

Gelatin desserts, dry mix, reduced calorie, with aspartame, prepared with water

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	94.74		0	RPI	6		110.84	444.32	
Energy....kcal	20		0	RPI	6		24	95	
Energy....kJ	85		0	RPI	6		99	396	
Protein....g	0.83		0	RPI	6		0.97	3.87	
Total lipid (fat)....g	0.00		0	RPI	6		0.00	0.00	
Ash....g	0.21		0	RPI	6		0.25	1.00	
Carbohydrate, by difference....g	4.22		0	RPI	6		4.94	19.81	
Fiber, total dietary....g	0.0		0	RPI	6		0.0	0.0	
Sugars, total....g	0.00		0	RPI	6		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	3		0	RPI	6		3	13	
Iron, Fe....mg	0.01		0	RPI	6		0.01	0.03	
Magnesium, Mg....mg	1		0	RPI	6		1	3	
Phosphorus, P....mg	68		0	RPI	6		80	319	
Potassium, K....mg	1		0	RPA	1		1	4	
Sodium, Na....mg	48		0	RPI	6		56	223	
Zinc, Zn....mg	0.00		0	RPI	6		0.01	0.02	
Copper, Cu....mg	0.007		0	RPI	6		0.008	0.031	
Manganese, Mn....mg	0.000		0	RPI	6		0.000	0.002	
Selenium, Se....µg	0.0		0	RPI	6		0.0	0.0	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	RPI	6		0.0	0.0	
Thiamin....mg	0.000		0	RPI	6		0.000	0.000	
Riboflavin....mg	0.000		0	RPI	6		0.000	0.000	
Niacin....mg	0.000		0	RPI	6		0.000	0.000	
Pantothenic acid....mg	0.000		0	RPI	6		0.000	0.000	
Vitamin B-6....mg	0.000		0	RPI	6		0.000	0.000	
Folate, total....µg	0		0	RPI	6		0	0	
Folic acid....µg	0		0	RPI	6		0	0	
Folate, food....µg	0		0	RPI	6		0	0	
Folate, DFE....µg	0		0	NC	4		0	0	
Choline, total....mg	0.0		0	Z	7		0.0	0.0	
Betaine....mg									
Vitamin B-12....µg	0.00		0	RPI	6		0.00	0.00	
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....µg	0		0	RPI	6		0	0	
Retinol....µg	0		0	RPI	6		0	0	
Carotene, beta....µg	0		0	RPI	6		0	0	
Carotene, alpha....µg	0		0	RPI	6		0	0	
Cryptoxanthin, beta....µg	0		0	RPI	6		0	0	
Vitamin A, IU....IU	0		0	RPI	6		0	0	
Lycopene....µg	0		0	RPI	6		0	0	
Lutein + zeaxanthin....µg	0		0	RPI	6		0	0	
Vitamin E (alpha-tocopherol)....mg	0.00		0	RPI	6		0.00	0.00	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)....µg	0.0		0	RPI	6		0.0	0.0	
Dihydrophylloquinone....µg									
Menaquinone-4....µg									

NDB No. 19176

Gelatin desserts, dry mix, reduced calorie, with aspartame, prepared with water

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	0.000		0	RPI	6		0.000	0.000	
4:0....g	0.000		0	RPI	6		0.000	0.000	
6:0....g	0.000		0	RPI	6		0.000	0.000	
8:0....g	0.000		0	RPI	6		0.000	0.000	
10:0....g	0.000		0	RPI	6		0.000	0.000	
12:0....g	0.000		0	RPI	6		0.000	0.000	
13:0....g									
14:0....g	0.000		0	RPI	6		0.000	0.000	
15:0....g									
16:0....g	0.000		0	RPI	6		0.000	0.000	
17:0....g									
18:0....g	0.000		0	RPI	6		0.000	0.000	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.000		0	RPI	6		0.000	0.000	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0	RPI	6		0.000	0.000	
17:1....g									
18:1 undifferentiated....g	0.000		0	RPI	6		0.000	0.000	
20:1....g	0.000		0	RPI	6		0.000	0.000	
22:1 undifferentiated....g	0.000		0	RPI	6		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.000		0	RPI	6		0.000	0.000	
18:2 undifferentiated....g	0.000		0	RPI	6		0.000	0.000	
18:3 undifferentiated....g	0.000		0	RPI	6		0.000	0.000	
18:4....g	0.000		0	RPI	6		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0	RPI	6		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0	RPI	6		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	RPI	6		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0	RPI	6		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	0		0	RPI	6		0	0	
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	RPI	6		0.0	0.0	
Caffeine....mg	0		0	RPI	6		0	0	
Theobromine....mg	0		0	RPI	6		0	0	

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

Common Measures:

Measure 1 = 117g: .5 cup

Measure 2 = 469g: 1 package yield (2 cups)

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

Food Group: 19 Sweets

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

NDB No. 19702

Gelatin desserts, dry mix, with added ascorbic acid, sodium-citrate and salt

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	1.00	0.029	84		1		0.85	0.21	
Energy....kcal	381		0		4		324	80	
Energy....kJ	1594				4		1355	335	
Protein (N x 5.55)....g	7.80	0.031	84		1		6.63	1.64	
Total lipid (fat)....g	0.00		1		4		0.00	0.00	
Ash....g	0.70	0.016	84		1		0.60	0.15	
Carbohydrate, by difference....g	90.50		0	NC	4		76.93	19.01	
Fiber, total dietary....g	0.0		0		4		0.0	0.0	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	3	0.102	9		1		3	1	
Iron, Fe....mg	0.15		1		4		0.13	0.03	
Magnesium, Mg....mg	2		1		4		2	0	
Phosphorus, P....mg	142		1		4		121	30	
Potassium, K....mg	7	0.966	17		1		6	1	
Sodium, Na....mg	491		0		1		417	103	
Zinc, Zn....mg	0.01		2		1		0.01	0.00	
Copper, Cu....mg	0.118		1		1		0.100	0.025	
Manganese, Mn....mg	0.016		1		4		0.014	0.003	
Selenium, Se....µg	3.6		0	BFPN	4		3.1	0.8	
Vitamins:									
Vitamin C, total ascorbic acid....mg	62.8		0		1		53.4	13.2	
Thiamin....mg	0.002		1		4		0.002	0.000	
Riboflavin....mg	0.021		1		4		0.018	0.004	
Niacin....mg	0.008		1		4		0.007	0.002	
Pantothenic acid....mg	0.011		1		4		0.009	0.002	
Vitamin B-6....mg	0.010		1		4		0.009	0.002	
Folate, total....µg	3		1		4		3	1	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	3		1		4		3	1	
Folate, DFE....µg	3		0	NC	4		3	1	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.00		1		4		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									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	0		1		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									
Lipids:									

NDB No. 19702

Gelatin desserts, dry mix, with added ascorbic acid, sodium-citrate and salt

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.000		0		4		0.000	0.000	
Fatty acids, total monounsaturated....g									
Fatty acids, total polyunsaturated....g									
Fatty acids, total trans....g									
Cholesterol....mg	0		1		4		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.000		0		1		0.000	0.000	
Threonine....g	0.151		0		1		0.128	0.032	
Isoleucine....g	0.118		0		1		0.100	0.025	
Leucine....g	0.251		0		1		0.213	0.053	
Lysine....g	0.354		0		1		0.301	0.074	
Methionine....g	0.062		0		1		0.053	0.013	
Cystine....g	0.000		0		1		0.000	0.000	
Phenylalanine....g	0.177		0		1		0.150	0.037	
Tyrosine....g	0.031		0		1		0.026	0.007	
Valine....g	0.213		0		1		0.181	0.045	
Arginine....g	0.676		0		1		0.575	0.142	
Histidine....g	0.068		0		1		0.058	0.014	
Alanine....g	0.818		0		1		0.695	0.172	
Aspartic acid....g	0.538		0		1		0.457	0.113	
Glutamic acid....g	0.894		0		1		0.760	0.188	
Glycine....g	1.947		0		1		1.655	0.409	
Proline....g	1.256		0		1		1.068	0.264	
Serine....g	0.266		0		1		0.226	0.056	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g									
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

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

Common Measures:

Measure 1 = 85g: 1 package (3 oz)

Measure 2 = 21g: 1 portion, amount to make 1/2 cup

Calories Factors: Protein 3.9 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 19 Sweets

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

NDB No. 19177
Gelatins, dry powder, unsweetened

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	13.00		1		4		0.91	3.64	
Energy....kcal	335		0		4		23	94	
Energy....kJ	1402		0		4		98	392	
Protein (N x 5.55)....g	85.60		1		4		5.99	23.97	
Total lipid (fat)....g	0.10		1		4		0.01	0.03	
Ash....g	1.30		1		4		0.09	0.36	
Carbohydrate, by difference....g	0.00		0		1		0.00	0.00	
Fiber, total dietary....g	0.0		0		4		0.0	0.0	
Sugars, total....g	0.00		0	NR	4		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	55		2		1		4	15	
Iron, Fe....mg	1.11		2		1		0.08	0.31	
Magnesium, Mg....mg	22		2		1		2	6	
Phosphorus, P....mg	39		2		1		3	11	
Potassium, K....mg	16		2		1		1	4	
Sodium, Na....mg	196		2		1		14	55	
Zinc, Zn....mg	0.14		2		1		0.01	0.04	
Copper, Cu....mg	2.161		2		1		0.151	0.605	
Manganese, Mn....mg	0.105		2		1		0.007	0.029	
Selenium, Se....µg	39.5		1	A	1		2.8	11.1	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		2		1		0.0	0.0	
Thiamin....mg	0.025		2		1		0.002	0.007	
Riboflavin....mg	0.230		2		1		0.016	0.064	
Niacin....mg	0.085		2		1		0.006	0.024	
Pantothenic acid....mg	0.125		2		1		0.009	0.035	
Vitamin B-6....mg	0.007		1		4		0.000	0.002	
Folate, total....µg	30		2		1		2	8	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	30		2		1		2	8	
Folate, DFE....µg	30		0	NC	4		2	8	
Choline, total....mg	38.5		0	O	4		2.7	10.8	
Betaine....mg									
Vitamin B-12....µg	0.00		1		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	AS	1		0	0	
Retinol....µg	0		0	Z	7		0	0	
Carotene, beta....µg	0		0	NR	4		0	0	
Carotene, alpha....µg	0		0	NR	4		0	0	
Cryptoxanthin, beta....µg	0		0	NR	4		0	0	
Vitamin A, IU....IU	0		2		1		0	0	
Lycopene....µg	0		0	NR	4		0	0	
Lutein + zeaxanthin....µg	0		0	NR	4		0	0	
Vitamin E (alpha-tocopherol)....mg	0.00		0	Z	7		0.00	0.00	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)....µg	0.0		0	Z	7		0.0	0.0	
Dihydrophylloquinone....µg									
Menaquinone-4....µg									

NDB No. 19177
Gelatins, dry powder, unsweetened

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	0.070		0		1		0.005	0.020	
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		1		1		0.000	0.000	
13:0....g									
14:0....g	0.010		1		1		0.001	0.003	
15:0....g									
16:0....g	0.040		1		1		0.003	0.011	
17:0....g									
18:0....g	0.030		1		1		0.002	0.008	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.060		0		1		0.004	0.017	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.010		1		1		0.001	0.003	
17:1....g									
18:1 undifferentiated....g	0.050		1		1		0.004	0.014	
20:1....g	0.000		1		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	0.010		0		1		0.001	0.003	
18:2 undifferentiated....g	0.000		1		1		0.000	0.000	
18:3 undifferentiated....g	0.000		1		1		0.000	0.000	
18:4....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	0		1		4		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.000		0		1		0.000	0.000	
Threonine....g	1.475		0		1		0.103	0.413	
Isoleucine....g	1.158		0		1		0.081	0.324	
Leucine....g	2.454		0		1		0.172	0.687	
Lysine....g	3.460		0		1		0.242	0.969	
Methionine....g	0.606		0		1		0.042	0.170	
Cystine....g	0.000		0		1		0.000	0.000	
Phenylalanine....g	1.737		0		1		0.122	0.486	
Tyrosine....g	0.303		0		1		0.021	0.085	
Valine....g	2.081		0		1		0.146	0.583	
Arginine....g	6.616		0		1		0.463	1.852	
Histidine....g	0.662		0		1		0.046	0.185	
Alanine....g	8.009		0		1		0.561	2.243	
Aspartic acid....g	5.265		0		1		0.369	1.474	
Glutamic acid....g	8.753		0		1		0.613	2.451	
Glycine....g	19.049		0		1		1.333	5.334	
Proline....g	12.295		0		1		0.861	3.443	
Serine....g	2.605		0		1		0.182	0.729	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	

NDB No. 19177
Gelatins, dry powder, unsweetened

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	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 = 7.0g: 1 envelope (1 tbsp)

Measure 2 = 28g: 1 package (1 oz)

Calories Factors: Protein 3.9 **Fat** 9.02 **Carbohydrate**

Food Group: 19 Sweets

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

NDB No. 42281
Gums, seed gums (includes locust bean, guar)

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	15.00		0		4		4.25		
Energy....kcal	332		0	NC	4		94		
Energy....kJ	1390		0	NC	4		394		
Protein....g	4.60		0		4		1.30		
Total lipid (fat)....g	0.50		0		4		0.14		
Ash....g	2.60		0	NR	4		0.74		
Carbohydrate, by difference....g	77.30		0	NC	4		21.91		
Fiber, total dietary....g	77.3		0		4		21.9		
Sugars, total....g	0.00		0	Z	7		0.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	294		0		4		83		
Iron, Fe....mg	0.00		0		7		0.00		
Magnesium, Mg....mg	0		0		7		0		
Phosphorus, P....mg	0		0		7		0		
Potassium, K....mg	0		0		7		0		
Sodium, Na....mg	125		0		4		35		
Zinc, Zn....mg	0.00		0		7		0.00		
Copper, Cu....mg	0.000		0		7		0.000		
Manganese, Mn....mg									
Selenium, Se....µg	0.0		0	Z	7		0.0		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		7		0.0		
Thiamin....mg	0.000		0		7		0.000		
Riboflavin....mg	0.000		0		7		0.000		
Niacin....mg	0.000		0		7		0.000		
Pantothenic acid....mg									
Vitamin B-6....mg	0.000		0		7		0.000		
Folate, total....µg	0		0		7		0		
Folic acid....µg	0		0	Z	7		0		
Folate, food....µg	0		0		7		0		
Folate, DFE....µg	0		0	NC	4		0		
Choline, total....mg	0.0		0	Z	7		0.0		
Betaine....mg									
Vitamin B-12....µg	0.00		0		7		0.00		
Vitamin B-12, added....µg	0.00		0	Z	7		0.00		
Vitamin A, RAE....µg	0		0	AS	1		0		
Retinol....µg	0		0	Z	7		0		
Carotene, beta....µg	0		0	Z	7		0		
Carotene, alpha....µg	0		0	Z	7		0		
Cryptoxanthin, beta....µg	0		0	Z	7		0		
Vitamin A, IU....IU	0		0		7		0		
Lycopene....µg	0		0	Z	7		0		
Lutein + zeaxanthin....µg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)....mg	0.00		0	Z	7		0.00		
Vitamin E, added....mg	0.00		0	Z	7		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		
Vitamin D....IU	0		0	Z	7		0		
Vitamin K (phylloquinone)....µg	0.0		0	Z	7		0.0		
Dihydrophylloquinone....µg									
Menaquinone-4....µg									

NDB No. 42281

Gums, seed gums (includes locust bean, guar)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	0.060		0		4		0.017		
4:0....g	0.000		0		4		0.000		
6:0....g	0.000		0		4		0.000		
8:0....g	0.000		0		4		0.000		
10:0....g	0.000		0		4		0.000		
12:0....g	0.000		0		4		0.000		
13:0....g									
14:0....g	0.000		0		4		0.000		
15:0....g									
16:0....g	0.057		0		4		0.016		
17:0....g									
18:0....g	0.000		0		4		0.000		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.220		0		4		0.062		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0		4		0.000		
17:1....g									
18:1 undifferentiated....g	0.224		0		4		0.064		
20:1....g	0.000		0		4		0.000		
22:1 undifferentiated....g	0.000		0		4		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.070		0		4		0.020		
18:2 undifferentiated....g	0.067		0		4		0.019		
18:3 undifferentiated....g	0.001		0		4		0.000		
18:4....g	0.000		0		4		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		4		0.000		
20:5 n-3 (EPA)....g	0.000		0		4		0.000		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		4		0.000		
22:6 n-3 (DHA)....g	0.000		0		4		0.000		
Fatty acids, total trans....g									
Cholesterol....mg	0		0		7		0		
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0		
Caffeine....mg	0		0	Z	7		0		
Theobromine....mg	0		0	Z	7		0		

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

Common Measures:

Measure 1 = 28.35g: 1 oz

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

Food Group: 19 Sweets

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

NDB No. 19296
Honey

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	17.10	0.071	509		1		57.97	3.59	2.39
Energy....kcal	304		0	NC	4		1031	64	43
Energy....kJ	1272		0		4		4312	267	178
Protein (N x 6.25)....g	0.30	0.007	508		1		1.02	0.06	0.04
Total lipid (fat)....g	0.00	0.002	3		1		0.00	0.00	0.00
Ash....g	0.20	0.009	508		1		0.68	0.04	0.03
Carbohydrate, by difference....g	82.40		0	NC	4		279.34	17.30	11.54
Fiber, total dietary....g	0.2		0		4		0.7	0.0	0.0
Sugars, total....g	82.12		0	NR	4		278.39	17.25	11.50
Sucrose....g	0.89	0.245	9	AI	13		3.00	0.19	0.12
Glucose (dextrose)....g	35.75		1	AI	13		121.20	7.51	5.01
Fructose....g	40.94		1	AI	13		138.80	8.60	5.73
Lactose....g									
Maltose....g	1.44	0.307	9	AI	13		4.88	0.30	0.20
Galactose....g	3.10		1	AI	13		10.51	0.65	0.43
Starch....g									
Minerals:									
Calcium, Ca....mg	6	0.396	13		1		20	1	1
Iron, Fe....mg	0.42	0.110	14		1		1.42	0.09	0.06
Magnesium, Mg....mg	2	0.159	14		1		7	0	0
Phosphorus, P....mg	4	0.348	13		1		14	1	1
Potassium, K....mg	52	9.923	14		1		176	11	7
Sodium, Na....mg	4	0.560	14		1		14	1	1
Zinc, Zn....mg	0.22	0.042	12		1		0.75	0.05	0.03
Copper, Cu....mg	0.036	0.008	14		1		0.122	0.008	0.005
Manganese, Mn....mg	0.080	0.026	14		1		0.271	0.017	0.011
Selenium, Se....µg	0.8		2	A	1		2.7	0.2	0.1
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.5	0.141	4		1		1.7	0.1	0.1
Thiamin....mg	0.000		1		4		0.000	0.000	0.000
Riboflavin....mg	0.038	0.012	4		1		0.129	0.008	0.005
Niacin....mg	0.121	0.025	4		1		0.410	0.025	0.017
Pantothenic acid....mg	0.068	0.009	4		1		0.231	0.014	0.010
Vitamin B-6....mg	0.024	0.005	4		1		0.081	0.005	0.003
Folate, total....µg	2		1		1		7	0	0
Folic acid....µg	0		0	Z	7		0	0	0
Folate, food....µg	2		1		1		7	0	0
Folate, DFE....µg	2		0	NC	4		7	0	0
Choline, total....mg	2.2		1	A	1		7.3	0.5	0.3
Betaine....mg	1.7		1	A	1		5.7	0.4	0.2
Vitamin B-12....µg	0.00		1		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	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		1		4		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									

NDB No. 19296
Honey

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	0.0
Vitamin D....IU	0		0	Z	7		0	0	0
Vitamin K (phylloquinone)....µg	0.0		2	JA	6		0.0	0.0	0.0
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.000		0		1		0.000	0.000	0.000
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	0.000		0		4		0.000	0.000	0.000
17:0....g									
18:0....g	0.000		0		4		0.000	0.000	0.000
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.000		0		7		0.000	0.000	0.000
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0		4		0.000	0.000	0.000
17:1....g									
18:1 undifferentiated....g	0.000		0		4		0.000	0.000	0.000
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	0.000		0		7		0.000	0.000	0.000
18:2 undifferentiated....g	0.000		0		4		0.000	0.000	0.000
18:3 undifferentiated....g	0.000		0		4		0.000	0.000	0.000
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		4		0	0	0
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.004		0		1		0.014	0.001	0.001
Threonine....g	0.004		0		1		0.014	0.001	0.001
Isoleucine....g	0.008		0		1		0.027	0.002	0.001
Leucine....g	0.010		0		1		0.034	0.002	0.001
Lysine....g	0.008		0		1		0.027	0.002	0.001
Methionine....g	0.001		0		1		0.003	0.000	0.000
Cystine....g	0.003		0		1		0.010	0.001	0.000
Phenylalanine....g	0.011		0		1		0.037	0.002	0.002
Tyrosine....g	0.008		0		1		0.027	0.002	0.001
Valine....g	0.009		0		1		0.031	0.002	0.001
Arginine....g	0.005		0		1		0.017	0.001	0.001
Histidine....g	0.001		0		1		0.003	0.000	0.000
Alanine....g	0.006		0		1		0.020	0.001	0.001
Aspartic acid....g	0.027		0		1		0.092	0.006	0.004
Glutamic acid....g	0.018		0		1		0.061	0.004	0.003

NDB No. 19296
Honey

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Glycine....g	0.007		0		1		0.024	0.001	0.001
Proline....g	0.090		0		1		0.305	0.019	0.013
Serine....g	0.006		0		1		0.020	0.001	0.001
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	0.0
Caffeine....mg	0		0	Z	7		0	0	0
Theobromine....mg	0		0	Z	7		0	0	0

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

Common Measures:

Measure 1 = 339g: 1 cup

Measure 2 = 21g: 1 tbsp

Measure 3 = 14.0g: 1 packet (0.5 oz)

Calories Factors: Protein 3.36 **Fat** 8.37 **Carbohydrate** 3.68

Food Group: 19 Sweets

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

NDB No. 19894

Ice creams, BREYERS, 98% Fat Free Chocolate

Good Humor - Breyers Ice Cream

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	63.20		0	O	4		42.98		
Energy....kcal	136		1	MC	9		92		
Energy....kJ	568		0	MC	9		386		
Protein (N x 6.25)....g	3.89		1	MC	9		2.65		
Total lipid (fat)....g	2.17		1	MC	9		1.48		
Ash....g	0.56		0	BFFN	4		0.38		
Carbohydrate, by difference....g	30.18		1	MC	9		20.52		
Fiber, total dietary....g	5.8		1	MC	9		3.9		
Sugars, total....g	20.29		1	MC	9		13.80		
Starch....g									
Minerals:									
Calcium, Ca....mg	126		1	MC	9		86		
Iron, Fe....mg	0.84		1	MC	9		0.57		
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg									
Sodium, Na....mg	75		1	MC	9		51		
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.7		1	MC	9		0.5		
Thiamin....mg									
Riboflavin....mg									
Niacin....mg									
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....µg									
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg									
Vitamin A, RAE....µg									
Vitamin A, IU....IU	255		1	MC	9		174		
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	1.380		1	MC	9		0.938		
Fatty acids, total monounsaturated....g									
Fatty acids, total polyunsaturated....g									
Fatty acids, total trans....g									
Cholesterol....mg	7		1	MC	9		5		
Phytosterols....mg									

NDB No. 19894
Ice creams, BREYERS, 98% Fat Free 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

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 serving 1/2 cup

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

Food Group: 19 Sweets

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

NDB No. 19877

Ice creams, BREYERS, 98% Fat Free Vanilla

Good Humor - Breyers Ice Cream

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	63.42		0	O	4		43.13		
Energy....kcal	137		1	MC	9		93		
Energy....kJ	574		0	MC	9		390		
Protein (N x 6.25)....g	3.30		1	MC	9		2.24		
Total lipid (fat)....g	2.20		1	MC	9		1.50		
Ash....g	0.57		0	FLC	4		0.39		
Carbohydrate, by difference....g	30.51		1	MC	9		20.75		
Fiber, total dietary....g	5.4		1	MC	9		3.7		
Sugars, total....g	20.93		1	MC	9		14.23		
Starch....g									
Minerals:									
Calcium, Ca....mg	122		1	MC	9		83		
Iron, Fe....mg	0.09		1	MC	9		0.06		
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg									
Sodium, Na....mg	73		1	MC	9		49		
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.8		1	MC	9		0.5		
Thiamin....mg									
Riboflavin....mg									
Niacin....mg									
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....µg									
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg									
Vitamin A, RAE....µg									
Vitamin A, IU....IU	268		1	MC	9		182		
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	1.410		1	MC	9		0.959		
Fatty acids, total monounsaturated....g									
Fatty acids, total polyunsaturated....g									
Fatty acids, total trans....g									
Cholesterol....mg	8		1	MC	9		5		
Phytosterols....mg									

NDB No. 19877
Ice creams, BREYERS, 98% Fat Free 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

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 serving 1/2 cup

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

Food Group: 19 Sweets

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

NDB No. 19893

Ice creams, BREYERS, All Natural Light French Chocolate

Good Humor - Breyers Ice Cream

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	56.58		0	O	4		38.48		
Energy....kcal	201		1	MC	9		136		
Energy....kJ	839		0	MC	9		571		
Protein (N x 6.25)....g	5.30		1	MC	9		3.60		
Total lipid (fat)....g	7.28		1	MC	9		4.95		
Ash....g	1.16		0	BFFN	4		0.79		
Carbohydrate, by difference....g	29.68		1	MC	9		20.18		
Fiber, total dietary....g	1.0		1	MC	9		0.6		
Sugars, total....g	24.04		1	MC	9		16.35		
Starch....g									
Minerals:									
Calcium, Ca....mg	158		1	MC	9		107		
Iron, Fe....mg	0.85		1	MC	9		0.58		
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg									
Sodium, Na....mg	75		1	MC	9		51		
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	1.0		1	MC	9		0.7		
Thiamin....mg									
Riboflavin....mg									
Niacin....mg									
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....µg									
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg									
Vitamin A, RAE....µg									
Vitamin A, IU....IU	446		1	MC	9		303		
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	4.280		1	MC	9		2.910		
Fatty acids, total monounsaturated....g									
Fatty acids, total polyunsaturated....g									
Fatty acids, total trans....g									
Cholesterol....mg	41		1	MC	9		28		
Phytosterols....mg									

NDB No. 19893

Ice creams, BREYERS, All Natural Light French 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

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 serving 1/2 cup

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

Food Group: 19 Sweets

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

NDB No. 19876

Ice creams, BREYERS, All Natural Light French Vanilla

Good Humor - Breyers Ice Cream

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	62.71		0	O	4		42.64		
Energy....kcal	173		1	MC	9		117		
Energy....kJ	723		0	MC	9		491		
Protein (N x 6.25)....g	4.82		1	MC	9		3.28		
Total lipid (fat)....g	5.56		1	MC	9		3.78		
Ash....g	0.88		0	FLC	4		0.60		
Carbohydrate, by difference....g	26.03		1	MC	9		17.70		
Fiber, total dietary....g	0.2		1	MC	9		0.1		
Sugars, total....g	21.11		1	MC	9		14.35		
Starch....g									
Minerals:									
Calcium, Ca....mg	155		1	MC	9		106		
Iron, Fe....mg	0.21		1	MC	9		0.14		
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg									
Sodium, Na....mg	73		1	MC	9		50		
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.9		1	MC	9		0.6		
Thiamin....mg									
Riboflavin....mg									
Niacin....mg									
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....µg									
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg									
Vitamin A, RAE....µg									
Vitamin A, IU....IU	489		1	MC	9		332		
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	3.220		1	MC	9		2.190		
Fatty acids, total monounsaturated....g									
Fatty acids, total polyunsaturated....g									
Fatty acids, total trans....g									
Cholesterol....mg	53		1	MC	9		36		
Phytosterols....mg									

NDB No. 19876
Ice creams, BREYERS, All Natural Light French 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

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 serving 1/2 cup

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

Food Group: 19 Sweets

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

NDB No. 19879

Ice creams, BREYERS, All Natural Light Mint Chocolate Chip

Good Humor - Breyers Ice Cream

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	59.11		0	O	4		40.20		
Energy ... kcal	196		1	MC	9		134		
Energy ... kJ	822		0	MC	9		559		
Protein (N x 6.25) ... g	4.69		1	MC	9		3.19		
Total lipid (fat) ... g	7.09		1	MC	9		4.82		
Ash ... g	0.72		0	FLM	4		0.49		
Carbohydrate, by difference ... g	28.39		1	MC	9		19.31		
Fiber, total dietary ... g	0.6		1	MC	9		0.4		
Sugars, total ... g	25.38		1	MC	9		17.26		
Starch ... g									
Minerals:									
Calcium, Ca ... mg	160		1	MC	9		109		
Iron, Fe ... mg	0.52		1	MC	9		0.35		
Magnesium, Mg ... mg									
Phosphorus, P ... mg									
Potassium, K ... mg									
Sodium, Na ... mg	67		1	MC	9		46		
Zinc, Zn ... mg									
Copper, Cu ... mg									
Manganese, Mn ... mg									
Selenium, Se ... µg									
Vitamins:									
Vitamin C, total ascorbic acid ... mg	1.4		1	MC	9		1.0		
Thiamin ... mg									
Riboflavin ... mg									
Niacin ... mg									
Pantothenic acid ... mg									
Vitamin B-6 ... mg									
Folate, total ... µg									
Folate, DFE ... µg									
Choline, total ... mg									
Betaine ... mg									
Vitamin B-12 ... µg									
Vitamin A, RAE ... µg									
Vitamin A, IU ... IU	404		1	MC	9		275		
Lycopene ... µg									
Lutein + zeaxanthin ... µg									
Vitamin E (alpha-tocopherol) ... mg									
Tocopherol, beta ... mg									
Tocopherol, gamma ... mg									
Tocopherol, delta ... mg									
Tocotrienol, alpha ... mg									
Tocotrienol, beta ... mg									
Tocotrienol, gamma ... mg									
Tocotrienol, delta ... mg									
Vitamin D (D2 + D3) ... µg									
Vitamin D ... IU									
Vitamin K (phylloquinone) ... µg									
Dihydrophylloquinone ... µg									
Menaquinone-4 ... µg									
Lipids:									
Fatty acids, total saturated ... g	4.480		1	MC	9		3.046		
Fatty acids, total monounsaturated ... g									
Fatty acids, total polyunsaturated ... g									
Fatty acids, total trans ... g									
Cholesterol ... mg	15		1	MC	9		10		
Phytosterols ... mg									

NDB No. 19879

Ice creams, BREYERS, All Natural Light Mint Chocolate Chip

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

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 serving 1/2 cup

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

Food Group: 19 Sweets

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

NDB No. 19875

Ice creams, BREYERS, All Natural Light Vanilla

Good Humor - Breyers Ice Cream

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	64.89		0	FLC	4		44.13		
Energy....kcal	162		1	MC	9		110		
Energy....kJ	678		0	MC	9		461		
Protein (N x 6.25)....g	4.84		1	MC	9		3.29		
Total lipid (fat)....g	4.59		1	MC	9		3.12		
Ash....g	0.38		0	O	4		0.26		
Carbohydrate, by difference....g	25.30		1	MC	9		17.20		
Fiber, total dietary....g	0.2		1	MC	9		0.1		
Sugars, total....g	22.78		1	MC	9		15.49		
Starch....g									
Minerals:									
Calcium, Ca....mg	169		1	MC	9		115		
Iron, Fe....mg	0.06		1	MC	9		0.04		
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg									
Sodium, Na....mg	71		1	MC	9		48		
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	1.1		1	MC	9		0.7		
Thiamin....mg									
Riboflavin....mg									
Niacin....mg									
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....µg									
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg									
Vitamin A, RAE....µg									
Vitamin A, IU....IU	437		1	MC	9		297		
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	2.860		1	MC	9		1.945		
Fatty acids, total monounsaturated....g									
Fatty acids, total polyunsaturated....g									
Fatty acids, total trans....g									
Cholesterol....mg	15		1	MC	9		10		
Phytosterols....mg									

NDB No. 19875
Ice creams, BREYERS, All Natural Light 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

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 serving 1/2 cup

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

Food Group: 19 Sweets

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

NDB No. 19878

Ice creams, BREYERS, All Natural Light Vanilla Chocolate Strawberry

Good Humor - Breyers Ice Cream

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	63.32		0	O	4		43.06		
Energy....kcal	161		1	MC	9		109		
Energy....kJ	673		0	MC	9		458		
Protein (N x 6.25)....g	4.69		1	MC	9		3.19		
Total lipid (fat)....g	4.35		1	MC	9		2.96		
Ash....g	1.58		0	FLM	4		1.07		
Carbohydrate, by difference....g	26.06		1	MC	9		17.72		
Fiber, total dietary....g	0.4		1	MC	9		0.3		
Sugars, total....g	22.47		1	MC	9		15.28		
Starch....g									
Minerals:									
Calcium, Ca....mg	158		1	MC	9		108		
Iron, Fe....mg	0.31		1	MC	9		0.21		
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg									
Sodium, Na....mg	69		1	MC	9		47		
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	1.7		1	MC	9		1.1		
Thiamin....mg									
Riboflavin....mg									
Niacin....mg									
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....µg									
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg									
Vitamin A, RAE....µg									
Vitamin A, IU....IU	417		1	MC	9		284		
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	2.700		1	MC	9		1.836		
Fatty acids, total monounsaturated....g									
Fatty acids, total polyunsaturated....g									
Fatty acids, total trans....g									
Cholesterol....mg	14		1	MC	9		10		
Phytosterols....mg									

NDB No. 19878

Ice creams, BREYERS, All Natural Light Vanilla Chocolate 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

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 serving 1/2 cup

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

Food Group: 19 Sweets

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

NDB No. 19880

Ice creams, BREYERS, No Sugar Added, Butter Pecan

Good Humor - Breyers Ice Cream

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	63.52		0	O	4		43.20		
Energy....kcal	180		1	MC	9		122		
Energy....kJ	752		0	MC	9		511		
Protein (N x 6.25)....g	3.99		1	MC	9		2.71		
Total lipid (fat)....g	10.30		1	MC	9		7.00		
Ash....g	0.89		0	FLM	4		0.60		
Carbohydrate, by difference....g	21.30		1	MC	9		14.48		
Fiber, total dietary....g	0.9		1	MC	9		0.6		
Sugars, total....g	5.90		1	MC	9		4.01		
Starch....g									
Minerals:									
Calcium, Ca....mg	130		1	MC	9		88		
Iron, Fe....mg	0.19		1	MC	9		0.13		
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg									
Sodium, Na....mg	164		1	MC	9		111		
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.9		1	MC	9		0.6		
Thiamin....mg									
Riboflavin....mg									
Niacin....mg									
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....µg									
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg									
Vitamin A, RAE....µg									
Vitamin A, IU....IU	281		1	MC	9		191		
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	4.180		1	MC	9		2.842		
Fatty acids, total monounsaturated....g									
Fatty acids, total polyunsaturated....g									
Fatty acids, total trans....g									
Cholesterol....mg	18		1	MC	9		12		
Phytosterols....mg									

NDB No. 19880

Ice creams, BREYERS, No Sugar Added, Butter Pecan

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

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

Common Measures:

Measure 1 = 68g: 1 serving 1/2 cup

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

Food Group: 19 Sweets

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

NDB No. 19895

Ice creams, BREYERS, No Sugar Added, Chocolate Caramel

Good Humor - Breyers Ice Cream

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	64.71		0	O	4		45.94		
Energy....kcal	151		1	MC	9		107		
Energy....kJ	632		0	MC	9		449		
Protein (N x 6.25)....g	3.54		1	MC	9		2.51		
Total lipid (fat)....g	5.80		1	MC	9		4.12		
Ash....g	0.78		0	BFFN	4		0.55		
Carbohydrate, by difference....g	25.17		1	MC	9		17.87		
Fiber, total dietary....g	1.0		1	MC	9		0.7		
Sugars, total....g	5.81		1	MC	9		4.13		
Starch....g									
Minerals:									
Calcium, Ca....mg	121		1	MC	9		86		
Iron, Fe....mg	0.59		1	MC	9		0.42		
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg									
Sodium, Na....mg	77		1	MC	9		55		
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.7		1	MC	9		0.5		
Thiamin....mg									
Riboflavin....mg									
Niacin....mg									
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....µg									
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg									
Vitamin A, RAE....µg									
Vitamin A, IU....IU	266		1	MC	9		189		
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	3.650		1	MC	9		2.592		
Fatty acids, total monounsaturated....g									
Fatty acids, total polyunsaturated....g									
Fatty acids, total trans....g									
Cholesterol....mg	16		1	MC	9		12		
Phytosterols....mg									

NDB No. 19895

Ice creams, BREYERS, No Sugar Added, Chocolate Caramel

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

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 serving 1/2 cup

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

Food Group: 19 Sweets

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

NDB No. 19881

Ice creams, BREYERS, No Sugar Added, French Vanilla

Good Humor - Breyers Ice Cream

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	66.48		0	O	4		45.21		
Energy....kcal	154		1	MC	9		105		
Energy....kJ	645		0	MC	9		438		
Protein (N x 6.25)....g	4.50		1	MC	9		3.06		
Total lipid (fat)....g	7.05		1	MC	9		4.79		
Ash....g	1.22		0	FLM	4		0.83		
Carbohydrate, by difference....g	20.75		1	MC	9		14.11		
Fiber, total dietary....g	0.5		1	MC	9		0.4		
Sugars, total....g	7.70		1	MC	9		5.24		
Starch....g									
Minerals:									
Calcium, Ca....mg	151		1	MC	9		103		
Iron, Fe....mg	0.19		1	MC	9		0.13		
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg									
Sodium, Na....mg	87		1	MC	9		59		
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.9		1	MC	9		0.6		
Thiamin....mg									
Riboflavin....mg									
Niacin....mg									
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....µg									
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg									
Vitamin A, RAE....µg									
Vitamin A, IU....IU	345		1	MC	9		235		
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	4.170		1	MC	9		2.836		
Fatty acids, total monounsaturated....g									
Fatty acids, total polyunsaturated....g									
Fatty acids, total trans....g									
Cholesterol....mg	53		1	MC	9		36		
Phytosterols....mg									

NDB No. 19881

Ice creams, BREYERS, No Sugar Added, French 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

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 serving 1/2 cup

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

Food Group: 19 Sweets

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

NDB No. 19882

Ice creams, BREYERS, No Sugar Added, Vanilla

Good Humor - Breyers Ice Cream

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	67.86		0	FLM	4		46.82		
Energy....kcal	143		1	MC	9		99		
Energy....kJ	600		0	MC	9		414		
Protein (N x 6.25)....g	3.68		1	MC	9		2.54		
Total lipid (fat)....g	6.20		1	MC	9		4.28		
Ash....g	0.84		0	FLM	4		0.58		
Carbohydrate, by difference....g	21.92		1	MC	9		15.12		
Fiber, total dietary....g	0.5		1	MC	9		0.4		
Sugars, total....g	6.09		1	MC	9		4.20		
Starch....g									
Minerals:									
Calcium, Ca....mg	133		1	MC	9		92		
Iron, Fe....mg	0.09		1	MC	9		0.06		
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg									
Sodium, Na....mg	66		1	MC	9		45		
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.8		1	MC	9		0.6		
Thiamin....mg									
Riboflavin....mg									
Niacin....mg									
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....µg									
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg									
Vitamin A, RAE....µg									
Vitamin A, IU....IU	291		1	MC	9		201		
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	3.900		1	MC	9		2.691		
Fatty acids, total monounsaturated....g									
Fatty acids, total polyunsaturated....g									
Fatty acids, total trans....g									
Cholesterol....mg	18		1	MC	9		13		
Phytosterols....mg									

NDB No. 19882
Ice creams, BREYERS, No Sugar Added, 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

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

Common Measures:

Measure 1 = 69g: 1 serving 1/2 cup

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

Food Group: 19 Sweets

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

NDB No. 19884

Ice creams, BREYERS, No Sugar Added, Vanilla Chocolate Strawberry

Good Humor - Breyers Ice Cream

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	67.34		0	O	4		45.79		
Energy....kcal	143		1	MC	9		98		
Energy....kJ	600		0	MC	9		408		
Protein (N x 6.25)....g	3.71		1	MC	9		2.52		
Total lipid (fat)....g	6.26		1	MC	9		4.26		
Ash....g	0.99		0	FLM	4		0.67		
Carbohydrate, by difference....g	21.70		1	MC	9		14.76		
Fiber, total dietary....g	0.7		1	MC	9		0.5		
Sugars, total....g	6.15		1	MC	9		4.18		
Starch....g									
Minerals:									
Calcium, Ca....mg	132		1	MC	9		90		
Iron, Fe....mg	0.27		1	MC	9		0.18		
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg									
Sodium, Na....mg	68		1	MC	9		47		
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.8		1	MC	9		0.5		
Thiamin....mg									
Riboflavin....mg									
Niacin....mg									
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....µg									
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg									
Vitamin A, RAE....µg									
Vitamin A, IU....IU	292		1	MC	9		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									
Lipids:									
Fatty acids, total saturated....g	3.940		1	MC	9		2.679		
Fatty acids, total monounsaturated....g									
Fatty acids, total polyunsaturated....g									
Fatty acids, total trans....g									
Cholesterol....mg	18		1	MC	9		12		
Phytosterols....mg									

NDB No. 19884

Ice creams, BREYERS, No Sugar Added, Vanilla Chocolate 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

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 serving 1/2 cup

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

Food Group: 19 Sweets

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

NDB No. 19883

Ice creams, BREYERS, No Sugar Added, Vanilla Fudge Twirl

Good Humor - Breyers Ice Cream

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	64.40		0	O	4		46.37		
Energy....kcal	153		1	MC	9		110		
Energy....kJ	641		0	MC	9		461		
Protein (N x 6.25)....g	3.53		1	MC	9		2.54		
Total lipid (fat)....g	5.68		1	MC	9		4.09		
Ash....g	0.76		0	FLM	4		0.55		
Carbohydrate, by difference....g	25.63		1	MC	9		18.45		
Fiber, total dietary....g	0.8		1	MC	9		0.5		
Sugars, total....g	5.49		1	MC	9		3.95		
Starch....g									
Minerals:									
Calcium, Ca....mg	121		1	MC	9		87		
Iron, Fe....mg	0.36		1	MC	9		0.26		
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg									
Sodium, Na....mg	72		1	MC	9		52		
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.7		1	MC	9		0.5		
Thiamin....mg									
Riboflavin....mg									
Niacin....mg									
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....µg									
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg									
Vitamin A, RAE....µg									
Vitamin A, IU....IU	262		1	MC	9		189		
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	3.570		1	MC	9		2.570		
Fatty acids, total monounsaturated....g									
Fatty acids, total polyunsaturated....g									
Fatty acids, total trans....g									
Cholesterol....mg	16		1	MC	9		12		
Phytosterols....mg									

NDB No. 19883

Ice creams, BREYERS, No Sugar Added, Vanilla Fudge Twirl

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

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

Common Measures:

Measure 1 = 72g: 1 serving 1/2 cup

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

Food Group: 19 Sweets

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

NDB No. 19270
Ice creams, chocolate

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	55.70	0.813	11		1		32.31	36.76	
Energy....kcal	216		0	NC	4		125	143	
Energy....kJ	904		0		4		524	596	
Protein (N x 6.1)....g	3.80	0.082	6		1		2.20	2.51	
Total lipid (fat)....g	11.00	0.427	6		1		6.38	7.26	
Ash....g	1.00	0.050	6		1		0.58	0.66	
Carbohydrate, by difference....g	28.20		0	NC	4		16.36	18.61	
Fiber, total dietary....g	1.2		0		4		0.7	0.8	
Sugars, total....g	25.36		0	BFCN	4		14.71	16.74	
Starch....g									
Minerals:									
Calcium, Ca....mg	109	2.964	34		1		63	72	
Iron, Fe....mg	0.93	0.061	35		1		0.54	0.61	
Magnesium, Mg....mg	29	0.755	36		1		17	19	
Phosphorus, P....mg	107	1.632	28		1		62	71	
Potassium, K....mg	249	4.882	35		1		144	164	
Sodium, Na....mg	76	2.707	36		1		44	50	
Zinc, Zn....mg	0.58	0.021	35		1		0.34	0.38	
Copper, Cu....mg	0.135	0.011	35		1		0.078	0.089	
Manganese, Mn....mg	0.140	0.008	35		1		0.081	0.092	
Selenium, Se....µg	2.5	0.301	17	A	1		1.5	1.7	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.7		0		4		0.4	0.5	
Thiamin....mg	0.042	0.004	5		1		0.024	0.028	
Riboflavin....mg	0.194	0.009	5		1		0.113	0.128	
Niacin....mg	0.226	0.015	5		1		0.131	0.149	
Pantothenic acid....mg	0.554	0.063	5		1		0.321	0.366	
Vitamin B-6....mg	0.055	0.003	5		1		0.032	0.036	
Folate, total....µg	16	1.147	5		1		9	11	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	16	1.147	5		1		9	11	
Folate, DFE....µg	16		0	NC	4		9	11	
Choline, total....mg	22.5		0	AS	1		13.0	14.8	
Betaine....mg	0.6		1	A	1		0.3	0.4	
Vitamin B-12....µg	0.29	0.055	5		1		0.17	0.19	
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....µg	118		0	BFFN	4		68	78	
Retinol....µg	116		0	BFFN	4		67	77	
Carotene, beta....µg	19		0	BFFN	4		11	12	
Carotene, alpha....µg	0		0	BFFN	4		0	0	
Cryptoxanthin, beta....µg	0		0	BFFN	4		0	0	
Vitamin A, IU....IU	416	30.100	5		1		241	275	
Lycopene....µg	0		0	BFFN	4		0	0	
Lutein + zeaxanthin....µg	0		0	BFFN	4		0	0	
Vitamin E (alpha-tocopherol)....mg	0.30		0	BFFN	4		0.17	0.20	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.2		0	AS	1		0.1	0.1	
Vitamin D....IU	8		0	BFFN	4		5	5	
Vitamin K (phylloquinone)....µg	0.3		0	BFFN	4		0.2	0.2	
Dihydrophylloquinone....µg									
Menaquinone-4....µg									

NDB No. 19270
Ice creams, 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
Lipids:									
Fatty acids, total saturated....g	6.800		0		1		3.944	4.488	
4:0....g	0.340		1		1		0.197	0.224	
6:0....g	0.200		1		1		0.116	0.132	
8:0....g	0.120		1		1		0.070	0.079	
10:0....g	0.260		1		1		0.151	0.172	
12:0....g	0.290		1		1		0.168	0.191	
13:0....g									
14:0....g	1.070		1		1		0.621	0.706	
15:0....g									
16:0....g	3.060		1		1		1.775	2.020	
17:0....g									
18:0....g	1.460		1		1		0.847	0.964	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	3.210		0		1		1.862	2.119	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.240		1		1		0.139	0.158	
17:1....g									
18:1 undifferentiated....g	2.970		1		1		1.723	1.960	
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	0.410		0		1		0.238	0.271	
18:2 undifferentiated....g	0.250		1		1		0.145	0.165	
18:3 undifferentiated....g	0.150		1		1		0.087	0.099	
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	34		1		1		20	22	
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	3		1		1		2	2	
Theobromine....mg	62		1		1		36	41	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 individual (3.5 fl oz)

Measure 2 = 66g: .5 cup (4 fl oz)

Calories Factors: Protein 3.6 **Fat** 8.8 **Carbohydrate** 3.7

Food Group: 19 Sweets

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

NDB No. 19114
Ice creams, chocolate, light

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	61.43		0	FLM	4		41.77	61.43	
Energy....kcal	187		0	NC	4		127	187	
Energy....kJ	784		0	NC	4		533	784	
Protein....g	5.00		2	MC	9		3.40	5.00	
Total lipid (fat)....g	7.19		2	MC	9		4.89	7.19	
Ash....g	0.69		0	FLM	4		0.47	0.69	
Carbohydrate, by difference....g	25.70		0	NC	4		17.48	25.70	
Fiber, total dietary....g	0.8		2	MC	9		0.5	0.8	
Sugars, total....g	24.71		2	MC	9		16.80	24.71	
Starch....g									
Minerals:									
Calcium, Ca....mg	159		2	MC	9		108	159	
Iron, Fe....mg	0.69		2	MC	9		0.47	0.69	
Magnesium, Mg....mg	20		0	FLM	4		13	20	
Phosphorus, P....mg	83		0	FLM	4		57	83	
Potassium, K....mg	170		0	FLM	4		116	170	
Sodium, Na....mg	71		2	MC	9		48	71	
Zinc, Zn....mg	0.43		0	FLM	4		0.30	0.43	
Copper, Cu....mg	0.103		0	FLM	4		0.070	0.103	
Manganese, Mn....mg	0.101		0	FLM	4		0.069	0.101	
Selenium, Se....µg	2.2		0	FLM	4		1.5	2.2	
Vitamins:									
Vitamin C, total ascorbic acid....mg	1.2		2	MC	9		0.8	1.2	
Thiamin....mg	0.023		0	FLM	4		0.015	0.023	
Riboflavin....mg	0.129		0	FLM	4		0.088	0.129	
Niacin....mg	0.126		0	FLM	4		0.086	0.126	
Pantothenic acid....mg	0.246		0	FLM	4		0.167	0.246	
Vitamin B-6....mg	0.023		0	FLM	4		0.016	0.023	
Folate, total....µg	4		0	FLM	4		2	4	
Folic acid....µg	0		0	FLM	4		0	0	
Folate, food....µg	4		0	FLM	4		2	4	
Folate, DFE....µg	4		0	NC	4		2	4	
Choline, total....mg	19.6		0	BFSN	4		13.3	19.6	
Betaine....mg									
Vitamin B-12....µg	0.14		0	FLM	4		0.10	0.14	
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....µg	71		0	FLM	4		48	71	
Retinol....µg	60		0	FLM	4		41	60	
Carotene, beta....µg	135		0	FLM	4		92	135	
Carotene, alpha....µg	0		0	FLM	4		0	0	
Cryptoxanthin, beta....µg	0		0	FLM	4		0	0	
Vitamin A, IU....IU	425		2	MC	9		289	425	
Lycopene....µg	0		0	FLM	4		0	0	
Lutein + zeaxanthin....µg	1		0	FLM	4		1	1	
Vitamin E (alpha-tocopherol)....mg	0.20		0	FLM	4		0.13	0.20	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.1		0	AS	1		0.1	0.1	
Vitamin D....IU	5		0	BFFN	4		4	5	
Vitamin K (phylloquinone)....µg	0.6		0	FLM	4		0.4	0.6	
Dihydrophylloquinone....µg									
Menaquinone-4....µg									

NDB No. 19114
Ice creams, chocolate, light

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	4.380		2	MC	9		2.978	4.380	
4:0....g	0.226		0	FLM	4		0.154	0.226	
6:0....g	0.077		0	FLM	4		0.053	0.077	
8:0....g	0.079		0	FLM	4		0.054	0.079	
10:0....g	0.140		0	FLM	4		0.095	0.140	
12:0....g	0.091		0	FLM	4		0.062	0.091	
13:0....g	0.000		0	FLM	4		0.000	0.000	
14:0....g	0.705		0	FLM	4		0.479	0.705	
15:0....g	0.000		0	FLM	4		0.000	0.000	
16:0....g	1.996		0	FLM	4		1.357	1.996	
17:0....g	0.000		0	FLM	4		0.000	0.000	
18:0....g	0.846		0	FLM	4		0.575	0.846	
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	0.000		0	FLM	4		0.000	0.000	
Fatty acids, total monounsaturated....g	2.055		0	FLM	4		1.397	2.055	
14:1....g	0.000		0	FLM	4		0.000	0.000	
15:1....g									
16:1 undifferentiated....g	0.199		0	FLM	4		0.135	0.199	
17:1....g									
18:1 undifferentiated....g	1.856		0	FLM	4		1.262	1.856	
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	0.241		0	FLM	4		0.164	0.241	
18:2 undifferentiated....g	0.168		0	FLM	4		0.114	0.168	
18:3 undifferentiated....g	0.074		0	FLM	4		0.050	0.074	
18:4....g	0.000		0	FLM	4		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	
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									
Cholesterol....mg	28		2	MC	9		19	28	
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	FLC	4		0.0	0.0	
Caffeine....mg	2		0	FLM	4		1	2	
Theobromine....mg	69		0	FLM	4		47	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 = 68g: 1 serving

Measure 2 = 100g: 1 unit

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

Food Group: 19 Sweets

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

NDB No. 19265
Ice creams, chocolate, light, no sugar added

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	62.99		0	FLM	4		45.35		
Energy....kcal	173		0	NC	4		125		
Energy....kJ	724		0	NC	4		521		
Protein....g	3.54		2	MC	9		2.55		
Total lipid (fat)....g	5.74		2	MC	9		4.13		
Ash....g	0.94		0	FLM	4		0.68		
Carbohydrate, by difference....g	26.79		0	NC	4		19.29		
Fiber, total dietary....g	0.9		2	MC	9		0.6		
Sugars, total....g	5.65		2	MC	9		4.07		
Starch....g									
Minerals:									
Calcium, Ca....mg	121		2	MC	9		87		
Iron, Fe....mg	0.48		2	MC	9		0.34		
Magnesium, Mg....mg	15		0	FLM	4		11		
Phosphorus, P....mg	106		0	FLM	4		77		
Potassium, K....mg	196		0	FLM	4		141		
Sodium, Na....mg	75		2	MC	9		54		
Zinc, Zn....mg	0.40		0	FLM	4		0.29		
Copper, Cu....mg	0.018		0	FLM	4		0.013		
Manganese, Mn....mg	0.009		0	FLM	4		0.006		
Selenium, Se....µg	2.9		0	FLM	4		2.1		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.7		2	MC	9		0.5		
Thiamin....mg	0.044		0	FLM	4		0.032		
Riboflavin....mg	0.180		0	FLM	4		0.130		
Niacin....mg	0.111		0	FLM	4		0.080		
Pantothenic acid....mg	0.414		0	FLM	4		0.298		
Vitamin B-6....mg	0.042		0	FLM	4		0.030		
Folate, total....µg	5		0	FLM	4		3		
Folic acid....µg	0		0	Z	7		0		
Folate, food....µg	5		0	FLM	4		3		
Folate, DFE....µg	5		0	NC	4		3		
Choline, total....mg	11.7		0	NR	4		8.4		
Betaine....mg									
Vitamin B-12....µg	0.38		0	FLM	4		0.27		
Vitamin B-12, added....µg	0.00		0	Z	7		0.00		
Vitamin A, RAE....µg	75		0	FLM	4		54		
Retinol....µg	74		0	FLM	4		53		
Carotene, beta....µg	10		0	FLM	4		7		
Carotene, alpha....µg	0		0	FLM	4		0		
Cryptoxanthin, beta....µg	0		0	FLM	4		0		
Vitamin A, IU....IU	264		2	MC	9		190		
Lycopene....µg	0		0	FLM	4		0		
Lutein + zeaxanthin....µg	0		0	FLM	4		0		
Vitamin E (alpha-tocopherol)....mg	0.30		0	FLM	4		0.21		
Vitamin E, added....mg	0.00		0	Z	7		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	0.1		0	AS	1		0.1		
Vitamin D....IU	4		0	BFFN	4		3		
Vitamin K (phylloquinone)....µg	3.6		0	FLM	4		2.6		
Dihydrophylloquinone....µg									
Menaquinone-4....µg									

NDB No. 19265

Ice creams, chocolate, light, no sugar added

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	3.610		2	MC	9		2.599		
4:0....g	0.172		0	FLM	4		0.124		
6:0....g	0.105		0	FLM	4		0.075		
8:0....g	0.065		0	FLM	4		0.047		
10:0....g	0.135		0	FLM	4		0.097		
12:0....g	0.149		0	FLM	4		0.108		
13:0....g	0.000		0	FLM	4		0.000		
14:0....g	0.543		0	FLM	4		0.391		
15:0....g	0.000		0	FLM	4		0.000		
16:0....g	1.624		0	FLM	4		1.169		
17:0....g	0.000		0	FLM	4		0.000		
18:0....g	0.706		0	FLM	4		0.508		
20:0....g	0.000		0	FLM	4		0.000		
22:0....g	0.000		0	FLM	4		0.000		
24:0....g	0.000		0	FLM	4		0.000		
Fatty acids, total monounsaturated....g	0.930		0	FLM	4		0.669		
14:1....g	0.000		0	FLM	4		0.000		
15:1....g									
16:1 undifferentiated....g	0.066		0	FLM	4		0.048		
17:1....g									
18:1 undifferentiated....g	0.863		0	FLM	4		0.622		
20:1....g	0.000		0	FLM	4		0.000		
22:1 undifferentiated....g	0.000		0	FLM	4		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.527		0	FLM	4		0.379		
18:2 undifferentiated....g	0.434		0	FLM	4		0.313		
18:3 undifferentiated....g	0.092		0	FLM	4		0.066		
18:4....g	0.000		0	FLM	4		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0	FLM	4		0.000		
20:5 n-3 (EPA)....g	0.000		0	FLM	4		0.000		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	FLM	4		0.000		
22:6 n-3 (DHA)....g	0.000		0	FLM	4		0.000		
Fatty acids, total trans....g									
Cholesterol....mg	16		2	MC	9		12		
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	FLM	4		0.0		
Caffeine....mg	0		0	FLM	4		0		
Theobromine....mg	5		0	FLM	4		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 = 72g: 1 serving 1/2 cup

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

Food Group: 19 Sweets

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

NDB No. 43541
Ice creams, chocolate, rich

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	57.52		0	FLM	4		85.13	5.87	
Energy....kcal	251		0	NC	4		371	26	
Energy....kJ	1049		0	NC	4		1553	107	
Protein....g	4.72		1	LC	8		6.98	0.48	
Total lipid (fat)....g	16.98		1	LC	8		25.13	1.73	
Ash....g	1.00		0	FLM	4		1.48	0.10	
Carbohydrate, by difference....g	19.78		0	NC	4		29.28	2.02	
Fiber, total dietary....g	0.9		1	LC	8		1.4	0.1	
Sugars, total....g	17.35		0	T	4		25.67	1.77	
Starch....g									
Minerals:									
Calcium, Ca....mg	142		1	LC	8		209	14	
Iron, Fe....mg	1.02		1	LC	8		1.51	0.10	
Magnesium, Mg....mg	32		0	FLM	4		47	3	
Phosphorus, P....mg	115		0	FLM	4		170	12	
Potassium, K....mg	238		0	FLM	4		353	24	
Sodium, Na....mg	57		1	LC	8		84	6	
Zinc, Zn....mg	0.64		0	FLM	4		0.95	0.07	
Copper, Cu....mg	0.175		0	FLM	4		0.258	0.018	
Manganese, Mn....mg	0.173		0	FLM	4		0.255	0.018	
Selenium, Se....µg	2.1		0	FLM	4		3.1	0.2	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.5		0	FLM	4		0.7	0.0	
Thiamin....mg	0.030		0	FLM	4		0.044	0.003	
Riboflavin....mg	0.167		0	FLM	4		0.247	0.017	
Niacin....mg	0.182		0	FLM	4		0.269	0.019	
Pantothenic acid....mg	0.336		0	FLM	4		0.498	0.034	
Vitamin B-6....mg	0.033		0	FLM	4		0.048	0.003	
Folate, total....µg	5		0	FLM	4		8	1	
Folic acid....µg	0		0	FLM	4		0	0	
Folate, food....µg	5		0	FLM	4		8	1	
Folate, DFE....µg	5		0	NC	4		8	1	
Choline, total....mg	34.7		0	NR	4		51.3	3.5	
Betaine....mg									
Vitamin B-12....µg	0.18		0	FLM	4		0.26	0.02	
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....µg	201		0	NC	4		297	20	
Retinol....µg	198		0	FLM	4		293	20	
Carotene, beta....µg	31		0	FLM	4		46	3	
Carotene, alpha....µg	0		0	FLM	4		0	0	
Cryptoxanthin, beta....µg	0		0	FLM	4		0	0	
Vitamin A, IU....IU	713		0	NC	4		1055	73	
Lycopene....µg	0		0	FLM	4		0	0	
Lutein + zeaxanthin....µg	2		0	FLM	4		3	0	
Vitamin E (alpha-tocopherol)....mg	0.46		0	FLM	4		0.68	0.05	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.3		0	AS	1		0.5	0.0	
Vitamin D....IU	12		0	BFFN	4		18	1	
Vitamin K (phylloquinone)....µg	1.5		0	FLM	4		2.2	0.2	
Dihydrophylloquinone....µg									
Menaquinone-4....µg									

NDB No. 43541
Ice creams, chocolate, rich

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	10.377		1	LC	8		15.358	1.058	
4:0....g	0.517		0	FLM	4		0.766	0.053	
6:0....g	0.312		0	FLM	4		0.462	0.032	
8:0....g	0.188		0	FLM	4		0.278	0.019	
10:0....g	0.403		0	FLM	4		0.597	0.041	
12:0....g	0.450		0	FLM	4		0.667	0.046	
13:0....g	0.000		0	FLM	4		0.000	0.000	
14:0....g	1.619		0	FLM	4		2.397	0.165	
15:0....g	0.000		0	FLM	4		0.000	0.000	
16:0....g	4.406		0	FLM	4		6.520	0.449	
17:0....g	0.000		0	FLM	4		0.000	0.000	
18:0....g	2.138		0	FLM	4		3.164	0.218	
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	0.000		0	FLM	4		0.000	0.000	
Fatty acids, total monounsaturated....g	4.794		0	FLM	4		7.095	0.489	
14:1....g	0.000		0	FLM	4		0.000	0.000	
15:1....g									
16:1 undifferentiated....g	0.361		0	FLM	4		0.535	0.037	
17:1....g									
18:1 undifferentiated....g	4.433		0	FLM	4		6.561	0.452	
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	0.658		0	FLM	4		0.975	0.067	
18:2 undifferentiated....g	0.409		0	FLM	4		0.605	0.042	
18:3 undifferentiated....g	0.250		0	FLM	4		0.369	0.025	
18:4....g	0.000		0	FLM	4		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	
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									
Cholesterol....mg	60		0	FLM	4		89	6	
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	FLM	4		0.0	0.0	
Caffeine....mg	4		0	FLM	4		5	0	
Theobromine....mg	120		0	FLM	4		178	12	

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

Common Measures:

Measure 1 = 148g: 1 cup

Measure 2 = 10.2g: 1 cubic inch

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

Food Group: 19 Sweets

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

NDB No. 19090
Ice creams, french vanilla, soft-serve

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	59.80	0.361	11		1		51.43		
Energy....kcal	222		0	NC	4		191		
Energy....kJ	930		0	NC	4		800		
Protein (N x 6.25)....g	4.10		1		1		3.53		
Total lipid (fat)....g	13.00	0.508	11		1		11.18		
Ash....g	0.90		1		4		0.77		
Carbohydrate, by difference....g	22.20		0	NC	4		19.09		
Fiber, total dietary....g	0.7		0	FLA	4		0.6		
Sugars, total....g	21.16		0	FLA	4		18.20		
Starch....g									
Minerals:									
Calcium, Ca....mg	131		1		4		113		
Iron, Fe....mg	0.21		1		4		0.18		
Magnesium, Mg....mg	12		1		4		10		
Phosphorus, P....mg	116		1		4		100		
Potassium, K....mg	177		1		4		152		
Sodium, Na....mg	61		1		4		52		
Zinc, Zn....mg	0.52		1		4		0.45		
Copper, Cu....mg	0.030		1		4		0.026		
Manganese, Mn....mg	0.005		1		4		0.004		
Selenium, Se....µg	3.0		0	BFPN	4		2.6		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.8		1		4		0.7		
Thiamin....mg	0.049		1		4		0.042		
Riboflavin....mg	0.182		1		4		0.157		
Niacin....mg	0.095		1		4		0.082		
Pantothenic acid....mg	0.506		1		4		0.435		
Vitamin B-6....mg	0.048		1		4		0.041		
Folate, total....µg	9		1		4		8		
Folic acid....µg	0		0	Z	7		0		
Folate, food....µg	9		1		4		8		
Folate, DFE....µg	9		0	NC	4		8		
Choline, total....mg	26.0		0	T	4		22.4		
Betaine....mg									
Vitamin B-12....µg	0.50		1		4		0.43		
Vitamin B-12, added....µg	0.00		0	FLA	4		0.00		
Vitamin A, RAE....µg	162		0	FLA	4		139		
Retinol....µg	159		0	FLA	4		137		
Carotene, beta....µg	30		0	FLA	4		26		
Carotene, alpha....µg	5		0	FLA	4		4		
Cryptoxanthin, beta....µg	5		0	FLA	4		4		
Vitamin A, IU....IU	589		0	FLA	4		506		
Lycopene....µg	0		0	FLA	4		0		
Lutein + zeaxanthin....µg	151		0	FLA	4		130		
Vitamin E (alpha-tocopherol)....mg	0.61		0	FLA	4		0.52		
Vitamin E, added....mg	0.00		0	FLA	4		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	0.7		0	NR	4		0.6		
Vitamin D....IU	29		0	FLA	4		25		
Vitamin K (phylloquinone)....µg	0.9		0	FLA	4		0.8		
Dihydrophylloquinone....µg									
Menaquinone-4....µg									

NDB No. 19090
Ice creams, french vanilla, soft-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
Lipids:									
Fatty acids, total saturated....g	7.480		0		1		6.433		
4:0....g	0.390		1		1		0.335		
6:0....g	0.230		1		1		0.198		
8:0....g	0.130		1		1		0.112		
10:0....g	0.300		1		1		0.258		
12:0....g	0.340		1		1		0.292		
13:0....g									
14:0....g	1.240		1		1		1.066		
15:0....g									
16:0....g	3.360		1		1		2.890		
17:0....g									
18:0....g	1.470		1		1		1.264		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	3.490		0		1		3.001		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.270		1		1		0.232		
17:1....g									
18:1 undifferentiated....g	3.220		1		1		2.769		
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	0.450		0		1		0.387		
18:2 undifferentiated....g	0.280		1		1		0.241		
18:3 undifferentiated....g	0.180		1		1		0.155		
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	91		1		4		78		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.048		0		1		0.041		
Threonine....g	0.169		0		1		0.145		
Isoleucine....g	0.215		0		1		0.185		
Leucine....g	0.353		0		1		0.304		
Lysine....g	0.296		0		1		0.255		
Methionine....g	0.091		0		1		0.078		
Cystine....g	0.036		0		1		0.031		
Phenylalanine....g	0.176		0		1		0.151		
Tyrosine....g	0.170		0		1		0.146		
Valine....g	0.241		0		1		0.207		
Arginine....g	0.172		0		1		0.148		
Histidine....g	0.099		0		1		0.085		
Alanine....g	0.164		0		1		0.141		
Aspartic acid....g	0.300		0		1		0.258		
Glutamic acid....g	0.745		0		1		0.641		
Glycine....g	0.163		0		1		0.140		
Proline....g	0.374		0		1		0.322		
Serine....g	0.216		0		1		0.186		
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0		
Caffeine....mg	0		0	Z	7		0		

NDB No. 19090
Ice creams, french vanilla, soft-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
Theobromine.....mg	0		0	Z	7		0		

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

Common Measures:

Measure 1 = 86g: .5 cup (4 fl oz)

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

Food Group: 19 Sweets

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

NDB No. 19899
Ice creams, regular, low carbohydrate, chocolate

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	55.70	0.813	11		1		32.31		
Energy....kcal	237		0	NC	4		137		
Energy....kJ	990		0	NC	4		574		
Protein....g	3.80	0.082	6		1		2.20		
Total lipid (fat)....g	12.70		1	LC	8		7.37		
Ash....g	1.00	0.050	6		1		0.58		
Carbohydrate, by difference....g	26.80		0	NC	4		15.54		
Fiber, total dietary....g	4.8		1	LC	8		2.8		
Sugars, total....g	6.35		1	LC	8		3.68		
Starch....g									
Minerals:									
Calcium, Ca....mg	109	2.964	34		1		63		
Iron, Fe....mg	0.93	0.061	35		1		0.54		
Magnesium, Mg....mg	29	0.755	36		1		17		
Phosphorus, P....mg	107	1.632	28		1		62		
Potassium, K....mg	249	4.882	35		1		144		
Sodium, Na....mg	76	2.707	36		1		44		
Zinc, Zn....mg	0.58	0.021	35		1		0.34		
Copper, Cu....mg	0.135	0.011	35		1		0.078		
Manganese, Mn....mg	0.140	0.008	35		1		0.081		
Selenium, Se....µg	2.5	0.301	17	A	1		1.5		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.7		0		4		0.4		
Thiamin....mg	0.042	0.004	5		1		0.024		
Riboflavin....mg	0.194	0.009	5		1		0.113		
Niacin....mg	0.226	0.015	5		1		0.131		
Pantothenic acid....mg	0.554	0.063	5		1		0.321		
Vitamin B-6....mg	0.055	0.003	5		1		0.032		
Folate, total....µg	16	1.147	5		1		9		
Folic acid....µg	0		0	BFZN	4		0		
Folate, food....µg	16		0	BFZN	4		9		
Folate, DFE....µg	16		0	NC	4		9		
Choline, total....mg	22.5		0	BFZN	4		13.0		
Betaine....mg									
Vitamin B-12....µg	0.29	0.055	5		1		0.17		
Vitamin B-12, added....µg	0.00		0	BFZN	4		0.00		
Vitamin A, RAE....µg	118		0	NC	4		68		
Retinol....µg	116		0	BFZN	4		67		
Carotene, beta....µg	19		0	BFZN	4		11		
Carotene, alpha....µg	0		0	BFZN	4		0		
Cryptoxanthin, beta....µg	0		0	BFZN	4		0		
Vitamin A, IU....IU	419		0	NC	4		243		
Lycopene....µg	0		0	BFZN	4		0		
Lutein + zeaxanthin....µg	0		0	BFZN	4		0		
Vitamin E (alpha-tocopherol)....mg	0.30		0	BFZN	4		0.17		
Vitamin E, added....mg	0.00		0	BFZN	4		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	0.2		0	AS	1		0.1		
Vitamin D....IU	9		0	BFFN	4		5		
Vitamin K (phylloquinone)....µg	0.3		0	BFZN	4		0.2		
Dihydrophylloquinone....µg									
Menaquinone-4....µg									

NDB No. 19899

Ice creams, regular, low carbohydrate, 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
Lipids:									
Fatty acids, total saturated....g	6.800		0		1		3.944		
4:0....g	0.340		1		1		0.197		
6:0....g	0.200		1		1		0.116		
8:0....g	0.120		1		1		0.070		
10:0....g	0.260		1		1		0.151		
12:0....g	0.290		1		1		0.168		
13:0....g									
14:0....g	1.070		1		1		0.621		
15:0....g									
16:0....g	3.060		1		1		1.775		
17:0....g									
18:0....g	1.460		1		1		0.847		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	3.210		0		1		1.862		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.240		1		1		0.139		
17:1....g									
18:1 undifferentiated....g	2.970		1		1		1.723		
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	0.410		0		1		0.238		
18:2 undifferentiated....g	0.250		1		1		0.145		
18:3 undifferentiated....g	0.150		1		1		0.087		
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	34		1		1		20		
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0		
Caffeine....mg	3		1		1		2		
Theobromine....mg	62		1		1		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 = 58g: 1 individual (3.5 fl oz)

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

Food Group: 19 Sweets

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

NDB No. 19898
Ice creams, regular, low carbohydrate, 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
Proximates:									
Water....g	61.00	0.360	50		1		35.38	40.26	
Energy....kcal	216		0	NC	4		125	142	
Energy....kJ	903		0	NC	4		524	596	
Protein....g	3.17		1	LC	8		1.84	2.10	
Total lipid (fat)....g	12.70		1	LC	8		7.37	8.38	
Ash....g	0.90	0.045	6		1		0.52	0.59	
Carbohydrate, by difference....g	22.23		0	NC	4		12.89	14.67	
Fiber, total dietary....g	4.8		1	LC	8		2.8	3.1	
Sugars, total....g	6.35		1	LC	8		3.68	4.19	
Starch....g									
Minerals:									
Calcium, Ca....mg	128	5.483	17		1		74	84	
Iron, Fe....mg	0.09	0.007	35		1		0.05	0.06	
Magnesium, Mg....mg	14	0.361	12		1		8	9	
Phosphorus, P....mg	105	4.119	12		1		61	69	
Potassium, K....mg	199	6.120	12		1		115	131	
Sodium, Na....mg	48		1	LC	8		28	31	
Zinc, Zn....mg	0.69	0.160	14		1		0.40	0.46	
Copper, Cu....mg	0.023	0.002	7		1		0.013	0.015	
Manganese, Mn....mg	0.008	0.001	6		1		0.005	0.005	
Selenium, Se....µg	2.6		0	BFPN	4		1.5	1.7	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.6	0.067	21		1		0.3	0.4	
Thiamin....mg	0.041	0.003	13		1		0.024	0.027	
Riboflavin....mg	0.240	0.013	14		1		0.139	0.158	
Niacin....mg	0.116	0.011	6		1		0.067	0.077	
Pantothenic acid....mg	0.581	0.170	3		1		0.337	0.383	
Vitamin B-6....mg	0.048	0.001	10		1		0.028	0.032	
Folate, total....µg	5	1.830	4		1		3	3	
Folic acid....µg	0		0	BFZN	4		0	0	
Folate, food....µg	5		0	BFZN	4		3	3	
Folate, DFE....µg	5		0	NC	4		3	3	
Choline, total....mg	26.0		0	BFZN	4		15.1	17.2	
Betaine....mg									
Vitamin B-12....µg	0.39	0.043	3		1		0.23	0.26	
Vitamin B-12, added....µg	0.00		0	BFZN	4		0.00	0.00	
Vitamin A, RAE....µg	118		0	NC	4		68	78	
Retinol....µg	116		0	BFZN	4		67	77	
Carotene, beta....µg	19		0	BFZN	4		11	12	
Carotene, alpha....µg	0		0	BFZN	4		0	0	
Cryptoxanthin, beta....µg	0		0	BFZN	4		0	0	
Vitamin A, IU....IU	418		0	NC	4		243	276	
Lycopene....µg	0		0	BFZN	4		0	0	
Lutein + zeaxanthin....µg	0		0	BFZN	4		0	0	
Vitamin E (alpha-tocopherol)....mg	0.30		0	BFZN	4		0.17	0.19	
Vitamin E, added....mg	0.00		0	BFZN	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	0.2		0	AS	1		0.1	0.2	
Vitamin D....IU	9		0	BFFN	4		5	6	
Vitamin K (phylloquinone)....µg	0.3		0	BFZN	4		0.2	0.2	
Dihydrophylloquinone....µg									
Menaquinone-4....µg									

NDB No. 19898
Ice creams, regular, low carbohydrate, 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
Lipids:									
Fatty acids, total saturated....g	6.790		0		1		3.938	4.481	
4:0....g	0.360		1		1		0.209	0.238	
6:0....g	0.210		1		1		0.122	0.139	
8:0....g	0.120		1		1		0.070	0.079	
10:0....g	0.280		1		1		0.162	0.185	
12:0....g	0.310		1		1		0.180	0.205	
13:0....g									
14:0....g	1.130		1		1		0.655	0.746	
15:0....g									
16:0....g	3.060		1		1		1.775	2.020	
17:0....g									
18:0....g	1.330		1		1		0.771	0.878	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	3.170		0		1		1.839	2.092	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.250		1		1		0.145	0.165	
17:1....g									
18:1 undifferentiated....g	2.930		1		1		1.699	1.934	
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	0.410		0		1		0.238	0.271	
18:2 undifferentiated....g	0.250		1		1		0.145	0.165	
18:3 undifferentiated....g	0.160		1		1		0.093	0.106	
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	32		1	LC	8		18	21	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.045		0		1		0.026	0.030	
Threonine....g	0.146		0		1		0.085	0.096	
Isoleucine....g	0.195		0		1		0.113	0.129	
Leucine....g	0.316		0		1		0.183	0.209	
Lysine....g	0.258		0		1		0.150	0.170	
Methionine....g	0.081		0		1		0.047	0.053	
Cystine....g	0.029		0		1		0.017	0.019	
Phenylalanine....g	0.157		0		1		0.091	0.104	
Tyrosine....g	0.155		0		1		0.090	0.102	
Valine....g	0.217		0		1		0.126	0.143	
Arginine....g	0.125		0		1		0.073	0.083	
Histidine....g	0.088		0		1		0.051	0.058	
Alanine....g	0.121		0		1		0.070	0.080	
Aspartic acid....g	0.250		0		1		0.145	0.165	
Glutamic acid....g	0.681		0		1		0.395	0.449	
Glycine....g	0.093		0		1		0.054	0.061	
Proline....g	0.326		0		1		0.189	0.215	
Serine....g	0.177		0		1		0.103	0.117	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	BFZN	4		0	0	

NDB No. 19898
Ice creams, regular, low carbohydrate, 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
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 = 58g: 1 individual (3.5 fl oz)

Measure 2 = 66g: .5 cup (4 fl oz)

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

Food Group: 19 Sweets

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

NDB No. 19271
Ice creams, 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
Proximates:									
Water....g	60.00	1.302	7		1		34.80	39.60	
Energy....kcal	192		0	NC	4		111	127	
Energy....kJ	803				4		466	530	
Protein (N x 6.4)....g	3.20		2		1		1.86	2.11	
Total lipid (fat)....g	8.40		2		1		4.87	5.54	
Ash....g	0.70		2		1		0.41	0.46	
Carbohydrate, by difference....g	27.60		0	NC	4		16.01	18.22	
Fiber, total dietary....g	0.9		0	FLA	4		0.5	0.6	
Sugars, total....g									
Sucrose....g									
Glucose (dextrose)....g									
Fructose....g									
Lactose....g	4.43		0	FLA	4		2.57	2.92	
Maltose....g									
Galactose....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	120	4.974	4		1		70	79	
Iron, Fe....mg	0.21	0.037	4		1		0.12	0.14	
Magnesium, Mg....mg	14	0.421	4		1		8	9	
Phosphorus, P....mg	100		2		1		58	66	
Potassium, K....mg	188	8.003	4		1		109	124	
Sodium, Na....mg	60	10.493	4		1		35	40	
Zinc, Zn....mg	0.34	0.020	4		1		0.20	0.22	
Copper, Cu....mg	0.037		2		1		0.021	0.024	
Manganese, Mn....mg	0.078	0.035	4		1		0.045	0.051	
Selenium, Se....µg	1.9		0	FLA	4		1.1	1.2	
Vitamins:									
Vitamin C, total ascorbic acid....mg	7.7		2		1		4.5	5.1	
Thiamin....mg	0.045		2		1		0.026	0.030	
Riboflavin....mg	0.255		2		1		0.148	0.168	
Niacin....mg	0.170		2		1		0.099	0.112	
Pantothenic acid....mg	0.720		2		1		0.418	0.475	
Vitamin B-6....mg	0.050		2		1		0.029	0.033	
Folate, total....µg	12		2		1		7	8	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	12		2		1		7	8	
Folate, DFE....µg	12		0	NC	4		7	8	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.30		2		1		0.17	0.20	
Vitamin A, RAE....µg	96		0	NC	4		56	64	
Retinol....µg	96		0	FLA	4		56	64	
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	320		2		1		186	211	
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									

NDB No. 19271
Ice creams, 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
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	5.190		0		4		3.010	3.425	
Fatty acids, total monounsaturated....g									
Fatty acids, total polyunsaturated....g									
Fatty acids, total trans....g									
Cholesterol....mg	29		2		1		17	19	
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	FLA	4		0.0	0.0	
Caffeine....mg	0		0	FLA	4		0	0	
Theobromine....mg	0		0	FLA	4		0	0	

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

Common Measures:

Measure 1 = 58g: 1 individual (3.5 fl oz)

Measure 2 = 66g: .5 cup (4 fl oz)

Calories Factors: Protein 4.1 **Fat** 8.79 **Carbohydrate** 3.8

Food Group: 19 Sweets

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

NDB No. 19095
Ice creams, 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
Proximates:									
Water....g	61.00	0.360	50		1		40.26		
Energy....kcal	207		0	NC	4		137		
Energy....kJ	868		0	NC	4		573		
Protein (N x 6.25)....g	3.50	0.199	152		1		2.31		
Total lipid (fat)....g	11.00	0.080	291		1		7.26		
Ash....g	0.90	0.045	6		1		0.59		
Carbohydrate, by difference....g	23.60		0	NC	4		15.58		
Fiber, total dietary....g	0.7		0	FLC	4		0.5		
Sugars, total....g	21.22	0.317	3	JO	11		14.01		
Starch....g									
Minerals:									
Calcium, Ca....mg	128	5.483	17		1		84		
Iron, Fe....mg	0.09	0.007	35		1		0.06		
Magnesium, Mg....mg	14	0.361	12		1		9		
Phosphorus, P....mg	105	4.119	12		1		69		
Potassium, K....mg	199	6.120	12		1		131		
Sodium, Na....mg	80	6.528	19		1		53		
Zinc, Zn....mg	0.69	0.160	14		1		0.46		
Copper, Cu....mg	0.023	0.002	7		1		0.015		
Manganese, Mn....mg	0.008	0.001	6		1		0.005		
Selenium, Se....µg	1.8		1	A	1		1.2		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.6	0.067	21		1		0.4		
Thiamin....mg	0.041	0.003	13		1		0.027		
Riboflavin....mg	0.240	0.013	14		1		0.158		
Niacin....mg	0.116	0.011	6		1		0.077		
Pantothenic acid....mg	0.581	0.170	3		1		0.383		
Vitamin B-6....mg	0.048	0.001	10		1		0.032		
Folate, total....µg	5	1.830	4		1		3		
Folic acid....µg	0		0	FLC	4		0		
Folate, food....µg	5	1.830	4		1		3		
Folate, DFE....µg	5		0	NC	4		3		
Choline, total....mg	26.0		0	AS	1		17.2		
Betaine....mg									
Vitamin B-12....µg	0.39	0.043	3		1		0.26		
Vitamin B-12, added....µg	0.00		0	FLC	4		0.00		
Vitamin A, RAE....µg	118		0	NC	4		78		
Retinol....µg	116		0	FLC	4		77		
Carotene, beta....µg	19		2	A	1		12		
Carotene, alpha....µg	0		2	A	1		0		
Cryptoxanthin, beta....µg	0		2	A	1		0		
Vitamin A, IU....IU	421		0	FLC	4		278		
Lycopene....µg	0		2	A	1		0		
Lutein + zeaxanthin....µg	0		2	A	1		0		
Vitamin E (alpha-tocopherol)....mg	0.30		0	FLC	4		0.19		
Vitamin E, added....mg	0.00		0	FLC	4		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	0.2		0	NR	4		0.1		
Vitamin D....IU	8		0	O	4		5		
Vitamin K (phylloquinone)....µg	0.3		1	A	1		0.2		
Dihydrophylloquinone....µg									
Menaquinone-4....µg									

NDB No. 19095
Ice creams, 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
Lipids:									
Fatty acids, total saturated....g	6.790		0		1		4.481		
4:0....g	0.360		1		1		0.238		
6:0....g	0.210		1		1		0.139		
8:0....g	0.120		1		1		0.079		
10:0....g	0.280		1		1		0.185		
12:0....g	0.310		1		1		0.205		
13:0....g	0.000		0	FLC	4		0.000		
14:0....g	1.130		1		1		0.746		
15:0....g	0.000		0	FLC	4		0.000		
16:0....g	3.060		1		1		2.020		
17:0....g	0.000		0	FLC	4		0.000		
18:0....g	1.316		0	FLC	4		0.868		
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	2.969		0	FLC	4		1.960		
14:1....g	0.000		0	FLC	4		0.000		
15:1....g									
16:1 undifferentiated....g	0.206		0	FLC	4		0.136		
17:1....g									
18:1 undifferentiated....g	2.763		0	FLC	4		1.823		
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	0.452		0	FLC	4		0.299		
18:2 undifferentiated....g	0.275		0	FLC	4		0.181		
18:3 undifferentiated....g	0.175		0	FLC	4		0.115		
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	0.003		0	FLC	4		0.002		
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	44	1.924	10		1		29		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.045		0		1		0.030		
Threonine....g	0.146		0		1		0.096		
Isoleucine....g	0.195		0		1		0.129		
Leucine....g	0.316		0		1		0.209		
Lysine....g	0.258		0		1		0.170		
Methionine....g	0.081		0		1		0.053		
Cystine....g	0.029		0		1		0.019		
Phenylalanine....g	0.157		0		1		0.104		
Tyrosine....g	0.155		0		1		0.102		
Valine....g	0.217		0		1		0.143		
Arginine....g	0.125		0		1		0.083		
Histidine....g	0.088		0		1		0.058		
Alanine....g	0.121		0		1		0.080		
Aspartic acid....g	0.250		0		1		0.165		
Glutamic acid....g	0.681		0		1		0.449		
Glycine....g	0.093		0		1		0.061		
Proline....g	0.326		0		1		0.215		
Serine....g	0.177		0		1		0.117		
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0		

NDB No. 19095
Ice creams, 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
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 = 66g: 1 serving 1/2 cup

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

Food Group: 19 Sweets

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

NDB No. 19867
Ice creams, vanilla, fat free

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	64.35	1.666	4		1		43.11		
Energy....kcal	138		0	NC	4		93		
Energy....kJ	578		0	NC	4		387		
Protein....g	4.48		1	LC	8		3.00		
Total lipid (fat)....g	0.00		1	LC	8		0.00		
Ash....g	1.11		0	BFNN	4		0.74		
Carbohydrate, by difference....g	30.06		0	NC	4		20.14		
Fiber, total dietary....g	1.0	0.407	4		1		0.7		
Sugars, total....g	6.30		0	O	4		4.22		
Starch....g									
Minerals:									
Calcium, Ca....mg	149		1	LC	8		100		
Iron, Fe....mg	0.00		1	LC	8		0.00		
Magnesium, Mg....mg	21		0	BFNN	4		14		
Phosphorus, P....mg	150		0	BFNN	4		100		
Potassium, K....mg	302		0	BFNN	4		203		
Sodium, Na....mg	97		1	LC	8		65		
Zinc, Zn....mg	1.06		0	BFNN	4		0.71		
Copper, Cu....mg	0.028		0	BFNN	4		0.019		
Manganese, Mn....mg									
Selenium, Se....µg	2.9		0	BFNN	4		2.0		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		1	LC	8		0.0		
Thiamin....mg	0.051		0	BFNN	4		0.034		
Riboflavin....mg	0.248		0	BFNN	4		0.166		
Niacin....mg	0.140		0	BFNN	4		0.093		
Pantothenic acid....mg									
Vitamin B-6....mg	0.047		0	BFNN	4		0.032		
Folate, total....µg	7		0	BFNN	4		5		
Folic acid....µg	0		0	BFNN	4		0		
Folate, food....µg	7		0	BFNN	4		5		
Folate, DFE....µg	7		0	NC	4		5		
Choline, total....mg	23.8		0	O	4		16.0		
Betaine....mg									
Vitamin B-12....µg	0.45		0	BFNN	4		0.30		
Vitamin B-12, added....µg	0.00		0	Z	7		0.00		
Vitamin A, RAE....µg	200		0	NC	4		134		
Retinol....µg	198		0	BFNN	4		133		
Carotene, beta....µg	23		0	BFNN	4		16		
Carotene, alpha....µg	0		0	BFNN	4		0		
Cryptoxanthin, beta....µg	0		0	BFNN	4		0		
Vitamin A, IU....IU	698		0	NC	4		468		
Lycopene....µg	0		0	BFNN	4		0		
Lutein + zeaxanthin....µg	0		0	BFNN	4		0		
Vitamin E (alpha-tocopherol)....mg	0.00		0	BFFN	4		0.00		
Vitamin E, added....mg	0.00		0	Z	7		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		
Vitamin D....IU	0		0	Z	7		0		
Vitamin K (phylloquinone)....µg	0.0		0	BFFN	4		0.0		
Dihydrophylloquinone....µg									
Menaquinone-4....µg									

NDB No. 19867
Ice creams, vanilla, fat 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
Lipids:									
Fatty acids, total saturated....g	0.000		1	LC	8		0.000		
4:0....g	0.000		0	BFFN	4		0.000		
6:0....g	0.000		0	BFFN	4		0.000		
8:0....g	0.000		0	BFFN	4		0.000		
10:0....g	0.000		0	BFFN	4		0.000		
12:0....g	0.000		0	BFFN	4		0.000		
13:0....g									
14:0....g	0.000		0	BFFN	4		0.000		
15:0....g									
16:0....g	0.000		0	BFFN	4		0.000		
17:0....g									
18:0....g	0.000		0	BFFN	4		0.000		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.000		0	BFFN	4		0.000		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0	BFFN	4		0.000		
17:1....g									
18:1 undifferentiated....g	0.000		0	BFFN	4		0.000		
20:1....g	0.000		0	BFFN	4		0.000		
22:1 undifferentiated....g	0.000		0	BFFN	4		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.000		0	BFFN	4		0.000		
18:2 undifferentiated....g	0.000		0	BFFN	4		0.000		
18:3 undifferentiated....g	0.000		0	BFFN	4		0.000		
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	0.000		0	BFFN	4		0.000		
20:5 n-3 (EPA)....g	0.000		0	BFFN	4		0.000		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	BFFN	4		0.000		
22:6 n-3 (DHA)....g	0.000		0	BFFN	4		0.000		
Fatty acids, total trans....g									
Cholesterol....mg	0		1	LC	8		0		
Phytosterols....mg									
Others:									
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 = 67g: .5 cup

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

Food Group: 19 Sweets

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

NDB No. 19088
Ice creams, vanilla, 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
Proximates:									
Water....g	59.85		0	FLC	4		45.48		
Energy....kcal	180		0	NC	4		137		
Energy....kJ	755		0	NC	4		574		
Protein (N x 6.25)....g	4.78	0.047	3	MC	9		3.64		
Total lipid (fat)....g	4.83	0.370	3	MC	9		3.67		
Ash....g	1.07		0	FLC	4		0.82		
Carbohydrate, by difference....g	29.46		0	NC	4		22.39		
Fiber, total dietary....g	0.3	0.092	3	MC	9		0.2		
Sugars, total....g	22.12	0.513	3	MC	9		16.81		
Starch....g									
Minerals:									
Calcium, Ca....mg	161	4.057	3	MC	9		122		
Iron, Fe....mg	0.19	0.073	3	MC	9		0.15		
Magnesium, Mg....mg	14	0.419	18	A	1		11		
Phosphorus, P....mg	103	3.694	18	A	1		78		
Potassium, K....mg	208	6.828	18	A	1		158		
Sodium, Na....mg	74	2.417	18	A	1		56		
Zinc, Zn....mg	0.73	0.353	18	A	1		0.56		
Copper, Cu....mg	0.017		0	FLC	4		0.013		
Manganese, Mn....mg	0.005		0	FLC	4		0.003		
Selenium, Se....µg	2.0	0.714	16	A	1		1.5		
Vitamins:									
Vitamin C, total ascorbic acid....mg	1.2	0.237	3	MC	9		0.9		
Thiamin....mg	0.053		0	FLC	4		0.040		
Riboflavin....mg	0.255		0	FLC	4		0.194		
Niacin....mg	0.136		0	FLC	4		0.103		
Pantothenic acid....mg	0.481		0	FLC	4		0.365		
Vitamin B-6....mg	0.045		0	FLC	4		0.034		
Folate, total....µg	6		0	FLC	4		5		
Folic acid....µg	0		0	FLC	4		0		
Folate, food....µg	6		0	FLC	4		5		
Folate, DFE....µg	6		0	NC	4		5		
Choline, total....mg	26.0		0	T	4		19.8		
Betaine....mg									
Vitamin B-12....µg	0.47		0	FLC	4		0.35		
Vitamin B-12, added....µg	0.00		0	Z	7		0.00		
Vitamin A, RAE....µg	128		0	FLA	4		98		
Retinol....µg	127		0	FLA	4		97		
Carotene, beta....µg	14		0	FLA	4		11		
Carotene, alpha....µg	0		0	FLA	4		0		
Cryptoxanthin, beta....µg	0		0	FLA	4		0		
Vitamin A, IU....IU	448	21.349	3	MC	9		340		
Lycopene....µg	0		0	FLA	4		0		
Lutein + zeaxanthin....µg	0		0	FLA	4		0		
Vitamin E (alpha-tocopherol)....mg	0.12		0	FLC	4		0.09		
Vitamin E, added....mg	0.00		0	Z	7		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	0.1		0	AS	1		0.1		
Vitamin D....IU	4		0	BFFN	4		3		
Vitamin K (phylloquinone)....µg	0.4		0	FLC	4		0.3		
Dihydrophylloquinone....µg									
Menaquinone-4....µg									

NDB No. 19088
Ice creams, vanilla, light

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	2.927	0.154	3	MC	9		2.224		
4:0....g	0.141		0	FLC	4		0.107		
6:0....g	0.099		0	FLC	4		0.075		
8:0....g	0.074		0	FLC	4		0.056		
10:0....g	0.117		0	FLC	4		0.089		
12:0....g	0.127		0	FLC	4		0.097		
13:0....g	0.000		0	FLC	4		0.000		
14:0....g	0.471		0	FLC	4		0.358		
15:0....g	0.000		0	FLC	4		0.000		
16:0....g	1.260		0	FLC	4		0.958		
17:0....g	0.000		0	FLC	4		0.000		
18:0....g	0.570		0	FLC	4		0.433		
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	1.281		0	FLC	4		0.974		
14:1....g	0.000		0	FLC	4		0.000		
15:1....g									
16:1 undifferentiated....g	0.070		0	FLC	4		0.053		
17:1....g									
18:1 undifferentiated....g	1.211		0	FLC	4		0.920		
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	0.219		0	FLC	4		0.166		
18:2 undifferentiated....g	0.134		0	FLC	4		0.102		
18:3 undifferentiated....g	0.085		0	FLC	4		0.064		
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	27	12.719	3	MC	9		21		
Phytosterols....mg									
Others:									
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 = 76g: 1 serving 1/2 cup

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

Food Group: 19 Sweets

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

NDB No. 19260
Ice creams, vanilla, light, no sugar added

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	65.52		0	FLA	4		44.56		
Energy....kcal	169		0	NC	4		115		
Energy....kJ	706		0	NC	4		480		
Protein....g	3.97	0.190	4	MC	9		2.70		
Total lipid (fat)....g	7.45	0.969	4	MC	9		5.07		
Ash....g	1.20		1	A	1		0.82		
Carbohydrate, by difference....g	21.42	0.257	4	MC	9		14.56		
Fiber, total dietary....g	0.0		0	NR	4		0.0		
Sugars, total....g	6.46	0.417	4	MC	9		4.39		
Starch....g									
Minerals:									
Calcium, Ca....mg	136	4.924	4	MC	9		93		
Iron, Fe....mg	0.19	0.037	4	MC	9		0.13		
Magnesium, Mg....mg	9		0	FLM	4		6		
Phosphorus, P....mg	75		0	FLM	4		51		
Potassium, K....mg	196		0	LC	8		133		
Sodium, Na....mg	96	23.018	4	MC	9		65		
Zinc, Zn....mg	0.31		0	FLM	4		0.21		
Copper, Cu....mg	0.030		0	FLM	4		0.020		
Manganese, Mn....mg	0.006		0	FLM	4		0.004		
Selenium, Se....µg	1.9		0	FLM	4		1.3		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.9	0.028	4	MC	9		0.6		
Thiamin....mg	0.029		0	FLM	4		0.020		
Riboflavin....mg	0.122		0	FLM	4		0.083		
Niacin....mg	0.074		0	FLM	4		0.050		
Pantothenic acid....mg	0.256		0	FLM	4		0.174		
Vitamin B-6....mg	0.029		0	FLM	4		0.019		
Folate, total....µg	4		0	FLM	4		3		
Folic acid....µg	0		0	FLA	4		0		
Folate, food....µg	4		0	FLM	4		3		
Folate, DFE....µg	4		0	NC	4		3		
Choline, total....mg	23.0		0	O	4		15.6		
Betaine....mg									
Vitamin B-12....µg	0.52		0	LC	8		0.35		
Vitamin B-12, added....µg	0.00		0	Z	7		0.00		
Vitamin A, RAE....µg	86		0	NC	4		58		
Retinol....µg	85		0	FLM	4		58		
Carotene, beta....µg	12		0	FLM	4		8		
Carotene, alpha....µg	0		0	FLM	4		0		
Cryptoxanthin, beta....µg	0		0	FLM	4		0		
Vitamin A, IU....IU	302	14.418	4	MC	9		206		
Lycopene....µg	0		0	FLM	4		0		
Lutein + zeaxanthin....µg	0		0	FLM	4		0		
Vitamin E (alpha-tocopherol)....mg	0.29		0	FLM	4		0.19		
Vitamin E, added....mg	0.00		0	Z	7		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	0.1		0	AS	1		0.1		
Vitamin D....IU	5		0	BFFN	4		4		
Vitamin K (phylloquinone)....µg	2.8		0	FLM	4		1.9		
Dihydrophylloquinone....µg									
Menaquinone-4....µg									

NDB No. 19260
Ice creams, vanilla, light, no sugar added

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	4.048	0.074	4	MC	9		2.752		
4:0....g	0.213		1	A	1		0.145		
6:0....g	0.116		1	A	1		0.079		
8:0....g	0.067		1	A	1		0.046		
10:0....g	0.149		1	A	1		0.101		
12:0....g	0.153		1	A	1		0.104		
13:0....g	0.000		0	FLM	4		0.000		
14:0....g	0.495		1	A	1		0.337		
15:0....g	0.053		1	A	1		0.036		
16:0....g	1.439		1	A	1		0.979		
17:0....g	0.032		1	A	1		0.022		
18:0....g	0.956		1	A	1		0.650		
20:0....g	0.012		1	A	1		0.008		
22:0....g	0.006		1	A	1		0.004		
24:0....g	0.005		1	A	1		0.003		
Fatty acids, total monounsaturated....g	1.855		0	FLM	4		1.262		
14:1....g	0.048		1	A	1		0.033		
15:1....g									
16:1 undifferentiated....g	0.088		1	A	1		0.060		
17:1....g	0.016		1	A	1		0.011		
18:1 undifferentiated....g	1.388		1	A	1		0.944		
20:1....g	0.012		1	A	1		0.008		
22:1 undifferentiated....g	0.005		1	A	1		0.003		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.740		0	FLM	4		0.503		
18:2 undifferentiated....g	0.165		1	A	1		0.112		
18:3 undifferentiated....g	0.032		1	A	1		0.022		
18:4....g	0.005		1	A	1		0.003		
20:2 n-6 c,c....g									
20:3 undifferentiated....g	0.002		1	A	1		0.002		
20:4 undifferentiated....g	0.011		1	A	1		0.007		
20:5 n-3 (EPA)....g	0.002		1	A	1		0.001		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	FLM	4		0.000		
22:6 n-3 (DHA)....g	0.000		0	FLM	4		0.000		
Fatty acids, total trans....g									
Cholesterol....mg	27	8.738	4	MC	9		18		
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	FLA	4		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 = 68g: 1 serving 1/2 cup

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

Food Group: 19 Sweets

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

NDB No. 19096
Ice creams, vanilla, light, soft-serve

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	69.60	0.153	45		1		61.25		
Energy....kcal	126		0		4		111		
Energy....kJ	527		0		4		464		
Protein (N x 6.4)....g	4.90		1		4		4.31		
Total lipid (fat)....g	2.60	0.116	67		1		2.29		
Ash....g	1.10		1		4		0.97		
Carbohydrate, by difference....g	21.80		0	NC	4		19.18		
Fiber, total dietary....g	0.0		0		4		0.0		
Sugars, total....g	18.69		0	BFCN	4		16.45		
Starch....g									
Minerals:									
Calcium, Ca....mg	157		1		4		138		
Iron, Fe....mg	0.06		1		4		0.05		
Magnesium, Mg....mg	14		1		4		12		
Phosphorus, P....mg	121		1		4		106		
Potassium, K....mg	221		1		4		194		
Sodium, Na....mg	70		1		4		62		
Zinc, Zn....mg	0.53		1		4		0.47		
Copper, Cu....mg	0.027		1		4		0.024		
Manganese, Mn....mg	0.008		1		4		0.007		
Selenium, Se....µg	3.6		0	BFPN	4		3.2		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.9		1		4		0.8		
Thiamin....mg	0.052		1		4		0.046		
Riboflavin....mg	0.198		1		4		0.174		
Niacin....mg	0.118		1		4		0.104		
Pantothenic acid....mg	0.447		1		4		0.393		
Vitamin B-6....mg	0.046		1		4		0.040		
Folate, total....µg	5		0	FLA	4		4		
Folic acid....µg	0		0	FLA	4		0		
Folate, food....µg	5		0	FLA	4		4		
Folate, DFE....µg	5		0	NC	4		4		
Choline, total....mg	20.3		0	T	4		17.9		
Betaine....mg									
Vitamin B-12....µg	0.50		1		4		0.44		
Vitamin B-12, added....µg	0.00		0	Z	7		0.00		
Vitamin A, RAE....µg	29		0	FLA	4		25		
Retinol....µg	28		0	FLA	4		25		
Carotene, beta....µg	5		0	FLA	4		5		
Carotene, alpha....µg	0		0	FLA	4		0		
Cryptoxanthin, beta....µg	0		0	FLA	4		0		
Vitamin A, IU....IU	103		1		4		91		
Lycopene....µg	0		0	FLA	4		0		
Lutein + zeaxanthin....µg	0		0	FLA	4		0		
Vitamin E (alpha-tocopherol)....mg	0.06		0	FLA	4		0.05		
Vitamin E, added....mg	0.00		0	Z	7		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		
Vitamin D....IU	0		0	Z	7		0		
Vitamin K (phylloquinone)....µg	0.4		0	BFZN	4		0.3		
Dihydrophylloquinone....µg									
Menaquinone-4....µg									

NDB No. 19096
Ice creams, vanilla, light, soft-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
Lipids:									
Fatty acids, total saturated....g	1.630		0		1		1.434		
4:0....g	0.090		2		1		0.079		
6:0....g	0.050		2		1		0.044		
8:0....g	0.030		2		1		0.026		
10:0....g	0.070		2		1		0.062		
12:0....g	0.070		2		1		0.062		
13:0....g									
14:0....g	0.270		2		1		0.238		
15:0....g									
16:0....g	0.730		2		1		0.642		
17:0....g									
18:0....g	0.320		2		1		0.282		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.760		0		1		0.669		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.060		2		1		0.053		
17:1....g									
18:1 undifferentiated....g	0.700		2		1		0.616		
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	0.100		0		1		0.088		
18:2 undifferentiated....g	0.060		2		1		0.053		
18:3 undifferentiated....g	0.040		2		1		0.035		
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	12		1		4		11		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.059		0		1		0.052		
Threonine....g	0.197		0		1		0.173		
Isoleucine....g	0.260		0		1		0.229		
Leucine....g	0.424		0		1		0.373		
Lysine....g	0.351		0		1		0.309		
Methionine....g	0.109		0		1		0.096		
Cystine....g	0.039		0		1		0.034		
Phenylalanine....g	0.211		0		1		0.186		
Tyrosine....g	0.204		0		1		0.180		
Valine....g	0.292		0		1		0.257		
Arginine....g	0.185		0		1		0.163		
Histidine....g	0.117		0		1		0.103		
Alanine....g	0.184		0		1		0.162		
Aspartic acid....g	0.345		0		1		0.304		
Glutamic acid....g	0.923		0		1		0.812		
Glycine....g	0.182		0		1		0.160		
Proline....g	0.466		0		1		0.410		
Serine....g	0.241		0		1		0.212		
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0		
Caffeine....mg	0		0	Z	7		0		

NDB No. 19096
Ice creams, vanilla, light, soft-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
Theobromine.....mg	0		0	Z	7		0		

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

Common Measures:

Measure 1 = 88g: 1 serving 1/2 cup

Calories Factors: Protein 4.1 **Fat** 8.79 **Carbohydrate** 3.8

Food Group: 19 Sweets

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

NDB No. 19089
Ice creams, vanilla, rich

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	57.20	0.555	7		1		61.20		
Energy....kcal	249		0	NC	4		266		
Energy....kJ	1042		0	NC	4		1115		
Protein (N x 6.25)....g	3.50	0.416	4		1		3.75		
Total lipid (fat)....g	16.20	0.212	11		1		17.33		
Ash....g	0.81		0	FLA	4		0.86		
Carbohydrate, by difference....g	22.29		0	NC	4		23.86		
Fiber, total dietary....g	0.0		1	LC	8		0.0		
Sugars, total....g	20.65		2	LC	8		22.10		
Starch....g									
Minerals:									
Calcium, Ca....mg	117		2	LC	8		126		
Iron, Fe....mg	0.34		1	LC	8		0.36		
Magnesium, Mg....mg	11		0	FLA	4		12		
Phosphorus, P....mg	105		0	FLA	4		112		
Potassium, K....mg	157		0	FLA	4		168		
Sodium, Na....mg	61		2	LC	8		65		
Zinc, Zn....mg	0.47		0	FLA	4		0.50		
Copper, Cu....mg	0.008		0	FLA	4		0.009		
Manganese, Mn....mg	0.004		0	FLA	4		0.004		
Selenium, Se....µg	3.5		0	FLA	4		3.7		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		1	LC	8		0.0		
Thiamin....mg	0.041		0	FLA	4		0.044		
Riboflavin....mg	0.167		0	FLA	4		0.179		
Niacin....mg	0.082		0	FLA	4		0.087		
Pantothenic acid....mg	0.460		0	FLA	4		0.492		
Vitamin B-6....mg	0.045		0	FLA	4		0.048		
Folate, total....µg	8		0	FLA	4		8		
Folic acid....µg	0		0	FLA	4		0		
Folate, food....µg	8		0	FLA	4		8		
Folate, DFE....µg	9		0	FLA	4		9		
Choline, total....mg	26.0		0	T	4		27.8		
Betaine....mg									
Vitamin B-12....µg	0.39		0	FLA	4		0.42		
Vitamin B-12, added....µg	0.00		0	Z	7		0.00		
Vitamin A, RAE....µg	182		0	FLA	4		195		
Retinol....µg	179		0	FLA	4		192		
Carotene, beta....µg	32		0	FLA	4		34		
Carotene, alpha....µg	1		0	FLA	4		1		
Cryptoxanthin, beta....µg	1		0	FLA	4		1		
Vitamin A, IU....IU	653		0	FLA	4		699		
Lycopene....µg	0		0	FLA	4		0		
Lutein + zeaxanthin....µg	34		0	FLA	4		36		
Vitamin E (alpha-tocopherol)....mg	0.51		0	FLA	4		0.55		
Vitamin E, added....mg	0.00		0	Z	7		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	0.3		0	AS	1		0.3		
Vitamin D....IU	12		0	BFFN	4		13		
Vitamin K (phylloquinone)....µg	1.3		0	FLA	4		1.4		
Dihydrophylloquinone....µg									
Menaquinone-4....µg									

NDB No. 19089
Ice creams, vanilla, rich

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	10.329		2	LC	8		11.052		
4:0....g	0.491		0	FLA	4		0.526		
6:0....g	0.290		0	FLA	4		0.310		
8:0....g	0.169		0	FLA	4		0.181		
10:0....g	0.380		0	FLA	4		0.406		
12:0....g	0.425		0	FLA	4		0.454		
13:0....g									
14:0....g	1.526		0	FLA	4		1.632		
15:0....g	0.000		0	FLA	4		0.000		
16:0....g	4.168		0	FLA	4		4.460		
17:0....g	0.000		0	FLA	4		0.000		
18:0....g	1.899		0	FLA	4		2.032		
20:0....g	0.000		0	FLA	4		0.000		
22:0....g	0.000		0	FLA	4		0.000		
24:0....g	0.000		0	FLA	4		0.000		
Fatty acids, total monounsaturated....g	4.460		0	FLA	4		4.772		
14:1....g	0.000		0	FLA	4		0.000		
15:1....g									
16:1 undifferentiated....g	0.360		0	FLA	4		0.385		
17:1....g									
18:1 undifferentiated....g	4.098		0	FLA	4		4.385		
20:1....g	0.002		0	FLA	4		0.002		
22:1 undifferentiated....g	0.000		0	FLA	4		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.680		0	FLA	4		0.727		
18:2 undifferentiated....g	0.437		0	FLA	4		0.468		
18:3 undifferentiated....g	0.222		0	FLA	4		0.238		
18:4....g	0.001		0	FLA	4		0.001		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.014		0	FLA	4		0.015		
20:5 n-3 (EPA)....g	0.001		0	FLA	4		0.001		
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	0.004		0	FLA	4		0.004		
Fatty acids, total trans....g									
Cholesterol....mg	92		2	LC	8		98		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.041		0		1		0.044		
Threonine....g	0.138		0		1		0.148		
Isoleucine....g	0.182		0		1		0.195		
Leucine....g	0.298		0		1		0.319		
Lysine....g	0.248		0		1		0.265		
Methionine....g	0.076		0		1		0.081		
Cystine....g	0.027		0		1		0.029		
Phenylalanine....g	0.149		0		1		0.159		
Tyrosine....g	0.142		0		1		0.152		
Valine....g	0.205		0		1		0.219		
Arginine....g	0.135		0		1		0.144		
Histidine....g	0.083		0		1		0.089		
Alanine....g	0.136		0		1		0.146		
Aspartic acid....g									
Glutamic acid....g	0.652		0		1		0.698		
Glycine....g	0.147		0		1		0.157		
Proline....g	0.338		0		1		0.362		
Serine....g	0.171		0		1		0.183		
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	FLA	4		0.0		
Caffeine....mg	0		0	FLA	4		0		

NDB No. 19089
Ice creams, vanilla, rich

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Caffeine.....mg	0			FLA	4				
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 = 107g: .5 cup

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

Food Group: 19 Sweets

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

NDB No. 19297
Jams and preserves

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	30.47	2.280	8	A	1		6.09	4.27	
Energy....kcal	278		0	NC	4		56	39	
Energy....kJ	1163		0	NC	4		233	163	
Protein (N x 6.25)....g	0.37	0.180	13	A	1		0.07	0.05	
Total lipid (fat)....g	0.07	0.070	10	A	1		0.01	0.01	
Ash....g	0.23	0.030	3	A	1		0.05	0.03	
Carbohydrate, by difference....g	68.86		0	NC	4		13.77	9.64	
Fiber, total dietary....g	1.1		0		1		0.2	0.2	
Sugars, total....g	48.50		2	A	1		9.70	6.79	
Starch....g									
Minerals:									
Calcium, Ca....mg	20		1		1		4	3	
Iron, Fe....mg	0.49	0.070	3		1		0.10	0.07	
Magnesium, Mg....mg	4		1		1		1	1	
Phosphorus, P....mg	19		0	FLC	4		4	3	
Potassium, K....mg	77	2.028	3		1		15	11	
Sodium, Na....mg	32	9.040	5	A	1		6	4	
Zinc, Zn....mg	0.06	0.023	4		1		0.01	0.01	
Copper, Cu....mg	0.100		1		1		0.020	0.014	
Manganese, Mn....mg	0.040		1		1		0.008	0.006	
Selenium, Se....µg	2.0		1	A	1		0.4	0.3	
Vitamins:									
Vitamin C, total ascorbic acid....mg	8.8		2		1		1.8	1.2	
Thiamin....mg	0.016		0	FLC	4		0.003	0.002	
Riboflavin....mg	0.076		0	FLC	4		0.015	0.011	
Niacin....mg	0.036		1		1		0.007	0.005	
Pantothenic acid....mg	0.020		1		1		0.004	0.003	
Vitamin B-6....mg	0.020		2		1		0.004	0.003	
Folate, total....µg	11		0	FLC	4		2	2	
Folic acid....µg	0		0	FLC	4		0	0	
Folate, food....µg	11		0	FLC	4		2	2	
Folate, DFE....µg	11		0	NC	4		2	2	
Choline, total....mg	10.2		0	AS	1		2.0	1.4	
Betaine....mg									
Vitamin B-12....µg	0.00		1		1		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	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	NC	4		0	0	
Lycopene....µg	0		0	FLC	4		0	0	
Lutein + zeaxanthin....µg	0		0	FLC	4		0	0	
Vitamin E (alpha-tocopherol)....mg	0.12		0	FLC	4		0.02	0.02	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)....µg	0.0		0	FLC	4		0.0	0.0	
Dihydrophylloquinone....µg									
Menaquinone-4....µg									

NDB No. 19297
Jams and preserves

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	0.010		0		1		0.002	0.001	
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	0.004		0	BFFN	4		0.001	0.001	
17:0....g									
18:0....g	0.000		0		1		0.000	0.000	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.038		0	BFFN	4		0.008	0.005	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0		1		0.000	0.000	
17:1....g									
18:1 undifferentiated....g	0.007		0	BFFN	4		0.001	0.001	
20:1....g	0.018		0	BFFN	4		0.004	0.003	
22:1 undifferentiated....g	0.014		0	BFFN	4		0.003	0.002	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.000		0		1		0.000	0.000	
18:2 undifferentiated....g	0.000		0		1		0.000	0.000	
18:3 undifferentiated....g	0.000		0		1		0.000	0.000	
18:4....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	0		0	FLC	4		0	0	
Phytosterols....mg	12		0	FLC	4		2	2	
Amino Acids:									
Tryptophan....g	0.008		0		1		0.002	0.001	
Threonine....g	0.023		0		1		0.005	0.003	
Isoleucine....g	0.017		0		1		0.003	0.002	
Leucine....g	0.037		0		1		0.007	0.005	
Lysine....g	0.030		0		1		0.006	0.004	
Methionine....g	0.001		0		1		0.000	0.000	
Cystine....g	0.006		0		1		0.001	0.001	
Phenylalanine....g	0.021		0		1		0.004	0.003	
Tyrosine....g	0.025		0		1		0.005	0.004	
Valine....g	0.021		0		1		0.004	0.003	
Arginine....g	0.032		0		1		0.006	0.004	
Histidine....g	0.014		0		1		0.003	0.002	
Alanine....g	0.037		0		1		0.007	0.005	
Aspartic acid....g	0.166		0		1		0.033	0.023	
Glutamic acid....g	0.109		0		1		0.022	0.015	
Glycine....g	0.029		0		1		0.006	0.004	
Proline....g	0.023		0		1		0.005	0.003	
Serine....g	0.028		0		1		0.006	0.004	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	FLC	4		0	0	

NDB No. 19297
Jams and preserves

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	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 = 20g: 1 tbsp

Measure 2 = 14.0g: 1 packet (0.5 oz)

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

Food Group: 19 Sweets

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

NDB No. 19719
Jams and preserves, apricot

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	34.50	0.811	6		1		6.90	4.83	
Energy....kcal	242		0	NC	4		48	34	
Energy....kJ	1014		0	NC	4		203	142	
Protein (N x 6.25)....g	0.70	0.106	11		1		0.14	0.10	
Total lipid (fat)....g	0.20	0.029	8		1		0.04	0.03	
Ash....g	0.20		1		1		0.04	0.03	
Carbohydrate, by difference....g	64.40		0	NC	4		12.88	9.02	
Fiber, total dietary....g	0.3		0	FLM	4		0.1	0.0	
Sugars, total....g	43.40		0	FLM	4		8.68	6.08	
Starch....g									
Minerals:									
Calcium, Ca....mg	20		1		1		4	3	
Iron, Fe....mg	0.49	0.070	3		1		0.10	0.07	
Magnesium, Mg....mg	4		1		1		1	1	
Phosphorus, P....mg	3		0	FLM	4		1	0	
Potassium, K....mg	77	2.028	3		1		15	11	
Sodium, Na....mg	40	9.735	3		1		8	6	
Zinc, Zn....mg	0.06	0.023	4		1		0.01	0.01	
Copper, Cu....mg	0.100		1		1		0.020	0.014	
Manganese, Mn....mg	0.040		1		1		0.008	0.006	
Selenium, Se....µg	2.0		0	BFZN	4		0.4	0.3	
Vitamins:									
Vitamin C, total ascorbic acid....mg	8.8		2		1		1.8	1.2	
Thiamin....mg	0.000		1		1		0.000	0.000	
Riboflavin....mg	0.022		0	FLM	4		0.004	0.003	
Niacin....mg	0.036		1		1		0.007	0.005	
Pantothenic acid....mg	0.020		1		1		0.004	0.003	
Vitamin B-6....mg	0.020		2		1		0.004	0.003	
Folate, total....µg	1		0	FLM	4		0	0	
Folic acid....µg	0		0	FLM	4		0	0	
Folate, food....µg	1		0	FLM	4		0	0	
Folate, DFE....µg	1		0	NC	4		0	0	
Choline, total....mg	0.4		0	FLM	4		0.1	0.1	
Betaine....mg									
Vitamin B-12....µg	0.00		1		1		0.00	0.00	
Vitamin B-12, added....µg	0.00		0	FLM	4		0.00	0.00	
Vitamin A, RAE....µg	10		0	NC	4		2	1	
Retinol....µg	0		0	FLM	4		0	0	
Carotene, beta....µg	116		0	FLM	4		23	16	
Carotene, alpha....µg	2		0	FLM	4		0	0	
Cryptoxanthin, beta....µg	11		0	FLM	4		2	2	
Vitamin A, IU....IU	205		0	NC	4		41	29	
Lycopene....µg	0		0	FLM	4		0	0	
Lutein + zeaxanthin....µg	9		0	FLM	4		2	1	
Vitamin E (alpha-tocopherol)....mg	0.13		0	FLM	4		0.03	0.02	
Vitamin E, added....mg	0.00		0	FLM	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	
Vitamin K (phylloquinone)....µg	0.0		0	Z	7		0.0	0.0	
Dihydrophylloquinone....µg									
Menaquinone-4....µg									

NDB No. 19719
Jams and preserves, apricot

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	0.010		0		1		0.002	0.001	
4:0....g	0.000		0	FLM	4		0.000	0.000	
6:0....g	0.000		0	FLM	4		0.000	0.000	
8:0....g	0.000		0	FLM	4		0.000	0.000	
10:0....g	0.000		0	FLM	4		0.000	0.000	
12:0....g	0.000		0	FLM	4		0.000	0.000	
13:0....g									
14:0....g	0.000		0	FLM	4		0.000	0.000	
15:0....g									
16:0....g	0.000		0	FLM	4		0.000	0.000	
17:0....g									
18:0....g	0.000		0	FLM	4		0.000	0.000	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.000		0	FLM	4		0.000	0.000	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0	FLM	4		0.000	0.000	
17:1....g									
18:1 undifferentiated....g	0.000		0	FLM	4		0.000	0.000	
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	0.000		0	FLM	4		0.000	0.000	
18:2 undifferentiated....g	0.000		0	FLM	4		0.000	0.000	
18:3 undifferentiated....g	0.000		0	FLM	4		0.000	0.000	
18:4....g	0.000		0	FLM	4		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	
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									
Cholesterol....mg	0		0	FLM	4		0	0	
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	FLM	4		0.0	0.0	
Caffeine....mg	0		0	FLM	4		0	0	
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 = 20g: 1 tbsp

Measure 2 = 14.0g: 1 packet (0.5 oz)

Calories Factors: Protein 3.36 **Fat** 8.37 **Carbohydrate** 3.7

Food Group: 19 Sweets

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

NDB No. 43028

Jams and preserves, dietetic (with sodium saccharin), any flavor

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	45.80		0		4		102.59	6.41	
Energy	kcal	132		0	NC	4		297	19	
Energy	kJ	554		0	NC	4		1241	78	
Protein (N x 6.25)	g	0.30		1		1		0.67	0.04	
Total lipid (fat)	g	0.30		1		1		0.67	0.04	
Ash	g	0.18		0	BFSN	4		0.40	0.03	
Carbohydrate, by difference	g	53.60		0		4		120.06	7.50	
Fiber, total dietary	g	2.5		0		4		5.6	0.4	
Sugars, total	g	37.81		0	BFSN	4		84.69	5.29	
Starch	g									
Minerals:										
Calcium, Ca	mg	9		0		4		20	1	
Iron, Fe	mg	0.40		0		4		0.90	0.06	
Magnesium, Mg	mg	5		0		4		11	1	
Phosphorus, P	mg	9		0		4		20	1	
Potassium, K	mg	69		0		4		155	10	
Sodium, Na	mg	0		0		4		0	0	
Zinc, Zn	mg	0.06		0		4		0.13	0.01	
Copper, Cu	mg	0.024		0		4		0.054	0.003	
Manganese, Mn	mg									
Selenium, Se	µg	1.7		0	BFSN	4		3.8	0.2	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		4		0.0	0.0	
Thiamin	mg	0.000		0		4		0.000	0.000	
Riboflavin	mg	0.000		0		4		0.000	0.000	
Niacin	mg	0.000		0		4		0.000	0.000	
Pantothenic acid	mg									
Vitamin B-6	mg	0.020		0		4		0.045	0.003	
Folate, total	µg	9		0		4		20	1	
Folic acid	µg	0		0	BFSN	4		0	0	
Folate, food	µg	9		0		4		20	1	
Folate, DFE	µg	9		0	NC	4		20	1	
Choline, total	mg	8.0		0	O	4		17.8	1.1	
Betaine	mg									
Vitamin B-12	µg	0.00		0		7		0.00	0.00	
Vitamin B-12, added	µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE	µg	0		0	NC	4		0	0	
Retinol	µg	0		0	BFSN	4		0	0	
Carotene, beta	µg	0		0	BFSN	4		0	0	
Carotene, alpha	µg	0		0	BFSN	4		0	0	
Cryptoxanthin, beta	µg	0		0	BFSN	4		0	0	
Vitamin A, IU	IU	0		0		4		0	0	
Lycopene	µg	0		0	BFSN	4		0	0	
Lutein + zeaxanthin	µg	0		0	BFSN	4		0	0	
Vitamin E (alpha-tocopherol)	mg	0.09		0	BFSN	4		0.21	0.01	
Vitamin E, added	mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Tocotrienol, alpha	mg									
Tocotrienol, beta	mg									
Tocotrienol, gamma	mg									
Tocotrienol, delta	mg									
Vitamin D (D2 + D3)	µg	0.0		0	Z	7		0.0	0.0	
Vitamin D	IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)	µg	0.0		0	BFSN	4		0.0	0.0	
Dihydrophylloquinone	µg									
Menaquinone-4	µg									

NDB No. 43028

Jams and preserves, dietetic (with sodium saccharin), any flavor

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	0.016		0		4		0.036	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	0.000		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	0.011		0		4		0.025	0.002	
17:0....g									
18:0....g	0.003		0		4		0.007	0.000	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.042		0		4		0.094	0.006	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.001		0		4		0.002	0.000	
17:1....g									
18:1 undifferentiated....g	0.041		0		4		0.092	0.006	
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	0.151		0		4		0.338	0.021	
18:2 undifferentiated....g	0.088		0		4		0.197	0.012	
18:3 undifferentiated....g	0.063		0		4		0.141	0.009	
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		7		0	0	
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	BFSN	4		0	0	
Theobromine....mg	0		0	BFSN	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 = 224g: 1 cup

Measure 2 = 14.0g: 1 tbsp

Calories Factors: Protein 0 **Fat** 0 **Carbohydrate** 2.47

Food Group: 19 Sweets

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

NDB No. 19300
Jellies

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	29.77	0.598	12	JO	11		6.25	4.17	
Energy....kcal	266		0	NC	4		56	37	
Energy....kJ	1115		0	NC	4		234	156	
Protein (N x 6.25)....g	0.15	0.050	15	JO	11		0.03	0.02	
Total lipid (fat)....g	0.02	0.015	10	JO	11		0.00	0.00	
Ash....g	0.12	0.015	6	JO	11		0.02	0.02	
Carbohydrate, by difference....g	69.95		0	NC	4		14.69	9.79	
Fiber, total dietary....g	1.0		0		1		0.2	0.1	
Sugars, total....g	51.22		0	FLA	4		10.76	7.17	
Starch....g									
Minerals:									
Calcium, Ca....mg	7	0.631	70	JA	6		2	1	
Iron, Fe....mg	0.19	0.006	50	JA	6		0.04	0.03	
Magnesium, Mg....mg	6	0.195	70	JA	6		1	1	
Phosphorus, P....mg	6	1.070	67	JA	6		1	1	
Potassium, K....mg	54	10.356	72	JA	6		11	8	
Sodium, Na....mg	30	1.514	77	JO	11		6	4	
Zinc, Zn....mg	0.03	0.008	56	JA	6		0.01	0.00	
Copper, Cu....mg	0.011	0.007	51	JA	6		0.002	0.002	
Manganese, Mn....mg	0.132	0.007	48	JA	6		0.028	0.018	
Selenium, Se....µg	0.4	0.119	21	JA	6		0.1	0.1	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.9	0.130	3		1		0.2	0.1	
Thiamin....mg	0.001		1		1		0.000	0.000	
Riboflavin....mg	0.026		1		4		0.005	0.004	
Niacin....mg	0.036		1		1		0.008	0.005	
Pantothenic acid....mg	0.197		1		1		0.041	0.028	
Vitamin B-6....mg	0.020		1		1		0.004	0.003	
Folate, total....µg	2		0	FLA	4		0	0	
Folic acid....µg	0		0	FLA	4		0	0	
Folate, food....µg	2		0	FLA	4		0	0	
Folate, DFE....µg	2		0	NC	4		0	0	
Choline, total....mg	10.3		0	O	4		2.2	1.4	
Betaine....mg									
Vitamin B-12....µg	0.00		1		1		0.00	0.00	
Vitamin B-12, added....µg	0.00		0	Z	7		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	3		0	FLA	4		1	0	
Carotene, alpha....µg	0		0	FLA	4		0	0	
Cryptoxanthin, beta....µg	0		0	FLA	4		0	0	
Vitamin A, IU....IU	5		0	FLA	4		1	1	
Lycopene....µg	0		0	FLA	4		0	0	
Lutein + zeaxanthin....µg	22		0	FLA	4		5	3	
Vitamin E (alpha-tocopherol)....mg	0.00		0	FLA	4		0.00	0.00	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg	0.00		0	FLA	4		0.00	0.00	
Tocopherol, gamma....mg	0.00		0	FLA	4		0.00	0.00	
Tocopherol, delta....mg	0.00		0	FLA	4		0.00	0.00	
Tocotrienol, alpha....mg	0.00		0	FLA	4		0.00	0.00	
Tocotrienol, beta....mg	0.00		0	FLA	4		0.00	0.00	
Tocotrienol, gamma....mg	0.00		0	FLA	4		0.00	0.00	
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)....µg	0.3		0	FLA	4		0.1	0.0	

NDB No. 19300
Jellies

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.005		0	FLA	4		0.001	0.001	
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	0.004		0	FLA	4		0.001	0.001	
17:0....g									
18:0....g	0.001		0	FLA	4		0.000	0.000	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.001		0	FLA	4		0.000	0.000	
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	0.001		0	FLA	4		0.000	0.000	
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	0.004		0	FLA	4		0.001	0.001	
18:2 undifferentiated....g	0.003		0	FLA	4		0.001	0.000	
18:3 undifferentiated....g	0.001		0	FLA	4		0.000	0.000	
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	FLA	4		0	0	
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	FLA	4		0.0	0.0	
Caffeine....mg	0		0	FLA	4		0	0	
Theobromine....mg	0		0	FLA	4		0	0	

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

Common Measures:

Measure 1 = 21g: 1 serving 1 tbsp

Measure 2 = 14.0g: 1 packet (0.5 oz)

Calories Factors: Protein 3.36 **Fat** 8.37 **Carbohydrate** 3.8

Food Group: 19 Sweets

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

NDB No. 44110
Jellies, reduced sugar, home preserved

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	53.00		0		4		10.07	159.00	
Energy	kcal	179		0		4		34	537	
Energy	kJ	749		0		4		142	2247	
Protein	g	0.30		0		4		0.06	0.90	
Total lipid (fat)	g	0.03		0		4		0.01	0.09	
Ash	g	0.08		0	BFSN	4		0.01	0.23	
Carbohydrate, by difference	g	46.10		0		4		8.76	138.30	
Fiber, total dietary	g	0.8		0		4		0.2	2.4	
Sugars, total	g	45.30		0	NR	4		8.61	135.90	
Starch	g									
Minerals:										
Calcium, Ca	mg	5		0		4		1	15	
Iron, Fe	mg	0.18		0		4		0.03	0.54	
Magnesium, Mg	mg	6		0		4		1	18	
Phosphorus, P	mg	6		0		4		1	18	
Potassium, K	mg	71		0		4		13	213	
Sodium, Na	mg	2		0		4		0	6	
Zinc, Zn	mg	0.03		0		4		0.01	0.09	
Copper, Cu	mg	0.023		0		4		0.004	0.069	
Manganese, Mn	mg									
Selenium, Se	µg	1.4		0	BFSN	4		0.3	4.2	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		4		0.0	0.0	
Thiamin	mg	0.010		0		4		0.002	0.030	
Riboflavin	mg	0.020		0		4		0.004	0.060	
Niacin	mg	0.140		0		4		0.027	0.420	
Pantothenic acid	mg									
Vitamin B-6	mg	0.040		0		4		0.008	0.120	
Folate, total	µg	1		0		4		0	3	
Folic acid	µg	0		0	BFSN	4		0	0	
Folate, food	µg	1		0		4		0	3	
Folate, DFE	µg	1		0	NC	4		0	3	
Choline, total	mg	6.9		0	O	4		1.3	20.7	
Betaine	mg									
Vitamin B-12	µg	0.00		0		7		0.00	0.00	
Vitamin B-12, added	µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE	µg	0		0	BFSN	4		0	0	
Retinol	µg	0		0	BFSN	4		0	0	
Carotene, beta	µg	2		0	BFSN	4		0	6	
Carotene, alpha	µg	0		0	BFSN	4		0	0	
Cryptoxanthin, beta	µg	0		0	BFSN	4		0	0	
Vitamin A, IU	IU	3		0	NC	4		1	10	
Lycopene	µg	0		0	BFSN	4		0	0	
Lutein + zeaxanthin	µg	14		0	BFSN	4		3	43	
Vitamin E (alpha-tocopherol)	mg	0.00		0	BFSN	4		0.00	0.00	
Vitamin E, added	mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Tocotrienol, alpha	mg									
Tocotrienol, beta	mg									
Tocotrienol, gamma	mg									
Tocotrienol, delta	mg									
Vitamin D (D2 + D3)	µg	0.0		0	Z	7		0.0	0.0	
Vitamin D	IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)	µg	0.2		0	BFSN	4		0.0	0.5	
Dihydrophylloquinone	µg									
Menaquinone-4	µg									

NDB No. 44110
Jellies, reduced sugar, home preserved

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	0.009		0		4		0.002	0.027	
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	0.008		0		4		0.002	0.024	
17:0....g									
18:0....g	0.001		0		4		0.000	0.003	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.001		0		4		0.000	0.003	
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	0.001		0		4		0.000	0.003	
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	0.008		0		4		0.002	0.024	
18:2 undifferentiated....g	0.006		0		4		0.001	0.018	
18:3 undifferentiated....g	0.002		0		4		0.000	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		0		7		0	0	
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	BFSN	4		0	0	
Theobromine....mg	0		0	BFSN	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 = 19g: 1 tbsp

Measure 2 = 300g: 1 cup

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

Food Group: 19 Sweets

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

NDB No. 19303
Marmalade, orange

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	33.20		1		1		6.64	4.65	6.64
Energy ... kcal	246		0	NC	4		49	34	49
Energy ... kJ	1029		0		4		206	144	206
Protein (N x 6.25) ... g	0.30	0.058	3		1		0.06	0.04	0.06
Total lipid (fat) ... g	0.00		1		1		0.00	0.00	0.00
Ash ... g	0.20		1		1		0.04	0.03	0.04
Carbohydrate, by difference ... g	66.30		0	NC	4		13.26	9.28	13.26
Fiber, total dietary ... g	0.7		0	FLC	4		0.1	0.1	0.1
Sugars, total ... g	60.00		0	FLC	4		12.00	8.40	12.00
Starch ... g									
Minerals:									
Calcium, Ca ... mg	38		1		1		8	5	8
Iron, Fe ... mg	0.15	0.029	3		1		0.03	0.02	0.03
Magnesium, Mg ... mg	2		1		1		0	0	0
Phosphorus, P ... mg	4		0	FLC	4		1	1	1
Potassium, K ... mg	37		1		1		7	5	7
Sodium, Na ... mg	56		1		1		11	8	11
Zinc, Zn ... mg	0.04	0.018	4		1		0.01	0.01	0.01
Copper, Cu ... mg	0.090		1		1		0.018	0.013	0.018
Manganese, Mn ... mg	0.020		1		1		0.004	0.003	0.004
Selenium, Se ... µg	0.6		0	FLC	4		0.1	0.1	0.1
Vitamins:									
Vitamin C, total ascorbic acid ... mg	4.8	2.285	3		1		1.0	0.7	1.0
Thiamin ... mg	0.005		1		1		0.001	0.001	0.001
Riboflavin ... mg	0.025		0	FLC	4		0.005	0.003	0.005
Niacin ... mg	0.052		1		1		0.010	0.007	0.010
Pantothenic acid ... mg	0.015		1		1		0.003	0.002	0.003
Vitamin B-6 ... mg	0.019		0	FLC	4		0.004	0.003	0.004
Folate, total ... µg	9		0	FLC	4		2	1	2
Folic acid ... µg	0		0	FLC	4		0	0	0
Folate, food ... µg	9		0	FLC	4		2	1	2
Folate, DFE ... µg	9		0	NC	4		2	1	2
Choline, total ... mg	3.0		0	O	4		0.6	0.4	0.6
Betaine ... mg									
Vitamin B-12 ... µg	0.00		1		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	3		0	FLC	4		1	0	1
Retinol ... µg	0		0	FLC	4		0	0	0
Carotene, beta ... µg	15		0	FLC	4		3	2	3
Carotene, alpha ... µg	5		0	FLC	4		1	1	1
Cryptoxanthin, beta ... µg	38		0	FLC	4		8	5	8
Vitamin A, IU ... IU	62		0	FLC	4		12	9	12
Lycopene ... µg	0		0	FLC	4		0	0	0
Lutein + zeaxanthin ... µg	58		0	FLC	4		12	8	12
Vitamin E (alpha-tocopherol) ... mg	0.06		0	FLC	4		0.01	0.01	0.01
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	0.0		0	FLC	4		0.0	0.0	0.0
Dihydrophylloquinone ... µg									
Menaquinone-4 ... µg									

NDB No. 19303
Marmalade, orange

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	0.000		0		7		0.000	0.000	0.000
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	0.000		0		4		0.000	0.000	0.000
17:0....g									
18:0....g	0.000		0		4		0.000	0.000	0.000
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.000		0		7		0.000	0.000	0.000
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0		4		0.000	0.000	0.000
17:1....g									
18:1 undifferentiated....g	0.000		0		4		0.000	0.000	0.000
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	0.000		0		7		0.000	0.000	0.000
18:2 undifferentiated....g	0.000		0		4		0.000	0.000	0.000
18:3 undifferentiated....g	0.000		0		4		0.000	0.000	0.000
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	LC	8		0	0	0
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.003		0		1		0.001	0.000	0.001
Threonine....g	0.005		0		1		0.001	0.001	0.001
Isoleucine....g	0.008		0		1		0.002	0.001	0.002
Leucine....g	0.007		0		1		0.001	0.001	0.001
Lysine....g	0.015		0		1		0.003	0.002	0.003
Methionine....g	0.006		0		1		0.001	0.001	0.001
Cystine....g	0.003		0		1		0.001	0.000	0.001
Phenylalanine....g	0.010		0		1		0.002	0.001	0.002
Tyrosine....g	0.005		0		1		0.001	0.001	0.001
Valine....g	0.013		0		1		0.003	0.002	0.003
Arginine....g	0.021		0		1		0.004	0.003	0.004
Histidine....g	0.006		0		1		0.001	0.001	0.001
Alanine....g	0.016		0		1		0.003	0.002	0.003
Aspartic acid....g	0.036		0		1		0.007	0.005	0.007
Glutamic acid....g	0.030		0		1		0.006	0.004	0.006
Glycine....g	0.030		0		1		0.006	0.004	0.006
Proline....g	0.015		0		1		0.003	0.002	0.003
Serine....g	0.010		0		1		0.002	0.001	0.002
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	FLC	4		0.0	0.0	0.0
Caffeine....mg	0		0	FLC	4		0	0	0

NDB No. 19303
Marmalade, orange

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	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 = 20g: 1 tbsp

Measure 2 = 14.0g: 1 package (0.5 oz)

Measure 3 = 20g: 1 serving

Calories Factors: Protein 3.4 **Fat** 8.4 **Carbohydrate** 3.7

Food Group: 19 Sweets

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

NDB No. 42131
Milk dessert, frozen, milk-fat free, chocolate

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	56.00		0		4		76.72		
Energy ... kcal	167		0		4		229		
Energy ... kJ	699		0		4		957		
Protein ... g	4.30		0		4		5.89		
Total lipid (fat) ... g	1.00		0		4		1.37		
Ash ... g	0.90		0	NR	4		1.23		
Carbohydrate, by difference ... g	37.70		0		4		51.65		
Fiber, total dietary ... g	0.0		0	Z	7		0.0		
Sugars, total ... g	37.70		0	NR	4		51.65		
Starch ... g									
Minerals:									
Calcium, Ca ... mg	154		0		4		211		
Iron, Fe ... mg	0.04		0		4		0.05		
Magnesium, Mg ... mg	45		0		4		62		
Phosphorus, P ... mg	123		0		4		169		
Potassium, K ... mg	333		0		4		456		
Sodium, Na ... mg	97		0		4		133		
Zinc, Zn ... mg	0.47		0		4		0.64		
Copper, Cu ... mg	0.008		0		4		0.011		
Manganese, Mn ... mg									
Selenium, Se ... µg	2.6		0	BFPN	4		3.6		
Vitamins:									
Vitamin C, total ascorbic acid ... mg	0.7		0		4		1.0		
Thiamin ... mg	0.050		0		4		0.069		
Riboflavin ... mg	0.260		0		4		0.356		
Niacin ... mg	0.100		0		4		0.137		
Pantothenic acid ... mg									
Vitamin B-6 ... mg	0.040		0		4		0.055		
Folate, total ... µg	6		0		4		8		
Folic acid ... µg	0		0	Z	7		0		
Folate, food ... µg	6		0		4		8		
Folate, DFE ... µg	6		0	NC	4		8		
Choline, total ... mg	0.9		0	O	4		1.2		
Betaine ... mg									
Vitamin B-12 ... µg	0.55		0		4		0.75		
Vitamin B-12, added ... µg	0.00		0	Z	7		0.00		
Vitamin A, RAE ... µg	2		0	NC	4		2		
Retinol ... µg	0		0	Z	7		0		
Carotene, beta ... µg	18		0	NR	4		25		
Carotene, alpha ... µg	0		0	Z	7		0		
Cryptoxanthin, beta ... µg	0		0	Z	7		0		
Vitamin A, IU ... IU	30		0	NC	4		41		
Lycopene ... µg	0		0	Z	7		0		
Lutein + zeaxanthin ... µg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol) ... mg	0.00		0	Z	7		0.00		
Vitamin E, added ... mg	0.00		0	Z	7		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		
Vitamin D ... IU	0		0	Z	7		0		
Vitamin K (phylloquinone) ... µg	0.0		0	Z	7		0.0		
Dihydrophylloquinone ... µg									
Menaquinone-4 ... µg									

NDB No. 42131
Milk dessert, frozen, milk-fat free, 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
Lipids:									
Fatty acids, total saturated....g	0.597		0		4		0.818		
4:0....g	0.000		0		4		0.000		
6:0....g	0.000		0		4		0.000		
8:0....g	0.000		0		4		0.000		
10:0....g	0.000		0		4		0.000		
12:0....g	0.000		0		4		0.000		
13:0....g									
14:0....g	0.001		0		4		0.001		
15:0....g									
16:0....g	0.254		0		4		0.348		
17:0....g									
18:0....g	0.332		0		4		0.455		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.329		0		4		0.451		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.002		0		4		0.003		
17:1....g									
18:1 undifferentiated....g	0.326		0		4		0.447		
20:1....g	0.000		0		4		0.000		
22:1 undifferentiated....g	0.000		0		4		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.030		0		4		0.041		
18:2 undifferentiated....g	0.028		0		4		0.038		
18:3 undifferentiated....g	0.001		0		4		0.001		
18:4....g	0.000		0		4		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		4		0.000		
20:5 n-3 (EPA)....g	0.000		0		4		0.000		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		4		0.000		
22:6 n-3 (DHA)....g	0.000		0		4		0.000		
Fatty acids, total trans....g									
Cholesterol....mg	0		0		7		0		
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0		
Caffeine....mg	3		0	BFZN	4		4		
Theobromine....mg	62		0	BFZN	4		85		

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

Common Measures:

Measure 1 = 137g: 1 cup

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

Food Group: 19 Sweets

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

NDB No. 19304
Molasses

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	21.87	1.314	12	AI	13		73.71	4.37	
Energy....kcal	290		0	NC	4		977	58	
Energy....kJ	1213		0	NC	4		4089	243	
Protein (N x 6.25)....g	0.00		1	LC	8		0.00	0.00	
Total lipid (fat)....g	0.10		2		1		0.34	0.02	
Ash....g	3.30		2		1		11.12	0.66	
Carbohydrate, by difference....g	74.73		0	NC	4		251.83	14.95	
Fiber, total dietary....g	0.0		1	LC	8		0.0	0.0	
Sugars, total....g	74.72		0	NR	4		251.81	14.94	
Sucrose....g	29.40	3.454	12	AI	13		99.09	5.88	
Glucose (dextrose)....g	11.92	2.056	11	AI	13		40.18	2.38	
Fructose....g	12.79	1.186	10	AI	13		43.09	2.56	
Lactose....g									
Maltose....g									
Galactose....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	205		2		1		691	41	
Iron, Fe....mg	4.72		2		1		15.91	0.94	
Magnesium, Mg....mg	242		2		1		816	48	
Phosphorus, P....mg	31		2		1		104	6	
Potassium, K....mg	1464		2		1		4934	293	
Sodium, Na....mg	37		2		1		125	7	
Zinc, Zn....mg	0.29	0.038	3		1		0.98	0.06	
Copper, Cu....mg	0.487	0.035	3		1		1.641	0.097	
Manganese, Mn....mg	1.530		2		1		5.156	0.306	
Selenium, Se....µg	17.8	4.906	5	A	1		60.0	3.6	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		1	LC	8		0.0	0.0	
Thiamin....mg	0.041		2		1		0.138	0.008	
Riboflavin....mg	0.002		1		1		0.007	0.000	
Niacin....mg	0.930		2		1		3.134	0.186	
Pantothenic acid....mg	0.804		2		1		2.709	0.161	
Vitamin B-6....mg	0.670		2		1		2.258	0.134	
Folate, total....µg	0		2		1		0	0	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	0		2		1		0	0	
Folate, DFE....µg	0		0	NC	4		0	0	
Choline, total....mg	13.3		0	AS	1		44.8	2.7	
Betaine....mg									
Vitamin B-12....µg	0.00		1		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	Z	7		0	0	
Carotene, beta....µg	0		0	NR	4		0	0	
Carotene, alpha....µg	0		0	NR	4		0	0	
Cryptoxanthin, beta....µg	0		0	NR	4		0	0	
Vitamin A, IU....IU	0		1	LC	8		0	0	
Lycopene....µg	0		0	NR	4		0	0	
Lutein + zeaxanthin....µg	0		0	NR	4		0	0	
Vitamin E (alpha-tocopherol)....mg	0.00		0	NR	4		0.00	0.00	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									

NDB No. 19304
Molasses

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	
Vitamin D....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)....µg	0.0		0	Z	7		0.0	0.0	
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.018		0		4		0.061	0.004	
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	0.018		0		4		0.061	0.004	
17:0....g									
18:0....g	0.002		0		4		0.007	0.000	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.032		0		4		0.108	0.006	
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	0.032		0		4		0.108	0.006	
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	0.050		0		4		0.169	0.010	
18:2 undifferentiated....g	0.050		0		4		0.169	0.010	
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		1	LC	8		0	0	
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

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

Common Measures:

Measure 1 = 337g: 1 cup

Measure 2 = 20g: 1 serving 1 tbsp

Calories Factors: Protein **Fat** 8.37 **Carbohydrate** 3.87

NDB No. 19304
Molasses

Food Group: 19 Sweets

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

NDB No. 42063
Pectin, liquid

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	96.90		0		4				
Energy	kcal	11		0		4				
Energy	kJ	46		0		4				
Protein	g	0.00		0		7				
Total lipid (fat)	g	0.00		0		7				
Ash	g	1.00		0	O	4				
Carbohydrate, by difference	g	2.10		0	NC	4				
Fiber, total dietary	g	2.1		0	NR	4				
Sugars, total	g	0.00		0	Z	7				
Starch	g									
Minerals:										
Calcium, Ca	mg	0		0		7				
Iron, Fe	mg	0.00		0		7				
Magnesium, Mg	mg	0		0		7				
Phosphorus, P	mg	0		0		7				
Potassium, K	mg	0		0		7				
Sodium, Na	mg	0		0		7				
Zinc, Zn	mg	0.00		0		7				
Copper, Cu	mg	0.000		0		7				
Manganese, Mn	mg									
Selenium, Se	µg	0.0		0	Z	7				
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		7				
Thiamin	mg	0.000		0		7				
Riboflavin	mg	0.000		0		7				
Niacin	mg	0.000		0		7				
Pantothenic acid	mg									
Vitamin B-6	mg	0.000		0		7				
Folate, total	µg	0		0		7				
Folic acid	µg	0		0	Z	7				
Folate, food	µg	0		0		7				
Folate, DFE	µg	0		0	NC	4				
Choline, total	mg	0.0		0	Z	7				
Betaine	mg									
Vitamin B-12	µg	0.00		0		7				
Vitamin B-12, added	µg	0.00		0	Z	7				
Vitamin A, RAE	µg	0		0	AS	1				
Retinol	µg	0		0	Z	7				
Carotene, beta	µg	0		0	Z	7				
Carotene, alpha	µg	0		0	Z	7				
Cryptoxanthin, beta	µg	0		0	Z	7				
Vitamin A, IU	IU	0		0		7				
Lycopene	µg	0		0	Z	7				
Lutein + zeaxanthin	µg	0		0	Z	7				
Vitamin E (alpha-tocopherol)	mg	0.00		0	Z	7				
Vitamin E, added	mg	0.00		0	Z	7				
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				
Vitamin D	IU	0		0	Z	7				
Vitamin K (phylloquinone)	µg	0.0		0	Z	7				
Dihydrophylloquinone	µg									
Menaquinone-4	µg									

NDB No. 42063
Pectin, liquid

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	0.000		0		7				
4:0....g	0.000		0		4				
6:0....g	0.000		0		4				
8:0....g	0.000		0		4				
10:0....g	0.000		0		4				
12:0....g	0.000		0		4				
13:0....g									
14:0....g	0.000		0		4				
15:0....g									
16:0....g	0.000		0		4				
17:0....g									
18:0....g	0.000		0		4				
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.000		0		7				
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0		4				
17:1....g									
18:1 undifferentiated....g	0.000		0		4				
20:1....g	0.000		0		4				
22:1 undifferentiated....g	0.000		0		4				
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.000		0		7				
18:2 undifferentiated....g	0.000		0		4				
18:3 undifferentiated....g	0.000		0		4				
18:4....g	0.000		0		4				
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		4				
20:5 n-3 (EPA)....g	0.000		0		4				
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		4				
22:6 n-3 (DHA)....g	0.000		0		4				
Fatty acids, total trans....g									
Cholesterol....mg	0		0		7				
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0		7				
Caffeine....mg	0		0	Z	7				
Theobromine....mg	0		0	Z	7				

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

Common Measures:

Measure 1 = g: 1 fl oz assumed specific gravity of honey

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

Food Group: 19 Sweets

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

NDB No. 19310
Pectin, unsweetened, 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
Proximates:									
Water....g	8.70	2.791	3		1		4.35		
Energy....kcal	325		0	NC	4		163		
Energy....kJ	1360		0		4		680		
Protein (N x 6.25)....g	0.30		2		1		0.15		
Total lipid (fat)....g	0.30		2		1		0.15		
Ash....g	0.30		2		1		0.15		
Carbohydrate, by difference....g	90.40		0	NC	4		45.20		
Fiber, total dietary....g	8.6		0		4		4.3		
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	7		2		1		4		
Iron, Fe....mg	2.71		2		1		1.36		
Magnesium, Mg....mg	1		2		1		1		
Phosphorus, P....mg	2		2		1		1		
Potassium, K....mg	7		2		1		4		
Sodium, Na....mg	200		2		1		100		
Zinc, Zn....mg	0.47		2		1		0.24		
Copper, Cu....mg	0.420		2		1		0.210		
Manganese, Mn....mg	0.070		2		1		0.035		
Selenium, Se....µg	0.0		0	Z	7		0.0		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		1		4		0.0		
Thiamin....mg	0.008		2		1		0.004		
Riboflavin....mg	0.060		2		1		0.030		
Niacin....mg	0.005		2		1		0.003		
Pantothenic acid....mg	0.110		2		1		0.055		
Vitamin B-6....mg	0.010		2		1		0.005		
Folate, total....µg	1		2		1		1		
Folic acid....µg	0		0	Z	7		0		
Folate, food....µg	1		2		1		1		
Folate, DFE....µg	1		0	NC	4		1		
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.00		1		4		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	Z	7		0		
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	3		2		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									

NDB No. 19310
Pectin, unsweetened, 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
Lipids:									
Fatty acids, total saturated....g	0.050		0		4		0.025		
4:0....g	0.000		0		4		0.000		
6:0....g	0.000		0		4		0.000		
8:0....g	0.000		0		4		0.000		
10:0....g	0.000		0		4		0.000		
12:0....g	0.001		0		4		0.001		
13:0....g									
14:0....g	0.002		0		4		0.001		
15:0....g									
16:0....g	0.040		0		4		0.020		
17:0....g									
18:0....g	0.006		0		4		0.003		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.010		0		4		0.005		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.001		0		4		0.001		
17:1....g									
18:1 undifferentiated....g	0.012		0		4		0.006		
20:1....g	0.000		0		4		0.000		
22:1 undifferentiated....g	0.000		0		4		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.090		0		4		0.045		
18:2 undifferentiated....g	0.072		0		4		0.036		
18:3 undifferentiated....g	0.015		0		4		0.008		
18:4....g	0.000		0		4		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		4		0.000		
20:5 n-3 (EPA)....g	0.000		0		4		0.000		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		4		0.000		
22:6 n-3 (DHA)....g	0.000		0		4		0.000		
Fatty acids, total trans....g									
Cholesterol....mg	0		1		4		0		
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0		
Caffeine....mg									
Theobromine....mg									

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

Common Measures:

Measure 1 = 50g: 1 package (1.75 oz)

Calories Factors: Protein **Fat** **Carbohydrate** 3.6

Food Group: 19 Sweets

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

NDB No. 19312
Pie fillings, apple, canned

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	73.40	0.815	3		1		54.32	62.39	436.73
Energy....kcal	100		0	NC	4		74	85	597
Energy....kJ	420		0	NC	4		311	357	2498
Protein (N x 6.25)....g	0.10		2		1		0.07	0.09	0.60
Total lipid (fat)....g	0.10		2		1		0.07	0.09	0.60
Ash....g	0.30		2		1		0.22	0.26	1.79
Carbohydrate, by difference....g	26.10		0	NC	4		19.31	22.19	155.30
Fiber, total dietary....g	1.0		1	AI	13		0.7	0.9	6.0
Sugars, total....g	13.80		0	FLC	4		10.21	11.73	82.09
Starch....g									
Minerals:									
Calcium, Ca....mg	4		2		1		3	3	24
Iron, Fe....mg	0.29		2		1		0.21	0.25	1.73
Magnesium, Mg....mg	2		2		1		1	2	12
Phosphorus, P....mg	7		2		1		5	6	42
Potassium, K....mg	45		2		1		33	38	268
Sodium, Na....mg	47		1	LC	8		35	40	280
Zinc, Zn....mg	0.04		2		1		0.03	0.03	0.24
Copper, Cu....mg	0.055		2		1		0.041	0.047	0.327
Manganese, Mn....mg	0.027		2		1		0.020	0.023	0.161
Selenium, Se....µg	0.3		0	FLC	4		0.2	0.3	1.9
Vitamins:									
Vitamin C, total ascorbic acid....mg	1.7		0	FLC	4		1.2	1.4	9.8
Thiamin....mg	0.012		2		1		0.009	0.010	0.071
Riboflavin....mg	0.011		2		1		0.008	0.009	0.065
Niacin....mg	0.035		2		1		0.026	0.030	0.208
Pantothenic acid....mg	0.042		2		1		0.031	0.036	0.250
Vitamin B-6....mg	0.016		2		1		0.012	0.014	0.095
Folate, total....µg	0		0	FLC	4		0	0	1
Folic acid....µg	0		0	FLC	4		0	0	0
Folate, food....µg	0		0	FLC	4		0	0	1
Folate, DFE....µg	0		0	NC	4		0	0	1
Choline, total....mg	2.8		0	FLC	4		2.1	2.4	16.9
Betaine....mg									
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	2		0	FLC	4		1	1	9
Retinol....µg	0		0	FLC	4		0	0	0
Carotene, beta....µg	10		0	FLC	4		8	9	62
Carotene, alpha....µg	0		0	FLC	4		0	0	0
Cryptoxanthin, beta....µg	8		0	FLC	4		6	7	46
Vitamin A, IU....IU	24		0	FLC	4		18	20	142
Lycopene....µg	0		0	FLC	4		0	0	0
Lutein + zeaxanthin....µg	11		0	FLC	4		8	9	66
Vitamin E (alpha-tocopherol)....mg	0.04		0	FLC	4		0.03	0.03	0.22
Vitamin E, added....mg	0.00		0	FLC	4		0.00	0.00	0.00
Tocopherol, beta....mg	0.00		0	FLC	4		0.00	0.00	0.02
Tocopherol, gamma....mg	0.00		0	FLC	4		0.00	0.00	0.00
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	0.5		0	FLC	4		0.4	0.4	2.9
Dihydrophylloquinone....µg									
Menaquinone-4....µg									

NDB No. 19312
Pie fillings, apple, canned

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	0.000		1	LC	8		0.000	0.000	0.000
4:0....g	0.000		0	FLC	4		0.000	0.000	0.000
6:0....g	0.000		0	FLC	4		0.000	0.000	0.000
8:0....g	0.000		0	FLC	4		0.000	0.000	0.000
10:0....g	0.000		0	FLC	4		0.000	0.000	0.000
12:0....g	0.000		0	FLC	4		0.000	0.000	0.000
13:0....g									
14:0....g	0.000		0	FLC	4		0.000	0.000	0.000
15:0....g									
16:0....g	0.000		0	FLC	4		0.000	0.000	0.000
17:0....g									
18:0....g	0.000		0	FLC	4		0.000	0.000	0.000
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.000		0	FLC	4		0.000	0.000	0.000
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0	FLC	4		0.000	0.000	0.000
17:1....g									
18:1 undifferentiated....g	0.000		0	FLC	4		0.000	0.000	0.000
20:1....g	0.000		0	FLC	4		0.000	0.000	0.000
22:1 undifferentiated....g	0.000		0	FLC	4		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.000		0	FLC	4		0.000	0.000	0.000
18:2 undifferentiated....g	0.000		0	FLC	4		0.000	0.000	0.000
18:3 undifferentiated....g	0.000		0	FLC	4		0.000	0.000	0.000
18:4....g	0.000		0	FLC	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		1		0.000	0.000	0.000
20:5 n-3 (EPA)....g	0.000		0	FLC	4		0.000	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	0.000
22:6 n-3 (DHA)....g	0.000		0	FLC	4		0.000	0.000	0.000
Fatty acids, total trans....g									
Cholesterol....mg	0		1	LC	8		0	0	0
Phytosterols....mg									
Others:									
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 = 74g: .125 can

Measure 2 = 85g: 1 serving

Measure 3 = 595g: 1 can (21 oz)

Calories Factors: Protein 3.4 **Fat** 8.4 **Carbohydrate** 3.8

Food Group: 19 Sweets

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

NDB No. 44158
Pie fillings, blueberry, canned

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	54.66		0	FLC	4		82.53	143.20	
Energy....kcal	181		0	NC	4		273	474	
Energy....kJ	757		0	NC	4		1143	1984	
Protein....g	0.41		0	FLC	4		0.62	1.08	
Total lipid (fat)....g	0.20		0	FLC	4		0.31	0.54	
Ash....g	0.35		0	FLC	4		0.53	0.92	
Carbohydrate, by difference....g	44.38		0	NC	4		67.01	116.27	
Fiber, total dietary....g	2.6		1	LC	8		4.0	6.9	
Sugars, total....g	37.75		1	LC	8		57.00	98.90	
Starch....g									
Minerals:									
Calcium, Ca....mg	27		0	FLC	4		40	69	
Iron, Fe....mg	0.80		0	FLC	4		1.20	2.09	
Magnesium, Mg....mg	10		0	FLC	4		15	26	
Phosphorus, P....mg	12		0	FLC	4		19	32	
Potassium, K....mg	115		0	FLC	4		174	301	
Sodium, Na....mg	12		0	FLC	4		18	32	
Zinc, Zn....mg	0.10		0	FLC	4		0.15	0.26	
Copper, Cu....mg	0.112		0	FLC	4		0.168	0.292	
Manganese, Mn....mg	0.215		0	FLC	4		0.324	0.563	
Selenium, Se....µg	0.4		0	FLC	4		0.6	1.1	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.7		0	FLC	4		1.0	1.8	
Thiamin....mg	0.023		0	FLC	4		0.035	0.061	
Riboflavin....mg	0.034		0	FLC	4		0.052	0.090	
Niacin....mg	0.091		0	FLC	4		0.137	0.238	
Pantothenic acid....mg	0.092		0	FLC	4		0.139	0.241	
Vitamin B-6....mg	0.029		0	FLC	4		0.044	0.077	
Folate, total....µg	1		0	FLC	4		2	4	
Folic acid....µg	0		0	FLC	4		0	0	
Folate, food....µg	1		0	FLC	4		2	4	
Folate, DFE....µg	1		0	NC	4		2	4	
Choline, total....mg	3.8		0	O	4		5.7	9.9	
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	1		0	FLC	4		2	3	
Retinol....µg	0		0	FLC	4		0	0	
Carotene, beta....µg	13		0	FLC	4		20	35	
Carotene, alpha....µg	0		0	FLC	4		0	0	
Cryptoxanthin, beta....µg	0		0	FLC	4		0	0	
Vitamin A, IU....IU	22		0	FLC	4		34	58	
Lycopene....µg	0		0	FLC	4		0	0	
Lutein + zeaxanthin....µg	33		0	FLC	4		50	86	
Vitamin E (alpha-tocopherol)....mg	0.23		0	FLC	4		0.35	0.61	
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	
Vitamin K (phylloquinone)....µg	3.9		0	FLC	4		5.9	10.3	
Dihydrophylloquinone....µg									
Menaquinone-4....µg									

NDB No. 44158
Pie fillings, blueberry, canned

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	0.000		1	LC	8		0.000	0.000	
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	0.000		0	FLC	4		0.000	0.000	
15:0....g									
16:0....g	0.000		0	FLC	4		0.000	0.000	
17:0....g									
18:0....g	0.000		0	FLC	4		0.000	0.000	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.000		1	LC	8		0.000	0.000	
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	0.000		0	FLC	4		0.000	0.000	
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	0.000		0	FLC	4		0.000	0.000	
18:2 undifferentiated....g	0.000		0	FLC	4		0.000	0.000	
18:3 undifferentiated....g	0.000		0	FLC	4		0.000	0.000	
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									
Cholesterol....mg	0		1	LC	8		0	0	
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	FLC	4		0.0	0.0	
Caffeine....mg	0		0	FLC	4		0	0	
Theobromine....mg	0		0	FLC	4		0	0	

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

Common Measures:

Measure 1 = 151g: 1 serving

Measure 2 = 262g: 1 cup

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

Food Group: 19 Sweets

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

NDB No. 19314
Pie fillings, canned, cherry

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	71.23	0.930	5	A	1		52.71	423.82	
Energy....kcal	115		0	NC	4		85	684	
Energy....kJ	481		0		4		356	2863	
Protein (N x 6.25)....g	0.37	0.070	4	A	1		0.27	2.20	
Total lipid (fat)....g	0.07	0.070	4	A	1		0.05	0.42	
Ash....g	0.20	0.010	4	A	1		0.15	1.19	
Carbohydrate, by difference....g	28.00		0	NC	4		20.72	166.60	
Fiber, total dietary....g	0.6		0		1		0.4	3.6	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	11		2		1		8	65	
Iron, Fe....mg	0.24		2		1		0.18	1.43	
Magnesium, Mg....mg	7		2		1		5	42	
Phosphorus, P....mg	15		2		1		11	89	
Potassium, K....mg	105		2		1		78	625	
Sodium, Na....mg	18	8.040	4	A	1		13	107	
Zinc, Zn....mg	0.05		2		1		0.04	0.30	
Copper, Cu....mg	0.080		2		1		0.059	0.476	
Manganese, Mn....mg	0.030		2		1		0.022	0.179	
Selenium, Se....µg	0.4		0	BFSN	4		0.3	2.4	
Vitamins:									
Vitamin C, total ascorbic acid....mg	3.6		1		4		2.7	21.4	
Thiamin....mg	0.025		2		1		0.019	0.149	
Riboflavin....mg	0.016		2		1		0.012	0.095	
Niacin....mg	0.140		2		1		0.104	0.833	
Pantothenic acid....mg	0.063		2		1		0.047	0.375	
Vitamin B-6....mg	0.037		2		1		0.027	0.220	
Folate, total....µg	4		2		1		3	24	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	4		2		1		3	24	
Folate, DFE....µg	4		0	NC	4		3	24	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.00		1		4		0.00	0.00	
Vitamin A, RAE....µg	10		0	NC	4		8	61	
Retinol....µg	0		0	Z	7		0	0	
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	205		2		1		152	1220	
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	AS	1		0.0	0.0	
Vitamin D....IU	0		0	FLC	4		0	0	
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

NDB No. 19314
Pie fillings, canned, cherry

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.018		0	BFFN	4		0.013	0.107	
4:0....g									
6:0....g									
8:0....g									
10:0....g									
12:0....g									
13:0....g									
14:0....g	0.000		0		1		0.000	0.000	
15:0....g									
16:0....g	0.010		0	BFFN	4		0.007	0.060	
17:0....g									
18:0....g	0.004		0	BFFN	4		0.003	0.024	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.021		0	BFFN	4		0.016	0.125	
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	0.021		0	BFFN	4		0.016	0.125	
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.021		0	BFFN	4		0.016	0.125	
18:2 undifferentiated....g	0.010		0	BFFN	4		0.007	0.060	
18:3 undifferentiated....g	0.010		0	BFFN	4		0.007	0.060	
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									
Amino Acids:									
Tryptophan....g	0.002		0		1		0.001	0.012	
Threonine....g	0.009		0		1		0.007	0.054	
Isoleucine....g	0.009		0		1		0.007	0.054	
Leucine....g	0.013		0		1		0.010	0.077	
Lysine....g	0.016		0		1		0.012	0.095	
Methionine....g	0.002		0		1		0.001	0.012	
Cystine....g	0.002		0		1		0.001	0.012	
Phenylalanine....g	0.008		0		1		0.006	0.048	
Tyrosine....g	0.005		0		1		0.004	0.030	
Valine....g	0.012		0		1		0.009	0.071	
Arginine....g	0.007		0		1		0.005	0.042	
Histidine....g	0.006		0		1		0.004	0.036	
Alanine....g	0.013		0		1		0.010	0.077	
Aspartic acid....g	0.247		0		1		0.183	1.470	
Glutamic acid....g	0.017		0		1		0.013	0.101	
Glycine....g	0.010		0		1		0.007	0.060	
Proline....g	0.014		0		1		0.010	0.083	
Serine....g	0.014		0		1		0.010	0.083	
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero 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. 19314
Pie fillings, canned, cherry

Common Measures:

Measure 1 = 74g: .125 can

Measure 2 = 595g: 1 can (21 oz)

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

Food Group: 19 Sweets

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

NDB No. 43098
Pie fillings, cherry, low calorie

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	86.76		0	FLC	4		73.74	229.04	
Energy....kcal	53		0	NC	4		45	139	
Energy....kJ	220		0	NC	4		187	582	
Protein....g	0.82		0	FLC	4		0.70	2.18	
Total lipid (fat)....g	0.16		0	FLC	4		0.14	0.42	
Ash....g	0.28		0	FLC	4		0.23	0.73	
Carbohydrate, by difference....g	11.98		0	NC	4		10.18	31.63	
Fiber, total dietary....g	1.2		1	LC	8		1.0	3.1	
Sugars, total....g	9.15		0	O	4		7.78	24.16	
Starch....g									
Minerals:									
Calcium, Ca....mg	11		0	FLC	4		9	29	
Iron, Fe....mg	0.33		0	FLC	4		0.28	0.86	
Magnesium, Mg....mg	8		0	FLC	4		7	21	
Phosphorus, P....mg	15		0	FLC	4		13	40	
Potassium, K....mg	118		0	FLC	4		100	312	
Sodium, Na....mg	12		1	LC	8		10	31	
Zinc, Zn....mg	0.07		0	FLC	4		0.06	0.19	
Copper, Cu....mg	0.084		0	FLC	4		0.071	0.221	
Manganese, Mn....mg	0.057		0	FLC	4		0.048	0.149	
Selenium, Se....µg	0.1		0	FLC	4		0.0	0.1	
Vitamins:									
Vitamin C, total ascorbic acid....mg	2.8		1	LC	8		2.4	7.5	
Thiamin....mg	0.020		0	FLC	4		0.017	0.053	
Riboflavin....mg	0.039		0	FLC	4		0.033	0.102	
Niacin....mg	0.361		0	FLC	4		0.307	0.952	
Pantothenic acid....mg	0.000		0	FLC	4		0.000	0.000	
Vitamin B-6....mg	0.027		0	FLC	4		0.023	0.072	
Folate, total....µg	4		0	FLC	4		4	11	
Folic acid....µg	0		0	FLC	4		0	0	
Folate, food....µg	4		0	NR	4		4	11	
Folate, DFE....µg	4		0	NC	4		4	11	
Choline, total....mg	4.9		0	O	4		4.2	12.9	
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	10		0	NC	4		9	27	
Retinol....µg	0		0	FLC	4		0	0	
Carotene, beta....µg	125		0	NR	4		106	330	
Carotene, alpha....µg	0		0	FLC	4		0	0	
Cryptoxanthin, beta....µg	0		0	FLC	4		0	0	
Vitamin A, IU....IU	208		0	NC	4		177	550	
Lycopene....µg	0		0	FLC	4		0	0	
Lutein + zeaxanthin....µg	70		0	NR	4		60	185	
Vitamin E (alpha-tocopherol)....mg	0.00		0	FLC	4		0.00	0.00	
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	
Vitamin K (phylloquinone)....µg	0.0		0	FLC	4		0.0	0.0	
Dihydrophylloquinone....µg									
Menaquinone-4....µg									

NDB No. 43098
Pie fillings, cherry, low calorie

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	0.000		1	LC	8		0.000	0.000	
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	0.000		0	FLC	4		0.000	0.000	
15:0....g									
16:0....g	0.000		0	FLC	4		0.000	0.000	
17:0....g									
18:0....g	0.000		0	FLC	4		0.000	0.000	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.000		1	LC	8		0.000	0.000	
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	0.000		0	FLC	4		0.000	0.000	
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	0.000		1	LC	8		0.000	0.000	
18:2 undifferentiated....g	0.000		0	FLC	4		0.000	0.000	
18:3 undifferentiated....g	0.000		0	FLC	4		0.000	0.000	
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									
Cholesterol....mg	0		1	LC	8		0	0	
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	FLC	4		0.0	0.0	
Caffeine....mg	0		0	FLC	4		0	0	
Theobromine....mg	0		0	FLC	4		0	0	

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

Common Measures:

Measure 1 = 85g: 1 serving

Measure 2 = 264g: 1 cup

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

Food Group: 19 Sweets

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

NDB No. 19333

Pudding, lemon, dry mix, regular, prepared with sugar, egg yolk and water

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	73.62		0	RP	4		93.50		
Energy....kcal	109		0	NC	4		139		
Energy....kJ	458		0	NC	4		582		
Protein....g	0.65		0	RP	4		0.82		
Total lipid (fat)....g	1.12		0	RP	4		1.42		
Ash....g	0.42		0	RP	4		0.53		
Carbohydrate, by difference....g	24.20		0	RP	4		30.73		
Fiber, total dietary....g	0.0		0	RP	4		0.0		
Sugars, total....g	13.51		0	RP	4		17.16		
Starch....g									
Minerals:									
Calcium, Ca....mg	8		0	RP	4		10		
Iron, Fe....mg	0.13		0	RP	4		0.17		
Magnesium, Mg....mg	1		0	RP	4		2		
Phosphorus, P....mg	16		0	RP	4		20		
Potassium, K....mg	6		0	RP	4		7		
Sodium, Na....mg	63		0	RP	4		80		
Zinc, Zn....mg	0.10		0	RP	4		0.12		
Copper, Cu....mg	0.013		0	RP	4		0.016		
Manganese, Mn....mg	0.005		0	RP	4		0.007		
Selenium, Se....µg	2.4		0	RP	4		3.1		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	RP	4		0.0		
Thiamin....mg	0.006		0	RP	4		0.008		
Riboflavin....mg	0.023		0	RP	4		0.030		
Niacin....mg	0.003		0	RP	4		0.004		
Pantothenic acid....mg	0.123		0	RP	4		0.156		
Vitamin B-6....mg	0.012		0	RP	4		0.016		
Folate, total....µg	4		0	RP	4		6		
Folic acid....µg	0		0	RP	4		0		
Folate, food....µg	4		0	RP	4		6		
Folate, DFE....µg	4		0	NC	4		6		
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.06		0	RP	4		0.08		
Vitamin B-12, added....µg	0.00		0	RP	4		0.00		
Vitamin A, RAE....µg	15		0	RP	4		19		
Retinol....µg	15		0	RP	4		19		
Carotene, beta....µg	4		0	RP	4		4		
Carotene, alpha....µg	2		0	RP	4		2		
Cryptoxanthin, beta....µg	1		0	RP	4		2		
Vitamin A, IU....IU	58		0	RP	4		73		
Lycopene....µg	0		0	RP	4		0		
Lutein + zeaxanthin....µg	44		0	RP	4		56		
Vitamin E (alpha-tocopherol)....mg	0.10		0	RP	4		0.13		
Vitamin E, added....mg	0.00		0	RP	4		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									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg	0.0		0	RP	4		0.0		
Dihydrophylloquinone....µg									
Menaquinone-4....µg									

NDB No. 19333

Pudding, lemon, dry mix, regular, prepared with sugar, egg yolk and water

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	0.382		0	RP	4		0.485		
4:0....g	0.000		0	RP	4		0.000		
6:0....g	0.000		0	RP	4		0.000		
8:0....g	0.000		0	RP	4		0.000		
10:0....g	0.000		0	RP	4		0.000		
12:0....g	0.000		0	RP	4		0.000		
13:0....g									
14:0....g	0.004		0	RP	4		0.005		
15:0....g	0.001		0	RP	4		0.001		
16:0....g	0.274		0	RP	4		0.348		
17:0....g	0.002		0	RP	4		0.003		
18:0....g	0.097		0	RP	4		0.123		
20:0....g	0.001		0	RP	4		0.002		
22:0....g	0.002		0	RP	4		0.002		
24:0....g	0.000		0	RP	4		0.000		
Fatty acids, total monounsaturated....g	0.470		0	RP	4		0.596		
14:1....g	0.001		0	RP	4		0.001		
15:1....g									
16:1 undifferentiated....g	0.037		0	RP	4		0.047		
17:1....g									
18:1 undifferentiated....g	0.428		0	RP	4		0.544		
20:1....g	0.003		0	RP	4		0.004		
22:1 undifferentiated....g	0.000		0	RP	4		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.168		0	RP	4		0.214		
18:2 undifferentiated....g	0.142		0	RP	4		0.180		
18:3 undifferentiated....g	0.004		0	RP	4		0.005		
18:4....g	0.000		0	RP	4		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.018		0	RP	4		0.022		
20:5 n-3 (EPA)....g	0.000		0	RP	4		0.001		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	RP	4		0.000		
22:6 n-3 (DHA)....g	0.005		0	RP	4		0.006		
Fatty acids, total trans....g									
Cholesterol....mg	49		0	RP	4		63		
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	RP	4		0.0		
Caffeine....mg	0		0	RP	4		0		
Theobromine....mg	0		0	RP	4		0		

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

Common Measures:

Measure 1 = 127g: .5 cup

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

Food Group: 19 Sweets

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

NDB No. 44260

Puddings, all flavors except chocolate, low calorie, instant, 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
Proximates:									
Water....g	6.84		0	FLM	4		0.55	2.19	
Energy....kcal	350		0	NC	4		28	112	
Energy....kJ	1464		0	NC	4		117	469	
Protein (N x 6.25)....g	0.81		0	FLM	4		0.06	0.26	
Total lipid (fat)....g	0.90		0	FLM	4		0.07	0.29	
Ash....g	6.80		0	NR	4		0.54	2.17	
Carbohydrate, by difference....g	84.66		0	NC	4		6.77	27.09	
Fiber, total dietary....g	0.8		0	FLM	4		0.1	0.3	
Sugars, total....g	0.90		0	FLM	4		0.07	0.29	
Starch....g									
Minerals:									
Calcium, Ca....mg	143		0	FLM	4		11	46	
Iron, Fe....mg	0.38		0	FLM	4		0.03	0.12	
Magnesium, Mg....mg	5		0	FLM	4		0	1	
Phosphorus, P....mg	2368		0	FLM	4		189	758	
Potassium, K....mg	30		0	FLM	4		2	9	
Sodium, Na....mg	3750		0	LC	8		300	1200	
Zinc, Zn....mg	0.10		0	FLM	4		0.01	0.03	
Copper, Cu....mg	0.038		0	FLM	4		0.003	0.012	
Manganese, Mn....mg	0.041		0	FLM	4		0.003	0.013	
Selenium, Se....µg	0.8		0	BFZN	4		0.1	0.3	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		1	LC	8		0.0	0.0	
Thiamin....mg	0.005		0	FLM	4		0.000	0.002	
Riboflavin....mg	0.021		0	FLM	4		0.002	0.007	
Niacin....mg	0.014		0	FLM	4		0.001	0.005	
Pantothenic acid....mg	0.047		0	FLM	4		0.004	0.015	
Vitamin B-6....mg	0.005		0	FLM	4		0.000	0.002	
Folate, total....µg	1		0	FLM	4		0	0	
Folic acid....µg	0		0	FLM	4		0	0	
Folate, food....µg	1		0	FLM	4		0	0	
Folate, DFE....µg	1		0	NC	4		0	0	
Choline, total....mg	1.1		0	O	4		0.1	0.3	
Betaine....mg									
Vitamin B-12....µg	0.05		0	FLM	4		0.00	0.02	
Vitamin B-12, added....µg	0.00		0	FLM	4		0.00	0.00	
Vitamin A, RAE....µg	0		0	NC	4		0	0	
Retinol....µg	0		0	FLM	4		0	0	
Carotene, beta....µg	0		0	FLM	4		0	0	
Carotene, alpha....µg	0		0	FLM	4		0	0	
Cryptoxanthin, beta....µg	0		0	FLM	4		0	0	
Vitamin A, IU....IU	0		0	NC	4		0	0	
Lycopene....µg	0		0	FLM	4		0	0	
Lutein + zeaxanthin....µg	0		0	FLM	4		0	0	
Vitamin E (alpha-tocopherol)....mg	0.08		0	FLM	4		0.01	0.02	
Vitamin E, added....mg	0.00		0	FLM	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	
Vitamin K (phylloquinone)....µg	1.7		0	FLM	4		0.1	0.5	
Dihydrophylloquinone....µg									
Menaquinone-4....µg									

NDB No. 44260

Puddings, all flavors except chocolate, low calorie, instant, 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
Lipids:									
Fatty acids, total saturated....g	0.099		0	FLM	4		0.008	0.032	
4:0....g	0.000		0	FLM	4		0.000	0.000	
6:0....g	0.000		0	FLM	4		0.000	0.000	
8:0....g	0.000		0	FLM	4		0.000	0.000	
10:0....g	0.000		0	FLM	4		0.000	0.000	
12:0....g	0.000		0	FLM	4		0.000	0.000	
13:0....g									
14:0....g	0.001		0	FLM	4		0.000	0.000	
15:0....g									
16:0....g	0.078		0	FLM	4		0.006	0.025	
17:0....g									
18:0....g	0.019		0	FLM	4		0.001	0.006	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.116		0	FLM	4		0.009	0.037	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.004		0	FLM	4		0.000	0.001	
17:1....g									
18:1 undifferentiated....g	0.112		0	FLM	4		0.009	0.036	
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	0.433		0	FLM	4		0.035	0.139	
18:2 undifferentiated....g	0.386		0	FLM	4		0.031	0.124	
18:3 undifferentiated....g	0.047		0	FLM	4		0.004	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									
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									
Cholesterol....mg	0		0	FLM	4		0	0	
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	FLM	4		0.0	0.0	
Caffeine....mg	0		0	FLM	4		0	0	
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 = 8.0g: 1 serving

Measure 2 = 32g: 1 package 4 servings

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

Food Group: 19 Sweets

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

NDB No. 44259

Puddings, all flavors except chocolate, low calorie, regular, 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
Proximates:									
Water....g	10.40		0		4		11.75	27.04	
Energy....kcal	351		0	NC	4		397	914	
Energy....kJ	1470		0	NC	4		1662	3823	
Protein (N x 6.25)....g	1.60		0		4		1.81	4.16	
Total lipid (fat)....g	0.10		0		4		0.11	0.26	
Ash....g	1.86		0	O	4		2.10	4.84	
Carbohydrate, by difference....g	86.04		0	NC	4		97.22	223.70	
Fiber, total dietary....g	0.9		0	MC	9		1.0	2.3	
Sugars, total....g	2.90		0	MC	9		3.28	7.54	
Starch....g									
Minerals:									
Calcium, Ca....mg	49		0		4		55	127	
Iron, Fe....mg	0.05		0		4		0.06	0.13	
Magnesium, Mg....mg	17		0		4		19	44	
Phosphorus, P....mg	12		0		4		14	31	
Potassium, K....mg	18		0		4		20	47	
Sodium, Na....mg	1765		0		4		1994	4589	
Zinc, Zn....mg	0.19		0		4		0.21	0.49	
Copper, Cu....mg	0.040		0		4		0.045	0.104	
Manganese, Mn....mg									
Selenium, Se....µg	0.9		0	BFZN	4		1.0	2.3	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		4		0.0	0.0	
Thiamin....mg	0.000		0		4		0.000	0.000	
Riboflavin....mg	0.000		0		4		0.000	0.000	
Niacin....mg	0.000		0		4		0.000	0.000	
Pantothenic acid....mg									
Vitamin B-6....mg	0.000		0		4		0.000	0.000	
Folate, total....µg	0		0		4		0	0	
Folic acid....µg	0		0	BFSN	4		0	0	
Folate, food....µg	0		0	BFSN	4		0	0	
Folate, DFE....µg	0		0	NC	4		0	0	
Choline, total....mg	0.0		0	O	4		0.0	0.0	
Betaine....mg									
Vitamin B-12....µg	0.00		0		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	BFSN	4		0	0	
Retinol....µg	0		0	BFSN	4		0	0	
Carotene, beta....µg	0		0	BFSN	4		0	0	
Carotene, alpha....µg	0		0	BFSN	4		0	0	
Cryptoxanthin, beta....µg	0		0	BFSN	4		0	0	
Vitamin A, IU....IU	0		0		4		0	0	
Lycopene....µg	0		0	BFSN	4		0	0	
Lutein + zeaxanthin....µg	0		0	BFSN	4		0	0	
Vitamin E (alpha-tocopherol)....mg	0.05		0	BFSN	4		0.06	0.13	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)....µg	1.1		0	BFSN	4		1.2	2.8	
Dihydrophylloquinone....µg									
Menaquinone-4....µg									

NDB No. 44259

Puddings, all flavors except chocolate, low calorie, regular, dry mix

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	0.018		0		4		0.020	0.047	
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	0.018		0		4		0.020	0.047	
17:0....g									
18:0....g	0.002		0		4		0.002	0.005	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.032		0		4		0.036	0.083	
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	0.032		0		4		0.036	0.083	
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	0.050		0		4		0.057	0.130	
18:2 undifferentiated....g	0.050		0		4		0.057	0.130	
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		4		0	0	
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	BFSN	4		0	0	
Theobromine....mg	0		0	BFSN	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 = 113g: 1 serving

Measure 2 = 260g: 1 cup

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

Food Group: 19 Sweets

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

NDB No. 19318
Puddings, banana, dry mix, instant

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	2.80	0.054	6		1		2.77	0.70	
Energy	kcal	367		0	NC	4		363	92	
Energy	kJ	1536		0		4		1520	384	
Protein (N x 6.4)	g	0.00	0.000	6		1		0.00	0.00	
Total lipid (fat)	g	0.60	0.074	6		1		0.59	0.15	
Ash	g	3.80	0.013	6		1		3.76	0.95	
Carbohydrate, by difference	g	92.70		0	NC	4		91.77	23.18	
Fiber, total dietary	g	0.0		0	FLM	4		0.0	0.0	
Sugars, total	g	76.57		0	O	4		75.80	19.14	
Starch	g									
Minerals:										
Calcium, Ca	mg	6		1		4		6	2	
Iron, Fe	mg	0.12		1		4		0.12	0.03	
Magnesium, Mg	mg	2		1		4		2	1	
Phosphorus, P	mg	804		1		4		796	201	
Potassium, K	mg	15		0		4		15	4	
Sodium, Na	mg	1499		0		4		1484	375	
Zinc, Zn	mg	0.04		1		4		0.04	0.01	
Copper, Cu	mg	0.021		1		4		0.021	0.005	
Manganese, Mn	mg	0.010		1		4		0.010	0.003	
Selenium, Se	µg	0.8		0	BFZN	4		0.8	0.2	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		1		4		0.0	0.0	
Thiamin	mg	0.001		1		4		0.001	0.000	
Riboflavin	mg	0.003		1		4		0.003	0.001	
Niacin	mg	0.002		1		4		0.002	0.001	
Pantothenic acid	mg	0.006		1		4		0.006	0.002	
Vitamin B-6	mg	0.001		1		4		0.001	0.000	
Folate, total	µg	0		1		4		0	0	
Folic acid	µg	0		0	Z	7		0	0	
Folate, food	µg	0		1		4		0	0	
Folate, DFE	µg	0		0	NC	4		0	0	
Choline, total	mg									
Betaine	mg									
Vitamin B-12	µg	0.01		1		4		0.01	0.00	
Vitamin B-12, added	µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE	µg	0		0	AS	1		0	0	
Retinol	µg	0		0	Z	7		0	0	
Carotene, beta	µg									
Carotene, alpha	µg									
Cryptoxanthin, beta	µg									
Vitamin A, IU	IU	0		1		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									

NDB No. 19318
Puddings, banana, dry mix, instant

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	0.090		0		1		0.089	0.023	
4:0....g	0.000		1		1		0.000	0.000	
6:0....g	0.000		1		1		0.000	0.000	
8:0....g	0.000		1		1		0.000	0.000	
10:0....g	0.000		1		1		0.000	0.000	
12:0....g	0.000		1		1		0.000	0.000	
13:0....g									
14:0....g	0.000		1		1		0.000	0.000	
15:0....g									
16:0....g	0.060		1		1		0.059	0.015	
17:0....g									
18:0....g	0.020		1		1		0.020	0.005	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.140		0		1		0.139	0.035	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		1		1		0.000	0.000	
17:1....g									
18:1 undifferentiated....g	0.140		1		1		0.139	0.035	
20:1....g	0.000		1		1		0.000	0.000	
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.350		0		1		0.347	0.088	
18:2 undifferentiated....g	0.310		1		1		0.307	0.078	
18:3 undifferentiated....g	0.040		1		1		0.040	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		1		4		0	0	
Phytosterols....mg									
Others:									
Alcohol, ethyl....g									
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 = 99g: 1 package (3.5 oz)

Measure 2 = 25g: 1 portion, amount to make 1/2 cup

Calories Factors: Protein 4.2 **Fat** 8.8 **Carbohydrate** 3.9

Food Group: 19 Sweets

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

NDB No. 19121
Puddings, banana, dry mix, instant, prepared with 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
Proximates:									
Water....g	74.52		0	RPA	1		109.54		
Energy....kcal	105		0	RPI	6		155		
Energy....kJ	441		0	RPI	6		648		
Protein....g	2.76		0	RPA	1		4.06		
Total lipid (fat)....g	1.70		0	RPA	1		2.49		
Ash....g	1.26		0	RPA	1		1.85		
Carbohydrate, by difference....g	19.74		0	RPI	6		29.02		
Fiber, total dietary....g	0.0		0	RPI	6		0.0		
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	102		0	RPI	6		150		
Iron, Fe....mg	0.06		0	RPI	6		0.09		
Magnesium, Mg....mg	12		0	RPI	6		17		
Phosphorus, P....mg	216		0	RPI	6		317		
Potassium, K....mg	131		0	RPI	6		192		
Sodium, Na....mg	296		0	RPI	6		435		
Zinc, Zn....mg	0.33		0	RPI	6		0.49		
Copper, Cu....mg	0.010		0	RPI	6		0.015		
Manganese, Mn....mg	0.003		0	RPI	6		0.005		
Selenium, Se....µg	2.0		0	RPI	6		2.9		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.8		0	RPI	6		1.2		
Thiamin....mg	0.033		0	RPI	6		0.048		
Riboflavin....mg	0.137		0	RPI	6		0.202		
Niacin....mg	0.072		0	RPI	6		0.105		
Pantothenic acid....mg	0.267		0	RPI	6		0.392		
Vitamin B-6....mg	0.036		0	RPI	6		0.053		
Folate, total....µg	4		0	RPI	6		6		
Folic acid....µg	0		0	RPI	6		0		
Folate, food....µg	4		0	RPI	6		6		
Folate, DFE....µg	4		0	NC	4		6		
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.30		0	RPI	6		0.45		
Vitamin A, RAE....µg	46		0	NC	4		68		
Retinol....µg	46		0	RPA	1		67		
Carotene, beta....µg	10		0	O	4		15		
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	170		0	RPI	6		250		
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	0.8		0	RPI	6		1.2		
Vitamin D....IU	33		0	RPI	6		49		
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

NDB No. 19121

Puddings, banana, dry mix, instant, prepared with 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 of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.971		0	RPA	1		1.427		
4:0....g	0.051		0	RPA	1		0.076		
6:0....g	0.031		0	RPA	1		0.045		
8:0....g	0.017		0	RPA	1		0.026		
10:0....g	0.040		0	RPA	1		0.059		
12:0....g	0.045		0	RPA	1		0.066		
13:0....g									
14:0....g	0.160		0	RPA	1		0.235		
15:0....g									
16:0....g	0.429		0	RPA	1		0.631		
17:0....g									
18:0....g	0.197		0	RPA	1		0.289		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.460		0	RPA	1		0.677		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.036		0	RPA	1		0.052		
17:1....g									
18:1 undifferentiated....g	0.425		0	RPA	1		0.624		
20:1....g	0.000		0	RPA	1		0.000		
22:1 undifferentiated....g	0.000		0	RPA	1		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.118		0	RPA	1		0.174		
18:2 undifferentiated....g	0.088		0	RPA	1		0.130		
18:3 undifferentiated....g	0.030		0	RPA	1		0.044		
18:4....g	0.000		0	RPA	1		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0	RPA	1		0.000		
20:5 n-3 (EPA)....g	0.000		0	RPA	1		0.000		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	RPA	1		0.000		
22:6 n-3 (DHA)....g	0.000		0	RPA	1		0.000		
Fatty acids, total trans....g									
Cholesterol....mg	6		0	RPI	6		9		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.039		0	RPA	1		0.057		
Threonine....g	0.125		0	RPA	1		0.183		
Isoleucine....g	0.167		0	RPA	1		0.245		
Leucine....g	0.271		0	RPA	1		0.398		
Lysine....g	0.219		0	RPA	1		0.322		
Methionine....g	0.070		0	RPA	1		0.102		
Cystine....g	0.026		0	RPA	1		0.038		
Phenylalanine....g	0.134		0	RPA	1		0.196		
Tyrosine....g	0.134		0	RPA	1		0.196		
Valine....g	0.185		0	RPA	1		0.272		
Arginine....g	0.100		0	RPA	1		0.148		
Histidine....g	0.075		0	RPA	1		0.110		
Alanine....g	0.095		0	RPA	1		0.140		
Aspartic acid....g	0.210		0	RPA	1		0.309		
Glutamic acid....g	0.579		0	RPA	1		0.850		
Glycine....g	0.058		0	RPA	1		0.085		
Proline....g	0.268		0	RPA	1		0.394		
Serine....g	0.150		0	RPA	1		0.221		
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	RPI	6		0.0		
Caffeine....mg	0		0	RPI	6		0		
Theobromine....mg	0		0	RPI	6		0		

NDB No. 19121

Puddings, banana, dry mix, instant, prepared with 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 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 = 147g: .5 cup From 19191

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

Food Group: 19 Sweets

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

NDB No. 19319
Puddings, banana, dry mix, instant, prepared with whole milk

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	73.62		0	RPA	1		93.50		
Energy	kcal	115		0	NC	4		146		
Energy	kJ	480		0	NC	4		609		
Protein	g	2.62		0	RPA	1		3.32		
Total lipid (fat)	g	2.80		0	RPI	6		3.56		
Ash	g	1.20		0	RPA	1		1.53		
Carbohydrate, by difference	g	19.76		0	NC	4		25.09		
Fiber, total dietary	g	0.0		0	RPI	6		0.0		
Sugars, total	g	17.38		0	RPI	6		22.07		
Starch	g									
Minerals:										
Calcium, Ca	mg	94		0	RPI	6		120		
Iron, Fe	mg	0.05		0	RPI	6		0.06		
Magnesium, Mg	mg	9		0	RPI	6		11		
Phosphorus, P	mg	206		0	RPI	6		262		
Potassium, K	mg	112		0	RPI	6		143		
Sodium, Na	mg	290		0	RPI	6		368		
Zinc, Zn	mg	0.32		0	RPI	6		0.40		
Copper, Cu	mg	0.024		0	RPI	6		0.031		
Manganese, Mn	mg	0.005		0	RPI	6		0.007		
Selenium, Se	µg	3.2		0	RPI	6		4.0		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	RPI	6		0.0		
Thiamin	mg	0.038		0	RPI	6		0.049		
Riboflavin	mg	0.140		0	RPI	6		0.178		
Niacin	mg	0.074		0	RPI	6		0.094		
Pantothenic acid	mg	0.311		0	RPI	6		0.394		
Vitamin B-6	mg	0.030		0	RPI	6		0.038		
Folate, total	µg	4		0	RPI	6		5		
Folic acid	µg	0		0	RPI	6		0		
Folate, food	µg	4		0	RPI	6		5		
Folate, DFE	µg	4		0	NC	4		5		
Choline, total	mg	11.9		0	RPA	1		15.1		
Betaine	mg	0.5		0	RPA	1		0.6		
Vitamin B-12	µg	0.37		0	RPI	6		0.48		
Vitamin B-12, added	µg	0.00		0	RPI	6		0.00		
Vitamin A, RAE	µg	38		0	NC	4		48		
Retinol	µg	38		0	RPI	6		48		
Carotene, beta	µg	6		0	RPA	1		7		
Carotene, alpha	µg	0		0	RPA	1		0		
Cryptoxanthin, beta	µg	0		0	RPA	1		0		
Vitamin A, IU	IU	134		0	NC	4		171		
Lycopene	µg	0		0	RPA	1		0		
Lutein + zeaxanthin	µg	0		0	RPA	1		0		
Vitamin E (alpha-tocopherol)	mg	0.06		0	RPA	1		0.07		
Vitamin E, added	mg	0.00		0	RPI	6		0.00		
Tocopherol, beta	mg	0.00		0	RPA	1		0.00		
Tocopherol, gamma	mg	0.00		0	RPA	1		0.00		
Tocopherol, delta	mg	0.00		0	RPA	1		0.00		
Tocotrienol, alpha	mg	0.00		0	RPA	1		0.00		
Tocotrienol, beta	mg	0.00		0	RPA	1		0.00		
Tocotrienol, gamma	mg	0.00		0	RPA	1		0.00		
Tocotrienol, delta	mg	0.00		0	RPA	1		0.00		
Vitamin D (D2 + D3)	µg	1.1		0	AS	1		1.3		
Vitamin D2 (ergocalciferol)	µg									
Vitamin D3 (cholecalciferol)	µg	1.1		0	RPA	1		1.3		
Vitamin D	IU	42		0	RPA	1		54		
Vitamin K (phylloquinone)	µg	0.2		0	RPA	1		0.3		

NDB No. 19319
Puddings, banana, dry mix, instant, prepared with whole milk

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Dihydrophylloquinone....µg	0.0		0	RPA	1		0.0		
Menaquinone-4....µg	0.8		0	RPA	1		1.0		
Lipids:									
Fatty acids, total saturated....g	1.562		0	RPI	6		1.983		
4:0....g	0.062		0	RPA	1		0.079		
6:0....g	0.062		0	RPA	1		0.079		
8:0....g	0.062		0	RPA	1		0.079		
10:0....g	0.062		0	RPA	1		0.079		
12:0....g	0.064		0	RPA	1		0.081		
13:0....g	0.000		0	RPA	1		0.000		
14:0....g	0.246		0	RPA	1		0.313		
15:0....g	0.000		0	RPA	1		0.000		
16:0....g	0.698		0	RPA	1		0.887		
17:0....g	0.000		0	RPA	1		0.000		
18:0....g	0.306		0	RPA	1		0.389		
20:0....g	0.000		0	RPA	1		0.000		
22:0....g	0.000		0	RPA	1		0.000		
24:0....g	0.000		0	RPA	1		0.000		
Fatty acids, total monounsaturated....g	0.698		0	RPI	6		0.887		
14:1....g	0.000		0	RPA	1		0.000		
15:1....g									
16:1 undifferentiated....g	0.000		0	RPA	1		0.000		
17:1....g									
18:1 undifferentiated....g	0.698		0	RPA	1		0.887		
20:1....g	0.000		0	RPA	1		0.000		
22:1 undifferentiated....g	0.000		0	RPA	1		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.221		0	RPI	6		0.281		
18:2 undifferentiated....g	0.152		0	RPA	1		0.194		
18:3 undifferentiated....g	0.069		0	RPA	1		0.087		
18:4....g	0.000		0	RPA	1		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0	RPA	1		0.000		
20:5 n-3 (EPA)....g	0.000		0	RPA	1		0.000		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	RPA	1		0.000		
22:6 n-3 (DHA)....g	0.000		0	RPA	1		0.000		
Fatty acids, total trans....g									
Cholesterol....mg	9		0	RPI	6		11		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.061		0	RPA	1		0.077		
Threonine....g	0.116		0	RPA	1		0.147		
Isoleucine....g	0.134		0	RPA	1		0.170		
Leucine....g	0.216		0	RPA	1		0.274		
Lysine....g	0.114		0	RPA	1		0.145		
Methionine....g	0.061		0	RPA	1		0.077		
Cystine....g	0.014		0	RPA	1		0.017		
Phenylalanine....g	0.119		0	RPA	1		0.152		
Tyrosine....g	0.123		0	RPA	1		0.156		
Valine....g	0.156		0	RPA	1		0.198		
Arginine....g	0.061		0	RPA	1		0.077		
Histidine....g	0.061		0	RPA	1		0.077		
Alanine....g	0.083		0	RPA	1		0.106		
Aspartic acid....g	0.193		0	RPA	1		0.245		
Glutamic acid....g	0.526		0	RPA	1		0.669		
Glycine....g	0.061		0	RPA	1		0.077		
Proline....g	0.278		0	RPA	1		0.353		
Serine....g	0.087		0	RPA	1		0.110		
Hydroxyproline....g									

NDB No. 19319

Puddings, banana, dry mix, instant, prepared with whole milk

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Others:									
Alcohol, ethyl....g	0.0		0	RPI	6		0.0		
Caffeine....mg	0		0	RPI	6		0		
Theobromine....mg	0		0	RPI	6		0		

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

Common Measures:

Measure 1 = 127g: .5 cup

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

Food Group: 19 Sweets

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

NDB No. 19705
Puddings, banana, dry mix, instant, with added oil

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	2.80	0.054	6		1		2.77	0.70	
Energy....kcal	386		0		4		382	97	
Energy....kJ	1615				4		1599	404	
Protein (N x 6.4)....g	0.00	0.000	6		1		0.00	0.00	
Total lipid (fat)....g	4.40		0		1		4.36	1.10	
Ash....g	3.80	0.013	6		1		3.76	0.95	
Carbohydrate, by difference....g	89.00		0		4		88.11	22.25	
Fiber, total dietary....g	0.0		0	BFZN	4		0.0	0.0	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	6		0		1		6	2	
Iron, Fe....mg	0.12		0		4		0.12	0.03	
Magnesium, Mg....mg	2		0		4		2	1	
Phosphorus, P....mg	804		0		4		796	201	
Potassium, K....mg	15		0		4		15	4	
Sodium, Na....mg	1499		0		4		1484	375	
Zinc, Zn....mg	0.04		0		4		0.04	0.01	
Copper, Cu....mg	0.021		0		4		0.021	0.005	
Manganese, Mn....mg	0.010		0		4		0.010	0.003	
Selenium, Se....µg	0.8		0	RA	4		0.8	0.2	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		4		0.0	0.0	
Thiamin....mg	0.001		0		4		0.001	0.000	
Riboflavin....mg	0.003		0		4		0.003	0.001	
Niacin....mg	0.002		0		4		0.002	0.001	
Pantothenic acid....mg	0.006		0		4		0.006	0.002	
Vitamin B-6....mg	0.001		0		4		0.001	0.000	
Folate, total....µg	0		0		4		0	0	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	0		0		4		0	0	
Folate, DFE....µg	0		0	NC	4		0	0	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.01		0		4		0.01	0.00	
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		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									
Lipids:									

NDB No. 19705
Puddings, banana, dry mix, instant, with added oil

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.790		0		4		0.782	0.198	
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	0.620		0		4		0.614	0.155	
17:0....g									
18:0....g	0.160		0		4		0.158	0.040	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	1.300		0		4		1.287	0.325	
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	1.290		0		4		1.277	0.323	
20:1....g	0.000		0		4		0.000	0.000	
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	2.120		0		4		2.099	0.530	
18:2 undifferentiated....g	1.990		0		4		1.970	0.498	
18:3 undifferentiated....g	0.120		0		4		0.119	0.030	
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									
Others:									
Alcohol, ethyl....g									
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 = 99g: 1 package (3.5 oz)

Measure 2 = 25g: 1 portion, amount to make 1/2 cup

Calories Factors: Protein 4.2 **Fat** 8.8 **Carbohydrate** 3.9

Food Group: 19 Sweets

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

NDB No. 19320
Puddings, banana, 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
Proximates:									
Water....g	4.10	0.100	6		1		3.61	0.90	
Energy....kcal	366		0	NC	4		322	81	
Energy....kJ	1532		0	NC	4		1348	337	
Protein (N x 6.2)....g	0.00		0		4		0.00	0.00	
Total lipid (fat)....g	0.40	0.030	3		1		0.35	0.09	
Ash....g	2.50	0.079	6		1		2.20	0.55	
Carbohydrate, by difference....g	93.00		0	NC	4		81.84	20.46	
Fiber, total dietary....g	0.3		0	FLM	4		0.3	0.1	
Sugars, total....g	74.32		0	O	4		65.40	16.35	
Starch....g									
Minerals:									
Calcium, Ca....mg	20		1		4		18	4	
Iron, Fe....mg	0.05		1		4		0.04	0.01	
Magnesium, Mg....mg	8		1		4		7	2	
Phosphorus, P....mg	5		1		4		4	1	
Potassium, K....mg	17		0		4		15	4	
Sodium, Na....mg	788		0		4		693	173	
Zinc, Zn....mg	0.09		1		4		0.08	0.02	
Copper, Cu....mg	0.020		1		4		0.018	0.004	
Manganese, Mn....mg	0.013		1		4		0.011	0.003	
Selenium, Se....µg	0.9		0	BFZN	4		0.8	0.2	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		1		4		0.0	0.0	
Thiamin....mg	0.000		1		4		0.000	0.000	
Riboflavin....mg	0.000		1		4		0.000	0.000	
Niacin....mg	0.000		1		4		0.000	0.000	
Pantothenic acid....mg	0.000		1		4		0.000	0.000	
Vitamin B-6....mg	0.000		1		4		0.000	0.000	
Folate, total....µg	0		1		4		0	0	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	0		1		4		0	0	
Folate, DFE....µg	0		0	NC	4		0	0	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.00		1		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	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		1		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									

NDB No. 19320
Puddings, banana, dry mix, 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
Lipids:									
Fatty acids, total saturated....g	0.090		0		1		0.079	0.020	
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	0.080		1		1		0.070	0.018	
17:0....g									
18:0....g	0.000		1		1		0.000	0.000	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.030		0		1		0.026	0.007	
14:1....g									
15:1....g									
16:1 undifferentiated....g									
17:1....g									
18:1 undifferentiated....g	0.030		1		1		0.026	0.007	
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.160		0		1		0.141	0.035	
18:2 undifferentiated....g	0.160		1		1		0.141	0.035	
18:3 undifferentiated....g	0.010		1		1		0.009	0.002	
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g									
Cholesterol....mg	0		1		4		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.000		0		1		0.000	0.000	
Threonine....g	0.001		0		1		0.001	0.000	
Isoleucine....g	0.001		0		1		0.001	0.000	
Leucine....g	0.005		0		1		0.004	0.001	
Lysine....g	0.001		0		1		0.001	0.000	
Methionine....g	0.001		0		1		0.001	0.000	
Cystine....g	0.001		0		1		0.001	0.000	
Phenylalanine....g	0.002		0		1		0.002	0.000	
Tyrosine....g	0.001		0		1		0.001	0.000	
Valine....g	0.002		0		1		0.002	0.000	
Arginine....g	0.002		0		1		0.002	0.000	
Histidine....g	0.001		0		1		0.001	0.000	
Alanine....g	0.003		0		1		0.003	0.001	
Aspartic acid....g	0.003		0		1		0.003	0.001	
Glutamic acid....g	0.007		0		1		0.006	0.002	
Glycine....g	0.001		0		1		0.001	0.000	
Proline....g	0.003		0		1		0.003	0.001	
Serine....g	0.002		0		1		0.002	0.000	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g									
Caffeine....mg	0		0	Z	7		0	0	

NDB No. 19320
Puddings, banana, dry mix, 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
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 = 88g: 1 package (3.12 oz)

Measure 2 = 22g: 1 portion, amount to make 1/2 cup

Calories Factors: Protein 3.5 **Fat** 8.4 **Carbohydrate** 3.9

Food Group: 19 Sweets

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

NDB No. 19122
Puddings, banana, dry mix, regular, prepared with 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
Proximates:									
Water....g	75.90		0	RP	4		107.77		
Energy....kcal	101		0	RP	4		143		
Energy....kJ	422		0	RP	4		600		
Protein....g	2.90		0	RP	4		4.11		
Total lipid (fat)....g	1.73		0	RP	4		2.46		
Ash....g	1.03		0	RP	4		1.46		
Carbohydrate, by difference....g	18.43		0	RP	4		26.18		
Fiber, total dietary....g	0.0		0	RP	4		0.1		
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	109		0	RP	4		155		
Iron, Fe....mg	0.05		0	RP	4		0.07		
Magnesium, Mg....mg	13		0	RP	4		19		
Phosphorus, P....mg	83		0	RP	4		119		
Potassium, K....mg	137		0	RP	4		194		
Sodium, Na....mg	164		0	RP	4		233		
Zinc, Zn....mg	0.35		0	RP	4		0.50		
Copper, Cu....mg	0.010		0	RP	4		0.014		
Manganese, Mn....mg	0.004		0	RP	4		0.005		
Selenium, Se....µg	2.1		0	RP	4		2.9		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.7		0	RP	4		1.0		
Thiamin....mg	0.031		0	RP	4		0.043		
Riboflavin....mg	0.144		0	RP	4		0.204		
Niacin....mg	0.075		0	RP	4		0.106		
Pantothenic acid....mg	0.278		0	RP	4		0.395		
Vitamin B-6....mg	0.034		0	RP	4		0.048		
Folate, total....µg	4		0	RP	4		5		
Folic acid....µg	0		0	RP	4		0		
Folate, food....µg	4		0	RP	4		5		
Folate, DFE....µg	4		0	NC	4		5		
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.25		0	RP	4		0.36		
Vitamin A, RAE....µg	50		0	NC	4		71		
Retinol....µg	49		0	RP	4		70		
Carotene, beta....µg	10		0	O	4		15		
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	178		0	RP	4		253		
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	0.9		0	RP	4		1.2		
Vitamin D....IU	35		0	RP	4		49		
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

NDB No. 19122
Puddings, banana, dry mix, regular, prepared with 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 of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	1.015		0	RP	4		1.442		
4:0....g	0.054		0	RP	4		0.077		
6:0....g	0.032		0	RP	4		0.046		
8:0....g	0.018		0	RP	4		0.026		
10:0....g	0.042		0	RP	4		0.059		
12:0....g	0.047		0	RP	4		0.067		
13:0....g									
14:0....g	0.168		0	RP	4		0.238		
15:0....g									
16:0....g	0.452		0	RP	4		0.641		
17:0....g									
18:0....g	0.203		0	RP	4		0.288		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.462		0	RP	4		0.656		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.037		0	RP	4		0.053		
17:1....g									
18:1 undifferentiated....g	0.425		0	RP	4		0.603		
20:1....g	0.000		0	RP	4		0.000		
22:1 undifferentiated....g	0.000		0	RP	4		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.088		0	RP	4		0.125		
18:2 undifferentiated....g	0.062		0	RP	4		0.088		
18:3 undifferentiated....g	0.026		0	RP	4		0.037		
18:4....g	0.000		0	RP	4		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0	RP	4		0.000		
20:5 n-3 (EPA)....g	0.000		0	RP	4		0.000		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	RP	4		0.000		
22:6 n-3 (DHA)....g	0.000		0	RP	4		0.000		
Fatty acids, total trans....g									
Cholesterol....mg	7		0	RP	4		9		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.041		0	RP	4		0.058		
Threonine....g	0.131		0	RP	4		0.185		
Isoleucine....g	0.175		0	RP	4		0.248		
Leucine....g	0.284		0	RP	4		0.404		
Lysine....g	0.230		0	RP	4		0.326		
Methionine....g	0.073		0	RP	4		0.104		
Cystine....g	0.027		0	RP	4		0.039		
Phenylalanine....g	0.140		0	RP	4		0.199		
Tyrosine....g	0.140		0	RP	4		0.199		
Valine....g	0.194		0	RP	4		0.276		
Arginine....g	0.106		0	RP	4		0.150		
Histidine....g	0.078		0	RP	4		0.111		
Alanine....g	0.100		0	RP	4		0.143		
Aspartic acid....g	0.221		0	RP	4		0.313		
Glutamic acid....g	0.607		0	RP	4		0.862		
Glycine....g	0.061		0	RP	4		0.087		
Proline....g	0.281		0	RP	4		0.400		
Serine....g	0.158		0	RP	4		0.224		
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	RP	4		0.0		
Caffeine....mg	0		0	RP	4		0		
Theobromine....mg	0		0	RP	4		0		

NDB No. 19122

Puddings, banana, dry mix, regular, prepared with 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 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 = 142g: .5 cup From 19211

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

Food Group: 19 Sweets

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

NDB No. 19321
Puddings, banana, dry mix, regular, prepared with whole 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
Proximates:									
Water....g	74.96		0	RP	4		95.20		
Energy....kcal	111		0	NC	4		141		
Energy....kJ	463		0	NC	4		588		
Protein....g	2.74		0	RP	4		3.48		
Total lipid (fat)....g	2.89		0	RP	4		3.67		
Ash....g	0.97		0	RP	4		1.23		
Carbohydrate, by difference....g	18.44		0	NC	4		23.42		
Fiber, total dietary....g	0.0		0	RP	4		0.1		
Sugars, total....g	15.98		0	RP	4		20.29		
Sucrose....g									
Glucose (dextrose)....g									
Fructose....g									
Lactose....g									
Maltose....g									
Galactose....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	101		0	RP	4		128		
Iron, Fe....mg	0.04		0	RP	4		0.05		
Magnesium, Mg....mg	10		0	RP	4		13		
Phosphorus, P....mg	74		0	RP	4		94		
Potassium, K....mg	118		0	RP	4		149		
Sodium, Na....mg	158		0	RP	4		201		
Zinc, Zn....mg	0.34		0	RP	4		0.43		
Copper, Cu....mg	0.025		0	RP	4		0.031		
Manganese, Mn....mg	0.006		0	RP	4		0.007		
Selenium, Se....µg	3.3		0	RP	4		4.2		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	RP	4		0.0		
Thiamin....mg	0.036		0	RP	4		0.046		
Riboflavin....mg	0.147		0	RP	4		0.186		
Niacin....mg	0.077		0	RP	4		0.098		
Pantothenic acid....mg	0.324		0	RP	4		0.412		
Vitamin B-6....mg	0.028		0	RP	4		0.036		
Folate, total....µg	4		0	RP	4		5		
Folic acid....µg	0		0	RP	4		0		
Folate, food....µg	4		0	RP	4		5		
Folate, DFE....µg	4		0	NC	4		5		
Choline, total....mg	11.2		0	RP	4		14.2		
Betaine....mg	0.5		0	RP	4		0.7		
Vitamin B-12....µg	0.31		0	RP	4		0.40		
Vitamin B-12, added....µg	0.00		0	RP	4		0.00		
Vitamin A, RAE....µg	40		0	NC	4		51		
Retinol....µg	39		0	RP	4		50		
Carotene, beta....µg	6		0	RP	4		7		
Carotene, alpha....µg	0		0	RP	4		0		
Cryptoxanthin, beta....µg	0		0	RP	4		0		
Vitamin A, IU....IU	141		0	NC	4		179		
Lycopene....µg	0		0	RP	4		0		
Lutein + zeaxanthin....µg	0		0	RP	4		0		
Vitamin E (alpha-tocopherol)....mg	0.06		0	RP	4		0.08		
Vitamin E, added....mg	0.00		0	RP	4		0.00		
Tocopherol, beta....mg	0.00		0	RP	4		0.00		
Tocopherol, gamma....mg	0.00		0	RP	4		0.00		
Tocopherol, delta....mg	0.00		0	RP	4		0.00		
Tocotrienol, alpha....mg	0.00		0	RP	4		0.00		
Tocotrienol, beta....mg	0.00		0	RP	4		0.00		

NDB No. 19321
Puddings, banana, dry mix, regular, prepared with whole milk

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	RP	4		0.00		
Tocotrienol, delta....mg	0.00		0	RP	4		0.00		
Vitamin D (D2 + D3)....µg	1.1		0	AS	1		1.4		
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg	1.1		0	RP	4		1.4		
Vitamin D....IU	44		0	RP	4		56		
Vitamin K (phylloquinone)....µg	0.2		0	RP	4		0.3		
Dihydrophylloquinone....µg	0.0		0	RP	4		0.0		
Menaquinone-4....µg	0.8		0	RP	4		1.0		
Lipids:									
Fatty acids, total saturated....g	1.634		0	RP	4		2.075		
4:0....g	0.065		0	RP	4		0.082		
6:0....g	0.065		0	RP	4		0.082		
8:0....g	0.065		0	RP	4		0.082		
10:0....g	0.065		0	RP	4		0.082		
12:0....g	0.067		0	RP	4		0.085		
13:0....g	0.000		0	RP	4		0.000		
14:0....g	0.258		0	RP	4		0.328		
15:0....g	0.000		0	RP	4		0.000		
16:0....g	0.733		0	RP	4		0.931		
17:0....g	0.000		0	RP	4		0.000		
18:0....g	0.317		0	RP	4		0.403		
20:0....g	0.000		0	RP	4		0.000		
22:0....g	0.000		0	RP	4		0.000		
24:0....g	0.000		0	RP	4		0.000		
Fatty acids, total monounsaturated....g	0.711		0	RP	4		0.903		
14:1....g	0.000		0	RP	4		0.000		
15:1....g									
16:1 undifferentiated....g	0.000		0	RP	4		0.000		
17:1....g									
18:1 undifferentiated....g	0.711		0	RP	4		0.903		
20:1....g	0.000		0	RP	4		0.000		
22:1 undifferentiated....g	0.000		0	RP	4		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.195		0	RP	4		0.248		
18:2 undifferentiated....g	0.129		0	RP	4		0.164		
18:3 undifferentiated....g	0.066		0	RP	4		0.084		
18:4....g	0.000		0	RP	4		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0	RP	4		0.000		
20:5 n-3 (EPA)....g	0.000		0	RP	4		0.000		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	RP	4		0.000		
22:6 n-3 (DHA)....g	0.000		0	RP	4		0.000		
Fatty acids, total trans....g									
Cholesterol....mg	9		0	RP	4		11		
Phytosterols....mg	0		0	Z	7		0		
Amino Acids:									
Tryptophan....g	0.064		0	RP	4		0.081		
Threonine....g	0.122		0	RP	4		0.155		
Isoleucine....g	0.141		0	RP	4		0.179		
Leucine....g	0.227		0	RP	4		0.288		
Lysine....g	0.120		0	RP	4		0.152		
Methionine....g	0.064		0	RP	4		0.081		
Cystine....g	0.014		0	RP	4		0.018		
Phenylalanine....g	0.125		0	RP	4		0.159		
Tyrosine....g	0.129		0	RP	4		0.164		
Valine....g	0.164		0	RP	4		0.208		
Arginine....g	0.064		0	RP	4		0.081		
Histidine....g	0.064		0	RP	4		0.081		
Alanine....g	0.088		0	RP	4		0.112		

NDB No. 19321
Puddings, banana, dry mix, regular, prepared with whole milk

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	0.202		0	RP	4		0.257		
Glutamic acid.....g	0.553		0	RP	4		0.702		
Glycine.....g	0.064		0	RP	4		0.081		
Proline.....g	0.291		0	RP	4		0.370		
Serine.....g	0.091		0	RP	4		0.116		
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	RP	4		0.0		
Caffeine.....mg	0		0	RP	4		0		
Theobromine.....mg	0		0	RP	4		0		

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

Common Measures:

Measure 1 = 127g: .5 cup

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

Food Group: 19 Sweets

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

NDB No. 19706
Puddings, banana, dry mix, regular, with added oil

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	4.10	0.100	6		1		3.61	0.90	
Energy....kcal	387		0	NC	4		341	85	
Energy....kJ	1619				4		1425	356	
Protein (N x 6.2)....g	0.00		0		4		0.00	0.00	
Total lipid (fat)....g	5.00		0		1		4.40	1.10	
Ash....g	2.50	0.079	6		1		2.20	0.55	
Carbohydrate, by difference....g	88.40		0		4		77.79	19.45	
Fiber, total dietary....g	0.3		0	BFZN	4		0.3	0.1	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	20		1		4		18	4	
Iron, Fe....mg	0.05		1		4		0.04	0.01	
Magnesium, Mg....mg	8		1		4		7	2	
Phosphorus, P....mg	5		1		4		4	1	
Potassium, K....mg	17		0		4		15	4	
Sodium, Na....mg	788		0		4		693	173	
Zinc, Zn....mg	0.09		1		4		0.08	0.02	
Copper, Cu....mg	0.020		1		4		0.018	0.004	
Manganese, Mn....mg	0.013		1		4		0.011	0.003	
Selenium, Se....µg	0.9		0	RA	4		0.8	0.2	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		1		4		0.0	0.0	
Thiamin....mg	0.000		1		4		0.000	0.000	
Riboflavin....mg	0.000		1		4		0.000	0.000	
Niacin....mg	0.000		1		4		0.000	0.000	
Pantothenic acid....mg	0.000		1		4		0.000	0.000	
Vitamin B-6....mg	0.000		1		4		0.000	0.000	
Folate, total....µg	0		1		4		0	0	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	0		1		4		0	0	
Folate, DFE....µg	0		0	NC	4		0	0	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.00		1		4		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									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	0		1		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									
Lipids:									

NDB No. 19706
Puddings, banana, dry mix, regular, with added oil

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.900		0		1		0.792	0.198	
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	0.700		0		1		0.616	0.154	
17:0....g									
18:0....g	0.180		0		1		0.158	0.040	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	1.480		0		1		1.302	0.326	
14:1....g									
15:1....g									
16:1 undifferentiated....g									
17:1....g									
18:1 undifferentiated....g	1.470		0		1		1.294	0.323	
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	2.410		0		1		2.121	0.530	
18:2 undifferentiated....g	2.270		0		1		1.998	0.499	
18:3 undifferentiated....g	0.140		0		1		0.123	0.031	
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g									
Cholesterol....mg	0		1		4		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.000		0		1		0.000	0.000	
Threonine....g	0.001		0		1		0.001	0.000	
Isoleucine....g	0.001		0		1		0.001	0.000	
Leucine....g	0.005		0		1		0.004	0.001	
Lysine....g	0.001		0		1		0.001	0.000	
Methionine....g	0.001		0		1		0.001	0.000	
Cystine....g	0.001		0		1		0.001	0.000	
Phenylalanine....g	0.002		0		1		0.002	0.000	
Tyrosine....g	0.001		0		1		0.001	0.000	
Valine....g	0.002		0		1		0.002	0.000	
Arginine....g	0.002		0		1		0.002	0.000	
Histidine....g	0.001		0		1		0.001	0.000	
Alanine....g	0.003		0		1		0.003	0.001	
Aspartic acid....g	0.003		0		1		0.003	0.001	
Glutamic acid....g	0.007		0		1		0.006	0.002	
Glycine....g	0.001		0		1		0.001	0.000	
Proline....g	0.003		0		1		0.003	0.001	
Serine....g	0.002		0		1		0.002	0.000	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g									
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

NDB No. 19706

Puddings, banana, dry mix, regular, with added oil

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

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

Common Measures:

Measure 1 = 88g: 1 package (3.12 oz)

Measure 2 = 22g: 1 portion, amount to make 1/2 cup

Calories Factors: Protein 3.5 **Fat** 8.4 **Carbohydrate** 3.9

Food Group: 19 Sweets

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

NDB No. 44061
Puddings, chocolate flavor, low calorie, instant, dry mix

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	4.20		0		4		0.42	1.68	
Energy....kcal	356		0	NC	4		35	142	
Energy....kJ	1488		0	NC	4		147	595	
Protein (N x 6.25)....g	5.30		0		4		0.52	2.12	
Total lipid (fat)....g	2.40		0	FLM	4		0.24	0.96	
Ash....g	9.90		0	MC	9		0.98	3.96	
Carbohydrate, by difference....g	78.20		0	NC	4		7.74	31.28	
Fiber, total dietary....g	6.1		0	FLM	4		0.6	2.5	
Sugars, total....g	0.70		0	FLM	4		0.07	0.28	
Starch....g									
Minerals:									
Calcium, Ca....mg	126		0	MC	9		12	50	
Iron, Fe....mg	3.11		0	FLM	4		0.31	1.24	
Magnesium, Mg....mg	89		0	FLM	4		9	36	
Phosphorus, P....mg	1660		0		4		164	664	
Potassium, K....mg	1279		0		4		127	512	
Sodium, Na....mg	2838		0		4		281	1135	
Zinc, Zn....mg	0.41		0		4		0.04	0.16	
Copper, Cu....mg	0.838		0		4		0.083	0.335	
Manganese, Mn....mg	0.703		0	FLM	4		0.070	0.281	
Selenium, Se....µg	3.9		0	BFPN	4		0.4	1.6	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		4		0.0	0.0	
Thiamin....mg	0.020		0		4		0.002	0.008	
Riboflavin....mg	0.090		0		4		0.009	0.036	
Niacin....mg	0.400		0		4		0.040	0.160	
Pantothenic acid....mg	0.055		0	FLM	4		0.005	0.022	
Vitamin B-6....mg	0.040		0		4		0.004	0.016	
Folate, total....µg	6		0	FLM	4		1	2	
Folic acid....µg	0		0	FLM	4		0	0	
Folate, food....µg	6		0	FLM	4		1	2	
Folate, DFE....µg	6		0	NC	4		1	2	
Choline, total....mg	3.3		0	O	4		0.3	1.3	
Betaine....mg									
Vitamin B-12....µg	0.01		0	FLM	4		0.00	0.00	
Vitamin B-12, added....µg	0.00		0	FLM	4		0.00	0.00	
Vitamin A, RAE....µg	0		0	FLM	4		0	0	
Retinol....µg	0		0	FLM	4		0	0	
Carotene, beta....µg	0		0	FLM	4		0	0	
Carotene, alpha....µg	0		0	FLM	4		0	0	
Cryptoxanthin, beta....µg	0		0	FLM	4		0	0	
Vitamin A, IU....IU	0		0	FLM	4		0	0	
Lycopene....µg	0		0	FLM	4		0	0	
Lutein + zeaxanthin....µg	7		0	FLM	4		1	3	
Vitamin E (alpha-tocopherol)....mg	0.02		0	FLM	4		0.00	0.01	
Vitamin E, added....mg	0.00		0	FLM	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	
Vitamin K (phylloquinone)....µg	0.4		0	FLM	4		0.0	0.2	
Dihydrophylloquinone....µg									
Menaquinone-4....µg									

NDB No. 44061

Puddings, chocolate flavor, low calorie, instant, dry mix

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	0.984		0	FLM	4		0.097	0.394	
4:0....g	0.000		0	FLM	4		0.000	0.000	
6:0....g	0.000		0	FLM	4		0.000	0.000	
8:0....g	0.000		0	FLM	4		0.000	0.000	
10:0....g	0.000		0	FLM	4		0.000	0.000	
12:0....g	0.000		0	FLM	4		0.000	0.000	
13:0....g									
14:0....g	0.003		0	FLM	4		0.000	0.001	
15:0....g									
16:0....g	0.459		0	FLM	4		0.045	0.183	
17:0....g									
18:0....g	0.523		0	FLM	4		0.052	0.209	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	1.154		0	FLM	4		0.114	0.462	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0	FLM	4		0.000	0.000	
17:1....g									
18:1 undifferentiated....g	1.154		0	FLM	4		0.114	0.461	
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	0.131		0	FLM	4		0.013	0.053	
18:2 undifferentiated....g	0.131		0	FLM	4		0.013	0.053	
18:3 undifferentiated....g	0.000		0	FLM	4		0.000	0.000	
18:4....g	0.000		0	FLM	4		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	
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									
Cholesterol....mg	0		0	FLM	4		0	0	
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	FLM	4		0.0	0.0	
Caffeine....mg	14		0	FLM	4		1	6	
Theobromine....mg	473		0	FLM	4		47	189	

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

Common Measures:

Measure 1 = 9.9g: 1 serving

Measure 2 = 40g: 1 package 1.4 oz box, 4 servings

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

Food Group: 19 Sweets

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

NDB No. 44258
Puddings, chocolate flavor, low calorie, regular, dry mix

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	6.80		0	FLM	4		0.67	2.72	
Energy....kcal	365		0	NC	4		36	146	
Energy....kJ	1527		0	NC	4		151	611	
Protein (N x 6.25)....g	10.08		1	LC	8		1.00	4.03	
Total lipid (fat)....g	3.00		0	FLM	4		0.30	1.20	
Ash....g	5.70		0	NR	4		0.56	2.28	
Carbohydrate, by difference....g	74.42		0	NC	4		7.37	29.77	
Fiber, total dietary....g	10.1		1	LC	8		1.0	4.0	
Sugars, total....g	0.70		0	FLM	4		0.07	0.28	
Starch....g									
Minerals:									
Calcium, Ca....mg	50		0	LC	8		5	20	
Iron, Fe....mg	3.87		0	FLM	4		0.38	1.55	
Magnesium, Mg....mg	110		0	FLM	4		11	44	
Phosphorus, P....mg	174		0	FLM	4		17	70	
Potassium, K....mg	570		0	FLM	4		56	228	
Sodium, Na....mg	3326		1	LC	8		329	1330	
Zinc, Zn....mg	1.49		0	FLM	4		0.15	0.60	
Copper, Cu....mg	0.854		0	FLM	4		0.085	0.341	
Manganese, Mn....mg	0.887		0	FLM	4		0.088	0.355	
Selenium, Se....µg	5.1		0	FLM	4		0.5	2.0	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	FLM	4		0.0	0.0	
Thiamin....mg	0.025		0	FLM	4		0.002	0.010	
Riboflavin....mg	0.105		0	FLM	4		0.010	0.042	
Niacin....mg	0.545		0	FLM	4		0.054	0.218	
Pantothenic acid....mg	0.058		0	FLM	4		0.006	0.023	
Vitamin B-6....mg	0.027		0	FLM	4		0.003	0.011	
Folate, total....µg	0		0		4		0	0	
Folic acid....µg	0		0	FLM	4		0	0	
Folate, food....µg	0		0	BFSN	4		0	0	
Folate, DFE....µg	0		0	NC	4		0	0	
Choline, total....mg	3.3		0	O	4		0.3	1.3	
Betaine....mg									
Vitamin B-12....µg	0.00		0	FLM	4		0.00	0.00	
Vitamin B-12, added....µg	0.00		0	FLM	4		0.00	0.00	
Vitamin A, RAE....µg	0		0	NC	4		0	0	
Retinol....µg	0		0	BFSN	4		0	0	
Carotene, beta....µg	0		0	NR	4		0	0	
Carotene, alpha....µg	0		0	BFSN	4		0	0	
Cryptoxanthin, beta....µg	0		0	BFSN	4		0	0	
Vitamin A, IU....IU	0		0	O	4		0	0	
Lycopene....µg	0		0	BFSN	4		0	0	
Lutein + zeaxanthin....µg	9		0	BFSN	4		1	3	
Vitamin E (alpha-tocopherol)....mg	0.02		0	FLM	4		0.00	0.01	
Vitamin E, added....mg	0.00		0	FLM	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	
Vitamin K (phylloquinone)....µg	0.5		0	FLM	4		0.1	0.2	
Dihydrophylloquinone....µg									
Menaquinone-4....µg									

NDB No. 44258

Puddings, chocolate flavor, low calorie, regular, 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
Lipids:									
Fatty acids, total saturated....g	1.578		0	FLM	4		0.156	0.631	
4:0....g	0.000		0	FLM	4		0.000	0.000	
6:0....g	0.000		0	FLM	4		0.000	0.000	
8:0....g	0.000		0	FLM	4		0.000	0.000	
10:0....g	0.000		0	FLM	4		0.000	0.000	
12:0....g	0.000		0	FLM	4		0.000	0.000	
13:0....g									
14:0....g	0.004		0	FLM	4		0.000	0.002	
15:0....g									
16:0....g	0.735		0	FLM	4		0.073	0.294	
17:0....g									
18:0....g	0.839		0	FLM	4		0.083	0.335	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	1.150		0	FLM	4		0.114	0.460	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0	FLM	4		0.000	0.000	
17:1....g									
18:1 undifferentiated....g	1.150		0	FLM	4		0.114	0.460	
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	0.130		0	FLM	4		0.013	0.052	
18:2 undifferentiated....g	0.130		0	FLM	4		0.013	0.052	
18:3 undifferentiated....g	0.000		0	FLM	4		0.000	0.000	
18:4....g	0.000		0	FLM	4		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	
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									
Cholesterol....mg	0		0	FLM	4		0	0	
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	FLM	4		0.0	0.0	
Caffeine....mg	18		0	FLM	4		2	7	
Theobromine....mg	596		0	FLM	4		59	238	

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

Common Measures:

Measure 1 = 9.9g: 1 serving

Measure 2 = 40g: 1 package

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

Food Group: 19 Sweets

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

NDB No. 19184
Puddings, chocolate, dry mix, instant

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	3.20	0.067	8		1		3.17	0.80	
Energy....kcal	378		0	NC	4		374	94	
Energy....kJ	1581		0	NC	4		1565	395	
Protein (N x 6.25)....g	2.30	0.122	8		1		2.28	0.58	
Total lipid (fat)....g	1.90	0.117	8		1		1.88	0.48	
Ash....g	4.70	0.025	8		1		4.65	1.18	
Carbohydrate, by difference....g	87.90		0	O	4		87.02	21.98	
Fiber, total dietary....g	3.6		1	LC	8		3.5	0.9	
Sugars, total....g	67.86		1	LC	8		67.18	16.96	
Starch....g									
Minerals:									
Calcium, Ca....mg	12		0	FLC	4		12	3	
Iron, Fe....mg	1.29		1	LC	8		1.27	0.32	
Magnesium, Mg....mg	45		0	FLC	4		45	11	
Phosphorus, P....mg	72		0	FLC	4		72	18	
Potassium, K....mg	236	10.534	17		1		234	59	
Sodium, Na....mg	1771		0	LC	8		1753	443	
Zinc, Zn....mg	0.62		0	FLC	4		0.61	0.15	
Copper, Cu....mg	0.354		0	FLC	4		0.350	0.088	
Manganese, Mn....mg	0.367		0	FLC	4		0.364	0.092	
Selenium, Se....µg	2.5		0	FLC	4		2.5	0.6	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	FLC	4		0.0	0.0	
Thiamin....mg	0.010		0	FLC	4		0.010	0.003	
Riboflavin....mg	0.055		0	FLC	4		0.054	0.014	
Niacin....mg	0.234		0	FLC	4		0.232	0.058	
Pantothenic acid....mg	0.025		0	FLC	4		0.024	0.006	
Vitamin B-6....mg	0.012		0	FLC	4		0.012	0.003	
Folate, total....µg	3		0	FLC	4		3	1	
Folic acid....µg	0		0	FLC	4		0	0	
Folate, food....µg	3		0	FLC	4		3	1	
Folate, DFE....µg	3		0	NC	4		3	1	
Choline, total....mg	3.4		0	FLC	4		3.3	0.8	
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	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	0		0	FLC	4		0	0	
Lycopene....µg	0		0	FLC	4		0	0	
Lutein + zeaxanthin....µg	4		0	FLC	4		3	1	
Vitamin E (alpha-tocopherol)....mg	0.07		0	FLC	4		0.07	0.02	
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	
Vitamin K (phylloquinone)....µg	1.5		0	FLC	4		1.5	0.4	
Dihydrophylloquinone....µg									
Menaquinone-4....µg									

NDB No. 19184
Puddings, chocolate, dry mix, instant

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	0.825		0	FLC	4		0.817	0.206	
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	0.003		0	FLC	4		0.003	0.001	
15:0....g									
16:0....g	0.413		0	FLC	4		0.409	0.103	
17:0....g									
18:0....g	0.400		0	FLC	4		0.396	0.100	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.487		0	FLC	4		0.482	0.122	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.003		0	FLC	4		0.003	0.001	
17:1....g									
18:1 undifferentiated....g	0.485		0	FLC	4		0.480	0.121	
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	0.348		0	FLC	4		0.345	0.087	
18:2 undifferentiated....g	0.314		0	FLC	4		0.311	0.078	
18:3 undifferentiated....g	0.034		0	FLC	4		0.034	0.009	
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									
Cholesterol....mg	0		0	FLC	4		0	0	
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	FLC	4		0.0	0.0	
Caffeine....mg	7		0	FLC	4		7	2	
Theobromine....mg	245		0	FLC	4		243	61	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 package (3.5 oz)

Measure 2 = 25g: 1 portion, amount to make 1/2 cup

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

Food Group: 19 Sweets

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

NDB No. 19123
Puddings, chocolate, dry mix, instant, prepared with 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
Proximates:									
Water....g	74.59		0	RPA	1		105.92		
Energy....kcal	105		0	RPI	6		150		
Energy....kJ	441		0	RPI	6		626		
Protein....g	3.15		0	RPA	1		4.48		
Total lipid (fat)....g	1.92		0	RPA	1		2.72		
Ash....g	1.41		0	RPA	1		2.01		
Carbohydrate, by difference....g	18.89		0	RPI	6		26.83		
Fiber, total dietary....g	0.4		0	RPI	6		0.6		
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	104		0	RPI	6		147		
Iron, Fe....mg	0.40		0	RPI	6		0.57		
Magnesium, Mg....mg	19		0	RPI	6		27		
Phosphorus, P....mg	238		0	RPI	6		339		
Potassium, K....mg	168		0	RPA	1		239		
Sodium, Na....mg	284		0	RPA	1		404		
Zinc, Zn....mg	0.43		0	RPI	6		0.61		
Copper, Cu....mg	0.068		0	RPI	6		0.096		
Manganese, Mn....mg	0.062		0	RPI	6		0.087		
Selenium, Se....µg	2.3		0	RPI	6		3.2		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.8		0	RPI	6		1.1		
Thiamin....mg	0.034		0	RPI	6		0.048		
Riboflavin....mg	0.147		0	RPI	6		0.209		
Niacin....mg	0.108		0	RPI	6		0.154		
Pantothenic acid....mg	0.274		0	RPI	6		0.389		
Vitamin B-6....mg	0.038		0	RPI	6		0.054		
Folate, total....µg	5		0	RPI	6		7		
Folic acid....µg	0		0	RPI	6		0		
Folate, food....µg	5		0	RPI	6		7		
Folate, DFE....µg	5		0	NC	4		7		
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.31		0	RPI	6		0.44		
Vitamin A, RAE....µg	46		0	NC	4		66		
Retinol....µg	46		0	RPA	1		65		
Carotene, beta....µg	10		0	O	4		14		
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	170		0	RPI	6		242		
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	0.8		0	RPI	6		1.2		
Vitamin D....IU	33		0	RPI	6		47		
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

NDB No. 19123

Puddings, chocolate, dry mix, instant, prepared with 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 of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	1.064		0	RPA	1		1.511		
4:0....g	0.051		0	RPA	1		0.073		
6:0....g	0.031		0	RPA	1		0.044		
8:0....g	0.017		0	RPA	1		0.025		
10:0....g	0.040		0	RPA	1		0.057		
12:0....g	0.045		0	RPA	1		0.064		
13:0....g									
14:0....g	0.160		0	RPA	1		0.227		
15:0....g									
16:0....g	0.472		0	RPA	1		0.670		
17:0....g									
18:0....g	0.248		0	RPA	1		0.352		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.561		0	RPA	1		0.796		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.037		0	RPA	1		0.053		
17:1....g									
18:1 undifferentiated....g	0.523		0	RPA	1		0.743		
20:1....g	0.000		0	RPA	1		0.000		
22:1 undifferentiated....g	0.000		0	RPA	1		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.132		0	RPA	1		0.187		
18:2 undifferentiated....g	0.104		0	RPA	1		0.147		
18:3 undifferentiated....g	0.028		0	RPA	1		0.040		
18:4....g	0.000		0	RPA	1		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0	RPA	1		0.000		
20:5 n-3 (EPA)....g	0.000		0	RPA	1		0.000		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	RPA	1		0.000		
22:6 n-3 (DHA)....g	0.000		0	RPA	1		0.000		
Fatty acids, total trans....g									
Cholesterol....mg	6		0	RPI	6		9		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.044		0	RPA	1		0.063		
Threonine....g	0.139		0	RPA	1		0.198		
Isoleucine....g	0.182		0	RPA	1		0.258		
Leucine....g	0.295		0	RPA	1		0.419		
Lysine....g	0.239		0	RPA	1		0.339		
Methionine....g	0.074		0	RPA	1		0.105		
Cystine....g	0.030		0	RPA	1		0.043		
Phenylalanine....g	0.151		0	RPA	1		0.215		
Tyrosine....g	0.148		0	RPA	1		0.210		
Valine....g	0.208		0	RPA	1		0.295		
Arginine....g	0.121		0	RPA	1		0.172		
Histidine....g	0.082		0	RPA	1		0.116		
Alanine....g	0.112		0	RPA	1		0.160		
Aspartic acid....g	0.246		0	RPA	1		0.350		
Glutamic acid....g	0.636		0	RPA	1		0.904		
Glycine....g	0.074		0	RPA	1		0.105		
Proline....g	0.286		0	RPA	1		0.406		
Serine....g	0.167		0	RPA	1		0.237		
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	RPI	6		0.0		
Caffeine....mg	1		0	RPI	6		2		
Theobromine....mg	39		0	RPI	6		56		

NDB No. 19123

Puddings, chocolate, dry mix, instant, prepared with 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 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 = 142g: .5 cup From 19211

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

Food Group: 19 Sweets

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

NDB No. 19185

Puddings, chocolate, dry mix, instant, prepared with whole milk

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	73.60		0		1		108.19	432.03	
Energy	kcal	111		0	NC	4		163	652	
Energy	kJ	464		0		4		683	2726	
Protein (N x 0)	g	3.10		0		1		4.56	18.20	
Total lipid (fat)	g	3.10		0		1		4.56	18.20	
Ash	g	1.40		0		1		2.06	8.22	
Carbohydrate, by difference	g	18.80		0	NC	4		27.64	110.36	
Fiber, total dietary	g	1.0		0		4		1.5	5.9	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	102		0		1		150	599	
Iron, Fe	mg	0.29		0		1		0.43	1.70	
Magnesium, Mg	mg	18		0		1		26	106	
Phosphorus, P	mg	239		0		1		351	1403	
Potassium, K	mg	166		0		1		244	974	
Sodium, Na	mg	284		0		1		417	1667	
Zinc, Zn	mg	0.42		0		1		0.62	2.47	
Copper, Cu	mg	0.064		0		1		0.094	0.376	
Manganese, Mn	mg	0.042		0		1		0.062	0.247	
Selenium, Se	µg	1.7	0.309	12	A	1		2.5	10.0	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.9		0		1		1.3	5.3	
Thiamin	mg	0.033		0		1		0.049	0.194	
Riboflavin	mg	0.141		0		1		0.207	0.828	
Niacin	mg	0.096		0		1		0.141	0.564	
Pantothenic acid	mg	0.269		0		1		0.395	1.579	
Vitamin B-6	mg	0.038		0		1		0.056	0.223	
Folate, total	µg	4		0		1		6	23	
Folic acid	µg	0		0	O	4		0	0	
Folate, food	µg	4		0		1		6	23	
Folate, DFE	µg	4		0	NC	4		6	23	
Choline, total	mg									
Betaine	mg									
Vitamin B-12	µg	0.30		0		1		0.44	1.76	
Vitamin A, RAE	µg	26		0	NC	4		38	153	
Retinol	µg	24		0	O	4		35	141	
Carotene, beta	µg	24		0	O	4		35	141	
Carotene, alpha	µg									
Cryptoxanthin, beta	µg									
Vitamin A, IU	IU	120		0	O	4		176	704	
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. 19185

Puddings, chocolate, dry mix, instant, prepared with whole milk

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	1.830		0		1		2.690	10.742	
4:0....g	0.090		0		1		0.132	0.528	
6:0....g	0.050		0		1		0.074	0.294	
8:0....g	0.030		0		1		0.044	0.176	
10:0....g	0.070		0		1		0.103	0.411	
12:0....g	0.080		0		1		0.118	0.470	
13:0....g									
14:0....g	0.290		0		1		0.426	1.702	
15:0....g									
16:0....g	0.820		0		1		1.205	4.813	
17:0....g									
18:0....g	0.410		0		1		0.603	2.407	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.920		0		1		1.352	5.400	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.070		0		1		0.103	0.411	
17:1....g									
18:1 undifferentiated....g	0.850		0		1		1.250	4.990	
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	0.180		0		1		0.265	1.057	
18:2 undifferentiated....g	0.130		0		1		0.191	0.763	
18:3 undifferentiated....g	0.050		0		1		0.074	0.294	
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	11		0		1		16	65	
Phytosterols....mg	0		0		1		0	0	
Amino Acids:									
Tryptophan....g	0.042		0		1		0.062	0.247	
Threonine....g	0.132		0		1		0.194	0.775	
Isoleucine....g	0.173		0		1		0.254	1.016	
Leucine....g	0.279		0		1		0.410	1.638	
Lysine....g	0.226		0		1		0.332	1.327	
Methionine....g	0.069		0		1		0.101	0.405	
Cystine....g	0.029		0		1		0.043	0.170	
Phenylalanine....g	0.143		0		1		0.210	0.839	
Tyrosine....g	0.140		0		1		0.206	0.822	
Valine....g	0.197		0		1		0.290	1.156	
Arginine....g	0.115		0		1		0.169	0.675	
Histidine....g	0.078		0		1		0.115	0.458	
Alanine....g	0.107		0		1		0.157	0.628	
Aspartic acid....g	0.234		0		1		0.344	1.374	
Glutamic acid....g	0.603		0		1		0.886	3.540	
Glycine....g	0.071		0		1		0.104	0.417	
Proline....g	0.270		0		1		0.397	1.585	
Serine....g	0.158		0		1		0.232	0.927	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	2		0	BFZN	4		3	12	
Theobromine....mg	62		0	BFZN	4		91	364	

NDB No. 19185

Puddings, chocolate, dry mix, instant, prepared with whole milk

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

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

Common Measures:

Measure 1 = 147g: .5 cup

Measure 2 = 587g: 1 package yield (2 cups)

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

Food Group: 19 Sweets

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

NDB No. 19188
Puddings, chocolate, 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
Proximates:									
Water....g	4.00	0.061	11		1		3.96	1.00	
Energy....kcal	362		0	NC	4		358	90	
Energy....kJ	1514		0	NC	4		1499	379	
Protein (N x 5.6)....g	2.60	0.109	11		1		2.57	0.65	
Total lipid (fat)....g	2.10	0.148	11		1		2.08	0.53	
Ash....g	2.00	0.056	11		1		1.98	0.50	
Carbohydrate, by difference....g	89.30		0	NC	4		88.41	22.33	
Fiber, total dietary....g	4.5		0	FLA	4		4.4	1.1	
Sugars, total....g	42.88		0	FLA	4		42.45	10.72	
Starch....g									
Minerals:									
Calcium, Ca....mg	53	2.086	4		1		52	13	
Iron, Fe....mg	1.82	0.031	4		1		1.80	0.46	
Magnesium, Mg....mg	67		0	FLA	4		66	17	
Phosphorus, P....mg	88	9.481	4		1		87	22	
Potassium, K....mg	209	13.072	20		1		207	52	
Sodium, Na....mg	479		0	LC	8		474	120	
Zinc, Zn....mg	0.90		0	FLA	4		0.89	0.23	
Copper, Cu....mg	0.518		0	FLA	4		0.512	0.129	
Manganese, Mn....mg	0.537		0	FLA	4		0.532	0.134	
Selenium, Se....µg	3.3		0	FLA	4		3.2	0.8	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	FLA	4		0.0	0.0	
Thiamin....mg	0.015		0	FLA	4		0.015	0.004	
Riboflavin....mg	0.071		0	FLA	4		0.071	0.018	
Niacin....mg	0.330		0	FLA	4		0.327	0.083	
Pantothenic acid....mg	0.035		0	FLA	4		0.035	0.009	
Vitamin B-6....mg	0.016		0	FLA	4		0.016	0.004	
Folate, total....µg	4		0	FLA	4		4	1	
Folic acid....µg	0		0	FLA	4		0	0	
Folate, food....µg	4		0	FLA	4		4	1	
Folate, DFE....µg	4		0	NC	4		4	1	
Choline, total....mg	1.6		0	FLA	4		1.6	0.4	
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	NC	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	5		0	FLA	4		5	1	
Vitamin E (alpha-tocopherol)....mg	0.01		0	FLA	4		0.01	0.00	
Vitamin E, added....mg	0.00		0	FLA	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	
Vitamin K (phylloquinone)....µg	0.3		0	FLA	4		0.3	0.1	
Dihydrophylloquinone....µg									
Menaquinone-4....µg									

NDB No. 19188
Puddings, chocolate, dry mix, 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
Lipids:									
Fatty acids, total saturated....g	1.234		0	FLA	4		1.221	0.308	
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	0.003		0	FLA	4		0.003	0.001	
15:0....g									
16:0....g	0.567		0	FLA	4		0.561	0.142	
17:0....g									
18:0....g	0.647		0	FLA	4		0.640	0.162	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.703		0	FLA	4		0.696	0.176	
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	0.703		0	FLA	4		0.696	0.176	
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	0.079		0	FLA	4		0.078	0.020	
18:2 undifferentiated....g	0.079		0	FLA	4		0.078	0.020	
18:3 undifferentiated....g	0.000		0	FLA	4		0.000	0.000	
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	FLA	4		0	0	
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	FLA	4		0.0	0.0	
Caffeine....mg	11		0	FLA	4		11	3	
Theobromine....mg	362		0	FLA	4		359	91	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 package (3.5 oz)

Measure 2 = 25g: 1 portion, amount to make 1/2 cup

Calories Factors: Protein 1.9 **Fat** 8.4 **Carbohydrate** 3.8

Food Group: 19 Sweets

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

NDB No. 19190
Puddings, chocolate, dry mix, regular, prepared with 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
Proximates:									
Water....g	73.94		0	RP	4		94.64		
Energy....kcal	111		0	RP	4		142		
Energy....kJ	463		0	RP	4		593		
Protein....g	3.28		0	RP	4		4.20		
Total lipid (fat)....g	2.06		0	RP	4		2.64		
Ash....g	0.96		0	RP	4		1.23		
Carbohydrate, by difference....g	19.76		0	RP	4		25.29		
Fiber, total dietary....g	0.8		0	RP	4		1.0		
Sugars, total....g	11.85		0	RP	4		15.16		
Sucrose....g									
Glucose (dextrose)....g									
Fructose....g									
Lactose....g									
Maltose....g									
Galactose....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	112		0	RP	4		143		
Iron, Fe....mg	0.34		0	RP	4		0.44		
Magnesium, Mg....mg	21		0	RP	4		27		
Phosphorus, P....mg	94		0	RP	4		120		
Potassium, K....mg	156		0	RP	4		200		
Sodium, Na....mg	102		0	RP	4		130		
Zinc, Zn....mg	0.57		0	RP	4		0.73		
Copper, Cu....mg	0.095		0	RP	4		0.122		
Manganese, Mn....mg	0.106		0	RP	4		0.136		
Selenium, Se....µg	2.7		0	RP	4		3.5		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.1		0	RP	4		0.2		
Thiamin....mg	0.033		0	RP	4		0.042		
Riboflavin....mg	0.171		0	RP	4		0.219		
Niacin....mg	0.136		0	RP	4		0.175		
Pantothenic acid....mg	0.310		0	RP	4		0.397		
Vitamin B-6....mg	0.032		0	RP	4		0.041		
Folate, total....µg	4		0	RP	4		5		
Folic acid....µg	0		0	RP	4		0		
Folate, food....µg	4		0	RP	4		5		
Folate, DFE....µg	4		0	NC	4		5		
Choline, total....mg	12.9		0	RP	4		16.5		
Betaine....mg	0.8		0	RP	4		1.0		
Vitamin B-12....µg	0.37		0	RP	4		0.47		
Vitamin B-12, added....µg	0.00		0	RP	4		0.00		
Vitamin A, RAE....µg	47		0	NC	4		61		
Retinol....µg	47		0	RP	4		60		
Carotene, beta....µg	3		0	RP	4		4		
Carotene, alpha....µg	0		0	RP	4		0		
Cryptoxanthin, beta....µg	0		0	RP	4		0		
Vitamin A, IU....IU	163		0	NC	4		208		
Lycopene....µg	0		0	RP	4		0		
Lutein + zeaxanthin....µg	1		0	RP	4		1		
Vitamin E (alpha-tocopherol)....mg	0.03		0	RP	4		0.04		
Vitamin E, added....mg	0.00		0	RP	4		0.00		
Tocopherol, beta....mg	0.00		0	RP	4		0.00		
Tocopherol, gamma....mg	0.00		0	RP	4		0.00		
Tocopherol, delta....mg	0.00		0	RP	4		0.00		
Tocotrienol, alpha....mg	0.00		0	RP	4		0.00		
Tocotrienol, beta....mg	0.00		0	RP	4		0.00		

NDB No. 19190

Puddings, chocolate, dry mix, regular, prepared with 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 of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Tocotrienol, gamma....mg	0.00		0	RP	4		0.00		
Tocotrienol, delta....mg	0.00		0	RP	4		0.00		
Vitamin D (D2 + D3)....µg	1.0		0	AS	1		1.3		
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg	1.0		0	RP	4		1.3		
Vitamin D....IU	42		0	RP	4		53		
Vitamin K (phylloquinone)....µg	0.2		0	RP	4		0.3		
Dihydrophylloquinone....µg	0.0		0	RP	4		0.0		
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	1.289		0	RP	4		1.650		
4:0....g	0.066		0	RP	4		0.084		
6:0....g	0.034		0	RP	4		0.044		
8:0....g	0.017		0	RP	4		0.022		
10:0....g	0.042		0	RP	4		0.054		
12:0....g	0.047		0	RP	4		0.060		
13:0....g	0.002		0	RP	4		0.002		
14:0....g	0.151		0	RP	4		0.193		
15:0....g	0.017		0	RP	4		0.022		
16:0....g	0.577		0	RP	4		0.739		
17:0....g	0.010		0	RP	4		0.012		
18:0....g	0.321		0	RP	4		0.411		
20:0....g	0.003		0	RP	4		0.004		
22:0....g	0.002		0	RP	4		0.002		
24:0....g									
Fatty acids, total monounsaturated....g	0.602		0	RP	4		0.771		
14:1....g	0.012		0	RP	4		0.016		
15:1....g	0.004		0	RP	4		0.004		
16:1 undifferentiated....g	0.023		0	RP	4		0.029		
17:1....g	0.004		0	RP	4		0.005		
18:1 undifferentiated....g	0.558		0	RP	4		0.714		
20:1....g	0.002		0	RP	4		0.002		
22:1 undifferentiated....g	0.000		0	RP	4		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.076		0	RP	4		0.098		
18:2 undifferentiated....g	0.067		0	RP	4		0.085		
18:3 undifferentiated....g	0.007		0	RP	4		0.009		
18:4....g	0.000		0	RP	4		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g	0.003		0	RP	4		0.003		
20:4 undifferentiated....g	0.000		0	RP	4		0.000		
20:5 n-3 (EPA)....g	0.000		0	RP	4		0.000		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	RP	4		0.000		
22:6 n-3 (DHA)....g	0.000		0	RP	4		0.000		
Fatty acids, total trans....g	0.073		0	RP	4		0.093		
Cholesterol....mg	7		0	RP	4		9		
Phytosterols....mg									
Stigmasterol....mg	0		0	RP	4		0		
Campesterol....mg	0		0	RP	4		0		
Beta-sitosterol....mg	0		0	RP	4		0		
Amino Acids:									
Tryptophan....g	0.035		0	RP	4		0.044		
Threonine....g	0.088		0	RP	4		0.113		
Isoleucine....g	0.156		0	RP	4		0.200		
Leucine....g	0.283		0	RP	4		0.362		
Lysine....g	0.199		0	RP	4		0.255		
Methionine....g	0.071		0	RP	4		0.091		
Cystine....g	0.092		0	RP	4		0.117		
Phenylalanine....g	0.139		0	RP	4		0.178		
Tyrosine....g	0.131		0	RP	4		0.167		
Valine....g	0.186		0	RP	4		0.238		

NDB No. 19190

Puddings, chocolate, dry mix, regular, prepared with 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 of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Arginine.....g	0.092		0	RP	4		0.118		
Histidine.....g	0.062		0	RP	4		0.080		
Alanine.....g	0.095		0	RP	4		0.121		
Aspartic acid.....g	0.256		0	RP	4		0.328		
Glutamic acid.....g	0.667		0	RP	4		0.853		
Glycine.....g	0.052		0	RP	4		0.066		
Proline.....g	0.315		0	RP	4		0.403		
Serine.....g	0.170		0	RP	4		0.218		
Hydroxyproline.....g	0.000		0	RP	4		0.000		
Others:									
Alcohol, ethyl.....g	0.0		0	RP	4		0.0		
Caffeine.....mg	2		0	RP	4		2		
Theobromine.....mg	63		0	RP	4		81		

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

Common Measures:

Measure 1 = 128g: .5 cup

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

Food Group: 19 Sweets

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

NDB No. 19189

Puddings, chocolate, dry mix, regular, prepared with whole 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
Proximates:									
Water....g	73.13		0	RP	4		103.85	416.85	
Energy....kcal	120		0	NC	4		170	681	
Energy....kJ	500		0	NC	4		710	2851	
Protein....g	3.16		0	RP	4		4.48	17.99	
Total lipid (fat)....g	3.15		0	RP	4		4.47	17.96	
Ash....g	0.92		0	RP	4		1.31	5.27	
Carbohydrate, by difference....g	19.64		0	RP	4		27.89	111.94	
Fiber, total dietary....g	0.8		0	RP	4		1.1	4.4	
Sugars, total....g	11.96		0	RP	4		16.99	68.19	
Starch....g									
Minerals:									
Calcium, Ca....mg	106		0	RP	4		150	603	
Iron, Fe....mg	0.34		0	RP	4		0.49	1.96	
Magnesium, Mg....mg	20		0	RP	4		29	115	
Phosphorus, P....mg	87		0	RP	4		124	497	
Potassium, K....mg	150		0	RP	4		213	853	
Sodium, Na....mg	98		0	RP	4		139	558	
Zinc, Zn....mg	0.48		0	RP	4		0.68	2.72	
Copper, Cu....mg	0.111		0	RP	4		0.158	0.635	
Manganese, Mn....mg	0.097		0	RP	4		0.138	0.554	
Selenium, Se....µg	3.7		0	RP	4		5.3	21.2	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	RP	4		0.0	0.0	
Thiamin....mg	0.038		0	RP	4		0.054	0.218	
Riboflavin....mg	0.157		0	RP	4		0.223	0.894	
Niacin....mg	0.133		0	RP	4		0.189	0.760	
Pantothenic acid....mg	0.326		0	RP	4		0.462	1.856	
Vitamin B-6....mg	0.030		0	RP	4		0.043	0.173	
Folate, total....µg	4		0	RP	4		6	25	
Folic acid....µg	0		0	RP	4		0	0	
Folate, food....µg	4		0	RP	4		6	25	
Folate, DFE....µg	4		0	NC	4		6	25	
Choline, total....mg	11.3		0	RP	4		16.0	64.4	
Betaine....mg									
Vitamin B-12....µg	0.31		0	RP	4		0.44	1.75	
Vitamin B-12, added....µg	0.00		0	RP	4		0.00	0.00	
Vitamin A, RAE....µg	39		0	NC	4		56	224	
Retinol....µg	39		0	RP	4		55	221	
Carotene, beta....µg	6		0	RP	4		8	32	
Carotene, alpha....µg	0		0	RP	4		0	0	
Cryptoxanthin, beta....µg	0		0	RP	4		0	0	
Vitamin A, IU....IU	139		0	RP	4		197	791	
Lycopene....µg	0		0	RP	4		0	0	
Lutein + zeaxanthin....µg	1		0	RP	4		1	5	
Vitamin E (alpha-tocopherol)....mg	0.06		0	RP	4		0.09	0.36	
Vitamin E, added....mg	0.00		0	RP	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	1.1		0	RP	4		1.6	6.2	
Vitamin D....IU	44		0	RP	4		62	249	
Vitamin K (phylloquinone)....µg	0.3		0	RP	4		0.4	1.6	
Dihydrophylloquinone....µg									
Menaquinone-4....µg	0.8		0	RP	4		1.2	4.6	

NDB No. 19189

Puddings, chocolate, dry mix, regular, prepared with whole milk

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	1.810		0	RP	4		2.570	10.318	
4:0....g	0.064		0	RP	4		0.091	0.364	
6:0....g	0.064		0	RP	4		0.091	0.364	
8:0....g	0.064		0	RP	4		0.091	0.364	
10:0....g	0.064		0	RP	4		0.091	0.364	
12:0....g	0.066		0	RP	4		0.093	0.374	
13:0....g	0.000		0	RP	4		0.000	0.000	
14:0....g	0.255		0	RP	4		0.362	1.453	
15:0....g	0.000		0	RP	4		0.000	0.000	
16:0....g	0.809		0	RP	4		1.149	4.611	
17:0....g	0.000		0	RP	4		0.000	0.000	
18:0....g	0.425		0	RP	4		0.604	2.423	
20:0....g	0.000		0	RP	4		0.000	0.000	
22:0....g	0.000		0	RP	4		0.000	0.000	
24:0....g	0.000		0	RP	4		0.000	0.000	
Fatty acids, total monounsaturated....g	0.819		0	RP	4		1.162	4.666	
14:1....g	0.000		0	RP	4		0.000	0.000	
15:1....g									
16:1 undifferentiated....g	0.000		0	RP	4		0.000	0.000	
17:1....g									
18:1 undifferentiated....g	0.819		0	RP	4		1.162	4.666	
20:1....g	0.000		0	RP	4		0.000	0.000	
22:1 undifferentiated....g	0.000		0	RP	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.180		0	RP	4		0.256	1.029	
18:2 undifferentiated....g	0.117		0	RP	4		0.166	0.665	
18:3 undifferentiated....g	0.064		0	RP	4		0.091	0.364	
18:4....g	0.000		0	RP	4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0	RP	4		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0	RP	4		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	RP	4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0	RP	4		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	9		0	RP	4		13	51	
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	RP	4		0.0	0.0	
Caffeine....mg	2		0	RP	4		3	11	
Theobromine....mg	63		0	RP	4		89	359	

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

Common Measures:

Measure 1 = 142g: .5 cup

Measure 2 = 570g: 1 package yield (2 cups)

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

Food Group: 19 Sweets

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

NDB No. 19183
Puddings, chocolate, ready-to-eat

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	69.46	0.880	4	A	1	C	19.69	75.02	68.07
Energy....kcal	142		0	NC	4		40	153	139
Energy....kJ	593		0	NC	4		168	641	581
Protein (N x 6.25)....g	2.09	0.230	4	A	1	C	0.59	2.26	2.05
Total lipid (fat)....g	4.60	0.537	4	A	1	C	1.30	4.97	4.51
Ash....g	0.84	0.083	4	A	1	C	0.24	0.91	0.82
Carbohydrate, by difference....g	23.01		0	NC	4		6.52	24.85	22.55
Fiber, total dietary....g	0.0	0.000	3	A	1	C	0.0	0.0	0.0
Sugars, total....g	17.17	0.752	4	A	1	C	4.87	18.54	16.82
Sucrose....g	15.47	0.699	4	A	1	C	4.38	16.70	15.16
Glucose (dextrose)....g	0.00	0.000	4	A	1	C	0.00	0.00	0.00
Fructose....g	0.00	0.000	4	A	1	C	0.00	0.00	0.00
Lactose....g	1.70	0.331	4	A	1	C	0.48	1.84	1.67
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									
Minerals:									
Calcium, Ca....mg	51	10.822	4	A	1	C	15	56	50
Iron, Fe....mg	1.27	0.167	4	A	1	C	0.36	1.37	1.24
Magnesium, Mg....mg	18	0.749	4	A	1	C	5	19	17
Phosphorus, P....mg	56	8.580	4	A	1	C	16	61	55
Potassium, K....mg	184	14.857	4	A	1	C	52	198	180
Sodium, Na....mg	152	3.750	4	A	1	C	43	164	149
Zinc, Zn....mg	0.34	0.031	4	A	1	C	0.10	0.37	0.33
Copper, Cu....mg	0.092	0.009	4	A	1	C	0.026	0.100	0.090
Manganese, Mn....mg	0.118	0.008	4	A	1	C	0.033	0.127	0.116
Selenium, Se....µg	0.0	0.000	4	A	1	C	0.0	0.0	0.0
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.3		0	FLA	4		0.1	0.3	0.2
Thiamin....mg	0.024	0.008	4	A	1	C	0.007	0.026	0.023
Riboflavin....mg	0.072	0.014	4	A	1	C	0.020	0.078	0.070
Niacin....mg	0.123	0.013	4	A	1	C	0.035	0.133	0.120
Pantothenic acid....mg	0.244	0.064	4	A	1	C	0.069	0.263	0.239
Vitamin B-6....mg	0.018	0.004	4	A	1	C	0.005	0.019	0.017
Folate, total....µg	3		0	FLA	4		1	3	3
Folic acid....µg	0		0	NR	4		0	0	0
Folate, food....µg	3		0	FLA	4		1	3	3
Folate, DFE....µg	3		0	NC	4		1	3	3
Choline, total....mg	9.5		0	AS	1		2.7	10.2	9.3
Betaine....mg	0.9		2	A	1		0.3	1.0	0.9
Vitamin B-12....µg	0.09	0.000	4	A	1	C	0.03	0.10	0.09
Vitamin B-12, added....µg	0.00		0	FLA	4		0.00	0.00	0.00
Vitamin A, RAE....µg	14		0	FLA	4		4	15	13
Retinol....µg	14		0	FLA	4		4	15	13
Carotene, beta....µg	0	0.000	4	A	1	C	0	0	0
Carotene, alpha....µg	0	0.000	4	A	1	C	0	0	0
Cryptoxanthin, beta....µg	0	0.000	4	A	1	C	0	0	0
Vitamin A, IU....IU	46		0	FLA	4		13	49	45
Lycopene....µg	0	0.000	4	A	1	C	0	0	0
Lutein + zeaxanthin....µg	1		0	FLA	4		0	1	1
Vitamin E (alpha-tocopherol)....mg	0.31	0.130	4	A	1	C	0.09	0.34	0.31
Vitamin E, added....mg	0.00		0	FLA	4		0.00	0.00	0.00
Tocopherol, beta....mg	0.01	0.005	4	A	1	C	0.00	0.01	0.01
Tocopherol, gamma....mg	1.64	0.469	4	A	1	C	0.47	1.78	1.61
Tocopherol, delta....mg	0.63	0.272	4	A	1	C	0.18	0.68	0.62
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									

NDB No. 19183
Puddings, chocolate, ready-to-eat

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	NR	4		0.0	0.0	0.0
Vitamin D....IU	0		0	FLA	4		0	0	0
Vitamin K (phylloquinone)....µg	0.6	0.104	4	A	1	C	0.2	0.7	0.6
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	1.263		0	NC	4		0.358	1.364	1.238
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	0.000	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	0.006	0.006	4	A	1	C	0.002	0.006	0.006
15:0....g	0.000	0.000	4	A	1	C	0.000	0.000	0.000
16:0....g	0.580	0.091	4	A	1	C	0.164	0.626	0.568
17:0....g	0.000	0.000	4	A	1	C	0.000	0.000	0.000
18:0....g	0.646	0.090	4	A	1	C	0.183	0.697	0.633
20:0....g	0.019	0.002	4	A	1	C	0.005	0.020	0.018
22:0....g	0.012	0.003	4	A	1	C	0.004	0.013	0.012
24:0....g									
Fatty acids, total monounsaturated....g	2.731		0	NC	4		0.774	2.950	2.677
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	0.004	0.003	4	A	1	C	0.001	0.005	0.004
17:1....g	0.000	0.000	4	A	1	C	0.000	0.000	0.000
18:1 undifferentiated....g	2.718	0.370	4	A	1	C	0.770	2.935	2.663
20:1....g	0.009	0.005	4	A	1	C	0.003	0.010	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	0.105		0	NC	4		0.030	0.113	0.103
18:2 undifferentiated....g	0.103	0.013	4	A	1	C	0.029	0.111	0.101
18:3 undifferentiated....g	0.002	0.002	4	AS	1		0.001	0.002	0.002
18:3 n-3 c,c,c (ALA)....g	0.002	0.002	4	A	1	C	0.001	0.002	0.002
18:3 n-6 c,c,c....g	0.000	0.000	4	A	1	C	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	4	A	1	C	0.000	0.000	0.000
20:3 undifferentiated....g	0.000	0.000	4	A	1	C	0.000	0.000	0.000
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.000	0.000	4	A	1	C	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									
Cholesterol....mg	1		0	FLA	4		0	1	1
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	FLA	4		0.0	0.0	0.0
Caffeine....mg	2		0	FLA	4		1	2	2
Theobromine....mg	70		0	FLA	4		20	76	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.

NDB No. 19183

Puddings, chocolate, ready-to-eat

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 108g: 1 container refrigerated, 4 oz container

Measure 3 = 98g: 1 container shelf stable, 3.5 oz container

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

Food Group: 19 Sweets

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

NDB No. 19235
Puddings, chocolate, ready-to-eat, fat free

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	76.23		0	FLC	4		86.15		
Energy....kcal	93	3.849	3	LC	8		105		
Energy....kJ	390		0	LC	8		441		
Protein (N x 6.25)....g	1.93	0.084	3	LC	8		2.18		
Total lipid (fat)....g	0.30		0	FLC	4		0.33		
Ash....g	0.70		0	FLC	4		0.79		
Carbohydrate, by difference....g	20.87	0.652	3	LC	8		23.58		
Fiber, total dietary....g	0.3	0.294	3	LC	8		0.3		
Sugars, total....g	15.75	0.694	3	LC	8		17.79		
Starch....g									
Minerals:									
Calcium, Ca....mg	39	17.688	3	LC	8		44		
Iron, Fe....mg	1.69	1.176	3	LC	8		1.91		
Magnesium, Mg....mg	15		0	FLC	4		17		
Phosphorus, P....mg	54		0	FLC	4		61		
Potassium, K....mg	208		0	BFZN	4		235		
Sodium, Na....mg	154		0	LC	8		174		
Zinc, Zn....mg	0.30		0	FLC	4		0.34		
Copper, Cu....mg	0.083		0	FLC	4		0.094		
Manganese, Mn....mg	0.078		0	FLC	4		0.089		
Selenium, Se....µg	1.6		0	FLC	4		1.8		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0	0.000	3	LC	8		0.0		
Thiamin....mg	0.018		0	FLC	4		0.020		
Riboflavin....mg	0.074		0	FLC	4		0.084		
Niacin....mg	0.087		0	FLC	4		0.099		
Pantothenic acid....mg	0.148		0	FLC	4		0.167		
Vitamin B-6....mg	0.016		0	FLC	4		0.018		
Folate, total....µg	3		0	FLC	4		3		
Folic acid....µg	0		0	NR	4		0		
Folate, food....µg	3		0	FLC	4		3		
Folate, DFE....µg	3		0	NC	4		3		
Choline, total....mg	7.0		0	FLC	4		7.9		
Betaine....mg									
Vitamin B-12....µg	0.15		0	FLC	4		0.17		
Vitamin B-12, added....µg	0.00		0	FLC	4		0.00		
Vitamin A, RAE....µg	0		0	NC	4		0		
Retinol....µg	0		0	FLC	4		0		
Carotene, beta....µg	0		0	FLC	4		0		
Carotene, alpha....µg	0		0	FLC	4		0		
Cryptoxanthin, beta....µg	0		0	FLC	4		0		
Vitamin A, IU....IU	1		0	NC	4		1		
Lycopene....µg	0		0	FLC	4		0		
Lutein + zeaxanthin....µg	1		0	FLC	4		1		
Vitamin E (alpha-tocopherol)....mg	0.00		0	FLC	4		0.00		
Vitamin E, added....mg	0.00		0	FLC	4		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	AS	1		0.0		
Vitamin D....IU	0		0	FLA	4		0		
Vitamin K (phylloquinone)....µg	0.1		0	FLC	4		0.1		
Dihydrophylloquinone....µg									
Menaquinone-4....µg									

NDB No. 19235
Puddings, chocolate, ready-to-eat, fat free

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	0.000	0.000	3	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									
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	0.000		0	FLC	4		0.000		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0	FLC	4		0.000		
17:1....g									
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		0	FLC	4		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									
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	1		0	FLM	4		1		
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	FLC	4		0.0		
Caffeine....mg	2		0	FLC	4		2		
Theobromine....mg	53		0	FLC	4		60		

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

Common Measures:

Measure 1 = 113g: 1 serving 4 oz

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

Food Group: 19 Sweets

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

NDB No. 19322
Puddings, coconut cream, dry mix, instant

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	2.20	0.496	4		1		2.18	0.55	
Energy....kcal	415		0	NC	4		411	104	
Energy....kJ	1736		0	NC	4		1719	434	
Protein (N x 5.4)....g	0.90	0.159	4		1		0.89	0.23	
Total lipid (fat)....g	10.00		1	LC	8		9.90	2.50	
Ash....g	3.40	0.194	4		1		3.37	0.85	
Carbohydrate, by difference....g	83.50		0	NC	4		82.67	20.88	
Fiber, total dietary....g	4.0		1	LC	8		4.0	1.0	
Sugars, total....g	64.00		1	LC	8		63.36	16.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	8		0	FLA	4		8	2	
Iron, Fe....mg	0.72		0	FLA	4		0.71	0.18	
Magnesium, Mg....mg	17		0	FLA	4		17	4	
Phosphorus, P....mg	721		1		4		714	180	
Potassium, K....mg	96		0	FLA	4		95	24	
Sodium, Na....mg	1040		1	LC	8		1030	260	
Zinc, Zn....mg	0.30		1		1		0.30	0.08	
Copper, Cu....mg	0.151		0	FLA	4		0.149	0.038	
Manganese, Mn....mg	0.489		0	FLA	4		0.484	0.122	
Selenium, Se....µg	4.0		0	FLA	4		4.0	1.0	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.3		0	FLA	4		0.3	0.1	
Thiamin....mg	0.013		0	FLA	4		0.013	0.003	
Riboflavin....mg	0.053		0	FLA	4		0.052	0.013	
Niacin....mg	0.219		0	FLA	4		0.217	0.055	
Pantothenic acid....mg	0.115		1		1		0.114	0.029	
Vitamin B-6....mg	0.041		1		1		0.041	0.010	
Folate, total....µg	2		0	FLA	4		2	0	
Folic acid....µg	0		0	FLA	4		0	0	
Folate, food....µg	2		0	FLA	4		2	0	
Folate, DFE....µg	2		0	NC	4		2	0	
Choline, total....mg	3.9		0	FLA	4		3.8	1.0	
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	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	0		0	FLA	4		0	0	
Vitamin E (alpha-tocopherol)....mg	0.08		0	FLA	4		0.08	0.02	
Vitamin E, added....mg	0.00		0	FLA	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	
Vitamin K (phylloquinone)....µg	0.1		0	FLA	4		0.1	0.0	
Dihydrophylloquinone....µg									
Menaquinone-4....µg									

NDB No. 19322
Puddings, coconut cream, dry mix, instant

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	10.000		0	NR	4		9.900	2.500	
4:0....g	0.000		0	FLA	4		0.000	0.000	
6:0....g	0.064		0	FLA	4		0.063	0.016	
8:0....g	0.790		0	FLA	4		0.782	0.197	
10:0....g	0.628		0	FLA	4		0.621	0.157	
12:0....g	5.002		0	FLA	4		4.952	1.250	
13:0....g									
14:0....g	1.975		0	FLA	4		1.955	0.494	
15:0....g									
16:0....g	0.957		0	FLA	4		0.948	0.239	
17:0....g									
18:0....g	0.584		0	FLA	4		0.578	0.146	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.000		0	NR	4		0.000	0.000	
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	0.000		0	NR	4		0.000	0.000	
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	0.000		0	NR	4		0.000	0.000	
18:2 undifferentiated....g	0.000		0	NR	4		0.000	0.000	
18:3 undifferentiated....g	0.000		0	NR	4		0.000	0.000	
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	LC	8		0	0	
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	FLA	4		0.0	0.0	
Caffeine....mg	0		0	FLA	4		0	0	
Theobromine....mg	0		0	FLA	4		0	0	

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

Common Measures:

Measure 1 = 99g: 1 package (3.5 oz)

Measure 2 = 25g: 1 portion, amount to make 1/2 cup

Calories Factors: Protein 3.6 **Fat** 8.6 **Carbohydrate** 3.9

Food Group: 19 Sweets

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

NDB No. 19191

Puddings, coconut cream, dry mix, instant, prepared with 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
Proximates:									
Water....g	74.40		0		1		109.37	436.73	
Energy....kcal	107		0	NC	4		157	628	
Energy....kJ	448				4		658	2628	
Protein....g	2.90		0		1		4.26	17.02	
Total lipid (fat)....g	2.30		0		1		3.38	13.50	
Ash....g	1.20		0		1		1.76	7.04	
Carbohydrate, by difference....g	19.20		0	NC	4		28.22	112.70	
Fiber, total dietary....g	0.1		0		4		0.1	0.6	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	102		0		1		150	599	
Iron, Fe....mg	0.15		0		1		0.22	0.88	
Magnesium, Mg....mg	14		0		1		21	82	
Phosphorus, P....mg	201		0		1		295	1180	
Potassium, K....mg	132		0		1		194	775	
Sodium, Na....mg	246		0		1		362	1444	
Zinc, Zn....mg	0.33		0		1		0.49	1.94	
Copper, Cu....mg	0.025		0		1		0.037	0.147	
Manganese, Mn....mg	0.019		0		1		0.028	0.112	
Selenium, Se....µg	2.0		0	BFZN	4		2.9	11.7	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.8		0		1		1.2	4.7	
Thiamin....mg	0.034		0		1		0.050	0.200	
Riboflavin....mg	0.138		0		1		0.203	0.810	
Niacin....mg	0.086		0		1		0.126	0.505	
Pantothenic acid....mg	0.271		0		1		0.398	1.591	
Vitamin B-6....mg	0.038		0		1		0.056	0.223	
Folate, total....µg	4		0		1		6	23	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	4		0		1		6	23	
Folate, DFE....µg	4		0	NC	4		6	23	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.30		0		1		0.44	1.76	
Vitamin A, RAE....µg	45		0	NC	4		66	264	
Retinol....µg	45		0	O	4		66	264	
Carotene, beta....µg	0		0	O	4		0	0	
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	150		0	O	4		221	881	
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. 19191

Puddings, coconut cream, dry mix, instant, prepared with 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 of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	1.370		0		1		2.014	8.042	
4:0....g	0.050		0		1		0.074	0.294	
6:0....g	0.030		0		1		0.044	0.176	
8:0....g	0.050		0		1		0.074	0.294	
10:0....g	0.060		0		1		0.088	0.352	
12:0....g	0.210		0		1		0.309	1.233	
13:0....g									
14:0....g	0.230		0		1		0.338	1.350	
15:0....g									
16:0....g	0.500		0		1		0.735	2.935	
17:0....g									
18:0....g	0.230		0		1		0.338	1.350	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.620		0		1		0.911	3.639	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.040		0		1		0.059	0.235	
17:1....g									
18:1 undifferentiated....g	0.580		0		1		0.853	3.405	
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.190		0		1		0.279	1.115	
18:2 undifferentiated....g	0.160		0		1		0.235	0.939	
18:3 undifferentiated....g	0.030		0		1		0.044	0.176	
18:4....g									
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									
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	6		0		1		9	35	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.038		0		1		0.056	0.223	
Threonine....g	0.124		0		1		0.182	0.728	
Isoleucine....g	0.165		0		1		0.243	0.969	
Leucine....g	0.269		0		1		0.395	1.579	
Lysine....g	0.216		0		1		0.318	1.268	
Methionine....g	0.069		0		1		0.101	0.405	
Cystine....g	0.027		0		1		0.040	0.158	
Phenylalanine....g	0.134		0		1		0.197	0.787	
Tyrosine....g	0.132		0		1		0.194	0.775	
Valine....g	0.185		0		1		0.272	1.086	
Arginine....g	0.115		0		1		0.169	0.675	
Histidine....g	0.075		0		1		0.110	0.440	
Alanine....g	0.098		0		1		0.144	0.575	
Aspartic acid....g	0.213		0		1		0.313	1.250	
Glutamic acid....g	0.583		0		1		0.857	3.422	
Glycine....g	0.062		0		1		0.091	0.364	
Proline....g	0.262		0		1		0.385	1.538	
Serine....g	0.150		0		1		0.221	0.881	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g									
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

NDB No. 19191

Puddings, coconut cream, dry mix, instant, prepared with 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 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 = 147g: .5 cup

Measure 2 = 587g: 1 package yield (2 cups)

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

Food Group: 19 Sweets

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

NDB No. 19323

Puddings, coconut cream, dry mix, instant, prepared with whole 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
Proximates:									
Water....g	73.40		0		1		107.90	430.86	
Energy....kcal	117		0	NC	4		172	687	
Energy....kJ	490				4		720	2874	
Protein....g	2.90		0		1		4.26	17.02	
Total lipid (fat)....g	3.50		0		1		5.15	20.55	
Ash....g	1.20		0		1		1.76	7.04	
Carbohydrate, by difference....g	19.10		0	NC	4		28.08	112.12	
Fiber, total dietary....g	0.1		0		4		0.1	0.6	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	100		0		1		147	587	
Iron, Fe....mg	0.15		0		1		0.22	0.88	
Magnesium, Mg....mg	14		0		1		21	82	
Phosphorus, P....mg	200		0		1		294	1174	
Potassium, K....mg	129		0		1		190	757	
Sodium, Na....mg	246		0		1		362	1444	
Zinc, Zn....mg	0.33		0		1		0.49	1.94	
Copper, Cu....mg	0.026		0		1		0.038	0.153	
Manganese, Mn....mg	0.019		0		1		0.028	0.112	
Selenium, Se....µg	2.0		0	RP	4		2.9	11.7	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.8		0		1		1.2	4.7	
Thiamin....mg	0.033		0		1		0.049	0.194	
Riboflavin....mg	0.136		0		1		0.200	0.798	
Niacin....mg	0.084		0		1		0.123	0.493	
Pantothenic acid....mg	0.266		0		1		0.391	1.561	
Vitamin B-6....mg	0.037		0		1		0.054	0.217	
Folate, total....µg	4		0		1		6	23	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	4		0		1		6	23	
Folate, DFE....µg	4		0	NC	4		6	23	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.30		0		1		0.44	1.76	
Vitamin A, RAE....µg	24		0	NC	4		36	144	
Retinol....µg	23		0	O	4		34	136	
Carotene, beta....µg	15		0	O	4		22	88	
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	105		0		1		154	616	
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. 19323

Puddings, coconut cream, dry mix, instant, prepared with whole milk

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	2.100		0		1		3.087	12.327	
4:0....g	0.090		0		1		0.132	0.528	
6:0....g	0.050		0		1		0.074	0.294	
8:0....g	0.060		0		1		0.088	0.352	
10:0....g	0.090		0		1		0.132	0.528	
12:0....g	0.250		0		1		0.368	1.468	
13:0....g									
14:0....g	0.350		0		1		0.515	2.055	
15:0....g									
16:0....g	0.830		0		1		1.220	4.872	
17:0....g									
18:0....g	0.380		0		1		0.559	2.231	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.960		0		1		1.411	5.635	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.070		0		1		0.103	0.411	
17:1....g									
18:1 undifferentiated....g	0.890		0		1		1.308	5.224	
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.240		0		1		0.353	1.409	
18:2 undifferentiated....g	0.190		0		1		0.279	1.115	
18:3 undifferentiated....g	0.050		0		1		0.074	0.294	
18:4....g									
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									
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	11		0		1		16	65	
Phytosterols....mg	0		0		1		0	0	
Amino Acids:									
Tryptophan....g	0.038		0		1		0.056	0.223	
Threonine....g	0.123		0		1		0.181	0.722	
Isoleucine....g	0.164		0		1		0.241	0.963	
Leucine....g	0.266		0		1		0.391	1.561	
Lysine....g	0.213		0		1		0.313	1.250	
Methionine....g	0.068		0		1		0.100	0.399	
Cystine....g	0.027		0		1		0.040	0.158	
Phenylalanine....g	0.133		0		1		0.196	0.781	
Tyrosine....g	0.130		0		1		0.191	0.763	
Valine....g	0.183		0		1		0.269	1.074	
Arginine....g	0.114		0		1		0.168	0.669	
Histidine....g	0.074		0		1		0.109	0.434	
Alanine....g	0.097		0		1		0.143	0.569	
Aspartic acid....g	0.211		0		1		0.310	1.239	
Glutamic acid....g	0.577		0		1		0.848	3.387	
Glycine....g	0.061		0		1		0.090	0.358	
Proline....g	0.259		0		1		0.381	1.520	
Serine....g	0.149		0		1		0.219	0.875	
Hydroxyproline....g									

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

NDB No. 19323

Puddings, coconut cream, dry mix, instant, prepared with whole milk

Common Measures:

Measure 1 = 147g: .5 cup

Measure 2 = 587g: 1 package yield (2 cups)

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

Food Group: 19 Sweets

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

NDB No. 19324
Puddings, coconut cream, 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
Proximates:									
Water....g	3.70	0.051	6		1		3.26	0.93	
Energy....kcal	434		0	NC	4		382	108	
Energy....kJ	1814		0	NC	4		1597	454	
Protein (N x 6.25)....g	1.00		1		1		0.88	0.25	
Total lipid (fat)....g	11.36		1	LC	8		10.00	2.84	
Ash....g	2.10	0.075	6		1		1.85	0.53	
Carbohydrate, by difference....g	81.84		0	NC	4		72.02	20.46	
Fiber, total dietary....g	1.6		0	FLA	4		1.4	0.4	
Sugars, total....g	80.54		0	FLA	4		70.88	20.14	
Starch....g									
Minerals:									
Calcium, Ca....mg	8		0	FLA	4		7	2	
Iron, Fe....mg	0.57		0	FLA	4		0.50	0.14	
Magnesium, Mg....mg	15		0	FLA	4		13	4	
Phosphorus, P....mg	35		0	FLA	4		31	9	
Potassium, K....mg	133		0	FLA	4		117	33	
Sodium, Na....mg	682		1	LC	8		600	170	
Zinc, Zn....mg	0.35		0	FLA	4		0.31	0.09	
Copper, Cu....mg	0.143		0	FLA	4		0.126	0.036	
Manganese, Mn....mg	0.462		0	FLA	4		0.407	0.116	
Selenium, Se....µg	3.6		0	FLA	4		3.2	0.9	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.3		0	FLA	4		0.2	0.1	
Thiamin....mg	0.010		0	FLA	4		0.009	0.003	
Riboflavin....mg	0.029		0	FLA	4		0.026	0.007	
Niacin....mg	0.102		0	FLA	4		0.090	0.025	
Pantothenic acid....mg	0.135		0	FLA	4		0.118	0.034	
Vitamin B-6....mg	0.050		0	FLA	4		0.044	0.013	
Folate, total....µg	2		0	FLA	4		1	0	
Folic acid....µg	0		0	FLA	4		0	0	
Folate, food....µg	2		0	FLA	4		1	0	
Folate, DFE....µg	2		0	NC	4		1	0	
Choline, total....mg	3.7		0	FLA	4		3.3	0.9	
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	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	0		0	FLA	4		0	0	
Vitamin E (alpha-tocopherol)....mg	0.07		0	FLA	4		0.06	0.02	
Vitamin E, added....mg	0.00		0	FLA	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	
Vitamin K (phylloquinone)....µg	0.1		0	FLA	4		0.0	0.0	
Dihydrophylloquinone....µg									
Menaquinone-4....µg									

NDB No. 19324
Puddings, coconut cream, dry mix, 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
Lipids:									
Fatty acids, total saturated....g	11.364		1	LC	8		10.000	2.841	
4:0....g	0.000		0	FLA	4		0.000	0.000	
6:0....g	0.073		0	FLA	4		0.064	0.018	
8:0....g	0.898		0	FLA	4		0.790	0.224	
10:0....g	0.713		0	FLA	4		0.628	0.178	
12:0....g	5.684		0	FLA	4		5.002	1.421	
13:0....g									
14:0....g	2.244		0	FLA	4		1.975	0.561	
15:0....g									
16:0....g	1.088		0	FLA	4		0.957	0.272	
17:0....g									
18:0....g	0.663		0	FLA	4		0.584	0.166	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.000		0	Z	7		0.000	0.000	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0	Z	7		0.000	0.000	
17:1....g									
18:1 undifferentiated....g	0.000		0	Z	7		0.000	0.000	
20:1....g	0.000		0	Z	7		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	0.000		0	Z	7		0.000	0.000	
18:2 undifferentiated....g	0.000		0	Z	7		0.000	0.000	
18:3 undifferentiated....g	0.000		0	Z	7		0.000	0.000	
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	Z	7		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0	Z	7		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									
Others:									
Alcohol, ethyl....g	0.0		0	FLA	4		0.0	0.0	
Caffeine....mg	0		0	FLA	4		0	0	
Theobromine....mg	0		0	FLA	4		0	0	

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

Common Measures:

Measure 1 = 88g: 1 package (3.12 oz)

Measure 2 = 25g: 1 portion, amount to make 1/2 cup

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

Food Group: 19 Sweets

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

NDB No. 19219

Puddings, coconut cream, dry mix, regular, prepared with 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
Proximates:									
Water....g	75.60		0		1		105.84	422.60	
Energy....kcal	104		0	NC	4		146	581	
Energy....kJ	435				4		609	2432	
Protein....g	3.10		0		1		4.34	17.33	
Total lipid (fat)....g	2.50		0		1		3.50	13.98	
Ash....g	1.00		0		1		1.40	5.59	
Carbohydrate, by difference....g	17.80		0	NC	4		24.92	99.50	
Fiber, total dietary....g	0.2		0		4		0.3	1.1	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	113		0		1		158	632	
Iron, Fe....mg	0.20		0		1		0.28	1.12	
Magnesium, Mg....mg	16		0		1		22	89	
Phosphorus, P....mg	89		0		1		125	498	
Potassium, K....mg	159		0		1		223	889	
Sodium, Na....mg	163		0		1		228	911	
Zinc, Zn....mg	0.37		0		1		0.52	2.07	
Copper, Cu....mg	0.025		0		1		0.035	0.140	
Manganese, Mn....mg	0.037		0		1		0.052	0.207	
Selenium, Se....µg	2.3		0	RP	4		3.2	12.9	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.7		0		1		1.0	3.9	
Thiamin....mg	0.032		0		1		0.045	0.179	
Riboflavin....mg	0.146		0		1		0.204	0.816	
Niacin....mg	0.091		0		1		0.127	0.509	
Pantothenic acid....mg	0.290		0		1		0.406	1.621	
Vitamin B-6....mg	0.145		0		1		0.203	0.811	
Folate, total....µg	4		0		1		6	22	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	4		0		1		6	22	
Folate, DFE....µg	4		0	NC	4		6	22	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.26		0		1		0.36	1.45	
Vitamin A, RAE....µg	49		0	NC	4		69	274	
Retinol....µg	48		0	O	4		67	268	
Carotene, beta....µg	12		0	O	4		17	67	
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	170		0	O	4		238	950	
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. 19219

Puddings, coconut cream, dry mix, regular, prepared with 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 of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	1.800		0		1		2.520	10.062	
4:0....g	0.060		0		1		0.084	0.335	
6:0....g	0.040		0		1		0.056	0.224	
8:0....g	0.080		0		1		0.112	0.447	
10:0....g	0.090		0		1		0.126	0.503	
12:0....g	0.420		0		1		0.588	2.348	
13:0....g									
14:0....g	0.320		0		1		0.448	1.789	
15:0....g									
16:0....g	0.530		0		1		0.742	2.963	
17:0....g									
18:0....g	0.260		0		1		0.364	1.453	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.520		0		1		0.728	2.907	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.040		0		1		0.056	0.224	
17:1....g									
18:1 undifferentiated....g	0.470		0		1		0.658	2.627	
20:1....g	0.000		0		7		0.000	0.000	
22:1 undifferentiated....g	0.000		0		7		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.070		0		1		0.098	0.391	
18:2 undifferentiated....g	0.050		0		1		0.070	0.280	
18:3 undifferentiated....g	0.030		0		1		0.042	0.168	
18:4....g	0.000		0		7		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		7		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		7		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0		7		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	7		0		1		10	39	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.041		0		1		0.057	0.229	
Threonine....g	0.131		0		1		0.183	0.732	
Isoleucine....g	0.174		0		1		0.244	0.973	
Leucine....g	0.283		0		1		0.396	1.582	
Lysine....g	0.227		0		1		0.318	1.269	
Methionine....g	0.072		0		1		0.101	0.402	
Cystine....g	0.028		0		1		0.039	0.157	
Phenylalanine....g	0.141		0		1		0.197	0.788	
Tyrosine....g	0.138		0		1		0.193	0.771	
Valine....g	0.195		0		1		0.273	1.090	
Arginine....g	0.123		0		1		0.172	0.688	
Histidine....g	0.079		0		1		0.111	0.442	
Alanine....g	0.103		0		1		0.144	0.576	
Aspartic acid....g	0.225		0		1		0.315	1.258	
Glutamic acid....g	0.614		0		1		0.860	3.432	
Glycine....g	0.066		0		1		0.092	0.369	
Proline....g	0.275		0		1		0.385	1.537	
Serine....g	0.158		0		1		0.221	0.883	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg									
Theobromine....mg									

NDB No. 19219

Puddings, coconut cream, dry mix, regular, prepared with 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 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 = 140g: .5 cup

Measure 2 = 559g: 1 package yield (2 cups)

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

Food Group: 19 Sweets

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

NDB No. 19325

Puddings, coconut cream, dry mix, regular, prepared with whole 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
Proximates:									
Water....g	74.60		0		1		104.44	417.01	
Energy....kcal	114		0	NC	4		160	637	
Energy....kJ	477				4		668	2666	
Protein....g	3.00		0		1		4.20	16.77	
Total lipid (fat)....g	3.80		0		1		5.32	21.24	
Ash....g	1.00		0		1		1.40	5.59	
Carbohydrate, by difference....g	17.70		0	NC	4		24.78	98.94	
Fiber, total dietary....g	0.2		0		4		0.3	1.1	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	111		0		1		155	620	
Iron, Fe....mg	0.20		0		1		0.28	1.12	
Magnesium, Mg....mg	16		0		1		22	89	
Phosphorus, P....mg	88		0		1		123	492	
Potassium, K....mg	157		0		1		220	878	
Sodium, Na....mg	162		0		1		227	906	
Zinc, Zn....mg	0.36		0		1		0.50	2.01	
Copper, Cu....mg	0.027		0		1		0.038	0.151	
Manganese, Mn....mg	0.037		0		1		0.052	0.207	
Selenium, Se....µg	2.3		0	BFZN	4		3.2	12.9	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.7		0		1		1.0	3.9	
Thiamin....mg	0.032		0		1		0.045	0.179	
Riboflavin....mg	0.143		0		1		0.200	0.799	
Niacin....mg	0.089		0		1		0.125	0.498	
Pantothenic acid....mg	0.285		0		1		0.399	1.593	
Vitamin B-6....mg	0.144		0		1		0.202	0.805	
Folate, total....µg	4		0		1		6	22	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	4		0		1		6	22	
Folate, DFE....µg	4		0	NC	4		6	22	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.25		0		1		0.35	1.40	
Vitamin A, RAE....µg	26		0	NC	4		36	145	
Retinol....µg	25		0	O	4		34	138	
Carotene, beta....µg	16		0	O	4		22	87	
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	110		0		1		154	615	
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. 19325

Puddings, coconut cream, dry mix, regular, prepared with whole milk

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	2.570		0		1		3.598	14.366	
4:0....g	0.090		0		1		0.126	0.503	
6:0....g	0.060		0		1		0.084	0.335	
8:0....g	0.090		0		1		0.126	0.503	
10:0....g	0.120		0		1		0.168	0.671	
12:0....g	0.460		0		1		0.644	2.571	
13:0....g									
14:0....g	0.450		0		1		0.630	2.516	
15:0....g									
16:0....g	0.880		0		1		1.232	4.919	
17:0....g									
18:0....g	0.420		0		1		0.588	2.348	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.880		0		1		1.232	4.919	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.070		0		1		0.098	0.391	
17:1....g									
18:1 undifferentiated....g	0.810		0		1		1.134	4.528	
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.120		0		1		0.168	0.671	
18:2 undifferentiated....g	0.080		0		1		0.112	0.447	
18:3 undifferentiated....g	0.050		0		1		0.070	0.280	
18:4....g									
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									
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	12		0		1		17	67	
Phytosterols....mg	0		0		1		0	0	
Amino Acids:									
Tryptophan....g	0.040		0		1		0.056	0.224	
Threonine....g	0.129		0		1		0.181	0.721	
Isoleucine....g	0.172		0		1		0.241	0.961	
Leucine....g	0.280		0		1		0.392	1.565	
Lysine....g	0.224		0		1		0.314	1.252	
Methionine....g	0.072		0		1		0.101	0.402	
Cystine....g	0.028		0		1		0.039	0.157	
Phenylalanine....g	0.140		0		1		0.196	0.783	
Tyrosine....g	0.137		0		1		0.192	0.766	
Valine....g	0.193		0		1		0.270	1.079	
Arginine....g	0.122		0		1		0.171	0.682	
Histidine....g	0.078		0		1		0.109	0.436	
Alanine....g	0.102		0		1		0.143	0.570	
Aspartic acid....g	0.223		0		1		0.312	1.247	
Glutamic acid....g	0.608		0		1		0.851	3.399	
Glycine....g	0.065		0		1		0.091	0.363	
Proline....g	0.272		0		1		0.381	1.520	
Serine....g	0.157		0		1		0.220	0.878	
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero 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. 19325

Puddings, coconut cream, dry mix, regular, prepared with whole milk

Common Measures:

Measure 1 = 140g: .5 cup

Measure 2 = 559g: 1 package yield (2 cups)

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

Food Group: 19 Sweets

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

NDB No. 19330
Puddings, lemon, dry mix, instant

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
		Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	0.70		2		1		0.69	0.18	
Energy	kcal	378		0	NC	4		374	95	
Energy	kJ	1582		0		4		1566	395	
Protein (N x 6.4)	g	0.00		2		1		0.00	0.00	
Total lipid (fat)	g	0.70		2		1		0.69	0.18	
Ash	g	3.20		2		1		3.17	0.80	
Carbohydrate, by difference	g	95.40		0	NC	4		94.45	23.85	
Fiber, total dietary	g	0.0		0	FLM	4		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	2		1		4		2	1	
Iron, Fe	mg	0.08		1		4		0.08	0.02	
Magnesium, Mg	mg	0		1		4		0	0	
Phosphorus, P	mg	752		2		1		744	188	
Potassium, K	mg	8	1.932	12		1		8	2	
Sodium, Na	mg	1332	32.979	13		1		1319	333	
Zinc, Zn	mg	0.05		1		4		0.05	0.01	
Copper, Cu	mg	0.015		1		4		0.015	0.004	
Manganese, Mn	mg	0.009		1		4		0.009	0.002	
Selenium, Se	µg	0.8		0		1		0.8	0.2	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		1		4		0.0	0.0	
Thiamin	mg	0.001		1		4		0.001	0.000	
Riboflavin	mg	0.003		1		4		0.003	0.001	
Niacin	mg	0.001		1		4		0.001	0.000	
Pantothenic acid	mg	0.006		1		4		0.006	0.002	
Vitamin B-6	mg	0.001		1		4		0.001	0.000	
Folate, total	µg	0		1		4		0	0	
Folic acid	µg	0		0	Z	7		0	0	
Folate, food	µg	0		1		4		0	0	
Folate, DFE	µg	0		0	NC	4		0	0	
Choline, total	mg									
Betaine	mg									
Vitamin B-12	µg	0.01		1		4		0.01	0.00	
Vitamin B-12, added	µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE	µg	0		0	AS	1		0	0	
Retinol	µg	0		0	Z	7		0	0	
Carotene, beta	µg									
Carotene, alpha	µg									
Cryptoxanthin, beta	µg									
Vitamin A, IU	IU	0		1		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									

NDB No. 19330
Puddings, lemon, dry mix, instant

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	0.100		0		1		0.099	0.025	
4:0....g	0.000		1		1		0.000	0.000	
6:0....g	0.000		1		1		0.000	0.000	
8:0....g	0.000		1		1		0.000	0.000	
10:0....g	0.000		1		1		0.000	0.000	
12:0....g	0.000		1		1		0.000	0.000	
13:0....g									
14:0....g	0.000		1		1		0.000	0.000	
15:0....g									
16:0....g	0.070		1		1		0.069	0.018	
17:0....g									
18:0....g	0.030		1		1		0.030	0.008	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.280		0		1		0.277	0.070	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		1		1		0.000	0.000	
17:1....g									
18:1 undifferentiated....g	0.280		1		1		0.277	0.070	
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.250		0		1		0.248	0.063	
18:2 undifferentiated....g	0.230		1		1		0.228	0.058	
18:3 undifferentiated....g	0.020		1		1		0.020	0.005	
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g									
Cholesterol....mg	0		1		4		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.000		0		1		0.000	0.000	
Threonine....g	0.000		0		1		0.000	0.000	
Isoleucine....g	0.000		0		1		0.000	0.000	
Leucine....g	0.000		0		1		0.000	0.000	
Lysine....g	0.000		0		1		0.000	0.000	
Methionine....g	0.000		0		1		0.000	0.000	
Cystine....g	0.000		0		1		0.000	0.000	
Phenylalanine....g	0.000		0		1		0.000	0.000	
Tyrosine....g	0.000		0		1		0.000	0.000	
Valine....g	0.000		0		1		0.000	0.000	
Arginine....g	0.000		0		1		0.000	0.000	
Histidine....g	0.000		0		1		0.000	0.000	
Alanine....g	0.000		0		1		0.000	0.000	
Aspartic acid....g	0.000		0		1		0.000	0.000	
Glutamic acid....g	0.000		0		1		0.000	0.000	
Glycine....g	0.000		0		1		0.000	0.000	
Proline....g	0.000		0		1		0.000	0.000	
Serine....g	0.000		0		1		0.000	0.000	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g									
Caffeine....mg	0		0	Z	7		0	0	

NDB No. 19330
Puddings, lemon, dry mix, instant

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	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 = 99g: 1 package (3.5 oz)

Measure 2 = 25g: 1 portion, amount to make 1/2 cup

Calories Factors: Protein 4.2 **Fat** 8.8 **Carbohydrate** 3.9

Food Group: 19 Sweets

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

NDB No. 19204
Puddings, lemon, dry mix, instant, prepared with 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
Proximates:									
Water....g	74.16		0	RPA	1		5.93	23.73	
Energy....kcal	107		0	RPI	6		9	34	
Energy....kJ	449		0	RPI	6		36	144	
Protein....g	2.76		0	RPA	1		0.22	0.88	
Total lipid (fat)....g	1.71		0	RPA	1		0.14	0.55	
Ash....g	1.16		0	RPA	1		0.09	0.37	
Carbohydrate, by difference....g	20.20		0	RPI	6		1.62	6.46	
Fiber, total dietary....g	0.0		0	RPI	6		0.0	0.0	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	101		0	RPI	6		8	32	
Iron, Fe....mg	0.06		0	RPI	6		0.00	0.02	
Magnesium, Mg....mg	11		0	RPI	6		1	4	
Phosphorus, P....mg	207		0	RPA	1		17	66	
Potassium, K....mg	130		0	RPA	1		10	41	
Sodium, Na....mg	268		0	RPA	1		21	86	
Zinc, Zn....mg	0.33		0	RPI	6		0.03	0.11	
Copper, Cu....mg	0.009		0	RPI	6		0.001	0.003	
Manganese, Mn....mg	0.003		0	RPI	6		0.000	0.001	
Selenium, Se....µg	2.0		0	RPA	1		0.2	0.6	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.8		0	RPI	6		0.1	0.3	
Thiamin....mg	0.033		0	RPI	6		0.003	0.010	
Riboflavin....mg	0.137		0	RPI	6		0.011	0.044	
Niacin....mg	0.072		0	RPI	6		0.006	0.023	
Pantothenic acid....mg	0.267		0	RPI	6		0.021	0.085	
Vitamin B-6....mg	0.036		0	RPI	6		0.003	0.011	
Folate, total....µg	4		0	RPI	6		0	1	
Folic acid....µg	0		0	RPI	6		0	0	
Folate, food....µg	4		0	RPI	6		0	1	
Folate, DFE....µg	4		0	NC	4		0	1	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.30		0	RPI	6		0.02	0.10	
Vitamin A, RAE....µg	46		0	NC	4		4	15	
Retinol....µg	45		0	RPA	1		4	14	
Carotene, beta....µg	10		0	O	4		1	3	
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	170		0	RPI	6		14	54	
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	0.8		0	RPI	6		0.1	0.3	
Vitamin D....IU	33		0	RPI	6		3	11	
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

NDB No. 19204
Puddings, lemon, dry mix, instant, prepared with 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 of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.974		0	RPA	1		0.078	0.312	
4:0....g	0.051		0	RPA	1		0.004	0.016	
6:0....g	0.031		0	RPA	1		0.002	0.010	
8:0....g	0.017		0	RPA	1		0.001	0.006	
10:0....g	0.040		0	RPA	1		0.003	0.013	
12:0....g	0.045		0	RPA	1		0.004	0.014	
13:0....g									
14:0....g	0.160		0	RPA	1		0.013	0.051	
15:0....g									
16:0....g	0.431		0	RPA	1		0.034	0.138	
17:0....g									
18:0....g	0.198		0	RPA	1		0.016	0.064	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.484		0	RPA	1		0.039	0.155	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.036		0	RPA	1		0.003	0.011	
17:1....g									
18:1 undifferentiated....g	0.448		0	RPA	1		0.036	0.144	
20:1....g	0.000		0	RPA	1		0.000	0.000	
22:1 undifferentiated....g	0.000		0	RPA	1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.101		0	RPA	1		0.008	0.032	
18:2 undifferentiated....g	0.075		0	RPA	1		0.006	0.024	
18:3 undifferentiated....g	0.027		0	RPA	1		0.002	0.009	
18:4....g	0.000		0	RPA	1		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0	RPA	1		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0	RPA	1		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	RPA	1		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0	RPA	1		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	6		0	RPI	6		0	2	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.039		0	RPA	1		0.003	0.012	
Threonine....g	0.125		0	RPA	1		0.010	0.040	
Isoleucine....g	0.167		0	RPA	1		0.013	0.053	
Leucine....g	0.271		0	RPA	1		0.022	0.087	
Lysine....g	0.219		0	RPA	1		0.018	0.070	
Methionine....g	0.070		0	RPA	1		0.006	0.022	
Cystine....g	0.026		0	RPA	1		0.002	0.008	
Phenylalanine....g	0.134		0	RPA	1		0.011	0.043	
Tyrosine....g	0.134		0	RPA	1		0.011	0.043	
Valine....g	0.185		0	RPA	1		0.015	0.059	
Arginine....g	0.100		0	RPA	1		0.008	0.032	
Histidine....g	0.075		0	RPA	1		0.006	0.024	
Alanine....g	0.095		0	RPA	1		0.008	0.031	
Aspartic acid....g	0.210		0	RPA	1		0.017	0.067	
Glutamic acid....g	0.579		0	RPA	1		0.046	0.185	
Glycine....g	0.058		0	RPA	1		0.005	0.019	
Proline....g	0.268		0	RPA	1		0.021	0.086	
Serine....g	0.150		0	RPA	1		0.012	0.048	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	RPI	6		0.0	0.0	
Caffeine....mg	0		0	RPI	6		0	0	
Theobromine....mg	0		0	RPI	6		0	0	

NDB No. 19204

Puddings, lemon, dry mix, instant, prepared with 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 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 = 8.0g: 1 serving

Measure 2 = 32g: 1 package

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

Food Group: 19 Sweets

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

NDB No. 19331
Puddings, lemon, dry mix, instant, prepared with whole milk

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	73.20		0		1		107.60	429.68	
Energy	kcal	115		0	NC	4		169	675	
Energy	kJ	481		0		4		707	2824	
Protein	g	2.70		0		1		3.97	15.85	
Total lipid (fat)	g	2.90		0		1		4.26	17.02	
Ash	g	1.10		0		1		1.62	6.46	
Carbohydrate, by difference	g	20.10		0	NC	4		29.55	117.99	
Fiber, total dietary	g	0.0		0		4		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	99		0		1		146	581	
Iron, Fe	mg	0.06		0		1		0.09	0.35	
Magnesium, Mg	mg	11		0		1		16	65	
Phosphorus, P	mg	205		0		1		301	1203	
Potassium, K	mg	127		0		1		187	745	
Sodium, Na	mg	267		0		1		392	1567	
Zinc, Zn	mg	0.32		0		1		0.47	1.88	
Copper, Cu	mg	0.011		0		1		0.016	0.065	
Manganese, Mn	mg	0.003		0		1		0.004	0.018	
Selenium, Se	µg	1.8		0	BFZN	4		2.6	10.6	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.8		0		1		1.2	4.7	
Thiamin	mg	0.032		0		1		0.047	0.188	
Riboflavin	mg	0.135		0		1		0.198	0.792	
Niacin	mg	0.070		0		1		0.103	0.411	
Pantothenic acid	mg	0.262		0		1		0.385	1.538	
Vitamin B-6	mg	0.035		0		1		0.051	0.205	
Folate, total	µg	4		0		1		6	23	
Folic acid	µg	0		0	Z	7		0	0	
Folate, food	µg	4		0		1		6	23	
Folate, DFE	µg	4		0	NC	4		6	23	
Choline, total	mg									
Betaine	mg									
Vitamin B-12	µg	0.30		0		1		0.44	1.76	
Vitamin A, RAE	µg	24		0	NC	4		36	144	
Retinol	µg	23		0	O	4		34	136	
Carotene, beta	µg	15		0	O	4		22	88	
Carotene, alpha	µg									
Cryptoxanthin, beta	µg									
Vitamin A, IU	IU	105		0		1		154	616	
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. 19331
Puddings, lemon, dry mix, instant, prepared with whole milk

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	1.740		0		1		2.558	10.214	
4:0....g	0.090		0		1		0.132	0.528	
6:0....g	0.050		0		1		0.074	0.294	
8:0....g	0.030		0		1		0.044	0.176	
10:0....g	0.070		0		1		0.103	0.411	
12:0....g	0.080		0		1		0.118	0.470	
13:0....g									
14:0....g	0.290		0		1		0.426	1.702	
15:0....g									
16:0....g	0.770		0		1		1.132	4.520	
17:0....g									
18:0....g	0.360		0		1		0.529	2.113	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.850		0		1		1.250	4.990	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.070		0		1		0.103	0.411	
17:1....g									
18:1 undifferentiated....g	0.780		0		1		1.147	4.579	
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.150		0		1		0.221	0.881	
18:2 undifferentiated....g	0.100		0		1		0.147	0.587	
18:3 undifferentiated....g	0.050		0		1		0.074	0.294	
18:4....g									
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									
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	11		0		1		16	65	
Phytosterols....mg	0		0		1		0	0	
Amino Acids:									
Tryptophan....g	0.036		0		1		0.053	0.211	
Threonine....g	0.117		0		1		0.172	0.687	
Isoleucine....g	0.158		0		1		0.232	0.927	
Leucine....g	0.255		0		1		0.375	1.497	
Lysine....g	0.207		0		1		0.304	1.215	
Methionine....g	0.065		0		1		0.096	0.382	
Cystine....g	0.024		0		1		0.035	0.141	
Phenylalanine....g	0.126		0		1		0.185	0.740	
Tyrosine....g	0.126		0		1		0.185	0.740	
Valine....g	0.174		0		1		0.256	1.021	
Arginine....g	0.094		0		1		0.138	0.552	
Histidine....g	0.071		0		1		0.104	0.417	
Alanine....g	0.090		0		1		0.132	0.528	
Aspartic acid....g	0.198		0		1		0.291	1.162	
Glutamic acid....g	0.545		0		1		0.801	3.199	
Glycine....g	0.055		0		1		0.081	0.323	
Proline....g	0.252		0		1		0.370	1.479	
Serine....g	0.141		0		1		0.207	0.828	
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero 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. 19331

Puddings, lemon, dry mix, instant, prepared with whole milk

Common Measures:

Measure 1 = 147g: .5 cup

Measure 2 = 587g: 1 package yield (2 cups)

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

Food Group: 19 Sweets

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

NDB No. 19332
Puddings, lemon, 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
Proximates:									
Water....g	5.20		2		1		4.42	1.09	
Energy....kcal	363		0	NC	4		309	76	
Energy....kJ	1519		0		4		1291	319	
Protein (N x 6.25)....g	0.10		2		1		0.09	0.02	
Total lipid (fat)....g	0.50		1		4		0.43	0.11	
Ash....g	2.40		2		1		2.04	0.50	
Carbohydrate, by difference....g	91.80		0	NC	4		78.03	19.28	
Fiber, total dietary....g	0.1		0	FLM	4		0.1	0.0	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	5		1		4		4	1	
Iron, Fe....mg	0.17		1		4		0.14	0.04	
Magnesium, Mg....mg	4		1		4		3	1	
Phosphorus, P....mg	3		1		4		3	1	
Potassium, K....mg	5		1		4		4	1	
Sodium, Na....mg	506		1		4		430	106	
Zinc, Zn....mg	0.02		1		4		0.02	0.00	
Copper, Cu....mg	0.024		1		4		0.020	0.005	
Manganese, Mn....mg	0.025		1		4		0.021	0.005	
Selenium, Se....µg	1.1		0	BFFN	4		0.9	0.2	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		1		4		0.0	0.0	
Thiamin....mg	0.005		1		4		0.004	0.001	
Riboflavin....mg	0.024		1		4		0.020	0.005	
Niacin....mg	0.019		1		4		0.016	0.004	
Pantothenic acid....mg	0.030		1		4		0.026	0.006	
Vitamin B-6....mg	0.005		1		4		0.004	0.001	
Folate, total....µg	0		1		4		0	0	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	0		1		4		0	0	
Folate, DFE....µg	0		0	NC	4		0	0	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.00		1		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	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		1		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									

NDB No. 19332
Puddings, lemon, dry mix, 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
Lipids:									
Fatty acids, total saturated....g									
Fatty acids, total monounsaturated....g									
Fatty acids, total polyunsaturated....g									
Fatty acids, total trans....g									
Cholesterol....mg	0		1		4		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.000		0		1		0.000	0.000	
Threonine....g	0.002		0		1		0.002	0.000	
Isoleucine....g	0.002		0		1		0.002	0.000	
Leucine....g	0.008		0		1		0.007	0.002	
Lysine....g	0.001		0		1		0.001	0.000	
Methionine....g	0.001		0		1		0.001	0.000	
Cystine....g	0.001		0		1		0.001	0.000	
Phenylalanine....g	0.003		0		1		0.003	0.001	
Tyrosine....g	0.002		0		1		0.002	0.000	
Valine....g	0.003		0		1		0.003	0.001	
Arginine....g	0.003		0		1		0.003	0.001	
Histidine....g	0.002		0		1		0.002	0.000	
Alanine....g	0.004		0		1		0.003	0.001	
Aspartic acid....g	0.004		0		1		0.003	0.001	
Glutamic acid....g	0.011		0		1		0.009	0.002	
Glycine....g	0.002		0		1		0.002	0.000	
Proline....g	0.005		0		1		0.004	0.001	
Serine....g	0.002		0		1		0.002	0.000	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g									
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

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

Common Measures:

Measure 1 = 85g: 1 package (3 oz)

Measure 2 = 21g: 1 portion, amount to make 1/2 cup

Calories Factors: Protein 3.5 **Fat** 8.8 **Carbohydrate** 3.9

Food Group: 19 Sweets

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

NDB No. 19708

Puddings, lemon, dry mix, regular, with added oil, potassium, sodium

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	5.20		2		1		4.42	1.09	
Energy....kcal	366		0	NC	4		311	77	
Energy....kJ	1531				4		1302	322	
Protein (N x 6.25)....g	0.10		2		1		0.09	0.02	
Total lipid (fat)....g	1.50		0		1		1.28	0.32	
Ash....g	2.40		2		1		2.04	0.50	
Carbohydrate, by difference....g	90.30		0	NC	4		76.76	18.96	
Fiber, total dietary....g	0.1		0	BFZN	4		0.1	0.0	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg									
Iron, Fe....mg	0.17		1		4		0.14	0.04	
Magnesium, Mg....mg	4		1		4		3	1	
Phosphorus, P....mg	3		1		4		3	1	
Potassium, K....mg	257		0		1		218	54	
Sodium, Na....mg	849		0		1		722	178	
Zinc, Zn....mg	0.02		1		4		0.02	0.00	
Copper, Cu....mg	0.024		1		4		0.020	0.005	
Manganese, Mn....mg	0.025		1		4		0.021	0.005	
Selenium, Se....µg	0.7		0	RA	4		0.6	0.1	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		1		4		0.0	0.0	
Thiamin....mg	0.005		1		4		0.004	0.001	
Riboflavin....mg	0.024		1		4		0.020	0.005	
Niacin....mg	0.019		1		4		0.016	0.004	
Pantothenic acid....mg	0.030		1		4		0.026	0.006	
Vitamin B-6....mg	0.005		1		4		0.004	0.001	
Folate, total....µg	0		1		4		0	0	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	0		1		4		0	0	
Folate, DFE....µg	0		0	NC	4		0	0	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.00		1		4		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									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	0		1		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									
Lipids:									

NDB No. 19708

Puddings, lemon, dry mix, regular, with added oil, potassium, 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
Fatty acids, total saturated....g	0.270		0		1		0.230	0.057	
4:0....g									
6:0....g									
8:0....g									
10:0....g									
12:0....g									
13:0....g									
14:0....g	0.000		1		1		0.000	0.000	
15:0....g									
16:0....g	0.210		0		1		0.179	0.044	
17:0....g									
18:0....g	0.050		0		1		0.043	0.011	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.440		0		1		0.374	0.092	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.010		1		1		0.009	0.002	
17:1....g									
18:1 undifferentiated....g	0.440		0		1		0.374	0.092	
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.720		0		1		0.612	0.151	
18:2 undifferentiated....g	0.680		0		1		0.578	0.143	
18:3 undifferentiated....g	0.040		0		1		0.034	0.008	
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g									
Cholesterol....mg	0		1		4		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.000		0		1		0.000	0.000	
Threonine....g	0.002		0		1		0.002	0.000	
Isoleucine....g	0.002		0		1		0.002	0.000	
Leucine....g	0.008		0		1		0.007	0.002	
Lysine....g	0.001		0		1		0.001	0.000	
Methionine....g	0.001		0		1		0.001	0.000	
Cystine....g	0.001		0		1		0.001	0.000	
Phenylalanine....g	0.003		0		1		0.003	0.001	
Tyrosine....g	0.002		0		1		0.002	0.000	
Valine....g	0.003		0		1		0.003	0.001	
Arginine....g	0.003		0		1		0.003	0.001	
Histidine....g	0.002		0		1		0.002	0.000	
Alanine....g	0.004		0		1		0.003	0.001	
Aspartic acid....g	0.004		0		1		0.003	0.001	
Glutamic acid....g	0.011		0		1		0.009	0.002	
Glycine....g	0.002		0		1		0.002	0.000	
Proline....g	0.005		0		1		0.004	0.001	
Serine....g	0.002		0		1		0.002	0.000	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g									
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

NDB No. 19708

Puddings, lemon, dry mix, regular, with added oil, potassium, 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

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

Common Measures:

Measure 1 = 85g: 1 package (3 oz)

Measure 2 = 21g: 1 portion, amount to make 1/2 cup

Calories Factors: Protein 3.5 **Fat** 8.8 **Carbohydrate** 3.9

Food Group: 19 Sweets

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

NDB No. 19194
Puddings, rice, 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
Proximates:									
Water....g	4.80		1		4		5.09	1.30	
Energy....kcal	376		0		4		399	102	
Energy....kJ	1573		0		4		1668	425	
Protein (N x 6)....g	2.70		1		4		2.86	0.73	
Total lipid (fat)....g	0.10		1		4		0.11	0.03	
Ash....g	1.10		1		4		1.17	0.30	
Carbohydrate, by difference....g	91.20		0	NC	4		96.67	24.62	
Fiber, total dietary....g	0.7		0	FLM	4		0.7	0.2	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	14		1		4		15	4	
Iron, Fe....mg	1.79		1		4		1.90	0.48	
Magnesium, Mg....mg	8		1		4		8	2	
Phosphorus, P....mg	39		1		4		41	11	
Potassium, K....mg	5		1		4		5	1	
Sodium, Na....mg	366		1		4		388	99	
Zinc, Zn....mg	0.31		1		1		0.33	0.08	
Copper, Cu....mg	0.062		1		4		0.066	0.017	
Manganese, Mn....mg	0.300		1		4		0.318	0.081	
Selenium, Se....µg	0.5		0	FLM	4		0.5	0.1	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		1		4		0.0	0.0	
Thiamin....mg	0.248		1		4		0.263	0.067	
Riboflavin....mg	0.012		1		4		0.013	0.003	
Niacin....mg	2.013		1		4		2.134	0.544	
Pantothenic acid....mg	0.108		1		4		0.114	0.029	
Vitamin B-6....mg	0.013		1		4		0.014	0.004	
Folate, total....µg	1		1		4		1	0	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	1		1		4		1	0	
Folate, DFE....µg	1		0	NC	4		1	0	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.00		1		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	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		1		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									

NDB No. 19194
Puddings, rice, 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
Lipids:									
Fatty acids, total saturated....g									
Fatty acids, total monounsaturated....g									
Fatty acids, total polyunsaturated....g									
Fatty acids, total trans....g									
Cholesterol....mg	0		1		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 = 106g: 1 package

Measure 2 = 27g: 1 portion, amount to make 1/2 cup

Calories Factors: Protein 3.8 **Fat** 8.4 **Carbohydrate** 4

Food Group: 19 Sweets

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

NDB No. 19208
Puddings, rice, dry mix, prepared with 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
Proximates:									
Water....g	73.43		0	RP	4		93.99		
Energy....kcal	111		0	RP	4		142		
Energy....kJ	465		0	RP	4		595		
Protein....g	3.29		0	RP	4		4.21		
Total lipid (fat)....g	1.63		0	RP	4		2.08		
Ash....g	0.82		0	RP	4		1.05		
Carbohydrate, by difference....g	20.81		0	RP	4		26.64		
Fiber, total dietary....g	0.1		0	RP	4		0.2		
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	105		0	RP	4		134		
Iron, Fe....mg	0.37		0	RP	4		0.48		
Magnesium, Mg....mg	13		0	RP	4		17		
Phosphorus, P....mg	87		0	RP	4		111		
Potassium, K....mg	130		0	RP	4		167		
Sodium, Na....mg	109		0	RP	4		140		
Zinc, Zn....mg	0.38		0	RP	4		0.49		
Copper, Cu....mg	0.018		0	RP	4		0.023		
Manganese, Mn....mg	0.057		0	RP	4		0.073		
Selenium, Se....µg	1.9		0	RP	4		2.5		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.7		0	RP	4		0.9		
Thiamin....mg	0.075		0	RP	4		0.096		
Riboflavin....mg	0.141		0	RP	4		0.180		
Niacin....mg	0.443		0	RP	4		0.566		
Pantothenic acid....mg	0.288		0	RP	4		0.369		
Vitamin B-6....mg	0.035		0	RP	4		0.045		
Folate, total....µg	4		0	RP	4		5		
Folic acid....µg	0		0	RP	4		0		
Folate, food....µg	4		0	RP	4		5		
Folate, DFE....µg	4		0	NC	4		5		
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.24		0	RP	4		0.31		
Vitamin A, RAE....µg	46		0	NC	4		59		
Retinol....µg	45		0	RP	4		58		
Carotene, beta....µg	10		0	O	4		13		
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	172		0	RP	4		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	0.8		0	RP	4		1.1		
Vitamin D....IU	34		0	RP	4		43		
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

NDB No. 19208
Puddings, rice, dry mix, prepared with 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 of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.967		0	RP	4		1.237		
4:0....g	0.052		0	RP	4		0.067		
6:0....g	0.031		0	RP	4		0.040		
8:0....g	0.018		0	RP	4		0.023		
10:0....g	0.040		0	RP	4		0.052		
12:0....g	0.045		0	RP	4		0.058		
13:0....g									
14:0....g	0.162		0	RP	4		0.207		
15:0....g									
16:0....g	0.423		0	RP	4		0.542		
17:0....g									
18:0....g	0.195		0	RP	4		0.250		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.441		0	RP	4		0.564		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.036		0	RP	4		0.046		
17:1....g									
18:1 undifferentiated....g	0.405		0	RP	4		0.518		
20:1....g	0.000		0	RP	4		0.000		
22:1 undifferentiated....g	0.000		0	RP	4		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.060		0	RP	4		0.076		
18:2 undifferentiated....g	0.036		0	RP	4		0.046		
18:3 undifferentiated....g	0.023		0	RP	4		0.030		
18:4....g	0.000		0	RP	4		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0	RP	4		0.000		
20:5 n-3 (EPA)....g	0.000		0	RP	4		0.000		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	RP	4		0.000		
22:6 n-3 (DHA)....g	0.000		0	RP	4		0.000		
Fatty acids, total trans....g									
Cholesterol....mg	6		0	RP	4		8		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.039		0	RP	4		0.050		
Threonine....g	0.126		0	RP	4		0.161		
Isoleucine....g	0.169		0	RP	4		0.216		
Leucine....g	0.273		0	RP	4		0.350		
Lysine....g	0.221		0	RP	4		0.283		
Methionine....g	0.070		0	RP	4		0.090		
Cystine....g	0.026		0	RP	4		0.033		
Phenylalanine....g	0.135		0	RP	4		0.173		
Tyrosine....g	0.135		0	RP	4		0.173		
Valine....g	0.187		0	RP	4		0.239		
Arginine....g	0.101		0	RP	4		0.130		
Histidine....g	0.075		0	RP	4		0.097		
Alanine....g	0.096		0	RP	4		0.123		
Aspartic acid....g	0.212		0	RP	4		0.272		
Glutamic acid....g	0.584		0	RP	4		0.748		
Glycine....g	0.059		0	RP	4		0.075		
Proline....g	0.271		0	RP	4		0.347		
Serine....g	0.152		0	RP	4		0.194		
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	RP	4		0.0		
Caffeine....mg	0		0	RP	4		0		
Theobromine....mg	0		0	RP	4		0		

NDB No. 19208
Puddings, rice, dry mix, prepared with 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 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 = 128g: .5 cup

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

Food Group: 19 Sweets

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

NDB No. 19195
Puddings, rice, dry mix, prepared with whole 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
Proximates:									
Water....g	72.42		0	RP	4		92.70		
Energy....kcal	121		0	RP	4		155		
Energy....kJ	507		0	RP	4		649		
Protein....g	3.25		0	RP	4		4.17		
Total lipid (fat)....g	2.82		0	RP	4		3.61		
Ash....g	0.81		0	RP	4		1.03		
Carbohydrate, by difference....g	20.68		0	RP	4		26.48		
Fiber, total dietary....g	0.1		0	RP	4		0.2		
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	103		0	RP	4		131		
Iron, Fe....mg	0.37		0	RP	4		0.48		
Magnesium, Mg....mg	13		0	RP	4		16		
Phosphorus, P....mg	85		0	RP	4		109		
Potassium, K....mg	128		0	RP	4		164		
Sodium, Na....mg	108		0	RP	4		139		
Zinc, Zn....mg	0.38		0	RP	4		0.48		
Copper, Cu....mg	0.020		0	RP	4		0.025		
Manganese, Mn....mg	0.059		0	RP	4		0.075		
Selenium, Se....µg	1.8		0	RP	4		2.3		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.7		0	RP	4		0.9		
Thiamin....mg	0.074		0	RP	4		0.095		
Riboflavin....mg	0.138		0	RP	4		0.177		
Niacin....mg	0.441		0	RP	4		0.564		
Pantothenic acid....mg	0.283		0	RP	4		0.362		
Vitamin B-6....mg	0.034		0	RP	4		0.044		
Folate, total....µg	4		0	RP	4		5		
Folic acid....µg	0		0	RP	4		0		
Folate, food....µg	4		0	RP	4		5		
Folate, DFE....µg	4		0	NC	4		5		
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.24		0	RP	4		0.31		
Vitamin A, RAE....µg	29		0	NC	4		37		
Retinol....µg	28		0	RP	4		36		
Carotene, beta....µg	15		0	O	4		19		
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	115		0	O	4		147		
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	0.8		0	RP	4		1.1		
Vitamin D....IU	34		0	RP	4		43		
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

NDB No. 19195
Puddings, rice, dry mix, prepared with whole milk

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	1.682		0	RP	4		2.153		
4:0....g	0.091		0	RP	4		0.116		
6:0....g	0.054		0	RP	4		0.069		
8:0....g	0.031		0	RP	4		0.040		
10:0....g	0.070		0	RP	4		0.090		
12:0....g	0.079		0	RP	4		0.101		
13:0....g									
14:0....g	0.282		0	RP	4		0.360		
15:0....g									
16:0....g	0.737		0	RP	4		0.943		
17:0....g									
18:0....g	0.339		0	RP	4		0.434		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.767		0	RP	4		0.982		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.063		0	RP	4		0.080		
17:1....g									
18:1 undifferentiated....g	0.704		0	RP	4		0.901		
20:1....g	0.000		0	RP	4		0.000		
22:1 undifferentiated....g	0.000		0	RP	4		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.104		0	RP	4		0.133		
18:2 undifferentiated....g	0.063		0	RP	4		0.080		
18:3 undifferentiated....g	0.041		0	RP	4		0.053		
18:4....g	0.000		0	RP	4		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0	RP	4		0.000		
20:5 n-3 (EPA)....g	0.000		0	RP	4		0.000		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	RP	4		0.000		
22:6 n-3 (DHA)....g	0.000		0	RP	4		0.000		
Fatty acids, total trans....g									
Cholesterol....mg	11		0	RP	4		15		
Phytosterols....mg	0		0	RP	4		0		
Amino Acids:									
Tryptophan....g	0.039		0	RP	4		0.049		
Threonine....g	0.125		0	RP	4		0.160		
Isoleucine....g	0.167		0	RP	4		0.213		
Leucine....g	0.270		0	RP	4		0.345		
Lysine....g	0.219		0	RP	4		0.280		
Methionine....g	0.070		0	RP	4		0.089		
Cystine....g	0.025		0	RP	4		0.032		
Phenylalanine....g	0.133		0	RP	4		0.171		
Tyrosine....g	0.133		0	RP	4		0.171		
Valine....g	0.184		0	RP	4		0.236		
Arginine....g	0.100		0	RP	4		0.128		
Histidine....g	0.075		0	RP	4		0.095		
Alanine....g	0.095		0	RP	4		0.121		
Aspartic acid....g	0.210		0	RP	4		0.268		
Glutamic acid....g	0.577		0	RP	4		0.739		
Glycine....g	0.059		0	RP	4		0.075		
Proline....g	0.267		0	RP	4		0.342		
Serine....g	0.150		0	RP	4		0.192		
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	RP	4		0.0		
Caffeine....mg	0		0	RP	4		0		
Theobromine....mg	0		0	RP	4		0		

NDB No. 19195

Puddings, rice, dry mix, prepared with whole milk

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

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

Common Measures:

Measure 1 = 128g: .5 cup

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

Food Group: 19 Sweets

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

NDB No. 19193
Puddings, rice, ready-to-eat

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	75.15	0.148	6	A	1		84.92	21.31	106.72
Energy ... kcal	108		0	NC	4		122	31	153
Energy ... kJ	451		0	NC	4		510	128	640
Protein (N x 6.25) ... g	3.23	0.021	6	A	1		3.65	0.92	4.58
Total lipid (fat) ... g	2.15	0.275	6	A	1		2.43	0.61	3.06
Ash ... g	0.78	0.012	6	A	1		0.89	0.22	1.11
Carbohydrate, by difference ... g	18.39		0	NC	4		20.78	5.21	26.12
Fiber, total dietary ... g	0.3		1	A	1		0.4	0.1	0.5
Sugars, total ... g	11.59	0.161	3	A	1		13.10	3.29	16.46
Sucrose ... g	8.07	0.088	3	A	1		9.12	2.29	11.45
Glucose (dextrose) ... g	0.09	0.009	3	A	1		0.10	0.03	0.13
Fructose ... g	0.00	0.000	3	A	1		0.00	0.00	0.00
Lactose ... g	3.43	0.067	3	A	1		3.88	0.97	4.88
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	7.43	1.713	3	A	1		8.40	2.11	10.56
Minerals:									
Calcium, Ca ... mg	95	0.863	6	A	1		107	27	135
Iron, Fe ... mg	0.11		0	FLC	4		0.13	0.03	0.16
Magnesium, Mg ... mg	8		1		4		9	2	11
Phosphorus, P ... mg	82	0.579	6	A	1		92	23	116
Potassium, K ... mg	125	0.422	6	A	1		142	36	178
Sodium, Na ... mg	97	0.880	6	A	1		110	28	138
Zinc, Zn ... mg	0.43	0.005	6	A	1		0.48	0.12	0.60
Copper, Cu ... mg	0.023	0.001	6	A	1		0.026	0.006	0.032
Manganese, Mn ... mg	0.077	0.001	6	A	1		0.087	0.022	0.109
Selenium, Se ... µg	3.2		2	A	1		3.7	0.9	4.6
Vitamins:									
Vitamin C, total ascorbic acid ... mg	1.3		1	A	1		1.5	0.4	1.8
Thiamin ... mg	0.027	0.003	3	A	1		0.030	0.008	0.038
Riboflavin ... mg	0.183	0.003	3	A	1		0.207	0.052	0.260
Niacin ... mg	0.217	0.003	3	A	1		0.245	0.061	0.308
Pantothenic acid ... mg	0.540		2	A	1		0.610	0.153	0.767
Vitamin B-6 ... mg	0.052	0.005	3	A	1		0.059	0.015	0.074
Folate, total ... µg	4		0	FLC	4		5	1	6
Folic acid ... µg	0		0	FLC	4		0	0	0
Folate, food ... µg	4		0	FLC	4		5	1	6
Folate, DFE ... µg	4		0	NC	4		5	1	6
Choline, total ... mg	7.8		0	A	1		8.8	2.2	11.1
Betaine ... mg									
Vitamin B-12 ... µg	0.15	0.015	3	A	1		0.17	0.04	0.21
Vitamin B-12, added ... µg	0.00		0	FLC	4		0.00	0.00	0.00
Vitamin A, RAE ... µg	19		0	NC	4		21	5	27
Retinol ... µg	19		1	A	1		21	5	27
Carotene, beta ... µg	4		0	FLC	4		4	1	5
Carotene, alpha ... µg	0		0	FLC	4		0	0	0
Cryptoxanthin, beta ... µg	0		0	FLC	4		0	0	0
Vitamin A, IU ... IU	69		0	NC	4		77	19	97
Lycopene ... µg	0		0	FLC	4		0	0	0
Lutein + zeaxanthin ... µg	9		0	FLC	4		10	2	12
Vitamin E (alpha-tocopherol) ... mg	0.07		0	FLC	4		0.08	0.02	0.10
Vitamin E, added ... mg	0.00		0	FLC	4		0.00	0.00	0.00
Tocopherol, beta ... mg	0.00		1	A	1		0.00	0.00	0.00
Tocopherol, gamma ... mg	0.00		1	A	1		0.00	0.00	0.00
Tocopherol, delta ... mg	0.00		1	A	1		0.00	0.00	0.00
Tocotrienol, alpha ... mg	0.00		1	A	1		0.00	0.00	0.00
Tocotrienol, beta ... mg	0.00		1	A	1		0.00	0.00	0.00

NDB No. 19193
Puddings, rice, ready-to-eat

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	0.00	0.00
Tocotrienol, delta....mg	0.00		1	A	1		0.00	0.00	0.00
Vitamin D (D2 + D3)....µg	0.0		0	NR	4		0.0	0.0	0.0
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	0		0	NR	4		0	0	0
Vitamin K (phylloquinone)....µg	0.2		0	FLC	4		0.2	0.0	0.2
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	1.208		0	NC	4		1.365	0.342	1.716
4:0....g	0.043	0.003	3	A	1		0.049	0.012	0.061
6:0....g	0.030	0.002	3	A	1		0.033	0.008	0.042
8:0....g	0.019	0.001	3	A	1		0.022	0.005	0.027
10:0....g	0.058	0.004	3	A	1		0.065	0.016	0.082
12:0....g	0.056	0.004	3	A	1		0.064	0.016	0.080
13:0....g	0.000		0	FLC	4		0.000	0.000	0.000
14:0....g	0.185	0.013	3	A	1		0.209	0.053	0.263
15:0....g	0.021	0.001	3	A	1		0.023	0.006	0.029
16:0....g	0.590	0.051	3	A	1		0.666	0.167	0.837
17:0....g	0.011	0.001	3	A	1		0.013	0.003	0.016
18:0....g	0.190	0.006	3	A	1		0.215	0.054	0.270
20:0....g	0.004	0.000	3	A	1		0.004	0.001	0.005
22:0....g	0.001	0.001	3	A	1		0.002	0.000	0.002
24:0....g	0.000	0.000	3	A	1		0.000	0.000	0.000
Fatty acids, total monounsaturated....g	0.556		0	NC	4		0.628	0.158	0.790
14:1....g	0.019	0.002	3	A	1		0.021	0.005	0.027
15:1....g	0.000	0.000	3	A	1		0.000	0.000	0.000
16:1 undifferentiated....g	0.035	0.004	3	AS	1		0.039	0.010	0.049
16:1 c....g	0.029	0.003	3	A	1		0.032	0.008	0.041
16:1 t....g	0.006	0.001	3	A	1		0.007	0.002	0.008
17:1....g	0.004	0.000	3	A	1		0.005	0.001	0.006
18:1 undifferentiated....g	0.492	0.022	3	AS	1		0.555	0.139	0.698
18:1 c....g	0.455	0.020	3	A	1		0.514	0.129	0.646
18:1 t....g	0.037	0.002	3	A	1		0.042	0.010	0.052
18:1-11 t (18:1t n-7)....g									
20:1....g	0.004	0.000	3	A	1		0.005	0.001	0.006
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	0.003	0.003	3	A	1		0.003	0.001	0.004
Fatty acids, total polyunsaturated....g	0.129		0	NC	4		0.146	0.037	0.184
18:2 undifferentiated....g	0.113	0.004	3	AS	1		0.128	0.032	0.160
18:2 n-6 c,c....g	0.093	0.003	3	A	1		0.105	0.026	0.132
18:2 CLAs....g	0.009	0.001	3	A	1		0.010	0.002	0.012
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.011	0.000	3	A	1		0.013	0.003	0.016
18:3 undifferentiated....g	0.008	0.001	3	AS	1		0.009	0.002	0.011
18:3 n-3 c,c,c (ALA)....g	0.008	0.001	3	A	1		0.009	0.002	0.011
18:3 n-6 c,c,c....g	0.000	0.000	3	A	1		0.000	0.000	0.000
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	0.003	0.000	3	AS	1		0.004	0.001	0.005
20:3 n-3....g	0.000	0.000	3	A	1		0.000	0.000	0.000
20:3 n-6....g	0.003	0.000	3	A	1		0.004	0.001	0.005
20:4 undifferentiated....g	0.005	0.000	3	A	1		0.006	0.001	0.007
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. 19193
Puddings, rice, ready-to-eat

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	0.054		0	NC	4		0.061	0.015	0.077
Fatty acids, total trans-monoenoic....g	0.043		0	NC	4		0.049	0.012	0.061
Fatty acids, total trans-polyenoic....g	0.011		0	NC	4		0.013	0.003	0.016
Cholesterol....mg	12	0.433	3	A	1		14	3	17
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.3		0	FLC	4		0.3	0.1	0.4
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 = 113g: 1 serving 4 oz pudding cup

Measure 2 = 28.35g: 1 oz

Measure 3 = 142g: 1 can (5 oz)

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

Food Group: 19 Sweets

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

NDB No. 19198
Puddings, tapioca, 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
Proximates:									
Water....g	4.00	0.043	6		1		3.68	0.92	
Energy....kcal	369		0		4		339	85	
Energy....kJ	1544		0		4		1420	355	
Protein (N x 6.25)....g	0.10		0		4		0.09	0.02	
Total lipid (fat)....g	0.10		0		4		0.09	0.02	
Ash....g	1.40	0.040	6		1		1.29	0.32	
Carbohydrate, by difference....g	94.30		0	NC	4		86.76	21.69	
Fiber, total dietary....g	0.2		0	FLM	4		0.2	0.0	
Sugars, total....g	65.00		0	LC	8		59.80	14.95	
Starch....g									
Minerals:									
Calcium, Ca....mg	4		0		4		4	1	
Iron, Fe....mg	0.12		0		4		0.11	0.03	
Magnesium, Mg....mg	2		0		4		2	0	
Phosphorus, P....mg	4		0		4		4	1	
Potassium, K....mg	5		0		4		5	1	
Sodium, Na....mg	477		0		4		439	110	
Zinc, Zn....mg	0.08		0		4		0.07	0.02	
Copper, Cu....mg	0.029		0		4		0.027	0.007	
Manganese, Mn....mg	0.033		0		4		0.030	0.008	
Selenium, Se....µg	0.9		0	FLM	4		0.8	0.2	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		4		0.0	0.0	
Thiamin....mg	0.001		0		4		0.001	0.000	
Riboflavin....mg	0.006		0		4		0.006	0.001	
Niacin....mg	0.004		0		4		0.004	0.001	
Pantothenic acid....mg	0.015		0		4		0.014	0.003	
Vitamin B-6....mg	0.001		0	FLM	4		0.001	0.000	
Folate, total....µg	0		0		4		0	0	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	0		0		4		0	0	
Folate, DFE....µg	0		0	NC	4		0	0	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.00		0		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	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		4		0	0	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D....IU	0			Z	7		0	0	
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									

NDB No. 19198
Puddings, tapioca, 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
Lipids:									
Fatty acids, total saturated....g									
Fatty acids, total monounsaturated....g									
Fatty acids, total polyunsaturated....g									
Fatty acids, total trans....g									
Cholesterol....mg	0		0		4		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.002		0		1		0.002	0.000	
Threonine....g	0.004		0		1		0.004	0.001	
Isoleucine....g	0.004		0		1		0.004	0.001	
Leucine....g	0.009		0		1		0.008	0.002	
Lysine....g	0.004		0		1		0.004	0.001	
Methionine....g	0.002		0		1		0.002	0.000	
Cystine....g	0.003		0		1		0.003	0.001	
Phenylalanine....g	0.004		0		1		0.004	0.001	
Tyrosine....g	0.003		0		1		0.003	0.001	
Valine....g	0.005		0		1		0.005	0.001	
Arginine....g	0.012		0		1		0.011	0.003	
Histidine....g	0.003		0		1		0.003	0.001	
Alanine....g	0.006		0		1		0.006	0.001	
Aspartic acid....g	0.009		0		1		0.008	0.002	
Glutamic acid....g	0.024		0		1		0.022	0.006	
Glycine....g	0.004		0		1		0.004	0.001	
Proline....g	0.007		0		1		0.006	0.002	
Serine....g	0.004		0		1		0.004	0.001	
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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: 1 package (3.5 oz)

Measure 2 = 23g: 1 portion, amount to make 1/2 cup

Calories Factors: Protein 3 **Fat** 8.4 **Carbohydrate** 3.9

Food Group: 19 Sweets

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

NDB No. 19209
Puddings, tapioca, dry mix, prepared with 2% milk

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	75.01		0	RP	4		96.02		
Energy	kcal	105		0	RP	4		134		
Energy	kJ	438		0	RP	4		561		
Protein	g	2.88		0	RP	4		3.68		
Total lipid (fat)	g	1.67		0	RP	4		2.13		
Ash	g	0.87		0	RP	4		1.11		
Carbohydrate, by difference	g	19.56		0	RP	4		25.04		
Fiber, total dietary	g	0.0		0	RP	4		0.0		
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	105		0	RP	4		135		
Iron, Fe	mg	0.06		0	RP	4		0.08		
Magnesium, Mg	mg	12		0	RP	4		15		
Phosphorus, P	mg	82		0	RP	4		105		
Potassium, K	mg	133		0	RP	4		171		
Sodium, Na	mg	121		0	RP	4		155		
Zinc, Zn	mg	0.35		0	RP	4		0.45		
Copper, Cu	mg	0.012		0	RP	4		0.015		
Manganese, Mn	mg	0.007		0	RP	4		0.009		
Selenium, Se	µg	2.0		0	RP	4		2.6		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.7		0	RP	4		0.9		
Thiamin	mg	0.030		0	RP	4		0.039		
Riboflavin	mg	0.143		0	RP	4		0.183		
Niacin	mg	0.075		0	RP	4		0.095		
Pantothenic acid	mg	0.277		0	RP	4		0.355		
Vitamin B-6	mg	0.033		0	RP	4		0.043		
Folate, total	µg	4		0	RP	4		5		
Folic acid	µg	0		0	RP	4		0		
Folate, food	µg	4		0	RP	4		5		
Folate, DFE	µg	4		0	NC	4		5		
Choline, total	mg									
Betaine	mg									
Vitamin B-12	µg	0.25		0	RP	4		0.32		
Vitamin A, RAE	µg	47		0	NC	4		60		
Retinol	µg	46		0	RP	4		59		
Carotene, beta	µg	10		0	O	4		13		
Carotene, alpha	µg									
Cryptoxanthin, beta	µg									
Vitamin A, IU	IU	160		0	O	4		205		
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	0.9		0	RP	4		1.1		
Vitamin D	IU	34		0	RP	4		44		
Vitamin K (phylloquinone)	µg									
Dihydrophylloquinone	µg									
Menaquinone-4	µg									
Lipids:										

NDB No. 19209
Puddings, tapioca, dry mix, prepared with 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 of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.991		0	RP	4		1.268		
4:0....g	0.053		0	RP	4		0.068		
6:0....g	0.032		0	RP	4		0.041		
8:0....g	0.018		0	RP	4		0.023		
10:0....g	0.041		0	RP	4		0.053		
12:0....g	0.046		0	RP	4		0.059		
13:0....g									
14:0....g	0.166		0	RP	4		0.212		
15:0....g									
16:0....g	0.434		0	RP	4		0.555		
17:0....g									
18:0....g	0.200		0	RP	4		0.256		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.452		0	RP	4		0.579		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.037		0	RP	4		0.047		
17:1....g									
18:1 undifferentiated....g	0.415		0	RP	4		0.531		
20:1....g	0.000		0	RP	4		0.000		
22:1 undifferentiated....g	0.000		0	RP	4		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.061		0	RP	4		0.078		
18:2 undifferentiated....g	0.037		0	RP	4		0.047		
18:3 undifferentiated....g	0.024		0	RP	4		0.031		
18:4....g	0.000		0	RP	4		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0	RP	4		0.000		
20:5 n-3 (EPA)....g	0.000		0	RP	4		0.000		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	RP	4		0.000		
22:6 n-3 (DHA)....g	0.000		0	RP	4		0.000		
Fatty acids, total trans....g									
Cholesterol....mg	6		0	RP	4		8		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.041		0	RP	4		0.052		
Threonine....g	0.130		0	RP	4		0.166		
Isoleucine....g	0.173		0	RP	4		0.222		
Leucine....g	0.282		0	RP	4		0.360		
Lysine....g	0.228		0	RP	4		0.291		
Methionine....g	0.073		0	RP	4		0.093		
Cystine....g	0.027		0	RP	4		0.035		
Phenylalanine....g	0.139		0	RP	4		0.178		
Tyrosine....g	0.139		0	RP	4		0.178		
Valine....g	0.192		0	RP	4		0.246		
Arginine....g	0.106		0	RP	4		0.136		
Histidine....g	0.078		0	RP	4		0.100		
Alanine....g	0.100		0	RP	4		0.128		
Aspartic acid....g	0.219		0	RP	4		0.280		
Glutamic acid....g	0.603		0	RP	4		0.772		
Glycine....g	0.061		0	RP	4		0.078		
Proline....g	0.279		0	RP	4		0.357		
Serine....g	0.156		0	RP	4		0.200		
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	RP	4		0.0		
Caffeine....mg	0		0	RP	4		0		
Theobromine....mg	0		0	RP	4		0		

NDB No. 19209
Puddings, tapioca, dry mix, prepared with 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 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 = 128g: .5 cup

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

Food Group: 19 Sweets

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

NDB No. 19199
Puddings, tapioca, dry mix, prepared with whole 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
Proximates:									
Water....g	73.97		0	RP	4		94.69		
Energy....kcal	115		0	RP	4		147		
Energy....kJ	481		0	RP	4		616		
Protein....g	2.84		0	RP	4		3.64		
Total lipid (fat)....g	2.89		0	RP	4		3.69		
Ash....g	0.85		0	RP	4		1.08		
Carbohydrate, by difference....g	19.43		0	RP	4		24.87		
Fiber, total dietary....g	0.0		0	RP	4		0.0		
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	103		0	RP	4		132		
Iron, Fe....mg	0.06		0	RP	4		0.08		
Magnesium, Mg....mg	12		0	RP	4		15		
Phosphorus, P....mg	81		0	RP	4		104		
Potassium, K....mg	131		0	RP	4		168		
Sodium, Na....mg	120		0	RP	4		154		
Zinc, Zn....mg	0.34		0	RP	4		0.43		
Copper, Cu....mg	0.013		0	RP	4		0.017		
Manganese, Mn....mg	0.009		0	RP	4		0.011		
Selenium, Se....µg	1.9		0	RP	4		2.4		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.7		0	RP	4		0.9		
Thiamin....mg	0.030		0	RP	4		0.038		
Riboflavin....mg	0.140		0	RP	4		0.179		
Niacin....mg	0.073		0	RP	4		0.093		
Pantothenic acid....mg	0.272		0	RP	4		0.348		
Vitamin B-6....mg	0.033		0	RP	4		0.042		
Folate, total....µg	4		0	RP	4		5		
Folic acid....µg	0		0	RP	4		0		
Folate, food....µg	4		0	RP	4		5		
Folate, DFE....µg	4		0	NC	4		5		
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.25		0	RP	4		0.31		
Vitamin A, RAE....µg	25		0	NC	4		32		
Retinol....µg	24		0	RP	4		31		
Carotene, beta....µg	15		0	O	4		20		
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	108		0	RP	4		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	0.9		0	RP	4		1.1		
Vitamin D....IU	34		0	RP	4		44		
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

NDB No. 19199
Puddings, tapioca, dry mix, prepared with whole milk

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	1.724		0	RP	4		2.207		
4:0....g	0.093		0	RP	4		0.119		
6:0....g	0.055		0	RP	4		0.070		
8:0....g	0.032		0	RP	4		0.041		
10:0....g	0.072		0	RP	4		0.092		
12:0....g	0.081		0	RP	4		0.103		
13:0....g									
14:0....g	0.289		0	RP	4		0.369		
15:0....g									
16:0....g	0.755		0	RP	4		0.967		
17:0....g									
18:0....g	0.348		0	RP	4		0.445		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.786		0	RP	4		1.006		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.064		0	RP	4		0.082		
17:1....g									
18:1 undifferentiated....g	0.722		0	RP	4		0.924		
20:1....g	0.000		0	RP	4		0.000		
22:1 undifferentiated....g	0.000		0	RP	4		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.107		0	RP	4		0.136		
18:2 undifferentiated....g	0.064		0	RP	4		0.082		
18:3 undifferentiated....g	0.042		0	RP	4		0.054		
18:4....g	0.000		0	RP	4		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0	RP	4		0.000		
20:5 n-3 (EPA)....g	0.000		0	RP	4		0.000		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	RP	4		0.000		
22:6 n-3 (DHA)....g	0.000		0	RP	4		0.000		
Fatty acids, total trans....g									
Cholesterol....mg	12		0	RP	4		15		
Phytosterols....mg	0		0	RP	4		0		
Amino Acids:									
Tryptophan....g	0.040		0	RP	4		0.051		
Threonine....g	0.129		0	RP	4		0.165		
Isoleucine....g	0.172		0	RP	4		0.220		
Leucine....g	0.278		0	RP	4		0.356		
Lysine....g	0.225		0	RP	4		0.288		
Methionine....g	0.072		0	RP	4		0.092		
Cystine....g	0.026		0	RP	4		0.034		
Phenylalanine....g	0.137		0	RP	4		0.176		
Tyrosine....g	0.137		0	RP	4		0.175		
Valine....g	0.190		0	RP	4		0.243		
Arginine....g	0.104		0	RP	4		0.133		
Histidine....g	0.077		0	RP	4		0.098		
Alanine....g	0.098		0	RP	4		0.126		
Aspartic acid....g	0.216		0	RP	4		0.277		
Glutamic acid....g	0.596		0	RP	4		0.763		
Glycine....g	0.061		0	RP	4		0.078		
Proline....g	0.275		0	RP	4		0.352		
Serine....g	0.154		0	RP	4		0.198		
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	RP	4		0.0		
Caffeine....mg	0		0	RP	4		0		
Theobromine....mg	0		0	RP	4		0		

NDB No. 19199
Puddings, tapioca, dry mix, prepared with whole milk

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

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

Common Measures:

Measure 1 = 128g: .5 cup

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

Food Group: 19 Sweets

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

NDB No. 19709
Puddings, tapioca, dry mix, with no 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
Proximates:									
Water....g	4.00	0.043	6		1		3.68	0.92	
Energy....kcal	369		0		4		339	85	
Energy....kJ	1544				4		1420	355	
Protein (N x 6.25)....g	0.10		1		4		0.09	0.02	
Total lipid (fat)....g	0.10		1		4		0.09	0.02	
Ash....g	1.40	0.040	6		1		1.29	0.32	
Carbohydrate, by difference....g	94.30		0	NC	4		86.76	21.69	
Fiber, total dietary....g	0.2		0	BFZN	4		0.2	0.0	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	4		1		4		4	1	
Iron, Fe....mg	0.12		1		4		0.11	0.03	
Magnesium, Mg....mg	2		1		4		2	0	
Phosphorus, P....mg	4		1		4		4	1	
Potassium, K....mg	5		1		4		5	1	
Sodium, Na....mg	8		0		1		7	2	
Zinc, Zn....mg	0.08		1		4		0.07	0.02	
Copper, Cu....mg	0.029		1		4		0.027	0.007	
Manganese, Mn....mg	0.033		1		4		0.030	0.008	
Selenium, Se....µg	0.1		0	BFZN	4		0.1	0.0	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		1		4		0.0	0.0	
Thiamin....mg	0.001		1		4		0.001	0.000	
Riboflavin....mg	0.006		1		4		0.006	0.001	
Niacin....mg	0.004		1		4		0.004	0.001	
Pantothenic acid....mg	0.015		1		4		0.014	0.003	
Vitamin B-6....mg	0.032		1		4		0.029	0.007	
Folate, total....µg	0		1		4		0	0	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	0		1		4		0	0	
Folate, DFE....µg	0		0	NC	4		0	0	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.00		1		4		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									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	0		1		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									
Lipids:									

NDB No. 19709
Puddings, tapioca, dry mix, with no 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	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g									
Fatty acids, total monounsaturated....g									
Fatty acids, total polyunsaturated....g									
Fatty acids, total trans....g									
Cholesterol....mg	0		1		4		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.002		0		1		0.002	0.000	
Threonine....g	0.004		0		1		0.004	0.001	
Isoleucine....g	0.004		0		1		0.004	0.001	
Leucine....g	0.009		0		1		0.008	0.002	
Lysine....g	0.004		0		1		0.004	0.001	
Methionine....g	0.002		0		1		0.002	0.000	
Cystine....g	0.003		0		1		0.003	0.001	
Phenylalanine....g	0.004		0		1		0.004	0.001	
Tyrosine....g	0.003		0		1		0.003	0.001	
Valine....g	0.005		0		1		0.005	0.001	
Arginine....g	0.012		0		1		0.011	0.003	
Histidine....g	0.003		0		1		0.003	0.001	
Alanine....g	0.006		0		1		0.006	0.001	
Aspartic acid....g	0.009		0		1		0.008	0.002	
Glutamic acid....g	0.024		0		1		0.022	0.006	
Glycine....g	0.004		0		1		0.004	0.001	
Proline....g	0.007		0		1		0.006	0.002	
Serine....g	0.004		0		1		0.004	0.001	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g									
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 = 92g: 1 package (3.5 oz)

Measure 2 = 23g: 1 portion, amount to make 1/2 cup

Calories Factors: Protein 3 **Fat** 8.4 **Carbohydrate** 3.9

Food Group: 19 Sweets

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

NDB No. 19218
Puddings, tapioca, ready-to-eat

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	71.84		2	A	1		20.37	79.02	69.68
Energy....kcal	130		0	NC	4		37	142	126
Energy....kJ	542		0	NC	4		154	596	526
Protein (N x 6.25)....g	1.95		2	A	1		0.55	2.15	1.89
Total lipid (fat)....g	3.88		2	A	1		1.10	4.27	3.77
Ash....g	0.64		2	A	1		0.18	0.70	0.62
Carbohydrate, by difference....g	21.69		0	NC	4		6.15	23.86	21.04
Fiber, total dietary....g	0.0		2	A	1		0.0	0.0	0.0
Sugars, total....g	14.91		2	A	1		4.23	16.40	14.46
Sucrose....g	12.55		2	A	1		3.56	13.80	12.17
Glucose (dextrose)....g	0.00		2	A	1		0.00	0.00	0.00
Fructose....g	0.00		2	A	1		0.00	0.00	0.00
Lactose....g	2.36		2	A	1		0.67	2.59	2.29
Maltose....g	0.00		2	A	1		0.00	0.00	0.00
Galactose....g	0.00		2	A	1		0.00	0.00	0.00
Starch....g									
Minerals:									
Calcium, Ca....mg	71		2	A	1		20	79	69
Iron, Fe....mg	0.11		2	A	1		0.03	0.12	0.10
Magnesium, Mg....mg	6		2	A	1		2	7	6
Phosphorus, P....mg	60		2	A	1		17	66	58
Potassium, K....mg	92		2	A	1		26	101	89
Sodium, Na....mg	145		2	A	1		41	160	141
Zinc, Zn....mg	0.22		2	A	1		0.06	0.24	0.21
Copper, Cu....mg	0.018		2	A	1		0.005	0.020	0.018
Manganese, Mn....mg	0.011		2	A	1		0.003	0.012	0.011
Selenium, Se....µg	0.0		2	A	1		0.0	0.0	0.0
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.3		0	FLA	4		0.1	0.4	0.3
Thiamin....mg	0.024		2	A	1		0.007	0.027	0.023
Riboflavin....mg	0.097		2	A	1		0.027	0.107	0.094
Niacin....mg	0.065		2	A	1		0.018	0.071	0.063
Pantothenic acid....mg	0.235		2	A	1		0.067	0.258	0.228
Vitamin B-6....mg	0.024		2	A	1		0.007	0.026	0.023
Folate, total....µg	3		0	FLA	4		1	3	3
Folic acid....µg	0		0	FLA	4		0	0	0
Folate, food....µg	3		0	FLA	4		1	3	3
Folate, DFE....µg	3		0	NC	4		1	3	3
Choline, total....mg	6.2		0	O	4		1.8	6.8	6.0
Betaine....mg									
Vitamin B-12....µg	0.21		2	A	1		0.06	0.23	0.20
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		0	FLA	4		0	0	0
Carotene, beta....µg	0		2	A	1		0	0	0
Carotene, alpha....µg	0		2	A	1		0	0	0
Cryptoxanthin, beta....µg	0		2	A	1		0	0	0
Vitamin A, IU....IU	0		0	AS	1		0	0	0
Lycopene....µg	0		2	A	1		0	0	0
Lutein + zeaxanthin....µg	0		0	FLA	4		0	0	0
Vitamin E (alpha-tocopherol)....mg	0.15		2	A	1		0.04	0.17	0.15
Vitamin E, added....mg	0.00		0	FLA	4		0.00	0.00	0.00
Tocopherol, beta....mg	0.02		2	A	1		0.00	0.02	0.02
Tocopherol, gamma....mg	1.79		2	A	1		0.51	1.97	1.74
Tocopherol, delta....mg	0.83		2	A	1		0.23	0.91	0.80
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									

NDB No. 19218
Puddings, tapioca, ready-to-eat

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	AS	1		0.0	0.0	0.0
Vitamin D....IU	0		0	FLA	4		0	0	0
Vitamin K (phylloquinone)....µg	0.4		2	A	1		0.1	0.4	0.4
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.962		0	NC	4		0.273	1.058	0.933
4:0....g	0.001		0	FLA	4		0.000	0.002	0.001
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	0.000		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	0.006		2	A	1		0.002	0.007	0.006
15:0....g	0.001		0	FLA	4		0.000	0.002	0.001
16:0....g	0.417		2	A	1		0.118	0.459	0.404
17:0....g	0.002		2	A	1		0.001	0.003	0.002
18:0....g	0.511		2	A	1		0.145	0.562	0.495
20:0....g	0.013		2	A	1		0.004	0.015	0.013
22:0....g	0.012		2	A	1		0.004	0.014	0.012
24:0....g									
Fatty acids, total monounsaturated....g	2.538		0	NC	4		0.719	2.792	2.462
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	0.000		2	A	1		0.000	0.000	0.000
17:1....g	0.000		2	A	1		0.000	0.000	0.000
18:1 undifferentiated....g	2.530		2	A	1		0.717	2.783	2.454
20:1....g	0.007		2	A	1		0.002	0.008	0.007
22:1 undifferentiated....g	0.000		0	FLA	4		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.072		0	NC	4		0.020	0.079	0.070
18:2 undifferentiated....g	0.072		2	A	1		0.020	0.079	0.070
18:3 undifferentiated....g	0.000		0	AS	1		0.000	0.000	0.000
18:3 n-3 c,c,c (ALA)....g	0.000		2	A	1		0.000	0.000	0.000
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		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									
Others:									
Alcohol, ethyl....g	0.0		0	FLA	4		0.0	0.0	0.0
Caffeine....mg	0		0	FLA	4		0	0	0
Theobromine....mg	0		0	FLA	4		0	0	0

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

NDB No. 19218
Puddings, tapioca, ready-to-eat

Common Measures:

Measure 1 = 28.35g: 1 oz
Measure 2 = 110g: 1 container refrigerated 4 oz
Measure 3 = 97g: 1 container shelf stable 3.5 oz

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

Food Group: 19 Sweets

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

NDB No. 19234
Puddings, tapioca, ready-to-eat, fat free

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	76.25		1	A	1		85.40		
Energy....kcal	94		0	NC	4		105		
Energy....kJ	394		0	NC	4		441		
Protein (N x 6.25)....g	1.44		1	A	1		1.62		
Total lipid (fat)....g	0.35		1	A	1		0.39		
Ash....g	0.64		1	A	1		0.72		
Carbohydrate, by difference....g	21.31		0	NC	4		23.87		
Fiber, total dietary....g	0.0		1	A	1		0.0		
Sugars, total....g	14.18		1	A	1		15.88		
Starch....g									
Minerals:									
Calcium, Ca....mg	52		1	A	1		58		
Iron, Fe....mg	0.11		1	A	1		0.12		
Magnesium, Mg....mg	5		1	A	1		5		
Phosphorus, P....mg	66		1	A	1		74		
Potassium, K....mg	70		1	A	1		78		
Sodium, Na....mg	187		1	A	1		209		
Zinc, Zn....mg	0.17		1	A	1		0.19		
Copper, Cu....mg	0.018		1	A	1		0.021		
Manganese, Mn....mg	0.011		1	A	1		0.012		
Selenium, Se....µg	0.0		1	A	1		0.0		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.3		0	FLA	4		0.3		
Thiamin....mg	0.013		1	A	1		0.015		
Riboflavin....mg	0.075		1	A	1		0.084		
Niacin....mg	0.101		1	A	1		0.113		
Pantothenic acid....mg	0.030		1	A	1		0.033		
Vitamin B-6....mg	0.020		1	A	1		0.023		
Folate, total....µg	2		0	FLA	4		2		
Folic acid....µg	0		0	NR	4		0		
Folate, food....µg	2		0	FLA	4		2		
Folate, DFE....µg	2		0	NC	4		2		
Choline, total....mg	6.5		0	O	4		7.3		
Betaine....mg									
Vitamin B-12....µg	0.31		1	A	1		0.35		
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		1	A	1		0		
Carotene, alpha....µg	0		1	A	1		0		
Cryptoxanthin, beta....µg	0		1	A	1		0		
Vitamin A, IU....IU	1		0	FLA	4		1		
Lycopene....µg	0		1	A	1		0		
Lutein + zeaxanthin....µg	0		0	FLA	4		0		
Vitamin E (alpha-tocopherol)....mg	0.01		1	A	1		0.02		
Vitamin E, added....mg	0.00		0	FLA	4		0.00		
Tocopherol, beta....mg	0.00		1	A	1		0.00		
Tocopherol, gamma....mg	0.01		1	A	1		0.02		
Tocopherol, delta....mg	0.00		1	A	1		0.00		
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	AS	1		0.0		
Vitamin D....IU	0		0	FLA	4		0		
Vitamin K (phylloquinone)....µg	0.0		1	A	1		0.0		
Dihydrophylloquinone....µg	0.0		1	A	1		0.0		
Menaquinone-4....µg									

NDB No. 19234
Puddings, tapioca, ready-to-eat, fat free

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	0.122		0	NC	4		0.137		
4:0....g	0.007		0	FLA	4		0.007		
6:0....g	0.001		0	FLA	4		0.002		
8:0....g	0.000		1	A	1		0.000		
10:0....g	0.000		1	A	1		0.000		
12:0....g	0.000		1	A	1		0.000		
13:0....g									
14:0....g	0.002		1	A	1		0.002		
15:0....g	0.000		1	A	1		0.000		
16:0....g	0.014		1	A	1		0.016		
17:0....g	0.000		1	A	1		0.000		
18:0....g	0.105		1	A	1		0.117		
20:0....g	0.001		1	A	1		0.001		
22:0....g	0.000		1	A	1		0.000		
24:0....g									
Fatty acids, total monounsaturated....g	0.012		0	NC	4		0.013		
14:1....g	0.000		1	A	1		0.000		
15:1....g	0.000		1	A	1		0.000		
16:1 undifferentiated....g	0.000		1	A	1		0.000		
17:1....g	0.000		1	A	1		0.000		
18:1 undifferentiated....g	0.012		1	A	1		0.013		
20:1....g	0.000		1	A	1		0.000		
22:1 undifferentiated....g	0.000		0	FLA	4		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.002		0	NC	4		0.002		
18:2 undifferentiated....g	0.002		1	A	1		0.002		
18:3 undifferentiated....g	0.000		0	AS	1		0.000		
18:3 n-3 c,c,c (ALA)....g	0.000		1	A	1		0.000		
18:3 n-6 c,c,c....g	0.000		1	A	1		0.000		
18:3i....g									
18:4....g	0.000		0	FLA	4		0.000		
20:2 n-6 c,c....g	0.000		1	A	1		0.000		
20:3 undifferentiated....g	0.000		1	A	1		0.000		
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.000		1	A	1		0.000		
20:4 n-6....g									
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	1		0	FLA	4		1		
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	FLA	4		0.0		
Caffeine....mg	0		0	FLA	4		0		
Theobromine....mg	0		0	FLA	4		0		

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

Common Measures:

Measure 1 = 112g: 1 container refrigerated 4 oz

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

NDB No. 19234
Puddings, tapioca, ready-to-eat, fat free

Food Group: 19 Sweets

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

NDB No. 19202
Puddings, vanilla, dry mix, instant

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	2.60	0.158	20		1		2.57	0.65	
Energy....kcal	377		0	NC	4		373	94	
Energy....kJ	1577		0	NC	4		1562	394	
Protein (N x 6.25)....g	0.00	0.000	20		1		0.00	0.00	
Total lipid (fat)....g	0.60	0.024	20		1		0.59	0.15	
Ash....g	3.90	0.067	20		1		3.86	0.98	
Carbohydrate, by difference....g	92.90		0	NC	4		91.97	23.22	
Fiber, total dietary....g	0.0		0	FLA	4		0.0	0.0	
Sugars, total....g	92.90		0	NR	4		91.97	23.22	
Starch....g									
Minerals:									
Calcium, Ca....mg	12	1.932	3		1		12	3	
Iron, Fe....mg	0.01		0	FLA	4		0.01	0.00	
Magnesium, Mg....mg	1		0	FLA	4		1	0	
Phosphorus, P....mg	705	9.672	3		1		698	176	
Potassium, K....mg	12	1.856	16		1		12	3	
Sodium, Na....mg	1441	33.880	16		1		1427	360	
Zinc, Zn....mg	0.06	0.002	4		1		0.06	0.02	
Copper, Cu....mg	0.093		2		1		0.092	0.023	
Manganese, Mn....mg	0.000		0	FLA	4		0.000	0.000	
Selenium, Se....µg	0.7		0	FLA	4		0.7	0.2	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	FLA	4		0.0	0.0	
Thiamin....mg	0.002		0	FLA	4		0.002	0.001	
Riboflavin....mg	0.028		0	FLA	4		0.028	0.007	
Niacin....mg	0.006		0	FLA	4		0.006	0.001	
Pantothenic acid....mg	0.026		0	FLA	4		0.025	0.006	
Vitamin B-6....mg	0.002		0	FLA	4		0.002	0.001	
Folate, total....µg	0		0	FLA	4		0	0	
Folic acid....µg	0		0	FLA	4		0	0	
Folate, food....µg	0		0	FLA	4		0	0	
Folate, DFE....µg	0		0	NC	4		0	0	
Choline, total....mg	1.1		0	O	4		1.1	0.3	
Betaine....mg									
Vitamin B-12....µg	0.02		0	FLA	4		0.02	0.00	
Vitamin B-12, added....µg	0.00		0	FLA	4		0.00	0.00	
Vitamin A, RAE....µg	1		0	FLA	4		1	0	
Retinol....µg	1		0	FLA	4		1	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	FLA	4		2	0	
Lycopene....µg	0		0	FLA	4		0	0	
Lutein + zeaxanthin....µg	0		0	FLA	4		0	0	
Vitamin E (alpha-tocopherol)....mg	0.02		0	FLA	4		0.02	0.00	
Vitamin E, added....mg	0.00		0	FLA	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	
Vitamin K (phylloquinone)....µg	0.1		0	FLA	4		0.1	0.0	
Dihydrophylloquinone....µg									
Menaquinone-4....µg									

NDB No. 19202
Puddings, vanilla, dry mix, instant

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	0.432		0	FLA	4		0.428	0.108	
4:0....g	0.002		0	FLA	4		0.002	0.001	
6:0....g	0.002		0	FLA	4		0.002	0.000	
8:0....g	0.011		0	FLA	4		0.011	0.003	
10:0....g	0.010		0	FLA	4		0.010	0.003	
12:0....g	0.123		0	FLA	4		0.121	0.031	
13:0....g									
14:0....g	0.044		0	FLA	4		0.044	0.011	
15:0....g									
16:0....g	0.105		0	FLA	4		0.104	0.026	
17:0....g									
18:0....g	0.136		0	FLA	4		0.134	0.034	
20:0....g	0.000		0	FLA	4		0.000	0.000	
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.120		0	FLA	4		0.119	0.030	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.002		0	FLA	4		0.002	0.000	
17:1....g									
18:1 undifferentiated....g	0.118		0	FLA	4		0.117	0.030	
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	0.010		0	FLA	4		0.010	0.003	
18:2 undifferentiated....g	0.009		0	FLA	4		0.009	0.002	
18:3 undifferentiated....g	0.001		0	FLA	4		0.001	0.000	
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	FLA	4		0	0	
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	FLA	4		0.0	0.0	
Caffeine....mg	0		0	FLA	4		0	0	
Theobromine....mg	0		0	FLA	4		0	0	

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

Common Measures:

Measure 1 = 99g: 1 package (3.5 oz)

Measure 2 = 25g: 1 portion, amount to make 1/2 cup

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

Food Group: 19 Sweets

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

NDB No. 19203
Puddings, vanilla, dry mix, instant, prepared with whole 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
Proximates:									
Water....g	73.50		0		1		104.37	418.22	
Energy....kcal	114		0	NC	4		162	649	
Energy....kJ	477		0		4		677	2714	
Protein (N x 0)....g	2.70		0		1		3.83	15.36	
Total lipid (fat)....g	2.90		0		1		4.12	16.50	
Ash....g	1.30		0		1		1.85	7.40	
Carbohydrate, by difference....g	19.70		0	NC	4		27.97	112.09	
Fiber, total dietary....g	0.0		0		4		0.0	0.0	
Sugars, total....g	18.03		0	BFCN	4		25.60	102.57	
Starch....g									
Minerals:									
Calcium, Ca....mg	101		0		1		143	575	
Iron, Fe....mg	0.07		0		1		0.10	0.40	
Magnesium, Mg....mg	12		0		1		17	68	
Phosphorus, P....mg	197		0		1		280	1121	
Potassium, K....mg	128		0		1		182	728	
Sodium, Na....mg	286		0		1		406	1627	
Zinc, Zn....mg	0.33		0		1		0.47	1.88	
Copper, Cu....mg	0.024		0		1		0.034	0.137	
Manganese, Mn....mg	0.007		0		1		0.010	0.040	
Selenium, Se....µg	1.6		0	BFPN	4		2.3	9.1	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.8		0		1		1.1	4.6	
Thiamin....mg	0.033		0		1		0.047	0.188	
Riboflavin....mg	0.136		0		1		0.193	0.774	
Niacin....mg	0.074		0		1		0.105	0.421	
Pantothenic acid....mg	0.262		0		1		0.372	1.491	
Vitamin B-6....mg	0.036		0		1		0.051	0.205	
Folate, total....µg	4		0		1		6	23	
Folic acid....µg	0		0	O	4		0	0	
Folate, food....µg	4		0		1		6	23	
Folate, DFE....µg	4		0	NC	4		6	23	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.30		0		1		0.43	1.71	
Vitamin A, RAE....µg	25		0	NC	4		35	141	
Retinol....µg	23		0	O	4		33	133	
Carotene, beta....µg	18		0	O	4		26	102	
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	105		0		1		149	597	
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. 19203

Puddings, vanilla, dry mix, instant, prepared with whole milk

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	1.740		0		1		2.471	9.901	
4:0....g	0.090		0		1		0.128	0.512	
6:0....g	0.050		0		1		0.071	0.285	
8:0....g	0.030		0		1		0.043	0.171	
10:0....g	0.070		0		1		0.099	0.398	
12:0....g	0.080		0		1		0.114	0.455	
13:0....g									
14:0....g	0.290		0		1		0.412	1.650	
15:0....g									
16:0....g	0.770		0		1		1.093	4.381	
17:0....g									
18:0....g	0.360		0		1		0.511	2.048	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.840		0		1		1.193	4.780	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.070		0		1		0.099	0.398	
17:1....g									
18:1 undifferentiated....g	0.780		0		1		1.108	4.438	
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	0.150		0		1		0.213	0.854	
18:2 undifferentiated....g	0.100		0		1		0.142	0.569	
18:3 undifferentiated....g	0.050		0		1		0.071	0.285	
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	11		0		1		16	63	
Phytosterols....mg	0		0		1		0	0	
Amino Acids:									
Tryptophan....g	0.036		0		1		0.051	0.205	
Threonine....g	0.117		0		1		0.166	0.666	
Isoleucine....g	0.158		0		1		0.224	0.899	
Leucine....g	0.255		0		1		0.362	1.451	
Lysine....g	0.207		0		1		0.294	1.178	
Methionine....g	0.065		0		1		0.092	0.370	
Cystine....g	0.024		0		1		0.034	0.137	
Phenylalanine....g	0.126		0		1		0.179	0.717	
Tyrosine....g	0.126		0		1		0.179	0.717	
Valine....g	0.174		0		1		0.247	0.990	
Arginine....g	0.094		0		1		0.133	0.535	
Histidine....g	0.071		0		1		0.101	0.404	
Alanine....g	0.090		0		1		0.128	0.512	
Aspartic acid....g	0.198		0		1		0.281	1.127	
Glutamic acid....g	0.545		0		1		0.774	3.101	
Glycine....g	0.055		0		1		0.078	0.313	
Proline....g	0.252		0		1		0.358	1.434	
Serine....g	0.141		0		1		0.200	0.802	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

NDB No. 19203

Puddings, vanilla, dry mix, instant, prepared with whole milk

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

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

Common Measures:

Measure 1 = 142g: .5 cup

Measure 2 = 569g: 1 package yield (2 cups)

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

Food Group: 19 Sweets

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

NDB No. 19206
Puddings, vanilla, 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
Proximates:									
Water....g	3.90	0.165	22		1		3.43	0.86	
Energy....kcal	379		0	NC	4		333	83	
Energy....kJ	1585		0	NC	4		1395	349	
Protein (N x 6.25)....g	0.30		1		1		0.26	0.07	
Total lipid (fat)....g	0.40	0.037	11		1		0.35	0.09	
Ash....g	2.00	0.087	22		1		1.76	0.44	
Carbohydrate, by difference....g	93.50		0	NC	4		82.28	20.57	
Fiber, total dietary....g	0.6		0	FLA	4		0.5	0.1	
Sugars, total....g	79.34		0	FLA	4		69.82	17.46	
Starch....g									
Minerals:									
Calcium, Ca....mg	5		0	FLA	4		4	1	
Iron, Fe....mg	0.08		0	FLA	4		0.07	0.02	
Magnesium, Mg....mg	0		0	FLA	4		0	0	
Phosphorus, P....mg	2		0	FLA	4		2	0	
Potassium, K....mg	20	1.431	17		1		18	4	
Sodium, Na....mg	635		0	T	4		559	140	
Zinc, Zn....mg	0.02		0	FLA	4		0.02	0.01	
Copper, Cu....mg	0.021		0	FLA	4		0.018	0.005	
Manganese, Mn....mg	0.008		0	FLA	4		0.007	0.002	
Selenium, Se....µg	0.9		0	FLA	4		0.8	0.2	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	FLA	4		0.0	0.0	
Thiamin....mg	0.000		0	FLA	4		0.000	0.000	
Riboflavin....mg	0.013		0	FLA	4		0.011	0.003	
Niacin....mg	0.001		0	FLA	4		0.001	0.000	
Pantothenic acid....mg	0.000		0	FLA	4		0.000	0.000	
Vitamin B-6....mg	0.000		0	FLA	4		0.000	0.000	
Folate, total....µg	0		0	FLA	4		0	0	
Folic acid....µg	0		0	FLA	4		0	0	
Folate, food....µg	0		0	FLA	4		0	0	
Folate, DFE....µg	0		0	NC	4		0	0	
Choline, total....mg	0.0		0	Z	7		0.0	0.0	
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	Z	7		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	0		0	FLA	4		0	0	
Vitamin E (alpha-tocopherol)....mg	0.00		0	FLA	4		0.00	0.00	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)....µg	0.0		0	FLA	4		0.0	0.0	
Dihydrophylloquinone....µg									
Menaquinone-4....µg									

NDB No. 19206
Puddings, vanilla, dry mix, 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
Lipids:									
Fatty acids, total saturated....g	0.090		0		1		0.079	0.020	
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	0.090		1		1		0.079	0.020	
17:0....g									
18:0....g	0.000		1		1		0.000	0.000	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.030		0		1		0.026	0.007	
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	0.030		1		1		0.026	0.007	
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	0.170		0		1		0.150	0.037	
18:2 undifferentiated....g	0.160		1		1		0.141	0.035	
18:3 undifferentiated....g	0.010		1		1		0.009	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	0.000		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									
Amino Acids:									
Tryptophan....g	0.001		0		1		0.001	0.000	
Threonine....g	0.009		0		1		0.008	0.002	
Isoleucine....g	0.010		0		1		0.009	0.002	
Leucine....g	0.035		0		1		0.031	0.008	
Lysine....g	0.006		0		1		0.005	0.001	
Methionine....g	0.005		0		1		0.004	0.001	
Cystine....g	0.006		0		1		0.005	0.001	
Phenylalanine....g	0.013		0		1		0.011	0.003	
Tyrosine....g	0.010		0		1		0.009	0.002	
Valine....g	0.013		0		1		0.011	0.003	
Arginine....g	0.012		0		1		0.011	0.003	
Histidine....g	0.008		0		1		0.007	0.002	
Alanine....g	0.019		0		1		0.017	0.004	
Aspartic acid....g	0.020		0		1		0.018	0.004	
Glutamic acid....g	0.052		0		1		0.046	0.011	
Glycine....g	0.009		0		1		0.008	0.002	
Proline....g	0.024		0		1		0.021	0.005	
Serine....g	0.011		0		1		0.010	0.002	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	FLA	4		0.0	0.0	
Caffeine....mg	0		0	FLA	4		0	0	

NDB No. 19206
Puddings, vanilla, dry mix, 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
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 = 88g: 1 package (3.12 oz)

Measure 2 = 22g: 1 portion, amount to make 1/2 cup

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

Food Group: 19 Sweets

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

NDB No. 19212
Puddings, vanilla, dry mix, regular, prepared with 2% milk

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	75.86		0	RP	4		97.11		
Energy	kcal	101		0	RP	4		130		
Energy	kJ	425		0	RP	4		543		
Protein	g	2.94		0	RP	4		3.77		
Total lipid (fat)	g	1.73		0	RP	4		2.22		
Ash	g	0.95		0	RP	4		1.22		
Carbohydrate, by difference	g	18.53		0	RP	4		23.71		
Fiber, total dietary	g	0.0		0	RP	4		0.1		
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	108		0	RP	4		138		
Iron, Fe	mg	0.06		0	RP	4		0.08		
Magnesium, Mg	mg	12		0	RP	4		15		
Phosphorus, P	mg	83		0	RP	4		106		
Potassium, K	mg	137		0	RP	4		176		
Sodium, Na	mg	159		0	RP	4		204		
Zinc, Zn	mg	0.34		0	RP	4		0.44		
Copper, Cu	mg	0.013		0	RP	4		0.017		
Manganese, Mn	mg	0.004		0	RP	4		0.005		
Selenium, Se	µg	2.1		0	RP	4		2.6		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.7		0	RP	4		0.9		
Thiamin	mg	0.031		0	RP	4		0.039		
Riboflavin	mg	0.146		0	RP	4		0.186		
Niacin	mg	0.075		0	RP	4		0.096		
Pantothenic acid	mg	0.278		0	RP	4		0.356		
Vitamin B-6	mg	0.034		0	RP	4		0.043		
Folate, total	µg	4		0	RP	4		5		
Folic acid	µg	0		0	RP	4		0		
Folate, food	µg	4		0	RP	4		5		
Folate, DFE	µg	4		0	NC	4		5		
Choline, total	mg									
Betaine	mg									
Vitamin B-12	µg	0.25		0	RP	4		0.32		
Vitamin A, RAE	µg	48		0	NC	4		61		
Retinol	µg	47		0	RP	4		60		
Carotene, beta	µg	10		0	O	4		13		
Carotene, alpha	µg									
Cryptoxanthin, beta	µg									
Vitamin A, IU	IU	160		0	O	4		205		
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	0.9		0	RP	4		1.1		
Vitamin D	IU	35		0	RP	4		45		
Vitamin K (phylloquinone)	µg									
Dihydrophylloquinone	µg									
Menaquinone-4	µg									
Lipids:										

NDB No. 19212
Puddings, vanilla, dry mix, regular, prepared with 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 of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	1.017		0	RP	4		1.301		
4:0....g	0.054		0	RP	4		0.069		
6:0....g	0.032		0	RP	4		0.041		
8:0....g	0.018		0	RP	4		0.023		
10:0....g	0.042		0	RP	4		0.053		
12:0....g	0.047		0	RP	4		0.060		
13:0....g									
14:0....g	0.168		0	RP	4		0.215		
15:0....g									
16:0....g	0.453		0	RP	4		0.580		
17:0....g									
18:0....g	0.203		0	RP	4		0.259		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.462		0	RP	4		0.592		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.037		0	RP	4		0.048		
17:1....g									
18:1 undifferentiated....g	0.425		0	RP	4		0.544		
20:1....g	0.000		0	RP	4		0.000		
22:1 undifferentiated....g	0.000		0	RP	4		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.088		0	RP	4		0.112		
18:2 undifferentiated....g	0.062		0	RP	4		0.079		
18:3 undifferentiated....g	0.026		0	RP	4		0.033		
18:4....g	0.000		0	RP	4		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0	RP	4		0.000		
20:5 n-3 (EPA)....g	0.000		0	RP	4		0.000		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	RP	4		0.000		
22:6 n-3 (DHA)....g	0.000		0	RP	4		0.000		
Fatty acids, total trans....g									
Cholesterol....mg	7		0	RP	4		8		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.041		0	RP	4		0.053		
Threonine....g	0.132		0	RP	4		0.169		
Isoleucine....g	0.176		0	RP	4		0.226		
Leucine....g	0.289		0	RP	4		0.370		
Lysine....g	0.231		0	RP	4		0.295		
Methionine....g	0.074		0	RP	4		0.095		
Cystine....g	0.028		0	RP	4		0.036		
Phenylalanine....g	0.142		0	RP	4		0.182		
Tyrosine....g	0.142		0	RP	4		0.181		
Valine....g	0.196		0	RP	4		0.251		
Arginine....g	0.107		0	RP	4		0.137		
Histidine....g	0.080		0	RP	4		0.102		
Alanine....g	0.103		0	RP	4		0.132		
Aspartic acid....g	0.223		0	RP	4		0.286		
Glutamic acid....g	0.614		0	RP	4		0.786		
Glycine....g	0.062		0	RP	4		0.080		
Proline....g	0.285		0	RP	4		0.364		
Serine....g	0.159		0	RP	4		0.204		
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	RP	4		0.0		
Caffeine....mg	0		0	RP	4		0		
Theobromine....mg	0		0	RP	4		0		

NDB No. 19212

Puddings, vanilla, dry mix, regular, prepared with 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 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 = 128g: .5 cup

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

Food Group: 19 Sweets

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

NDB No. 19207
Puddings, vanilla, dry mix, regular, prepared with whole 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
Proximates:									
Water....g	74.49		0	RP	4		104.29	416.41	
Energy....kcal	113		0	RP	4		158	632	
Energy....kJ	473		0	RP	4		662	2643	
Protein....g	2.80		0	RP	4		3.92	15.66	
Total lipid (fat)....g	2.90		0	RP	4		4.06	16.22	
Ash....g	0.90		0	RP	4		1.26	5.04	
Carbohydrate, by difference....g	18.92		0	RP	4		26.48	105.75	
Fiber, total dietary....g	0.1		0	RP	4		0.1	0.5	
Sugars, total....g	17.09		0	RP	4		23.93	95.53	
Starch....g									
Minerals:									
Calcium, Ca....mg	99		0	RP	4		139	554	
Iron, Fe....mg	0.04		0	RP	4		0.06	0.23	
Magnesium, Mg....mg	9		0	RP	4		12	50	
Phosphorus, P....mg	74		0	RP	4		103	412	
Potassium, K....mg	119		0	RP	4		166	663	
Sodium, Na....mg	156		0	RP	4		218	871	
Zinc, Zn....mg	0.33		0	RP	4		0.46	1.84	
Copper, Cu....mg	0.025		0	RP	4		0.035	0.140	
Manganese, Mn....mg	0.005		0	RP	4		0.007	0.028	
Selenium, Se....µg	3.3		0	RP	4		4.7	18.7	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	RP	4		0.0	0.0	
Thiamin....mg	0.036		0	RP	4		0.051	0.202	
Riboflavin....mg	0.149		0	RP	4		0.209	0.834	
Niacin....mg	0.078		0	RP	4		0.109	0.433	
Pantothenic acid....mg	0.326		0	RP	4		0.456	1.821	
Vitamin B-6....mg	0.028		0	RP	4		0.039	0.157	
Folate, total....µg	4		0	RP	4		5	21	
Folic acid....µg	0		0	RP	4		0	0	
Folate, food....µg	4		0	RP	4		5	21	
Folate, DFE....µg	4		0	NC	4		5	21	
Choline, total....mg	11.2		0	RP	4		15.7	62.8	
Betaine....mg									
Vitamin B-12....µg	0.31		0	RP	4		0.44	1.75	
Vitamin B-12, added....µg	0.00		0	RP	4		0.00	0.00	
Vitamin A, RAE....µg	40		0	NC	4		56	224	
Retinol....µg	40		0	RP	4		55	221	
Carotene, beta....µg	6		0	RP	4		8	32	
Carotene, alpha....µg	0		0	RP	4		0	0	
Cryptoxanthin, beta....µg	0		0	RP	4		0	0	
Vitamin A, IU....IU	141		0	NC	4		198	790	
Lycopene....µg	0		0	RP	4		0	0	
Lutein + zeaxanthin....µg	0		0	RP	4		0	0	
Vitamin E (alpha-tocopherol)....mg	0.06		0	RP	4		0.09	0.35	
Vitamin E, added....mg	0.00		0	RP	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	1.1		0	AS	1		1.6	6.2	
Vitamin D....IU	45		0	RP	4		62	249	
Vitamin K (phylloquinone)....µg	0.2		0	RP	4		0.3	1.3	
Dihydrophylloquinone....µg									
Menaquinone-4....µg	0.8		0	RP	4		1.2	4.6	

NDB No. 19207

Puddings, vanilla, dry mix, regular, prepared with whole milk

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	1.643		0	RP	4		2.301	9.186	
4:0....g	0.065		0	RP	4		0.091	0.364	
6:0....g	0.065		0	RP	4		0.091	0.364	
8:0....g	0.065		0	RP	4		0.091	0.364	
10:0....g	0.065		0	RP	4		0.091	0.364	
12:0....g	0.067		0	RP	4		0.094	0.374	
13:0....g	0.000		0	RP	4		0.000	0.000	
14:0....g	0.259		0	RP	4		0.363	1.449	
15:0....g	0.000		0	RP	4		0.000	0.000	
16:0....g	0.738		0	RP	4		1.033	4.126	
17:0....g	0.000		0	RP	4		0.000	0.000	
18:0....g	0.319		0	RP	4		0.446	1.781	
20:0....g	0.000		0	RP	4		0.000	0.000	
22:0....g	0.000		0	RP	4		0.000	0.000	
24:0....g	0.000		0	RP	4		0.000	0.000	
Fatty acids, total monounsaturated....g	0.714		0	RP	4		1.000	3.993	
14:1....g	0.000		0	RP	4		0.000	0.000	
15:1....g									
16:1 undifferentiated....g	0.000		0	RP	4		0.000	0.000	
17:1....g									
18:1 undifferentiated....g	0.714		0	RP	4		1.000	3.993	
20:1....g	0.000		0	RP	4		0.000	0.000	
22:1 undifferentiated....g	0.000		0	RP	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.197		0	RP	4		0.275	1.100	
18:2 undifferentiated....g	0.130		0	RP	4		0.182	0.727	
18:3 undifferentiated....g	0.067		0	RP	4		0.093	0.373	
18:4....g	0.000		0	RP	4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0	RP	4		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0	RP	4		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	RP	4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0	RP	4		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	9		0	RP	4		13	51	
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	RP	4		0.0	0.0	
Caffeine....mg	0		0	RP	4		0	0	
Theobromine....mg	0		0	RP	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 = 140g: .5 cup

Measure 2 = 559g: 1 package yield (2 cups)

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

Food Group: 19 Sweets

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

NDB No. 19710
Puddings, vanilla, dry mix, regular, with added oil

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	3.90	0.165	22		1		3.43	0.86	
Energy....kcal	369		0	NC	4		325	81	
Energy....kJ	1544				4		1359	340	
Protein (N x 6.25)....g	0.30		1		1		0.26	0.07	
Total lipid (fat)....g	1.10		0		1		0.97	0.24	
Ash....g	2.00	0.087	22		1		1.76	0.44	
Carbohydrate, by difference....g	92.40		0	NC	4		81.31	20.33	
Fiber, total dietary....g	0.0		0	BFZN	4		0.0	0.0	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	15		0		4		13	3	
Iron, Fe....mg	0.05		0		4		0.04	0.01	
Magnesium, Mg....mg	5		0		4		4	1	
Phosphorus, P....mg	3		0		4		3	1	
Potassium, K....mg	20	1.431	17		1		18	4	
Sodium, Na....mg	754	17.337	17		1		664	166	
Zinc, Zn....mg	0.09		0		4		0.08	0.02	
Copper, Cu....mg	0.020		0		4		0.018	0.004	
Manganese, Mn....mg	0.013		1		4		0.011	0.003	
Selenium, Se....µg	0.9		0	BFZN	4		0.8	0.2	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		4		0.0	0.0	
Thiamin....mg	0.000		0		4		0.000	0.000	
Riboflavin....mg	0.000		0		4		0.000	0.000	
Niacin....mg	0.000		0		4		0.000	0.000	
Pantothenic acid....mg	0.004		1		4		0.004	0.001	
Vitamin B-6....mg	0.000		0		4		0.000	0.000	
Folate, total....µg	0		1		4		0	0	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	0		1		4		0	0	
Folate, DFE....µg	0		0	NC	4		0	0	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.00		0		4		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									
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									
Lipids:									

NDB No. 19710
Puddings, vanilla, dry mix, regular, with added oil

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.200		0		1		0.176	0.044	
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	0.160		0		1		0.141	0.035	
17:0....g									
18:0....g	0.040		0		1		0.035	0.009	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.320		0		1		0.282	0.070	
14:1....g									
15:1....g									
16:1 undifferentiated....g									
17:1....g									
18:1 undifferentiated....g	0.320		0		1		0.282	0.070	
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.530		0		1		0.466	0.117	
18:2 undifferentiated....g	0.500		0		1		0.440	0.110	
18:3 undifferentiated....g	0.030		0		1		0.026	0.007	
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g									
Cholesterol....mg	0		0		4		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.001		0		1		0.001	0.000	
Threonine....g	0.009		0		1		0.008	0.002	
Isoleucine....g	0.010		0		1		0.009	0.002	
Leucine....g	0.035		0		1		0.031	0.008	
Lysine....g	0.006		0		1		0.005	0.001	
Methionine....g	0.005		0		1		0.004	0.001	
Cystine....g	0.006		0		1		0.005	0.001	
Phenylalanine....g	0.013		0		1		0.011	0.003	
Tyrosine....g	0.010		0		1		0.009	0.002	
Valine....g	0.013		0		1		0.011	0.003	
Arginine....g	0.012		0		1		0.011	0.003	
Histidine....g	0.008		0		1		0.007	0.002	
Alanine....g	0.019		0		1		0.017	0.004	
Aspartic acid....g	0.020		0		1		0.018	0.004	
Glutamic acid....g	0.052		0		1		0.046	0.011	
Glycine....g	0.009		0		1		0.008	0.002	
Proline....g	0.024		0		1		0.021	0.005	
Serine....g	0.011		0		1		0.010	0.002	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g									
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

NDB No. 19710
Puddings, vanilla, dry mix, regular, with added oil

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

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

Common Measures:

Measure 1 = 88g: 1 package (3.12 oz)

Measure 2 = 22g: 1 portion, amount to make 1/2 cup

Calories Factors: Protein 3.5 **Fat** 8.4 **Carbohydrate** 3.9

Food Group: 19 Sweets

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

NDB No. 19201
Puddings, vanilla, ready-to-eat

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	71.66	0.657	4	A	1	C	20.32	78.83	69.51
Energy....kcal	130		0	NC	4		37	143	126
Energy....kJ	545		0	NC	4		154	599	528
Protein (N x 6.25)....g	1.45	0.050	4	A	1	C	0.41	1.59	1.41
Total lipid (fat)....g	3.78	0.345	4	A	1	C	1.07	4.15	3.66
Ash....g	0.51	0.007	4	A	1	C	0.14	0.56	0.49
Carbohydrate, by difference....g	22.60		0	NC	4		6.41	24.86	21.93
Fiber, total dietary....g	0.0	0.000	4	A	1	C	0.0	0.0	0.0
Sugars, total....g	16.97	1.135	4	A	1	C	4.81	18.67	16.47
Sucrose....g	15.17	1.118	4	A	1	C	4.30	16.69	14.72
Glucose (dextrose)....g	0.00	0.000	4	A	1	C	0.00	0.00	0.00
Fructose....g	0.00	0.000	4	A	1	C	0.00	0.00	0.00
Lactose....g	1.80	0.017	4	A	1	C	0.51	1.98	1.75
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									
Minerals:									
Calcium, Ca....mg	49	0.400	4	A	1	C	14	54	47
Iron, Fe....mg	0.09	0.007	4	A	1	C	0.03	0.10	0.09
Magnesium, Mg....mg	4	0.058	4	A	1	C	1	5	4
Phosphorus, P....mg	41	2.325	4	A	1	C	12	45	40
Potassium, K....mg	65	1.200	4	A	1	C	18	71	63
Sodium, Na....mg	142	0.500	4	A	1	C	40	156	138
Zinc, Zn....mg	0.16	0.004	4	A	1	C	0.04	0.17	0.15
Copper, Cu....mg	0.018	0.000	4	A	1	C	0.005	0.020	0.018
Manganese, Mn....mg	0.011	0.000	4	A	1	C	0.003	0.012	0.011
Selenium, Se....µg	0.0	0.000	4	A	1	C	0.0	0.0	0.0
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.2		0	FLA	4		0.1	0.2	0.2
Thiamin....mg	0.019	0.005	4	A	1	C	0.005	0.021	0.018
Riboflavin....mg	0.071	0.004	4	A	1	C	0.020	0.079	0.069
Niacin....mg	0.057		3	A	1	C	0.016	0.063	0.055
Pantothenic acid....mg	0.153	0.010	4	A	1	C	0.043	0.168	0.148
Vitamin B-6....mg	0.019	0.000	4	A	1	C	0.005	0.020	0.018
Folate, total....µg	2		0	FLA	4		0	2	2
Folic acid....µg	0		0	FLA	4		0	0	0
Folate, food....µg	2		0	FLA	4		0	2	2
Folate, DFE....µg	2		0	NC	4		0	2	2
Choline, total....mg	6.2		0	FLA	4		1.8	6.8	6.0
Betaine....mg									
Vitamin B-12....µg	0.15	0.038	4	A	1	C	0.04	0.17	0.15
Vitamin B-12, added....µg	0.00		0	FLA	4		0.00	0.00	0.00
Vitamin A, RAE....µg	2		0	FLA	4		0	2	2
Retinol....µg	2		0	FLA	4		0	2	2
Carotene, beta....µg	0	0.000	4	A	1	C	0	0	0
Carotene, alpha....µg	0	0.000	4	A	1	C	0	0	0
Cryptoxanthin, beta....µg	0	0.000	4	A	1	C	0	0	0
Vitamin A, IU....IU	6		0	FLA	4		2	7	6
Lycopene....µg	0	0.000	4	A	1	C	0	0	0
Lutein + zeaxanthin....µg	0		0	FLA	4		0	0	0
Vitamin E (alpha-tocopherol)....mg	0.30		0	FLA	4		0.08	0.33	0.29
Vitamin E, added....mg	0.00		0	FLA	4		0.00	0.00	0.00
Tocopherol, beta....mg	0.01	0.005	4	A	1	C	0.00	0.01	0.01
Tocopherol, gamma....mg	1.13	0.383	4	A	1	C	0.32	1.24	1.10
Tocopherol, delta....mg	0.45	0.193	4	A	1	C	0.13	0.50	0.44
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									

NDB No. 19201
Puddings, vanilla, ready-to-eat

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	AS	1		0.0	0.0	0.0
Vitamin D....IU	0		0	FLA	4		0	0	0
Vitamin K (phylloquinone)....µg	0.6	0.025	4	A	1	C	0.2	0.7	0.6
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	1.016		0	FLA	4		0.288	1.118	0.986
4:0....g	0.005		0	FLA	4		0.001	0.005	0.005
6:0....g	0.004		0	FLA	4		0.001	0.004	0.004
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	0.000		0	FLA	4		0.000	0.000	0.000
14:0....g	0.010	0.000	4	A	1	C	0.003	0.011	0.009
15:0....g	0.000	0.000	4	A	1	C	0.000	0.000	0.000
16:0....g	0.508	0.054	4	A	1	C	0.144	0.559	0.493
17:0....g	0.001	0.001	4	A	1	C	0.000	0.001	0.001
18:0....g	0.473	0.037	4	A	1	C	0.134	0.521	0.459
20:0....g	0.015	0.000	4	A	1	C	0.004	0.016	0.014
22:0....g	0.009	0.001	4	A	1	C	0.003	0.010	0.009
24:0....g	0.000		0	FLA	4		0.000	0.000	0.000
Fatty acids, total monounsaturated....g	2.286		0	FLA	4		0.648	2.515	2.218
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	0.005	0.002	4	A	1	C	0.001	0.005	0.004
17:1....g	0.000	0.000	4	A	1	C	0.000	0.000	0.000
18:1 undifferentiated....g	2.275	0.171	4	A	1	C	0.645	2.502	2.206
20:1....g	0.007	0.003	4	A	1	C	0.002	0.008	0.007
22:1 undifferentiated....g	0.000		0	FLA	4		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.087		0	FLA	4		0.025	0.095	0.084
18:2 undifferentiated....g	0.087	0.004	4	A	1	C	0.025	0.095	0.084
18:3 undifferentiated....g	0.000	0.000	4	AS	1		0.000	0.000	0.000
18:3 n-3 c,c,c (ALA)....g	0.000	0.000	4	A	1	C	0.000	0.000	0.000
18:3 n-6 c,c,c....g	0.000	0.000	4	A	1	C	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	4	A	1	C	0.000	0.000	0.000
20:3 undifferentiated....g	0.000	0.000	4	A	1	C	0.000	0.000	0.000
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.000	0.000	4	A	1	C	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									
Cholesterol....mg	1		0	FLA	4		0	1	1
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	FLA	4		0.0	0.0	0.0
Caffeine....mg	0		0	FLA	4		0	0	0
Theobromine....mg	0		0	FLA	4		0	0	0

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

NDB No. 19201
Puddings, vanilla, ready-to-eat

Common Measures:

Measure 1 = 28.35g: 1 oz
Measure 2 = 110g: 1 container refrigerated 4 oz
Measure 3 = 97g: 1 container shelf stable 3.5 oz

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

Food Group: 19 Sweets

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

NDB No. 19233
Puddings, vanilla, ready-to-eat, fat free

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	76.93		0	O	4		76.16		
Energy	kcal	89		0	NC	4		88		
Energy	kJ	371		0	NC	4		367		
Protein (N x 6.25)	g	2.02		1	LC	8		2.00		
Total lipid (fat)	g	0.00		1	LC	8		0.00		
Ash	g	0.90		0	FLC	4		0.89		
Carbohydrate, by difference	g	20.16		1	LC	8		19.95		
Fiber, total dietary	g	0.0		1	LC	8		0.0		
Sugars, total	g	15.12		1	LC	8		14.97		
Starch	g									
Minerals:										
Calcium, Ca	mg	40		1	LC	8		40		
Iron, Fe	mg	0.36		1	LC	8		0.36		
Magnesium, Mg	mg	7		0	FLC	4		7		
Phosphorus, P	mg	54		0	FLC	4		53		
Potassium, K	mg	108		0	FLC	4		107		
Sodium, Na	mg	191		1	LC	8		190		
Zinc, Zn	mg	0.23		0	FLC	4		0.23		
Copper, Cu	mg	0.013		0	FLC	4		0.013		
Manganese, Mn	mg	0.004		0	FLC	4		0.004		
Selenium, Se	µg	1.7		0	FLC	4		1.7		
Vitamins:										
Vitamin C, total ascorbic acid	mg	1.2		1	LC	8		1.2		
Thiamin	mg	0.022		0	FLC	4		0.021		
Riboflavin	mg	0.088		0	FLC	4		0.087		
Niacin	mg	0.052		0	FLC	4		0.052		
Pantothenic acid	mg	0.196		0	FLC	4		0.194		
Vitamin B-6	mg	0.019		0	FLC	4		0.019		
Folate, total	µg	3		0	FLC	4		3		
Folic acid	µg	0		0	FLC	4		0		
Folate, food	µg	3		0	FLC	4		3		
Folate, DFE	µg	3		0	NC	4		3		
Choline, total	mg	4.8		0	O	4		4.8		
Betaine	mg									
Vitamin B-12	µg	0.21		0	FLC	4		0.21		
Vitamin B-12, added	µg	0.00		0	FLC	4		0.00		
Vitamin A, RAE	µg	1		0	NC	4		1		
Retinol	µg	0		0	FLC	4		0		
Carotene, beta	µg	5		0	FLC	4		5		
Carotene, alpha	µg	0		0	FLC	4		0		
Cryptoxanthin, beta	µg	0		0	FLC	4		0		
Vitamin A, IU	IU	1		0	NR	4		1		
Lycopene	µg	0		0	FLC	4		0		
Lutein + zeaxanthin	µg	0		0	FLC	4		0		
Vitamin E (alpha-tocopherol)	mg	0.00		0	FLC	4		0.00		
Vitamin E, added	mg	0.00		0	FLC	4		0.00		
Tocopherol, beta	mg	0.00		0	FLC	4		0.00		
Tocopherol, gamma	mg	0.00		0	FLC	4		0.00		
Tocopherol, delta	mg	0.00		0	FLC	4		0.00		
Tocotrienol, alpha	mg									
Tocotrienol, beta	mg									
Tocotrienol, gamma	mg									
Tocotrienol, delta	mg									
Vitamin D (D2 + D3)	µg	0.0		0	AS	1		0.0		
Vitamin D	IU	0		0	FLA	4		0		
Vitamin K (phylloquinone)	µg	0.0		0	FLC	4		0.0		
Dihydrophylloquinone	µg									
Menaquinone-4	µg									

NDB No. 19233
Puddings, vanilla, ready-to-eat, fat 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
Lipids:									
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									
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	0.000		0	FLC	4		0.000		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0	FLC	4		0.000		
17:1....g									
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		0	FLC	4		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									
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	LC	8		0		
Phytosterols....mg									
Others:									
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 = 99g: 1 serving 3.5 oz shelf stable

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

Food Group: 19 Sweets

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

NDB No. 19213
Rennin, chocolate, dry mix, prepared with 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
Proximates:									
Water ... g	80.39		0	RPI	6				
Energy ... kcal	85		0	RPI	6				
Energy ... kJ	357		0	RPI	6				
Protein ... g	3.24		0	RPI	6				
Total lipid (fat) ... g	2.06		0	RPI	6				
Ash ... g	0.81		0	RPI	6				
Carbohydrate, by difference ... g	13.47		0	RPI	6				
Fiber, total dietary ... g	0.5		0	RPI	6				
Sugars, total ... g									
Starch ... g									
Minerals:									
Calcium, Ca ... mg	126		0	RPI	6				
Iron, Fe ... mg	0.30		0	RPI	6				
Magnesium, Mg ... mg	20		0	RPI	6				
Phosphorus, P ... mg	98		0	RPI	6				
Potassium, K ... mg	182		0	RPI	6				
Sodium, Na ... mg	52		0	RPI	6				
Zinc, Zn ... mg	0.51		0	RPI	6				
Copper, Cu ... mg	0.081		0	RPI	6				
Manganese, Mn ... mg	0.066		0	RPI	6				
Selenium, Se ... µg	2.3		0	RPI	6				
Vitamins:									
Vitamin C, total ascorbic acid ... mg	0.9		0	RPI	6				
Thiamin ... mg	0.037		0	RPI	6				
Riboflavin ... mg	0.155		0	RPI	6				
Niacin ... mg	0.108		0	RPI	6				
Pantothenic acid ... mg	0.292		0	RPI	6				
Vitamin B-6 ... mg	0.042		0	RPI	6				
Folate, total ... µg	5		0	RPI	6				
Folic acid ... µg	0		0	RPI	6				
Folate, food ... µg	5		0	RPI	6				
Folate, DFE ... µg	5		0	NC	4				
Choline, total ... mg									
Betaine ... mg									
Vitamin B-12 ... µg	0.33		0	RPI	6				
Vitamin A, RAE ... µg	50		0	NC	4				
Retinol ... µg	50		0	RPI	6				
Carotene, beta ... µg	11		0	O	4				
Carotene, alpha ... µg									
Cryptoxanthin, beta ... µg									
Vitamin A, IU ... IU	170		0	O	4				
Lycopene ... µg									
Lutein + zeaxanthin ... µg									
Vitamin E (alpha-tocopherol) ... mg									
Tocopherol, beta ... mg									
Tocopherol, gamma ... mg									
Tocopherol, delta ... mg									
Tocotrienol, alpha ... mg									
Tocotrienol, beta ... mg									
Tocotrienol, gamma ... mg									
Tocotrienol, delta ... mg									
Vitamin D (D2 + D3) ... µg	0.9		0	RPI	6				
Vitamin D ... IU	36		0	RPI	6				
Vitamin K (phylloquinone) ... µg									
Dihydrophylloquinone ... µg									
Menaquinone-4 ... µg									
Lipids:									

NDB No. 19213
Rennin, chocolate, dry mix, prepared with 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 of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	1.231		0	RPA	1				
4:0....g	0.056		0	RPA	1				
6:0....g	0.033		0	RPA	1				
8:0....g	0.019		0	RPA	1				
10:0....g	0.043		0	RPA	1				
12:0....g	0.049		0	RPA	1				
13:0....g									
14:0....g	0.174		0	RPA	1				
15:0....g									
16:0....g	0.539		0	RPA	1				
17:0....g									
18:0....g	0.319		0	RPA	1				
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.581		0	RPA	1				
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.040		0	RPA	1				
17:1....g									
18:1 undifferentiated....g	0.542		0	RPA	1				
20:1....g	0.000		0	RPA	1				
22:1 undifferentiated....g	0.000		0	RPA	1				
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.073		0	RPA	1				
18:2 undifferentiated....g	0.048		0	RPA	1				
18:3 undifferentiated....g	0.025		0	RPA	1				
18:4....g	0.000		0	RPA	1				
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0	RPA	1				
20:5 n-3 (EPA)....g	0.000		0	RPA	1				
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	RPA	1				
22:6 n-3 (DHA)....g	0.000		0	RPA	1				
Fatty acids, total trans....g									
Cholesterol....mg	7		0	RPI	6				
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.045		0	RPA	1				
Threonine....g	0.144		0	RPA	1				
Isoleucine....g	0.189		0	RPA	1				
Leucine....g	0.307		0	RPA	1				
Lysine....g	0.250		0	RPA	1				
Methionine....g	0.078		0	RPA	1				
Cystine....g	0.030		0	RPA	1				
Phenylalanine....g	0.156		0	RPA	1				
Tyrosine....g	0.153		0	RPA	1				
Valine....g	0.214		0	RPA	1				
Arginine....g	0.124		0	RPA	1				
Histidine....g	0.085		0	RPA	1				
Alanine....g	0.117		0	RPA	1				
Aspartic acid....g	0.251		0	RPA	1				
Glutamic acid....g	0.662		0	RPA	1				
Glycine....g	0.082		0	RPA	1				
Proline....g	0.306		0	RPA	1				
Serine....g	0.173		0	RPA	1				
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	RPI	6				
Caffeine....mg	1		0	RPI	6				
Theobromine....mg	42		0	RPI	6				

NDB No. 19213

Rennin, chocolate, dry mix, prepared with 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 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:

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

Food Group: 19 Sweets

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

NDB No. 19221
Rennin, chocolate, dry mix, prepared with whole 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
Proximates:									
Water ... g	79.29		0	RPI	6				
Energy ... kcal	96		0	RPI	6				
Energy ... kJ	403		0	RPI	6				
Protein ... g	3.20		0	RPI	6				
Total lipid (fat) ... g	3.34		0	RPI	6				
Ash ... g	0.79		0	RPI	6				
Carbohydrate, by difference ... g	13.34		0	RPI	6				
Fiber, total dietary ... g	0.5		0	RPI	6				
Sugars, total ... g									
Starch ... g									
Minerals:									
Calcium, Ca ... mg	124		0	RPI	6				
Iron, Fe ... mg	0.30		0	RPI	6				
Magnesium, Mg ... mg	20		0	RPI	6				
Phosphorus, P ... mg	97		0	RPI	6				
Potassium, K ... mg	179		0	RPI	6				
Sodium, Na ... mg	51		0	RPI	6				
Zinc, Zn ... mg	0.50		0	RPI	6				
Copper, Cu ... mg	0.083		0	RPI	6				
Manganese, Mn ... mg	0.068		0	RPI	6				
Selenium, Se ... µg	2.1		0	RPI	6				
Vitamins:									
Vitamin C, total ascorbic acid ... mg	0.8		0	RPI	6				
Thiamin ... mg	0.036		0	RPI	6				
Riboflavin ... mg	0.152		0	RPI	6				
Niacin ... mg	0.106		0	RPI	6				
Pantothenic acid ... mg	0.287		0	RPI	6				
Vitamin B-6 ... mg	0.041		0	RPI	6				
Folate, total ... µg	5		0	RPI	6				
Folic acid ... µg	0		0	RPI	6				
Folate, food ... µg	5		0	RPI	6				
Folate, DFE ... µg	5		0	NC	4				
Choline, total ... mg									
Betaine ... mg									
Vitamin B-12 ... µg	0.32		0	RPI	6				
Vitamin A, RAE ... µg	27		0	NC	4				
Retinol ... µg	25		0	RPI	6				
Carotene, beta ... µg	16		0	O	4				
Carotene, alpha ... µg									
Cryptoxanthin, beta ... µg									
Vitamin A, IU ... IU	110		0	O	4				
Lycopene ... µg									
Lutein + zeaxanthin ... µg									
Vitamin E (alpha-tocopherol) ... mg									
Tocopherol, beta ... mg									
Tocopherol, gamma ... mg									
Tocopherol, delta ... mg									
Tocotrienol, alpha ... mg									
Tocotrienol, beta ... mg									
Tocotrienol, gamma ... mg									
Tocotrienol, delta ... mg									
Vitamin D (D2 + D3) ... µg	0.9		0	RPI	6				
Vitamin D ... IU	36		0	RPI	6				
Vitamin K (phylloquinone) ... µg									
Dihydrophylloquinone ... µg									
Menaquinone-4 ... µg									
Lipids:									

NDB No. 19221
Rennin, chocolate, dry mix, prepared with whole milk

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	1.999		0	RPA	1				
4:0....g	0.097		0	RPA	1				
6:0....g	0.058		0	RPA	1				
8:0....g	0.033		0	RPA	1				
10:0....g	0.076		0	RPA	1				
12:0....g	0.085		0	RPA	1				
13:0....g									
14:0....g	0.302		0	RPA	1				
15:0....g									
16:0....g	0.875		0	RPA	1				
17:0....g									
18:0....g	0.474		0	RPA	1				
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.932		0	RPA	1				
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.069		0	RPA	1				
17:1....g									
18:1 undifferentiated....g	0.863		0	RPA	1				
20:1....g	0.000		0	RPA	1				
22:1 undifferentiated....g	0.000		0	RPA	1				
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.121		0	RPA	1				
18:2 undifferentiated....g	0.077		0	RPA	1				
18:3 undifferentiated....g	0.044		0	RPA	1				
18:4....g	0.000		0	RPA	1				
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0	RPA	1				
20:5 n-3 (EPA)....g	0.000		0	RPA	1				
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	RPA	1				
22:6 n-3 (DHA)....g	0.000		0	RPA	1				
Fatty acids, total trans....g									
Cholesterol....mg	12		0	RPI	6				
Phytosterols....mg	0		0	RPA	1				
Amino Acids:									
Tryptophan....g	0.044		0	RPA	1				
Threonine....g	0.143		0	RPA	1				
Isoleucine....g	0.188		0	RPA	1				
Leucine....g	0.303		0	RPA	1				
Lysine....g	0.247		0	RPA	1				
Methionine....g	0.077		0	RPA	1				
Cystine....g	0.030		0	RPA	1				
Phenylalanine....g	0.154		0	RPA	1				
Tyrosine....g	0.151		0	RPA	1				
Valine....g	0.211		0	RPA	1				
Arginine....g	0.122		0	RPA	1				
Histidine....g	0.084		0	RPA	1				
Alanine....g	0.115		0	RPA	1				
Aspartic acid....g	0.248		0	RPA	1				
Glutamic acid....g	0.655		0	RPA	1				
Glycine....g	0.082		0	RPA	1				
Proline....g	0.302		0	RPA	1				
Serine....g	0.171		0	RPA	1				
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	RPI	6				
Caffeine....mg	1		0	RPI	6				
Theobromine....mg	42		0	RPI	6				

NDB No. 19221

Rennin, chocolate, dry mix, prepared with whole milk

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

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

Common Measures:

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

Food Group: 19 Sweets

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

NDB No. 19214
Rennin, vanilla, dry mix, prepared with 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
Proximates:									
Water ... g	82.11		0	RPI	6				
Energy ... kcal	77		0	RPI	6				
Energy ... kJ	324		0	RPI	6				
Protein ... g	3.06		0	RPI	6				
Total lipid (fat) ... g	1.77		0	RPI	6				
Ash ... g	0.73		0	RPI	6				
Carbohydrate, by difference ... g	12.34		0	RPI	6				
Fiber, total dietary ... g	0.0		0	RPI	6				
Sugars, total ... g									
Starch ... g									
Minerals:									
Calcium, Ca ... mg	121		0	RPI	6				
Iron, Fe ... mg	0.05		0	RPI	6				
Magnesium, Mg ... mg	13		0	RPI	6				
Phosphorus, P ... mg	95		0	RPI	6				
Potassium, K ... mg	142		0	RPI	6				
Sodium, Na ... mg	46		0	RPI	6				
Zinc, Zn ... mg	0.36		0	RPI	6				
Copper, Cu ... mg	0.012		0	RPI	6				
Manganese, Mn ... mg	0.003		0	RPI	6				
Selenium, Se ... µg	2.1		0	RPI	6				
Vitamins:									
Vitamin C, total ascorbic acid ... mg	0.9		0	RPI	6				
Thiamin ... mg	0.036		0	RPI	6				
Riboflavin ... mg	0.153		0	RPI	6				
Niacin ... mg	0.079		0	RPI	6				
Pantothenic acid ... mg	0.294		0	RPI	6				
Vitamin B-6 ... mg	0.040		0	RPI	6				
Folate, total ... µg	5		0	RPI	6				
Folic acid ... µg	0		0	RPI	6				
Folate, food ... µg	5		0	RPI	6				
Folate, DFE ... µg	5		0	NC	4				
Choline, total ... mg									
Betaine ... mg									
Vitamin B-12 ... µg	0.33		0	RPI	6				
Vitamin A, RAE ... µg	51		0	NC	4				
Retinol ... µg	51		0	RPI	6				
Carotene, beta ... µg									
Carotene, alpha ... µg									
Cryptoxanthin, beta ... µg									
Vitamin A, IU ... IU	170		0	O	4				
Lycopene ... µg									
Lutein + zeaxanthin ... µg									
Vitamin E (alpha-tocopherol) ... mg									
Tocopherol, beta ... mg									
Tocopherol, gamma ... mg									
Tocopherol, delta ... mg									
Tocotrienol, alpha ... mg									
Tocotrienol, beta ... mg									
Tocotrienol, gamma ... mg									
Tocotrienol, delta ... mg									
Vitamin D (D2 + D3) ... µg	0.9		0	RPI	6				
Vitamin D ... IU	37		0	RPI	6				
Vitamin K (phylloquinone) ... µg									
Dihydrophylloquinone ... µg									
Menaquinone-4 ... µg									
Lipids:									

NDB No. 19214
Rennin, vanilla, dry mix, prepared with 2% milk

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	1.061		0	RPA	1				
4:0....g	0.057		0	RPA	1				
6:0....g	0.034		0	RPA	1				
8:0....g	0.019		0	RPA	1				
10:0....g	0.044		0	RPA	1				
12:0....g	0.050		0	RPA	1				
13:0....g									
14:0....g	0.178		0	RPA	1				
15:0....g									
16:0....g	0.465		0	RPA	1				
17:0....g									
18:0....g	0.214		0	RPA	1				
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.484		0	RPA	1				
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.040		0	RPA	1				
17:1....g									
18:1 undifferentiated....g	0.444		0	RPA	1				
20:1....g	0.000		0	RPA	1				
22:1 undifferentiated....g	0.000		0	RPA	1				
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.065		0	RPA	1				
18:2 undifferentiated....g	0.040		0	RPA	1				
18:3 undifferentiated....g	0.026		0	RPA	1				
18:4....g	0.000		0	RPA	1				
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0	RPA	1				
20:5 n-3 (EPA)....g	0.000		0	RPA	1				
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	RPA	1				
22:6 n-3 (DHA)....g	0.000		0	RPA	1				
Fatty acids, total trans....g									
Cholesterol....mg	7		0	RPI	6				
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.043		0	RPA	1				
Threonine....g	0.138		0	RPA	1				
Isoleucine....g	0.185		0	RPA	1				
Leucine....g	0.300		0	RPA	1				
Lysine....g	0.243		0	RPA	1				
Methionine....g	0.077		0	RPA	1				
Cystine....g	0.029		0	RPA	1				
Phenylalanine....g	0.148		0	RPA	1				
Tyrosine....g	0.148		0	RPA	1				
Valine....g	0.205		0	RPA	1				
Arginine....g	0.111		0	RPA	1				
Histidine....g	0.083		0	RPA	1				
Alanine....g	0.106		0	RPA	1				
Aspartic acid....g	0.233		0	RPA	1				
Glutamic acid....g	0.641		0	RPA	1				
Glycine....g	0.064		0	RPA	1				
Proline....g	0.297		0	RPA	1				
Serine....g	0.167		0	RPA	1				
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	RPI	6				
Caffeine....mg	0		0	RPI	6				
Theobromine....mg	0		0	RPI	6				

NDB No. 19214
Rennin, vanilla, dry mix, prepared with 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 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:

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

Food Group: 19 Sweets

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

NDB No. 19223
Rennin, vanilla, dry mix, prepared with whole 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
Proximates:									
Water ... g	80.98		0	RPI	6				
Energy ... kcal	89		0	RPI	6				
Energy ... kJ	371		0	RPI	6				
Protein ... g	3.03		0	RPI	6				
Total lipid (fat) ... g	3.07		0	RPI	6				
Ash ... g	0.71		0	RPI	6				
Carbohydrate, by difference ... g	12.21		0	RPI	6				
Fiber, total dietary ... g	0.0		0	RPI	6				
Sugars, total ... g									
Starch ... g									
Minerals:									
Calcium, Ca ... mg	119		0	RPI	6				
Iron, Fe ... mg	0.05		0	RPI	6				
Magnesium, Mg ... mg	12		0	RPI	6				
Phosphorus, P ... mg	93		0	RPI	6				
Potassium, K ... mg	140		0	RPI	6				
Sodium, Na ... mg	46		0	RPI	6				
Zinc, Zn ... mg	0.35		0	RPI	6				
Copper, Cu ... mg	0.014		0	RPI	6				
Manganese, Mn ... mg	0.004		0	RPI	6				
Selenium, Se ... µg	1.9		0	RPI	6				
Vitamins:									
Vitamin C, total ascorbic acid ... mg	0.9		0	RPI	6				
Thiamin ... mg	0.035		0	RPI	6				
Riboflavin ... mg	0.151		0	RPI	6				
Niacin ... mg	0.077		0	RPI	6				
Pantothenic acid ... mg	0.289		0	RPI	6				
Vitamin B-6 ... mg	0.039		0	RPI	6				
Folate, total ... µg	5		0	RPI	6				
Folic acid ... µg	0		0	RPI	6				
Folate, food ... µg	5		0	RPI	6				
Folate, DFE ... µg	5		0	NC	4				
Choline, total ... mg									
Betaine ... mg									
Vitamin B-12 ... µg	0.33		0	RPI	6				
Vitamin A, RAE ... µg	27		0	NC	4				
Retinol ... µg	26		0	RPI	6				
Carotene, beta ... µg	17		0	O	4				
Carotene, alpha ... µg									
Cryptoxanthin, beta ... µg									
Vitamin A, IU ... IU	115		0	O	4				
Lycopene ... µg									
Lutein + zeaxanthin ... µg									
Vitamin E (alpha-tocopherol) ... mg									
Tocopherol, beta ... mg									
Tocopherol, gamma ... mg									
Tocopherol, delta ... mg									
Tocotrienol, alpha ... mg									
Tocotrienol, beta ... mg									
Tocotrienol, gamma ... mg									
Tocotrienol, delta ... mg									
Vitamin D (D2 + D3) ... µg	0.9		0	RPI	6				
Vitamin D ... IU	37		0	RPI	6				
Vitamin K (phylloquinone) ... µg									
Dihydrophylloquinone ... µg									
Menaquinone-4 ... µg									
Lipids:									

NDB No. 19223
Rennin, vanilla, dry mix, prepared with whole milk

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	1.846		0	RPA	1				
4:0....g	0.099		0	RPA	1				
6:0....g	0.059		0	RPA	1				
8:0....g	0.034		0	RPA	1				
10:0....g	0.077		0	RPA	1				
12:0....g	0.086		0	RPA	1				
13:0....g									
14:0....g	0.309		0	RPA	1				
15:0....g									
16:0....g	0.809		0	RPA	1				
17:0....g									
18:0....g	0.373		0	RPA	1				
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.842		0	RPA	1				
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.069		0	RPA	1				
17:1....g									
18:1 undifferentiated....g	0.773		0	RPA	1				
20:1....g	0.000		0	RPA	1				
22:1 undifferentiated....g	0.000		0	RPA	1				
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.114		0	RPA	1				
18:2 undifferentiated....g	0.069		0	RPA	1				
18:3 undifferentiated....g	0.045		0	RPA	1				
18:4....g	0.000		0	RPA	1				
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0	RPA	1				
20:5 n-3 (EPA)....g	0.000		0	RPA	1				
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	RPA	1				
22:6 n-3 (DHA)....g	0.000		0	RPA	1				
Fatty acids, total trans....g									
Cholesterol....mg	13		0	RPI	6				
Phytosterols....mg	0		0	RPA	1				
Amino Acids:									
Tryptophan....g	0.042		0	RPA	1				
Threonine....g	0.137		0	RPA	1				
Isoleucine....g	0.183		0	RPA	1				
Leucine....g	0.296		0	RPA	1				
Lysine....g	0.240		0	RPA	1				
Methionine....g	0.076		0	RPA	1				
Cystine....g	0.028		0	RPA	1				
Phenylalanine....g	0.146		0	RPA	1				
Tyrosine....g	0.146		0	RPA	1				
Valine....g	0.202		0	RPA	1				
Arginine....g	0.109		0	RPA	1				
Histidine....g	0.082		0	RPA	1				
Alanine....g	0.104		0	RPA	1				
Aspartic acid....g	0.230		0	RPA	1				
Glutamic acid....g	0.634		0	RPA	1				
Glycine....g	0.064		0	RPA	1				
Proline....g	0.293		0	RPA	1				
Serine....g	0.165		0	RPA	1				
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	RPI	6				
Caffeine....mg	0		0	RPI	6				
Theobromine....mg	0		0	RPI	6				

NDB No. 19223

Rennin, vanilla, dry mix, prepared with whole milk

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

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

Common Measures:

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

Food Group: 19 Sweets

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

NDB No. 19097
Sherbet, orange

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	66.10	0.297	40		1		48.91	43.63	
Energy....kcal	144		0	NC	4		107	95	
Energy....kJ	602		0	NC	4		446	398	
Protein (N x 6.25)....g	1.10	0.330	41		1		0.81	0.73	
Total lipid (fat)....g	2.00	0.057	23		1		1.48	1.32	
Ash....g	0.40		1		1		0.30	0.26	
Carbohydrate, by difference....g	30.40		0	NC	4		22.50	20.06	
Fiber, total dietary....g	1.3		0	FLA	4		1.0	0.9	
Sugars, total....g	24.32		0	LC	8		18.00	16.05	
Starch....g									
Minerals:									
Calcium, Ca....mg	54	4.021	10		1		40	36	
Iron, Fe....mg	0.14	0.027	6		1		0.10	0.09	
Magnesium, Mg....mg	8	1.167	8		1		6	5	
Phosphorus, P....mg	40	4.817	7		1		30	26	
Potassium, K....mg	96	13.153	12		1		71	63	
Sodium, Na....mg	46	5.938	12		1		34	30	
Zinc, Zn....mg	0.48	0.292	10		1		0.36	0.32	
Copper, Cu....mg	0.028	0.005	5		1		0.021	0.018	
Manganese, Mn....mg	0.011	0.002	4		1		0.008	0.007	
Selenium, Se....µg	1.5		0	FLA	4		1.1	1.0	
Vitamins:									
Vitamin C, total ascorbic acid....mg	2.3		0	FLA	4		1.7	1.5	
Thiamin....mg	0.027		0	FLA	4		0.020	0.018	
Riboflavin....mg	0.097		0	FLA	4		0.072	0.064	
Niacin....mg	0.063		0	FLA	4		0.047	0.041	
Pantothenic acid....mg	0.224		0	FLA	4		0.166	0.148	
Vitamin B-6....mg	0.023		0	FLA	4		0.017	0.015	
Folate, total....µg	4		0	FLA	4		3	2	
Folic acid....µg	0		0	FLA	4		0	0	
Folate, food....µg	4		0	FLA	4		3	2	
Folate, DFE....µg	4		0	NC	4		3	2	
Choline, total....mg	7.7		0	O	4		5.7	5.1	
Betaine....mg									
Vitamin B-12....µg	0.13		0	FLA	4		0.10	0.09	
Vitamin B-12, added....µg	0.00		0	FLA	4		0.00	0.00	
Vitamin A, RAE....µg	12		0	FLA	4		9	8	
Retinol....µg	12		0	FLA	4		9	8	
Carotene, beta....µg	1		0	FLA	4		1	1	
Carotene, alpha....µg	0		0	FLA	4		0	0	
Cryptoxanthin, beta....µg	5		0	FLA	4		4	3	
Vitamin A, IU....IU	46		0	FLA	4		34	30	
Lycopene....µg	0		0	FLA	4		0	0	
Lutein + zeaxanthin....µg	7		0	FLA	4		5	4	
Vitamin E (alpha-tocopherol)....mg	0.01		0	FLA	4		0.01	0.01	
Vitamin E, added....mg	0.00		0	FLA	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	
Vitamin K (phylloquinone)....µg	0.0		0	FLA	4		0.0	0.0	
Dihydrophylloquinone....µg									
Menaquinone-4....µg									

NDB No. 19097
Sherbet, orange

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	1.160		0	FLA	4		0.858	0.766	
4:0....g	0.094		0	FLA	4		0.070	0.062	
6:0....g	0.013		0	FLA	4		0.010	0.009	
8:0....g	0.018		0	FLA	4		0.013	0.012	
10:0....g	0.033		0	FLA	4		0.025	0.022	
12:0....g	0.023		0	FLA	4		0.017	0.015	
13:0....g									
14:0....g	0.170		0	FLA	4		0.126	0.113	
15:0....g									
16:0....g	0.585		0	FLA	4		0.433	0.386	
17:0....g									
18:0....g	0.170		0	FLA	4		0.126	0.113	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.530		0	FLA	4		0.392	0.350	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.052		0	FLA	4		0.038	0.034	
17:1....g									
18:1 undifferentiated....g	0.470		0	FLA	4		0.347	0.310	
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	0.080		0	FLA	4		0.059	0.053	
18:2 undifferentiated....g	0.065		0	FLA	4		0.048	0.043	
18:3 undifferentiated....g	0.015		0	FLA	4		0.011	0.010	
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	1		0	FLA	4		0	0	
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	FLA	4		0.0	0.0	
Caffeine....mg	0		0	FLA	4		0	0	
Theobromine....mg	0		0	FLA	4		0	0	

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

Common Measures:

Measure 1 = 74g: .5 cup (4 fl oz)

Measure 2 = 66g: 1 bar (2.75 fl oz)

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

Food Group: 19 Sweets

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

NDB No. 19013
Snacks, fruit leather, pieces

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	12.30	0.676	8		1		3.49	3.32	2.58
Energy....kcal	359		0	NC	4		102	97	75
Energy....kJ	1504		0	NC	4		426	406	316
Protein (N x 6.25)....g	1.00	0.084	8		1		0.28	0.27	0.21
Total lipid (fat)....g	2.68		0	NR	4		0.76	0.72	0.56
Ash....g	1.20	0.143	8		1		0.34	0.32	0.25
Carbohydrate, by difference....g	82.82		0	NC	4		23.48	22.36	17.39
Fiber, total dietary....g	0.0	0.000	4	LC	8		0.0	0.0	0.0
Sugars, total....g	57.58	2.507	4	LC	8		16.32	15.55	12.09
Starch....g									
Minerals:									
Calcium, Ca....mg	18		2		1		5	5	4
Iron, Fe....mg	0.75		2		1		0.21	0.20	0.16
Magnesium, Mg....mg	14	0.949	7		1		4	4	3
Phosphorus, P....mg	24	3.157	6		1		7	6	5
Potassium, K....mg	164	6.462	7		1		46	44	34
Sodium, Na....mg	403	27.419	7		1		114	109	85
Zinc, Zn....mg	0.19		0		4		0.05	0.05	0.04
Copper, Cu....mg	0.171		0		4		0.048	0.046	0.036
Manganese, Mn....mg	0.184		0		4		0.052	0.050	0.039
Selenium, Se....µg	2.7		0	BFSN	4		0.8	0.7	0.6
Vitamins:									
Vitamin C, total ascorbic acid....mg	56.0	0.000	7		1		15.9	15.1	11.8
Thiamin....mg	0.043		0		4		0.012	0.012	0.009
Riboflavin....mg	0.100		1		1		0.028	0.027	0.021
Niacin....mg	0.100		1		1		0.028	0.027	0.021
Pantothenic acid....mg	0.319		0		4		0.090	0.086	0.067
Vitamin B-6....mg	0.300		0		4		0.085	0.081	0.063
Folate, total....µg	4		0	BFZN	4		1	1	1
Folic acid....µg	0		0	Z	7		0	0	0
Folate, food....µg	4		0	BFZN	4		1	1	1
Folate, DFE....µg	4		0	NC	4		1	1	1
Choline, total....mg	12.9		0	O	4		3.7	3.5	2.7
Betaine....mg									
Vitamin B-12....µg	0.00		0		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	6		0	BFZN	4		2	2	1
Retinol....µg	0		0	O	4		0	0	0
Carotene, beta....µg	34		0	BFZN	4		10	9	7
Carotene, alpha....µg	1		0	BFZN	4		0	0	0
Cryptoxanthin, beta....µg	0		0	BFZN	4		0	0	0
Vitamin A, IU....IU	58		0	BFZN	4		16	16	12
Lycopene....µg	0		0	BFZN	4		0	0	0
Lutein + zeaxanthin....µg	51		0	BFZN	4		14	14	11
Vitamin E (alpha-tocopherol)....mg	0.56		0	BFZN	4		0.16	0.15	0.12
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	18.2		0	BFZN	4		5.2	4.9	3.8
Dihydrophylloquinone....µg									
Menaquinone-4....µg									

NDB No. 19013
Snacks, fruit leather, pieces

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	0.650		0	BFZN	4		0.184	0.176	0.137
4:0....g	0.000		0	BFZN	4		0.000	0.000	0.000
6:0....g	0.000		0	BFZN	4		0.000	0.000	0.000
8:0....g	0.000		0	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	0.010		0	BFZN	4		0.003	0.003	0.002
15:0....g									
16:0....g	0.340		0	BFZN	4		0.096	0.092	0.071
17:0....g									
18:0....g	0.300		0	BFZN	4		0.085	0.081	0.063
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	1.480		0	NC	4		0.420	0.400	0.311
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0	BFZN	4		0.000	0.000	0.000
17:1....g									
18:1 undifferentiated....g	1.480		0	BFZN	4		0.420	0.400	0.311
20:1....g	0.000		0	BFZN	4		0.000	0.000	0.000
22:1 undifferentiated....g	0.000		0	BFZN	4		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.550		0	NC	4		0.156	0.149	0.116
18:2 undifferentiated....g	0.430		0	BFZN	4		0.122	0.116	0.090
18:3 undifferentiated....g	0.120		0	BFZN	4		0.034	0.032	0.025
18:4....g	0.000		0	BFZN	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	BFZN	4		0.000	0.000	0.000
20:5 n-3 (EPA)....g	0.000		0	BFZN	4		0.000	0.000	0.000
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	BFZN	4		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.000		0	BFZN	4		0.000	0.000	0.000
Fatty acids, total trans....g									
Cholesterol....mg	0	0.000	4	LC	8		0	0	0
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	0.0
Caffeine....mg	0		0	Z	7		0	0	0
Theobromine....mg	0		0	Z	7		0	0	0

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

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 27g: 1 package

Measure 3 = 21g: 1 packet (.75 oz)

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

Food Group: 19 Sweets

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

NDB No. 19014
Snacks, fruit leather, rolls

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	10.20		1	AI	13		2.14	1.43	
Energy....kcal	371		0	NC	4		78	52	
Energy....kJ	1551		0	NC	4		326	217	
Protein (N x 6.25)....g	0.10		1	AI	13		0.02	0.01	
Total lipid (fat)....g	3.00	0.510	17		1		0.63	0.42	
Ash....g	0.90	0.042	17		1		0.19	0.13	
Carbohydrate, by difference....g	85.80		0	NC	4		18.02	12.01	
Fiber, total dietary....g	0.0		0	LC	8		0.0	0.0	
Sugars, total....g	49.16		0	NR	4		10.32	6.88	
Starch....g									
Minerals:									
Calcium, Ca....mg	32	1.164	17		1		7	4	
Iron, Fe....mg	1.01	0.115	17		1		0.21	0.14	
Magnesium, Mg....mg	20	0.843	17		1		4	3	
Phosphorus, P....mg	31	1.230	16		1		7	4	
Potassium, K....mg	294	11.212	17		1		62	41	
Sodium, Na....mg	317		1	AI	13		67	44	
Zinc, Zn....mg	0.19	0.012	7		1		0.04	0.03	
Copper, Cu....mg	0.171	0.006	7		1		0.036	0.024	
Manganese, Mn....mg	0.184	0.020	7		1		0.039	0.026	
Selenium, Se....µg	0.4		0	FLA	4		0.1	0.1	
Vitamins:									
Vitamin C, total ascorbic acid....mg	120.0		1	AI	13		25.2	16.8	
Thiamin....mg	0.084		0	FLA	4		0.018	0.012	
Riboflavin....mg	0.020		1		1		0.004	0.003	
Niacin....mg	0.100		1		1		0.021	0.014	
Pantothenic acid....mg	0.029		0	FLA	4		0.006	0.004	
Vitamin B-6....mg	0.300	0.073	6		1		0.063	0.042	
Folate, total....µg	2		0	FLA	4		0	0	
Folic acid....µg	0		0	FLA	4		0	0	
Folate, food....µg	2		0	FLA	4		0	0	
Folate, DFE....µg	2		0	NC	4		0	0	
Choline, total....mg	13.2		0	O	4		2.8	1.8	
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	6		0	FLA	4		1	1	
Retinol....µg	0		0	FLA	4		0	0	
Carotene, beta....µg	34		0	FLA	4		7	5	
Carotene, alpha....µg	1		0	FLA	4		0	0	
Cryptoxanthin, beta....µg	0		0	FLA	4		0	0	
Vitamin A, IU....IU	57		0	FLA	4		12	8	
Lycopene....µg	0		0	FLA	4		0	0	
Lutein + zeaxanthin....µg	41		0	FLA	4		9	6	
Vitamin E (alpha-tocopherol)....mg	0.56		0	FLA	4		0.12	0.08	
Vitamin E, added....mg	0.00		0	FLA	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	
Vitamin K (phylloquinone)....µg	18.2		0	FLA	4		3.8	2.5	
Dihydrophylloquinone....µg									
Menaquinone-4....µg									

NDB No. 19014
Snacks, fruit leather, rolls

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	0.672		0	NR	4		0.141	0.094	
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		1		4		0.000	0.000	
13:0....g									
14:0....g	0.010		1		4		0.002	0.001	
15:0....g	0.002		1	AI	13		0.000	0.000	
16:0....g	0.340		1		4		0.071	0.048	
17:0....g	0.004		1	AI	13		0.001	0.001	
18:0....g	0.300		1		4		0.063	0.042	
20:0....g	0.010		1	AI	13		0.002	0.001	
22:0....g	0.006		1	AI	13		0.001	0.001	
24:0....g									
Fatty acids, total monounsaturated....g	1.480		0		4		0.311	0.207	
14:1....g	0.002		1	AI	13		0.000	0.000	
15:1....g									
16:1 undifferentiated....g	0.000		1		4		0.000	0.000	
17:1....g	0.004		1	AI	13		0.001	0.001	
18:1 undifferentiated....g	1.480		1		4		0.311	0.207	
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	0.552		0	NR	4		0.116	0.077	
18:2 undifferentiated....g	0.430		1		4		0.090	0.060	
18:3 undifferentiated....g	0.120		1		4		0.025	0.017	
18:4....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g	0.002		1	AI	13		0.000	0.000	
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									
Amino Acids:									
Tryptophan....g									
Threonine....g									
Isoleucine....g									
Leucine....g									
Lysine....g									
Methionine....g									
Cystine....g									
Phenylalanine....g									
Tyrosine....g									
Valine....g									
Arginine....g									
Histidine....g									
Alanine....g									
Aspartic acid....g									
Glutamic acid....g									
Glycine....g									
Proline....g									
Serine....g									
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	FLA	4		0	0	

NDB No. 19014
Snacks, fruit leather, rolls

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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 = 21g: 1 large

Measure 2 = 14.0g: 1 small

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

Food Group: 19 Sweets

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

NDB No. 19908
Sugar, turbinado

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	0.03	0.008	6	A	1		0.00	0.05	
Energy....kcal	399		0	NC	4		18	806	
Energy....kJ	1670		0	NC	4		77	3374	
Protein....g	0.00	0.000	6	A	1		0.00	0.00	
Total lipid (fat)....g	0.00		2	A	1		0.00	0.00	
Ash....g	0.17	0.042	6	A	1		0.01	0.35	
Carbohydrate, by difference....g	99.80		0	NC	4		4.59	201.60	
Fiber, total dietary....g									
Sugars, total....g	99.19	0.372	6	A	1		4.56	200.37	
Sucrose....g	99.19	0.372	6	A	1		4.56	200.37	
Glucose (dextrose)....g	0.00	0.000	6	A	1		0.00	0.00	
Fructose....g	0.00	0.000	6	A	1		0.00	0.00	
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									
Minerals:									
Calcium, Ca....mg	12	4.096	6	A	1		1	23	
Iron, Fe....mg	0.37	0.135	6	A	1		0.02	0.75	
Magnesium, Mg....mg	2	0.555	6	A	1		0	5	
Phosphorus, P....mg	1	0.121	6	A	1		0	2	
Potassium, K....mg	29	11.458	6	A	1		1	58	
Sodium, Na....mg	3	0.730	6	A	1		0	7	
Zinc, Zn....mg	0.03	0.014	6	A	1		0.00	0.07	
Copper, Cu....mg	0.009	0.001	6	A	1		0.000	0.017	
Manganese, Mn....mg	0.046	0.017	6	A	1		0.002	0.092	
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 = 4.6g: 1 tsp

Measure 2 = 202g: 1 cup

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

Food Group: 19 Sweets

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

NDB No. 19334
Sugars, brown

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	1.34	0.064	15	A	1		0.04	2.94	1.94
Energy....kcal	380		0	NC	4		11	836	551
Energy....kJ	1590		0	NC	4		48	3499	2306
Protein (N x 6.25)....g	0.12	0.018	15	A	1		0.00	0.27	0.18
Total lipid (fat)....g	0.00	0.000	3	A	1		0.00	0.00	0.00
Ash....g	0.45	0.070	15	A	1		0.01	0.99	0.65
Carbohydrate, by difference....g	98.09		0	NC	4		2.94	215.80	142.23
Fiber, total dietary....g	0.0		0		4		0.0	0.0	0.0
Sugars, total....g	97.02	0.506	15	A	1		2.91	213.44	140.68
Sucrose....g	94.56	0.457	15	A	1		2.84	208.02	137.11
Glucose (dextrose)....g	1.35	0.107	15	A	1		0.04	2.98	1.96
Fructose....g	1.11	0.094	15	A	1		0.03	2.44	1.61
Lactose....g	0.00	0.000	15	A	1		0.00	0.00	0.00
Maltose....g	0.00	0.000	15	A	1		0.00	0.00	0.00
Galactose....g	0.00	0.000	15	A	1		0.00	0.00	0.00
Starch....g									
Minerals:									
Calcium, Ca....mg	83	16.518	14	A	1		2	183	120
Iron, Fe....mg	0.71	0.067	15	A	1		0.02	1.56	1.03
Magnesium, Mg....mg	9	0.579	15	A	1		0	21	14
Phosphorus, P....mg	4	1.579	15	A	1		0	9	6
Potassium, K....mg	133	15.039	15	A	1		4	293	193
Sodium, Na....mg	28	4.559	15	A	1		1	61	40
Zinc, Zn....mg	0.03	0.006	15	A	1		0.00	0.07	0.05
Copper, Cu....mg	0.047	0.007	15	A	1		0.001	0.102	0.067
Manganese, Mn....mg	0.064	0.024	15	A	1		0.002	0.141	0.093
Selenium, Se....µg	1.2	0.433	4	AI	13		0.0	2.7	1.8
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		1		1		0.0	0.0	0.0
Thiamin....mg	0.000	0.000	4	A	1		0.000	0.000	0.000
Riboflavin....mg	0.000	0.000	4	A	1		0.000	0.000	0.000
Niacin....mg	0.110	0.031	4	A	1		0.003	0.241	0.159
Pantothenic acid....mg	0.132	0.009	4	A	1		0.004	0.291	0.192
Vitamin B-6....mg	0.041	0.009	4	A	1		0.001	0.091	0.060
Folate, total....µg	1		2		1		0	2	1
Folic acid....µg	0		0	Z	7		0	0	0
Folate, food....µg	1		2		1		0	2	1
Folate, DFE....µg	1		0	NC	4		0	2	1
Choline, total....mg	2.3		0	AS	1		0.1	5.1	3.3
Betaine....mg	0.1		2	A	1		0.0	0.2	0.1
Vitamin B-12....µg	0.00		1		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	NC	4		0	0	0
Retinol....µg	0		0	Z	7		0	0	0
Carotene, beta....µg	0		0	NR	4		0	0	0
Carotene, alpha....µg	0		0	NR	4		0	0	0
Cryptoxanthin, beta....µg	0		0	NR	4		0	0	0
Vitamin A, IU....IU	0		1		1		0	0	0
Lycopene....µg	0		0	NR	4		0	0	0
Lutein + zeaxanthin....µg	0		0	NR	4		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									

NDB No. 19334
Sugars, brown

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	0.0
Vitamin D....IU	0		0	Z	7		0	0	0
Vitamin K (phylloquinone)....µg	0.0		0	Z	7		0.0	0.0	0.0
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.000		0		1		0.000	0.000	0.000
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	0.000		0		4		0.000	0.000	0.000
17:0....g									
18:0....g	0.000		0		4		0.000	0.000	0.000
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.000		0		7		0.000	0.000	0.000
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0		4		0.000	0.000	0.000
17:1....g									
18:1 undifferentiated....g	0.000		0		4		0.000	0.000	0.000
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	0.000		0		7		0.000	0.000	0.000
18:2 undifferentiated....g	0.000		0		4		0.000	0.000	0.000
18:3 undifferentiated....g	0.000		0		4		0.000	0.000	0.000
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	Z	7		0.000	0.000	0.000
Fatty acids, total trans....g									
Cholesterol....mg	0		1		4		0	0	0
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	0.0
Caffeine....mg	0		0	Z	7		0	0	0
Theobromine....mg	0		0	Z	7		0	0	0

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

Common Measures:

Measure 1 = 3.0g: 1 tsp unpacked

Measure 2 = 220g: 1 cup packed

Measure 3 = 145g: 1 cup unpacked

NDB No. 19334
Sugars, brown

Calories Factors: Protein 4 **Fat** 0 **Carbohydrate** 3.87

Food Group: 19 Sweets

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

NDB No. 19335
Sugars, granulated

sucrose
Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	0.02	0.007	8	A	1		0.00	0.00	0.04
Energy....kcal	387		0	NC	4		11	16	773
Energy....kJ	1618		0	NC	4		45	68	3236
Protein (N x 6.25)....g	0.00	0.000	8	A	1		0.00	0.00	0.00
Total lipid (fat)....g	0.00		1	A	1		0.00	0.00	0.00
Ash....g	0.01		0	NR	4		0.00	0.00	0.01
Carbohydrate, by difference....g	99.98		0	NC	4		2.80	4.20	199.95
Fiber, total dietary....g	0.0		0		4		0.0	0.0	0.0
Sugars, total....g	99.80	0.109	7	A	1		2.79	4.19	199.60
Sucrose....g	99.80	0.096	8	A	1		2.79	4.19	199.60
Glucose (dextrose)....g	0.00	0.000	8	A	1		0.00	0.00	0.00
Fructose....g	0.00	0.000	8	A	1		0.00	0.00	0.00
Lactose....g	0.00	0.000	8	A	1		0.00	0.00	0.00
Maltose....g	0.00	0.000	8	A	1		0.00	0.00	0.00
Galactose....g	0.00	0.000	7	A	1		0.00	0.00	0.00
Starch....g									
Minerals:									
Calcium, Ca....mg	1	0.302	8	A	1		0	0	2
Iron, Fe....mg	0.05	0.007	8	A	1		0.00	0.00	0.10
Magnesium, Mg....mg	0	0.000	8	A	1		0	0	1
Phosphorus, P....mg	0	0.000	8	A	1		0	0	1
Potassium, K....mg	2	0.220	8	A	1		0	0	4
Sodium, Na....mg	1	0.000	8	A	1		0	0	3
Zinc, Zn....mg	0.01	0.001	8	A	1		0.00	0.00	0.02
Copper, Cu....mg	0.007	0.000	8	A	1		0.000	0.000	0.015
Manganese, Mn....mg	0.004	0.000	8	A	1		0.000	0.000	0.009
Selenium, Se....µg	0.6		2	A	1		0.0	0.0	1.2
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		1		4		0.0	0.0	0.0
Thiamin....mg	0.000		1		4		0.000	0.000	0.000
Riboflavin....mg	0.019	0.006	3		1		0.001	0.001	0.038
Niacin....mg	0.000	0.000	3		1		0.000	0.000	0.000
Pantothenic acid....mg	0.000	0.000	3		1		0.000	0.000	0.000
Vitamin B-6....mg	0.000	0.000	3		1		0.000	0.000	0.000
Folate, total....µg	0	0.000	3		1		0	0	0
Folic acid....µg	0		0	Z	7		0	0	0
Folate, food....µg	0	0.000	3		1		0	0	0
Folate, DFE....µg	0		0	NC	4		0	0	0
Choline, total....mg	0.0		0	Z	7		0.0	0.0	0.0
Betaine....mg									
Vitamin B-12....µg	0.00		1		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	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		1		4		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									

NDB No. 19335
Sugars, granulated

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	0.0		2	JA	6		0.0	0.0	0.0
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.000		0		1		0.000	0.000	0.000
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	0.000		0		4		0.000	0.000	0.000
17:0....g									
18:0....g	0.000		0		4		0.000	0.000	0.000
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.000		0		7		0.000	0.000	0.000
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0		4		0.000	0.000	0.000
17:1....g									
18:1 undifferentiated....g	0.000		0		4		0.000	0.000	0.000
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	0.000		0		7		0.000	0.000	0.000
18:2 undifferentiated....g	0.000		0		4		0.000	0.000	0.000
18:3 undifferentiated....g	0.000		0		4		0.000	0.000	0.000
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		4		0	0	0
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	0.0
Caffeine....mg	0		0	Z	7		0	0	0
Theobromine....mg	0		0	Z	7		0	0	0

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

Common Measures:

Measure 1 = 2.8g: 1 serving packet

Measure 2 = 4.2g: 1 tsp

Measure 3 = 200g: 1 cup

NDB No. 19335
Sugars, granulated

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

Food Group: 19 Sweets

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

NDB No. 19340
Sugars, maple

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	8.00		1		4		0.24	2.27	2.24
Energy....kcal	354		0		4		11	100	99
Energy....kJ	1481		0		4		44	420	415
Protein (N x 6.25)....g	0.10		1		4		0.00	0.03	0.03
Total lipid (fat)....g	0.20		1		4		0.01	0.06	0.06
Ash....g	0.80		1		4		0.02	0.23	0.22
Carbohydrate, by difference....g	90.90		0	NC	4		2.73	25.77	25.45
Fiber, total dietary....g	0.0		0		4		0.0	0.0	0.0
Sugars, total....g	84.87		0	FLA	4		2.55	24.06	23.76
Starch....g									
Minerals:									
Calcium, Ca....mg	90		1		4		3	26	25
Iron, Fe....mg	1.61		1		4		0.05	0.46	0.45
Magnesium, Mg....mg	19		1		4		1	5	5
Phosphorus, P....mg	3		1		4		0	1	1
Potassium, K....mg	274		1		4		8	78	77
Sodium, Na....mg	11		1		4		0	3	3
Zinc, Zn....mg	6.06		1		4		0.18	1.72	1.70
Copper, Cu....mg	0.099		1		4		0.003	0.028	0.028
Manganese, Mn....mg	4.422		1		4		0.133	1.254	1.238
Selenium, Se....µg	0.8		0	BFSN	4		0.0	0.2	0.2
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		1		4		0.0	0.0	0.0
Thiamin....mg	0.009		1		4		0.000	0.003	0.003
Riboflavin....mg	0.013		1		4		0.000	0.004	0.004
Niacin....mg	0.040		1		4		0.001	0.011	0.011
Pantothenic acid....mg	0.048		1		4		0.001	0.014	0.013
Vitamin B-6....mg	0.003		1		4		0.000	0.001	0.001
Folate, total....µg	0		0	FLA	4		0	0	0
Folic acid....µg	0		0	FLA	4		0	0	0
Folate, food....µg	0		0	FLA	4		0	0	0
Folate, DFE....µg	0		0	NC	4		0	0	0
Choline, total....mg	2.1		0	O	4		0.1	0.6	0.6
Betaine....mg									
Vitamin B-12....µg	0.00		1		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	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	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	0.00		0	FLA	4		0.00	0.00	0.00
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	0.0
Vitamin D....IU	0		0	Z	7		0	0	0
Vitamin K (phylloquinone)....µg	0.0		0	FLA	4		0.0	0.0	0.0
Dihydrophylloquinone....µg									
Menaquinone-4....µg									

NDB No. 19340
Sugars, maple

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	0.036		0		4		0.001	0.010	0.010
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	0.036		0		4		0.001	0.010	0.010
17:0....g									
18:0....g	0.004		0		4		0.000	0.001	0.001
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.064		0		4		0.002	0.018	0.018
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0		4		0.000	0.000	0.000
17:1....g									
18:1 undifferentiated....g	0.064		0		4		0.002	0.018	0.018
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	0.100		0		4		0.003	0.028	0.028
18:2 undifferentiated....g	0.100		0		4		0.003	0.028	0.028
18:3 undifferentiated....g	0.000		0		4		0.000	0.000	0.000
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		4		0	0	0
Phytosterols....mg									
Others:									
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 = 3.0g: 1 tsp

Measure 2 = 28.35g: 1 oz

Measure 3 = 28g: 1 piece (1-3/4" x 1-1/4" x 1/2")

Calories Factors: Protein 3.36 **Fat** 8.37 **Carbohydrate** 3.87

Food Group: 19 Sweets

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

NDB No. 19336
Sugars, powdered

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	0.23	0.010	8	A	1		0.27	0.23	0.02
Energy....kcal	389		0	NC	4		467	389	31
Energy....kJ	1627		0	NC	4		1952	1627	130
Protein (N x 6.25)....g	0.00	0.000	7	A	1		0.00	0.00	0.00
Total lipid (fat)....g	0.00		1	A	1		0.00	0.00	0.00
Ash....g	0.01		0	NR	4		0.01	0.01	0.00
Carbohydrate, by difference....g	99.77		0	NC	4		119.72	99.77	7.98
Fiber, total dietary....g	0.0		1	LC	8		0.0	0.0	0.0
Sugars, total....g	97.81	0.303	8	A	1		117.37	97.81	7.82
Sucrose....g									
Glucose (dextrose)....g	0.00	0.000	8	A	1		0.00	0.00	0.00
Fructose....g	0.00	0.000	8	A	1		0.00	0.00	0.00
Lactose....g	0.00	0.000	8	A	1		0.00	0.00	0.00
Maltose....g	0.00	0.000	8	A	1		0.00	0.00	0.00
Galactose....g	0.00	0.000	8	A	1		0.00	0.00	0.00
Starch....g	1.26	0.266	4	A	1		1.51	1.26	0.10
Minerals:									
Calcium, Ca....mg	1	0.153	8	A	1		2	1	0
Iron, Fe....mg	0.06	0.008	8	A	1		0.07	0.06	0.00
Magnesium, Mg....mg	0	0.000	8	A	1		0	0	0
Phosphorus, P....mg	0	0.033	8	A	1		1	0	0
Potassium, K....mg	2	0.106	8	A	1		2	2	0
Sodium, Na....mg	2	0.096	8	A	1		2	2	0
Zinc, Zn....mg	0.01	0.005	8	A	1		0.02	0.01	0.00
Copper, Cu....mg	0.007	0.000	8	A	1		0.009	0.007	0.001
Manganese, Mn....mg	0.004	0.000	8	A	1		0.005	0.004	0.000
Selenium, Se....µg	0.6		0	FLA	4		0.8	0.6	0.1
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	FLA	4		0.0	0.0	0.0
Thiamin....mg	0.000		0	FLA	4		0.000	0.000	0.000
Riboflavin....mg	0.019		0	FLA	4		0.022	0.019	0.001
Niacin....mg	0.000	0.000	4		1		0.000	0.000	0.000
Pantothenic acid....mg	0.000	0.000	4		1		0.000	0.000	0.000
Vitamin B-6....mg	0.000	0.000	4		1		0.000	0.000	0.000
Folate, total....µg	0	0.000	4		1		0	0	0
Folic acid....µg	0		0	FLA	4		0	0	0
Folate, food....µg	0		0	FLA	4		0	0	0
Folate, DFE....µg	0		0	NC	4		0	0	0
Choline, total....mg	0.0		0	Z	7		0.0	0.0	0.0
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	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	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	0.00		0	FLA	4		0.00	0.00	0.00
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									

NDB No. 19336
Sugars, powdered

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	0.0		0	FLA	4		0.0	0.0	0.0
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.000		0	FLA	4		0.000	0.000	0.000
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	0.000		0	FLA	4		0.000	0.000	0.000
15:0....g									
16:0....g	0.000		0	FLA	4		0.000	0.000	0.000
17:0....g									
18:0....g	0.000		0	FLA	4		0.000	0.000	0.000
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.000		0	FLA	4		0.000	0.000	0.000
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	0.000		0	FLA	4		0.000	0.000	0.000
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	0.000		0	FLA	4		0.000	0.000	0.000
18:2 undifferentiated....g	0.000		0	FLA	4		0.000	0.000	0.000
18:3 undifferentiated....g	0.000		0	FLA	4		0.000	0.000	0.000
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	FLA	4		0	0	0
Phytosterols....mg									
Others:									
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 = 120g: 1 cup unsifted

Measure 2 = 100g: 1 cup sifted

Measure 3 = 8.0g: 1 tbsp unsifted

NDB No. 19336
Sugars, powdered

Calories Factors: Protein 3.5 **Fat** 8.4 **Carbohydrate** 3.9

Food Group: 19 Sweets

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

NDB No. 19918
Sweetener, herbal extract powder from Stevia leaf

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	0.00		0	NR	4		0.00		
Energy ... kcal	0		0	NC	4		0		
Energy ... kJ	0		0	NC	4		0		
Protein (N x 6.25) ... g	0.00		0	NR	4		0.00		
Total lipid (fat) ... g	0.00		0	NR	4		0.00		
Ash ... g	0.00		0	NR	4		0.00		
Carbohydrate, by difference ... g	100.00		0	O	4		1.00		
Fiber, total dietary ... g	0.0		0	NR	4		0.0		
Sugars, total ... g	0.00		0	NR	4		0.00		
Starch ... g									
Minerals:									
Calcium, Ca ... mg	0		0	NR	4		0		
Iron, Fe ... mg	0.00		0	NR	4		0.00		
Magnesium, Mg ... mg	0		0	NR	4		0		
Phosphorus, P ... mg	0		0	NR	4		0		
Potassium, K ... mg	0		0	NR	4		0		
Sodium, Na ... mg	0		0	NR	4		0		
Zinc, Zn ... mg	0.00		0	NR	4		0.00		
Copper, Cu ... mg	0.000		0	NR	4		0.000		
Manganese, Mn ... mg	0.000		0	NR	4		0.000		
Selenium, Se ... µg	0.0		0	NR	4		0.0		
Vitamins:									
Vitamin C, total ascorbic acid ... mg	0.0		0	NR	4		0.0		
Thiamin ... mg	0.000		0	NR	4		0.000		
Riboflavin ... mg	0.000		0	NR	4		0.000		
Niacin ... mg	0.000		0	NR	4		0.000		
Pantothenic acid ... mg	0.000		0	NR	4		0.000		
Vitamin B-6 ... mg	0.000		0	NR	4		0.000		
Folate, total ... µg	0		0	NR	4		0		
Folic acid ... µg	0		0	NR	4		0		
Folate, food ... µg	0		0	NR	4		0		
Folate, DFE ... µg	0		0	NC	4		0		
Choline, total ... mg	0.0		0	NR	4		0.0		
Betaine ... mg									
Vitamin B-12 ... µg	0.00		0	NR	4		0.00		
Vitamin B-12, added ... µg	0.00		0	NR	4		0.00		
Vitamin A, RAE ... µg	0		0	NC	4		0		
Retinol ... µg	0		0	NR	4		0		
Carotene, beta ... µg	0		0	NR	4		0		
Carotene, alpha ... µg	0		0	NR	4		0		
Cryptoxanthin, beta ... µg	0		0	NR	4		0		
Vitamin A, IU ... IU	0		0	NR	4		0		
Lycopene ... µg	0		0	NR	4		0		
Lutein + zeaxanthin ... µg	0		0	NR	4		0		
Vitamin E (alpha-tocopherol) ... mg	0.00		0	NR	4		0.00		
Vitamin E, added ... mg	0.00		0	NR	4		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	NR	4		0		
Vitamin K (phylloquinone) ... µg	0.0		0	NR	4		0.0		
Dihydrophylloquinone ... µg									
Menaquinone-4 ... µg									

NDB No. 19918
Sweetener, herbal extract powder from Stevia leaf

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	0.000		0	NR	4		0.000		
4:0....g	0.000		0	NR	4		0.000		
6:0....g	0.000		0	NR	4		0.000		
8:0....g	0.000		0	NR	4		0.000		
10:0....g	0.000		0	NR	4		0.000		
12:0....g	0.000		0	NR	4		0.000		
13:0....g									
14:0....g	0.000		0	NR	4		0.000		
15:0....g									
16:0....g	0.000		0	NR	4		0.000		
17:0....g									
18:0....g	0.000		0	NR	4		0.000		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.000		0	NR	4		0.000		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0	NR	4		0.000		
17:1....g									
18:1 undifferentiated....g	0.000		0	NR	4		0.000		
20:1....g	0.000		0	NR	4		0.000		
22:1 undifferentiated....g	0.000		0	NR	4		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.000		0	NR	4		0.000		
18:2 undifferentiated....g	0.000		0	NR	4		0.000		
18:3 undifferentiated....g	0.000		0	NR	4		0.000		
18:4....g	0.000		0	NR	4		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0	NR	4		0.000		
20:5 n-3 (EPA)....g	0.000		0	NR	4		0.000		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	NR	4		0.000		
22:6 n-3 (DHA)....g	0.000		0	NR	4		0.000		
Fatty acids, total trans....g	0.000		0	NR	4		0.000		
Cholesterol....mg	0		0	NR	4		0		
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	NR	4		0.0		
Caffeine....mg	0		0	NR	4		0		
Theobromine....mg	0		0	NR	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 = 1.0g: 1 package

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

Food Group: 19 Sweets

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

NDB No. 19912
Sweetener, syrup, agave

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	22.94	0.151	3	A	1		1.58	12.62	
Energy....kcal	310		0	NC	4		21	170	
Energy....kJ	1297		0	NC	4		89	713	
Protein....g	0.09	0.000	3	A	1		0.01	0.05	
Total lipid (fat)....g	0.45	0.009	3	A	1		0.03	0.25	
Ash....g	0.14	0.020	3	A	1		0.01	0.08	
Carbohydrate, by difference....g	76.37		0	NC	4		5.27	42.00	
Fiber, total dietary....g	0.2	0.000	3	A	1		0.0	0.1	
Sugars, total....g	68.03	1.974	3	A	1		4.69	37.42	
Sucrose....g	0.00	0.000	3	A	1		0.00	0.00	
Glucose (dextrose)....g	12.43	2.683	3	A	1		0.86	6.84	
Fructose....g	55.60	4.589	3	A	1		3.84	30.58	
Lactose....g	0.00	0.000	3	A	1		0.00	0.00	
Maltose....g	0.00	0.000	3	A	1		0.00	0.00	
Galactose....g	0.00	0.000	3	A	1		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	1		2	A	1		0	0	
Iron, Fe....mg	0.09	0.022	3	A	1		0.01	0.05	
Magnesium, Mg....mg	1	0.407	3	A	1		0	1	
Phosphorus, P....mg	1	0.260	3	A	1		0	1	
Potassium, K....mg	4	1.240	3	A	1		0	2	
Sodium, Na....mg	4	1.273	3	A	1		0	2	
Zinc, Zn....mg	0.01	0.000	3	A	1		0.00	0.00	
Copper, Cu....mg	0.009	0.000	3	A	1		0.001	0.005	
Manganese, Mn....mg	0.005	0.000	3	A	1		0.000	0.003	
Selenium, Se....µg	1.7		0	BFSN	4		0.1	0.9	
Vitamins:									
Vitamin C, total ascorbic acid....mg	17.0		0	BFSN	4		1.2	9.4	
Thiamin....mg	0.122		0	BFSN	4		0.008	0.067	
Riboflavin....mg	0.165		0	BFSN	4		0.011	0.091	
Niacin....mg	0.689		0	BFSN	4		0.048	0.379	
Pantothenic acid....mg									
Vitamin B-6....mg	0.234		0	BFSN	4		0.016	0.129	
Folate, total....µg	30		0	BFSN	4		2	16	
Folic acid....µg	0		0	BFSN	4		0	0	
Folate, food....µg	30		0	BFSN	4		2	16	
Folate, DFE....µg	30		0	NC	4		2	16	
Choline, total....mg	13.3		0	BFSN	4		0.9	7.3	
Betaine....mg									
Vitamin B-12....µg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added....µg	0.00		0	BFSN	4		0.00	0.00	
Vitamin A, RAE....µg	8		0	NC	4		1	4	
Retinol....µg	0		0	BFSN	4		0	0	
Carotene, beta....µg	94		0	BFSN	4		6	52	
Carotene, alpha....µg	0		0	BFSN	4		0	0	
Cryptoxanthin, beta....µg	0		0	BFSN	4		0	0	
Vitamin A, IU....IU	156		0	NC	4		11	86	
Lycopene....µg	0		0	BFSN	4		0	0	
Lutein + zeaxanthin....µg	0		0	BFSN	4		0	0	
Vitamin E (alpha-tocopherol)....mg	0.98		0	BFSN	4		0.07	0.54	
Vitamin E, added....mg	0.00		0	BFSN	4		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									

NDB No. 19912
Sweetener, syrup, agave

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	BFSN	4		0.0	0.0	
Vitamin D....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)....µg	22.5		0	BFSN	4		1.6	12.4	
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.000		0	Z	7		0.000	0.000	
4:0....g	0.000		0	Z	7		0.000	0.000	
6:0....g	0.000		0	Z	7		0.000	0.000	
8:0....g	0.000		0	Z	7		0.000	0.000	
10:0....g	0.000		0	Z	7		0.000	0.000	
12:0....g	0.000		0	Z	7		0.000	0.000	
13:0....g									
14:0....g	0.000		0	Z	7		0.000	0.000	
15:0....g									
16:0....g	0.000		0	Z	7		0.000	0.000	
17:0....g									
18:0....g	0.000		0	Z	7		0.000	0.000	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.000		0	BFSN	4		0.000	0.000	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0	BFSN	4		0.000	0.000	
17:1....g									
18:1 undifferentiated....g	0.000		0	BFSN	4		0.000	0.000	
20:1....g	0.000		0	BFSN	4		0.000	0.000	
22:1 undifferentiated....g	0.000		0	BFSN	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.000		0	BFSN	4		0.000	0.000	
18:2 undifferentiated....g	0.000		0	BFSN	4		0.000	0.000	
18:3 undifferentiated....g	0.000		0	BFSN	4		0.000	0.000	
18:4....g	0.000		0	BFSN	4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0	BFSN	4		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0	BFSN	4		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	BFSN	4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0	BFSN	4		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	0		0	Z	7		0	0	
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

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

Common Measures:

Measure 1 = 6.9g: 1 tsp

Measure 2 = 55g: .25 cup

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

NDB No. 19912
Sweetener, syrup, agave

Food Group: 19 Sweets

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

NDB No. 19906

Sweeteners, for baking, brown, contains sugar and sucralose

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	2.44	0.198	4	A	1		0.31	4.60	
Energy....kcal	388		0	NC	4		50	734	
Energy....kJ	1625		0	NC	4		210	3072	
Protein....g	0.00		2	A	1		0.00	0.00	
Total lipid (fat)....g	0.00		0	Z	7		0.00	0.00	
Ash....g	0.45	0.012	4	A	1		0.06	0.85	
Carbohydrate, by difference....g	97.11		0	NC	4		12.53	183.55	
Fiber, total dietary....g									
Sugars, total....g	45.66	0.690	4	A	1		5.89	86.31	
Sucrose....g	44.35	0.445	4	A	1		5.72	83.83	
Glucose (dextrose)....g	0.80	0.253	4	A	1		0.10	1.51	
Fructose....g	0.51	0.149	4	A	1		0.07	0.97	
Lactose....g									
Maltose....g	0.00	0.000	4	A	1		0.00	0.00	
Galactose....g	0.00	0.000	4	A	1		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	63	2.418	4	A	1		8	119	
Iron, Fe....mg	1.64	0.043	4	A	1		0.21	3.10	
Magnesium, Mg....mg	10	0.431	4	A	1		1	19	
Phosphorus, P....mg	2	0.107	4	A	1		0	4	
Potassium, K....mg	130	4.171	4	A	1		17	246	
Sodium, Na....mg	11	0.924	4	A	1		1	21	
Zinc, Zn....mg	0.08	0.005	4	A	1		0.01	0.16	
Copper, Cu....mg	0.083	0.005	4	A	1		0.011	0.158	
Manganese, Mn....mg	0.066	0.003	4	A	1		0.009	0.125	
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg									
Thiamin....mg	0.015		1	A	1		0.002	0.028	
Riboflavin....mg	0.015		1	A	1		0.002	0.028	
Niacin....mg	0.080		1	A	1		0.010	0.151	
Pantothenic acid....mg	0.120		1	A	1		0.015	0.227	
Vitamin B-6....mg	0.040		1	A	1		0.005	0.075	
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. 19906

Sweeteners, for baking, brown, contains sugar and sucralose

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

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

Common Measures:

Measure 1 = 12.9g: 1 tbsp

Measure 2 = 189g: 1 cup

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

Food Group: 19 Sweets

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

NDB No. 19907
Sweeteners, for baking, contains sugar and sucralose

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	0.43	0.114	4	A	1		0.06	0.87	
Energy....kcal	398		0	NC	4		58	804	
Energy....kJ	1666		0	NC	4		242	3365	
Protein....g	0.00	0.000	3	A	1		0.00	0.00	
Total lipid (fat)....g	0.00		0	Z	7		0.00	0.00	
Ash....g	0.04	0.010	4	A	1		0.01	0.08	
Carbohydrate, by difference....g	99.53		0	NC	4		14.43	201.05	
Fiber, total dietary....g									
Sugars, total....g	47.05	0.427	4	A	1		6.82	95.04	
Sucrose....g	47.05	0.427	4	A	1		6.82	95.04	
Glucose (dextrose)....g	0.00	0.000	4	A	1		0.00	0.00	
Fructose....g	0.00	0.000	4	A	1		0.00	0.00	
Lactose....g	0.00	0.000	4	A	1		0.00	0.00	
Maltose....g	0.00	0.000	4	A	1		0.00	0.00	
Galactose....g	0.00	0.000	4	A	1		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	1	0.098	4	A	1		0	2	
Iron, Fe....mg	0.06	0.023	4	A	1		0.01	0.12	
Magnesium, Mg....mg	0	0.004	4	A	1		0	1	
Phosphorus, P....mg	0	0.004	4	A	1		0	1	
Potassium, K....mg	2	0.439	4	A	1		0	5	
Sodium, Na....mg	2	0.199	4	A	1		0	3	
Zinc, Zn....mg	0.01	0.001	4	A	1		0.00	0.02	
Copper, Cu....mg	0.008	0.000	4	A	1		0.001	0.015	
Manganese, Mn....mg	0.004	0.000	4	A	1		0.001	0.009	
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 = 14.5g: 1 tbsp

Measure 2 = 202g: 1 cup

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

Food Group: 19 Sweets

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

NDB No. 19909
Sweeteners, sugar substitute, granulated, brown

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	9.14	1.164	3	A	1		0.05	2.10	
Energy....kcal	347		0	NC	4		2	80	
Energy....kJ	1453		0	NC	4		7	334	
Protein....g	2.06	0.157	3	A	1		0.01	0.47	
Total lipid (fat)....g	0.00		2	A	1		0.00	0.00	
Ash....g	4.03	0.026	3	A	1		0.02	0.93	
Carbohydrate, by difference....g	84.77		0	NC	4		0.42	19.50	
Fiber, total dietary....g	0.6		1	A	1		0.0	0.1	
Sugars, total....g	4.03		1	A	1		0.02	0.93	
Sucrose....g	0.00		1	A	1		0.00	0.00	
Glucose (dextrose)....g	1.09	0.368	3	A	1		0.01	0.25	
Fructose....g	0.00	0.000	3	A	1		0.00	0.00	
Lactose....g	0.00	0.000	3	A	1		0.00	0.00	
Maltose....g	2.94	2.412	3	A	1		0.01	0.68	
Galactose....g	0.00	0.000	3	A	1		0.00	0.00	
Starch....g	3.52	1.041	4	A	1		0.02	0.81	
Minerals:									
Calcium, Ca....mg	879	20.867	3	A	1		4	202	
Iron, Fe....mg	0.16	0.022	3	A	1		0.00	0.04	
Magnesium, Mg....mg	6	0.266	3	A	1		0	1	
Phosphorus, P....mg	8	0.425	3	A	1		0	2	
Potassium, K....mg	39	2.003	3	A	1		0	9	
Sodium, Na....mg	572	30.024	3	A	1		3	132	
Zinc, Zn....mg	0.04	0.022	3	A	1		0.00	0.01	
Copper, Cu....mg	0.007	0.000	3	A	1		0.000	0.002	
Manganese, Mn....mg	0.022	0.001	3	A	1		0.000	0.005	
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg									
Thiamin....mg	0.015		1	A	1		0.000	0.003	
Riboflavin....mg	0.015		1	A	1		0.000	0.003	
Niacin....mg									
Pantothenic acid....mg	0.080		1	A	1		0.000	0.018	
Vitamin B-6....mg	0.015		1	A	1		0.000	0.003	
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. 19909

Sweeteners, sugar substitute, granulated, brown

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

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

Common Measures:

Measure 1 = 0.5g: 1 tsp

Measure 2 = 23g: 1 cup

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

Food Group: 19 Sweets

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

NDB No. 19337

Sweeteners, tabletop, aspartame, EQUAL, packets

Merisant Company

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	8.75	0.047	3	A	1		0.31	0.09	
Energy....kcal	365		0	NC	4		13	4	
Energy....kJ	1527		0	NC	4		53	15	
Protein (N x 6.25)....g	2.17		1	A	1		0.08	0.02	
Total lipid (fat)....g	0.00	0.000	3	A	1		0.00	0.00	
Ash....g	0.00		2	A	1		0.00	0.00	
Carbohydrate, by difference....g	89.08		0	NC	4		3.12	0.89	
Fiber, total dietary....g	0.0		0	FLA	4		0.0	0.0	
Sugars, total....g	80.70		0	O	4		2.82	0.81	
Starch....g	8.36		2	A	1		0.29	0.08	
Minerals:									
Calcium, Ca....mg	0	0.000	3	A	1		0	0	
Iron, Fe....mg	0.04	0.038	3	A	1		0.00	0.00	
Magnesium, Mg....mg	0	0.000	3	A	1		0	0	
Phosphorus, P....mg	0	0.000	3	A	1		0	0	
Potassium, K....mg	4	0.621	3	A	1		0	0	
Sodium, Na....mg	0		2	A	1		0	0	
Zinc, Zn....mg	0.01	0.007	3	A	1		0.00	0.00	
Copper, Cu....mg	0.000	0.000	3	A	1		0.000	0.000	
Manganese, Mn....mg	0.000	0.000	3	A	1		0.000	0.000	
Selenium, Se....µg	0.5		0	FLA	4		0.0	0.0	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	FLA	4		0.0	0.0	
Thiamin....mg	0.000		0	FLA	4		0.000	0.000	
Riboflavin....mg	0.000		0	FLA	4		0.000	0.000	
Niacin....mg	0.000		0	FLA	4		0.000	0.000	
Pantothenic acid....mg	0.000		0	FLA	4		0.000	0.000	
Vitamin B-6....mg	0.000		0	FLA	4		0.000	0.000	
Folate, total....µg	0		0	FLA	4		0	0	
Folic acid....µg	0		0	FLA	4		0	0	
Folate, food....µg	0		0	FLA	4		0	0	
Folate, DFE....µg	0		0	NC	4		0	0	
Choline, total....mg	0.0		0	Z	7		0.0	0.0	
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	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	0		0	FLA	4		0	0	
Vitamin E (alpha-tocopherol)....mg	0.00		0	FLA	4		0.00	0.00	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)....µg	0.0		0	FLA	4		0.0	0.0	
Dihydrophylloquinone....µg									
Menaquinone-4....µg									

NDB No. 19337
Sweeteners, tabletop, aspartame, EQUAL, packets

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	0.000		0	FLA	4		0.000	0.000	
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	0.000		0	FLA	4		0.000	0.000	
17:0....g									
18:0....g	0.000		0	FLA	4		0.000	0.000	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.000		0	FLA	4		0.000	0.000	
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	0.000		0	FLA	4		0.000	0.000	
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	0.000		0	FLA	4		0.000	0.000	
18:2 undifferentiated....g	0.000		0	FLA	4		0.000	0.000	
18:3 undifferentiated....g	0.000		0	FLA	4		0.000	0.000	
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	FLA	4		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.000		0	A	1		0.000	0.000	
Threonine....g	0.000		0	A	1		0.000	0.000	
Isoleucine....g	0.000		0	A	1		0.000	0.000	
Leucine....g	0.000		0	A	1		0.000	0.000	
Lysine....g	0.000		0	A	1		0.000	0.000	
Methionine....g	0.000		0	A	1		0.000	0.000	
Cystine....g	0.000		0	A	1		0.000	0.000	
Phenylalanine....g	1.186		0	O	4		0.042	0.012	
Tyrosine....g	0.000		0	A	1		0.000	0.000	
Valine....g	0.000		0	A	1		0.000	0.000	
Arginine....g	0.000		0	A	1		0.000	0.000	
Histidine....g	0.000		0	A	1		0.000	0.000	
Alanine....g	0.000		0	A	1		0.000	0.000	
Aspartic acid....g	0.983		0	O	4		0.034	0.010	
Glutamic acid....g	0.000		0	A	1		0.000	0.000	
Glycine....g	0.000		0	A	1		0.000	0.000	
Proline....g	0.000		0	A	1		0.000	0.000	
Serine....g	0.000		0	A	1		0.000	0.000	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	FLA	4		0.0	0.0	
Caffeine....mg	0		0	FLA	4		0	0	

NDB No. 19337
Sweeteners, tabletop, aspartame, EQUAL, packets

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	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 = 3.5g: 1 tsp

Measure 2 = 1.0g: 1 serving 1 packet

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

Food Group: 19 Sweets

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

NDB No. 43216
Sweeteners, tabletop, fructose, dry, powder

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
		Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	0.00		0		4		0.00	0.00	0.00
Energy	kcal	368		0		4		721	15	11
Energy	kJ	1540		0		4		3018	65	46
Protein	g	0.00		0		4		0.00	0.00	0.00
Total lipid (fat)	g	0.00		0		4		0.00	0.00	0.00
Ash	g	0.00		0	BFSN	4		0.00	0.00	0.00
Carbohydrate, by difference	g	100.00		0		4		196.00	4.20	3.00
Fiber, total dietary	g	0.0		0		4		0.0	0.0	0.0
Sugars, total	g	92.70		0	O	4		181.69	3.89	2.78
Starch	g	7.30		0	O	4		14.31	0.31	0.22
Minerals:										
Calcium, Ca	mg	0		0		4		0	0	0
Iron, Fe	mg	0.10		1		1		0.20	0.00	0.00
Magnesium, Mg	mg	0		0		4		0	0	0
Phosphorus, P	mg	0		0		4		0	0	0
Potassium, K	mg	0		0		4		0	0	0
Sodium, Na	mg	12		0		4		23	1	0
Zinc, Zn	mg	0.00		0		4		0.00	0.00	0.00
Copper, Cu	mg	0.221		0		4		0.433	0.009	0.007
Manganese, Mn	mg									
Selenium, Se	µg	0.6		0	BFSN	4		1.2	0.0	0.0
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		4		0.0	0.0	0.0
Thiamin	mg	0.000		0		4		0.000	0.000	0.000
Riboflavin	mg	0.000		0		4		0.000	0.000	0.000
Niacin	mg	0.000		0		4		0.000	0.000	0.000
Pantothenic acid	mg									
Vitamin B-6	mg	0.000		0		4		0.000	0.000	0.000
Folate, total	µg	0		0		4		0	0	0
Folic acid	µg	0		0	BFSN	4		0	0	0
Folate, food	µg	0		0	BFSN	4		0	0	0
Folate, DFE	µg	0		0	NC	4		0	0	0
Choline, total	mg	0.0		0	Z	7		0.0	0.0	0.0
Betaine	mg									
Vitamin B-12	µg	0.00		0		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	BFSN	4		0	0	0
Retinol	µg	0		0	BFSN	4		0	0	0
Carotene, beta	µg	0		0	BFSN	4		0	0	0
Carotene, alpha	µg	0		0	BFSN	4		0	0	0
Cryptoxanthin, beta	µg	0		0	BFSN	4		0	0	0
Vitamin A, IU	IU	0		0	NC	4		0	0	0
Lycopene	µg	0		0	BFSN	4		0	0	0
Lutein + zeaxanthin	µg	0		0	BFSN	4		0	0	0
Vitamin E (alpha-tocopherol)	mg	0.00		0	BFSN	4		0.00	0.00	0.00
Vitamin E, added	mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Tocotrienol, alpha	mg									
Tocotrienol, beta	mg									
Tocotrienol, gamma	mg									
Tocotrienol, delta	mg									
Vitamin D (D2 + D3)	µg	0.0		0	Z	7		0.0	0.0	0.0
Vitamin D	IU	0		0	Z	7		0	0	0
Vitamin K (phylloquinone)	µg	0.0		0	BFSN	4		0.0	0.0	0.0
Dihydrophylloquinone	µg									
Menaquinone-4	µg									

NDB No. 43216
Sweeteners, tabletop, fructose, dry, powder

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	0.000		0		7		0.000	0.000	0.000
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	0.000		0		4		0.000	0.000	0.000
17:0....g									
18:0....g	0.000		0		4		0.000	0.000	0.000
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.000		0		7		0.000	0.000	0.000
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0		4		0.000	0.000	0.000
17:1....g									
18:1 undifferentiated....g	0.000		0		4		0.000	0.000	0.000
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	0.000		0		7		0.000	0.000	0.000
18:2 undifferentiated....g	0.000		0		4		0.000	0.000	0.000
18:3 undifferentiated....g	0.000		0		4		0.000	0.000	0.000
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		7		0	0	0
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	0.0
Caffeine....mg	0		0	Z	7		0	0	0
Theobromine....mg	0		0	Z	7		0	0	0

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

Common Measures:

Measure 1 = 196g: 1 cup

Measure 2 = 4.2g: 1 tsp

Measure 3 = 3.0g: 1 individual packet

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

Food Group: 19 Sweets

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

NDB No. 44018
Sweeteners, tabletop, fructose, liquid

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
		Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	23.90		0		1		0.02		
Energy	kcal	279		0	NC	4		0		
Energy	kJ	1165		0	NC	4		1		
Protein	g	0.00		0		1		0.00		
Total lipid (fat)	g	0.00		0		1		0.00		
Ash	g	0.00		0	BFSN	4		0.00		
Carbohydrate, by difference	g	76.10		0	NC	4		0.08		
Fiber, total dietary	g	0.1		0		1		0.0		
Sugars, total	g	76.00		0	NR	4		0.08		
Starch	g									
Minerals:										
Calcium, Ca	mg	1		0		1		0		
Iron, Fe	mg	0.11		0		1		0.00		
Magnesium, Mg	mg	0		0		1		0		
Phosphorus, P	mg	0		0		1		0		
Potassium, K	mg	0		0		1		0		
Sodium, Na	mg	2		0		1		0		
Zinc, Zn	mg	0.09		0		1		0.00		
Copper, Cu	mg	0.037		0		1		0.000		
Manganese, Mn	mg									
Selenium, Se	µg	0.5		0	BFSN	4		0.0		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		1		0.0		
Thiamin	mg	0.000		0		1		0.000		
Riboflavin	mg	0.020		0		1		0.000		
Niacin	mg	0.000		0		1		0.000		
Pantothenic acid	mg									
Vitamin B-6	mg	0.000		0		1		0.000		
Folate, total	µg	0		0		1		0		
Folic acid	µg	0		0	BFSN	4		0		
Folate, food	µg	0		0		1		0		
Folate, DFE	µg	0		0	NC	4		0		
Choline, total	mg	0.0		0	Z	7		0.0		
Betaine	mg									
Vitamin B-12	µg	0.00		0		7		0.00		
Vitamin B-12, added	µg	0.00		0	Z	7		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		1		0		
Lycopene	µg	0		0	BFSN	4		0		
Lutein + zeaxanthin	µg	0		0	BFSN	4		0		
Vitamin E (alpha-tocopherol)	mg	0.00		0	BFSN	4		0.00		
Vitamin E, added	mg	0.00		0	Z	7		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		
Vitamin D	IU	0		0	Z	7		0		
Vitamin K (phylloquinone)	µg	0.0		0	BFSN	4		0.0		
Dihydrophylloquinone	µg									
Menaquinone-4	µg									

NDB No. 44018
Sweeteners, tabletop, fructose, liquid

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	0.000		0		4		0.000		
4:0....g	0.000		0		4		0.000		
6:0....g	0.000		0		4		0.000		
8:0....g	0.000		0		4		0.000		
10:0....g	0.000		0		4		0.000		
12:0....g	0.000		0		4		0.000		
13:0....g									
14:0....g	0.000		0		4		0.000		
15:0....g									
16:0....g	0.000		0		4		0.000		
17:0....g									
18:0....g	0.000		0		4		0.000		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.000		0		4		0.000		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0		4		0.000		
17:1....g									
18:1 undifferentiated....g	0.000		0		4		0.000		
20:1....g	0.000		0		4		0.000		
22:1 undifferentiated....g	0.000		0		4		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.000		0		4		0.000		
18:2 undifferentiated....g	0.000		0		4		0.000		
18:3 undifferentiated....g	0.000		0		4		0.000		
18:4....g	0.000		0		4		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		4		0.000		
20:5 n-3 (EPA)....g	0.000		0		4		0.000		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		4		0.000		
22:6 n-3 (DHA)....g	0.000		0		4		0.000		
Fatty acids, total trans....g									
Cholesterol....mg	0		0		7		0		
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0		
Caffeine....mg	0		0	BFSN	4		0		
Theobromine....mg	0		0	BFSN	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 = 0.1g: 1 serving

Calories Factors: Protein 0 **Fat** 0 **Carbohydrate** 3.66

Food Group: 19 Sweets

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

NDB No. 43158
Sweeteners, tabletop, saccharin (sodium saccharin)

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	8.75	0.047	3	A	1		0.09	0.07	
Energy....kcal	360		0	NC	4		4	3	
Energy....kJ	1507		0	NC	4		15	12	
Protein (N x 6.25)....g	0.94		2	A	1		0.01	0.01	
Total lipid (fat)....g	0.00	0.000	3	A	1		0.00	0.00	
Ash....g	1.19		1	A	1		0.01	0.01	
Carbohydrate, by difference....g	89.11		0	NC	4		0.89	0.71	
Fiber, total dietary....g	0.0		0	FLA	4		0.0	0.0	
Sugars, total....g	85.19		0	O	4		0.85	0.68	
Starch....g	3.91		1	A	1		0.04	0.03	
Minerals:									
Calcium, Ca....mg	0	0.000	3	A	1		0	0	
Iron, Fe....mg	0.04	0.038	3	A	1		0.00	0.00	
Magnesium, Mg....mg	0	0.000	3	A	1		0	0	
Phosphorus, P....mg	0	0.000	3	A	1		0	0	
Potassium, K....mg	4	0.621	3	A	1		0	0	
Sodium, Na....mg	428		1	A	1		4	3	
Zinc, Zn....mg	0.01	0.007	3	A	1		0.00	0.00	
Copper, Cu....mg	0.000	0.000	3	A	1		0.000	0.000	
Manganese, Mn....mg	0.000	0.000	3	A	1		0.000	0.000	
Selenium, Se....µg	0.0		0	Z	7		0.0	0.0	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	FLA	4		0.0	0.0	
Thiamin....mg	0.000		0	FLA	4		0.000	0.000	
Riboflavin....mg	0.000		0	FLA	4		0.000	0.000	
Niacin....mg	0.000		0	FLA	4		0.000	0.000	
Pantothenic acid....mg	0.000		0	FLA	4		0.000	0.000	
Vitamin B-6....mg	0.000		0	FLA	4		0.000	0.000	
Folate, total....µg	0		0	FLA	4		0	0	
Folic acid....µg	0		0	FLA	4		0	0	
Folate, food....µg	0		0	FLA	4		0	0	
Folate, DFE....µg	0		0	NC	4		0	0	
Choline, total....mg	0.0		0	Z	7		0.0	0.0	
Betaine....mg									
Vitamin B-12....µg	0.00		0	FLA	4		0.00	0.00	
Vitamin B-12, added....µg	0.00		0	NR	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	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	0		0	FLA	4		0	0	
Vitamin E (alpha-tocopherol)....mg	0.00		0	FLA	4		0.00	0.00	
Vitamin E, added....mg	0.00		0	NR	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	
Vitamin K (phylloquinone)....µg	0.0		0	FLA	4		0.0	0.0	
Dihydrophylloquinone....µg									
Menaquinone-4....µg									

NDB No. 43158

Sweeteners, tabletop, saccharin (sodium saccharin)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	0.000		0	FLA	4		0.000	0.000	
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	0.000		0	FLA	4		0.000	0.000	
17:0....g									
18:0....g	0.000		0	FLA	4		0.000	0.000	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.000		0	FLA	4		0.000	0.000	
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	0.000		0	FLA	4		0.000	0.000	
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	0.000		0	FLA	4		0.000	0.000	
18:2 undifferentiated....g	0.000		0	FLA	4		0.000	0.000	
18:3 undifferentiated....g	0.000		0	FLA	4		0.000	0.000	
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	FLA	4		0	0	
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	FLA	4		0.0	0.0	
Caffeine....mg	0		0	FLA	4		0	0	
Theobromine....mg	0		0	FLA	4		0	0	

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

Common Measures:

Measure 1 = 1.0g: 1 serving 1 packet

Measure 2 = 0.8g: 1 serving 1 packet SUGAR TWIN

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

Food Group: 19 Sweets

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

NDB No. 19868

Sweeteners, tabletop, sucralose, SPLENDA packets

McNeil Nutritionals/McNeil_PPC, Inc.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	8.83		1	A	1		0.09		
Energy ... kcal	336		0	NC	4		3		
Energy ... kJ	1404		0	NC	4		14		
Protein (N x 6.25) ... g	0.00		0	O	4		0.00		
Total lipid (fat) ... g	0.00		1	A	1		0.00		
Ash ... g	0.00		0	NR	4		0.00		
Carbohydrate, by difference (1) ... g	91.17		0	NC	4		0.91		
Fiber, total dietary ... g	0.0		0	BFZN	4		0.0		
Sugars, total (2) ... g	80.33		0	NR	4		0.80		
Starch ... g	9.64		1	A	1		0.10		
Minerals:									
Calcium, Ca ... mg	0		1	A	1		0		
Iron, Fe ... mg	0.00		1	A	1		0.00		
Magnesium, Mg ... mg	0		1	A	1		0		
Phosphorus, P ... mg	0		1	A	1		0		
Potassium, K ... mg	4		1	A	1		0		
Sodium, Na ... mg	0		1	A	1		0		
Zinc, Zn ... mg	0.00		1	A	1		0.00		
Copper, Cu ... mg	0.000		1	A	1		0.000		
Manganese, Mn ... mg	0.000		1	A	1		0.000		
Selenium, Se ... µg	0.0		0	BFZN	4		0.0		
Vitamins:									
Vitamin C, total ascorbic acid ... mg	0.0		0	FLA	4		0.0		
Thiamin ... mg	0.000		0	FLA	4		0.000		
Riboflavin ... mg	0.000		0	FLA	4		0.000		
Niacin ... mg	0.000		0	FLA	4		0.000		
Pantothenic acid ... mg	0.000		0	FLA	4		0.000		
Vitamin B-6 ... mg	0.000		0	FLA	4		0.000		
Folate, total ... µg	0		0	FLA	4		0		
Folic acid ... µg	0		0	FLA	4		0		
Folate, food ... µg	0		0	FLA	4		0		
Folate, DFE ... µg	0		0	NC	4		0		
Choline, total ... mg	0.0		0	Z	7		0.0		
Betaine ... mg									
Vitamin B-12 ... µg	0.00		0	FLA	4		0.00		
Vitamin B-12, added ... µg	0.00		0	NR	4		0.00		
Vitamin A, RAE ... µg	0		0	NC	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	0		0	FLA	4		0		
Vitamin E (alpha-tocopherol) ... mg	0.00		0	FLA	4		0.00		
Vitamin E, added ... mg	0.00		0	NR	4		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		
Vitamin D ... IU	0		0	Z	7		0		
Vitamin K (phylloquinone) ... µg	0.0		0	FLA	4		0.0		
Dihydrophylloquinone ... µg									
Menaquinone-4 ... µg									

NDB No. 19868
Sweeteners, tabletop, sucralose, SPLENDA packets

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	0.000		0	FLA	4		0.000		
4:0....g	0.000		0	FLA	4		0.000		
6:0....g	0.000		0	FLA	4		0.000		
8:0....g	0.000		0	FLA	4		0.000		
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	0.000		0	FLA	4		0.000		
15:0....g									
16:0....g	0.000		0	FLA	4		0.000		
17:0....g									
18:0....g	0.000		0	FLA	4		0.000		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.000		0	FLA	4		0.000		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0	FLA	4		0.000		
17:1....g									
18:1 undifferentiated....g	0.000		0	FLA	4		0.000		
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	0.000		0	FLA	4		0.000		
18:2 undifferentiated....g	0.000		0	FLA	4		0.000		
18:3 undifferentiated....g	0.000		0	FLA	4		0.000		
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	FLA	4		0		
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	FLA	4		0.0		
Caffeine....mg	0		0	FLA	4		0		
Theobromine....mg	0		0	FLA	4		0		

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

Common Measures:

Measure 1 = 1.0g: 1 serving 1 packet

Footnotes:

1 Adjusted. Subtracted non-digestible, non-caloric sucralose.
2 Sucralose not included.

Calories Factors: Protein 0 **Fat** 0 **Carbohydrate** 3.68

Food Group: 19 Sweets

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

NDB No. 90480
Syrup, Cane

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	26.00		1		1		5.46		
Energy....kcal	269		0	NC	4		57		
Energy....kJ	1126		0	NC	4		236		
Protein (N x 6.25)....g	0.00		1		1		0.00		
Total lipid (fat)....g	0.00		1		1		0.00		
Ash....g	0.86		0	O	4		0.18		
Carbohydrate, by difference....g	73.14		0	NC	4		15.36		
Fiber, total dietary....g	0.0		0		4		0.0		
Sugars, total....g	73.20		0	NR	4		15.37		
Starch....g									
Minerals:									
Calcium, Ca....mg	13		1		1		3		
Iron, Fe....mg	3.60		1		1		0.76		
Magnesium, Mg....mg	10		1		1		2		
Phosphorus, P....mg	8		1		1		2		
Potassium, K....mg	63		1		1		13		
Sodium, Na....mg	58		1		1		12		
Zinc, Zn....mg	0.19		1		1		0.04		
Copper, Cu....mg	0.020		1		1		0.004		
Manganese, Mn....mg									
Selenium, Se....µg	0.7		0	BFSN	4		0.1		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		1		1		0.0		
Thiamin....mg	0.130		1		1		0.027		
Riboflavin....mg	0.060		1		1		0.013		
Niacin....mg	0.100		1		1		0.021		
Pantothenic acid....mg									
Vitamin B-6....mg	0.000		0		4		0.000		
Folate, total....µg	0		0		4		0		
Folic acid....µg	0		0	NR	4		0		
Folate, food....µg	0		0		4		0		
Folate, DFE....µg	0		0	NC	4		0		
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.00		0		7		0.00		
Vitamin B-12, added....µg	0.00		0	NR	4		0.00		
Vitamin A, RAE....µg	0		0	NC	4		0		
Retinol....µg	0		0	NR	4		0		
Carotene, beta....µg	0		0	NR	4		0		
Carotene, alpha....µg	0		0	NR	4		0		
Cryptoxanthin, beta....µg	0		0	NR	4		0		
Vitamin A, IU....IU	0		1		1		0		
Lycopene....µg	0		0	NR	4		0		
Lutein + zeaxanthin....µg	0		0	NR	4		0		
Vitamin E (alpha-tocopherol)....mg	0.00		0	NR	4		0.00		
Vitamin E, added....mg	0.00		0	NR	4		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	Z	7		0		
Vitamin K (phylloquinone)....µg	0.0		0	NR	4		0.0		
Dihydrophylloquinone....µg									
Menaquinone-4....µg									

NDB No. 90480
Syrup, Cane

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	0.000		1		1		0.000		
4:0....g	0.000		0		4		0.000		
6:0....g	0.000		0		4		0.000		
8:0....g	0.000		0		4		0.000		
10:0....g	0.000		0		4		0.000		
12:0....g	0.000		0		4		0.000		
13:0....g									
14:0....g	0.000		0		4		0.000		
15:0....g									
16:0....g	0.000		0		4		0.000		
17:0....g									
18:0....g	0.000		0		4		0.000		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.000		0		4		0.000		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0		4		0.000		
17:1....g									
18:1 undifferentiated....g	0.000		0		4		0.000		
20:1....g	0.000		0		4		0.000		
22:1 undifferentiated....g	0.000		0		4		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.000		0		4		0.000		
18:2 undifferentiated....g	0.000		0		4		0.000		
18:3 undifferentiated....g	0.000		0		4		0.000		
18:4....g	0.000		0		4		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		4		0.000		
20:5 n-3 (EPA)....g	0.000		0		4		0.000		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		4		0.000		
22:6 n-3 (DHA)....g	0.000		0		4		0.000		
Fatty acids, total trans....g									
Cholesterol....mg	0		1		1		0		
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0		
Caffeine....mg	0		0	NR	4		0		
Theobromine....mg	0		0	NR	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 = 21g: 1 serving

Calories Factors: Protein 0 **Fat** 0 **Carbohydrate** 3.68

Food Group: 19 Sweets

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

NDB No. 19911
Syrup, maple, Canadian

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	32.15	0.150	90	A	1		25.72		
Energy....kcal	270		0	NC	4		216		
Energy....kJ	1128		0	NC	4		902		
Protein (N x 6.25)....g	0.00		1	A	1		0.00		
Total lipid (fat)....g	0.00		1	A	1		0.00		
Ash....g	0.47		0	T	4		0.38		
Carbohydrate, by difference....g	67.38		0	NC	4		53.90		
Fiber, total dietary....g	0.0		0	T	4		0.0		
Sugars, total....g	59.92		0	T	4		47.94		
Sucrose....g	58.93	0.780	90	A	1		47.14		
Glucose (dextrose)....g	0.65	0.050	90	A	1		0.52		
Fructose....g	0.34	0.050	90	A	1		0.27		
Lactose....g	0.00		0	Z	7		0.00		
Maltose....g	0.00		0	Z	7		0.00		
Galactose....g	0.00		0	Z	7		0.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	109	2.000	600	A	1		87		
Iron, Fe....mg	0.11		1	A	1		0.09		
Magnesium, Mg....mg	21	2.728	600	A	1		17		
Phosphorus, P....mg									
Potassium, K....mg	225	8.900	90	A	1		180		
Sodium, Na....mg	9	3.000	13	A	1		7		
Zinc, Zn....mg	0.70	0.020	600	A	1		0.56		
Copper, Cu....mg									
Manganese, Mn....mg	2.300	0.050	600	A	1		1.840		
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	T	4		0.0		
Thiamin....mg	0.066	0.060	90	A	1		0.053		
Riboflavin....mg	1.270	0.450	90	A	1		1.016		
Niacin....mg	0.081	0.002	90	A	1		0.065		
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....µg									
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.00		0	Z	7		0.00		
Vitamin A, RAE....µg	0		0	T	4		0		
Vitamin A, IU....IU	0		0	Z	7		0		
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

NDB No. 19911
Syrup, maple, Canadian

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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									
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g									
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg									

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

Common Measures:

Measure 1 = 80g: 60 milliliter

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

Food Group: 19 Sweets

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

NDB No. 19345

Syrups, chocolate, HERSHEY'S Genuine Chocolate Flavored Lite Syrup

Hershey Food Corp.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	62.16		0	FLM	4		21.76		
Energy ... kcal	153		0	NC	4		53		
Energy ... kJ	638		0	NC	4		223		
Protein ... g	1.40		0	FLM	4		0.49		
Total lipid (fat) ... g	0.97		0	FLM	4		0.34		
Ash ... g	0.91		0	FLM	4		0.32		
Carbohydrate, by difference ... g	34.56		0	NC	4		12.10		
Fiber, total dietary ... g	0.0		1	LC	8		0.0		
Sugars, total ... g	28.57		1	LC	8		10.00		
Starch ... g									
Minerals:									
Calcium, Ca ... mg	11		1	MA	12		4		
Iron, Fe ... mg	0.00		1	MA	12		0.00		
Magnesium, Mg ... mg	36		0	FLM	4		13		
Phosphorus, P ... mg	54		0	FLM	4		19		
Potassium, K ... mg	187		0	FLM	4		65		
Sodium, Na ... mg	100		1	LC	8		35		
Zinc, Zn ... mg	0.48		0	FLM	4		0.17		
Copper, Cu ... mg	0.276		0	FLM	4		0.096		
Manganese, Mn ... mg	0.278		0	FLM	4		0.097		
Selenium, Se ... µg	1.2		0	FLM	4		0.4		
Vitamins:									
Vitamin C, total ascorbic acid ... mg	0.0		1	LC	8		0.0		
Thiamin ... mg	0.008		0	FLM	4		0.003		
Riboflavin ... mg	0.040		0	FLM	4		0.014		
Niacin ... mg	0.178		0	FLM	4		0.062		
Pantothenic acid ... mg	0.019		0	FLM	4		0.007		
Vitamin B-6 ... mg	0.009		0	FLM	4		0.003		
Folate, total ... µg	2		0	FLM	4		1		
Folic acid ... µg	0		0	FLM	4		0		
Folate, food ... µg	2		0	FLM	4		1		
Folate, DFE ... µg	2		0	NC	4		1		
Choline, total ... mg	0.8		0	FLM	4		0.3		
Betaine ... mg									
Vitamin B-12 ... µg	0.00		0	FLM	4		0.00		
Vitamin B-12, added ... µg	0.00		0	FLM	4		0.00		
Vitamin A, RAE ... µg	0		0	FLM	4		0		
Retinol ... µg	0		0	FLM	4		0		
Carotene, beta ... µg	0		0	FLM	4		0		
Carotene, alpha ... µg	0		0	FLM	4		0		
Cryptoxanthin, beta ... µg	0		0	FLM	4		0		
Vitamin A, IU ... IU	0		1	LC	8		0		
Lycopene ... µg	0		0	FLM	4		0		
Lutein + zeaxanthin ... µg	3		0	FLM	4		1		
Vitamin E (alpha-tocopherol) ... mg	0.01		0	FLM	4		0.00		
Vitamin E, added ... mg	0.00		0	FLM	4		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		
Vitamin D ... IU	0		0	Z	7		0		
Vitamin K (phylloquinone) ... µg	0.2		0	FLM	4		0.1		
Dihydrophylloquinone ... µg									
Menaquinone-4 ... µg									

NDB No. 19345

Syrups, chocolate, HERSHEY'S Genuine Chocolate Flavored Lite Syrup

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	0.000		1	LC	8		0.000		
4:0....g	0.000		0	FLM	4		0.000		
6:0....g	0.000		0	FLM	4		0.000		
8:0....g	0.000		0	FLM	4		0.000		
10:0....g	0.000		0	FLM	4		0.000		
12:0....g	0.000		0	FLM	4		0.000		
13:0....g									
14:0....g	0.000		0	FLM	4		0.000		
15:0....g									
16:0....g	0.000		0	FLM	4		0.000		
17:0....g									
18:0....g	0.000		0	FLM	4		0.000		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.000		0	FLM	4		0.000		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0	FLM	4		0.000		
17:1....g									
18:1 undifferentiated....g	0.000		0	FLM	4		0.000		
20:1....g	0.000		0	FLM	4		0.000		
22:1 undifferentiated....g	0.000		0	FLM	4		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.000		0	FLM	4		0.000		
18:2 undifferentiated....g	0.000		0	FLM	4		0.000		
18:3 undifferentiated....g	0.000		0	FLM	4		0.000		
18:4....g	0.000		0	FLM	4		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0	FLM	4		0.000		
20:5 n-3 (EPA)....g	0.000		0	FLM	4		0.000		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	FLM	4		0.000		
22:6 n-3 (DHA)....g	0.000		0	FLM	4		0.000		
Fatty acids, total trans....g									
Cholesterol....mg	0		1	LC	8		0		
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	FLM	4		0.0		
Caffeine....mg	6		0	FLM	4		2		
Theobromine....mg	195		0	FLM	4		68		

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

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

Food Group: 19 Sweets

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

NDB No. 19916

Syrups, chocolate, HERSHEY'S Sugar free, Genuine Chocolate Flavored, Lite Syrup

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	78.89		0	FLC	4		27.61		
Energy ... kcal	43		0	MC	9		15		
Energy ... kJ	179		0	MC	9		63		
Protein (N x 6.25) ... g	2.87		0	MC	9		1.00		
Total lipid (fat) ... g	2.03		0	FLC	4		0.71		
Ash ... g	1.80		0	NR	4		0.63		
Carbohydrate, by difference ... g	14.20		0	MC	9		4.97		
Fiber, total dietary ... g	2.9		0	MC	9		1.0		
Sugars, total ... g	0.27		0	FLC	4		0.10		
Starch ... g	0.00		0	FLC	4		0.00		
Minerals:									
Calcium, Ca ... mg	0		0	MC	9		0		
Iron, Fe ... mg	2.06		0	MC	9		0.72		
Magnesium, Mg ... mg	74		0	FLC	4		26		
Phosphorus, P ... mg	113		0	FLC	4		39		
Potassium, K ... mg	388		0	FLC	4		136		
Sodium, Na ... mg	343		0	MC	9		120		
Zinc, Zn ... mg	0.99		0	FLC	4		0.35		
Copper, Cu ... mg	0.565		0	FLC	4		0.198		
Manganese, Mn ... mg	0.579		0	FLC	4		0.203		
Selenium, Se ... µg	2.0		0	FLC	4		0.7		
Vitamins:									
Vitamin C, total ascorbic acid ... mg	0.0		0	FLC	4		0.0		
Thiamin ... mg	0.017		0	FLC	4		0.006		
Riboflavin ... mg	0.071		0	FLC	4		0.025		
Niacin ... mg	0.371		0	FLC	4		0.130		
Pantothenic acid ... mg	0.039		0	FLC	4		0.014		
Vitamin B-6 ... mg	0.018		0	FLC	4		0.006		
Folate, total ... µg	5		0	FLC	4		2		
Folic acid ... µg	0		0	FLC	4		0		
Folate, food ... µg	5		0	FLC	4		2		
Folate, DFE ... µg	5		0	NC	4		2		
Choline, total ... mg	1.8		0	FLC	4		0.6		
Betaine ... mg	0.0		0	FLC	4		0.0		
Vitamin B-12 ... µg	0.00		0	FLC	4		0.00		
Vitamin B-12, added ... µg	0.00		0	FLC	4		0.00		
Vitamin A, RAE ... µg	0		0	NC	4		0		
Retinol ... µg	0		0	FLC	4		0		
Carotene, beta ... µg	0		0	FLC	4		0		
Carotene, alpha ... µg	0		0	FLC	4		0		
Cryptoxanthin, beta ... µg	0		0	FLC	4		0		
Vitamin A, IU ... IU	0		0	MC	9		0		
Lycopene ... µg	0		0	FLC	4		0		
Lutein + zeaxanthin ... µg	6		0	FLC	4		2		
Vitamin E (alpha-tocopherol) ... mg	0.02		0	FLC	4		0.01		
Vitamin E, added ... mg	0.00		0	FLC	4		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	FLC	4		0.0		
Vitamin D ... IU	0		0	FLC	4		0		
Vitamin K (phylloquinone) ... µg	0.4		0	FLC	4		0.1		
Dihydrophylloquinone ... µg									
Menaquinone-4 ... µg									

NDB No. 19916

Syrups, chocolate, HERSHEY'S Sugar free, Genuine Chocolate Flavored, Lite Syrup

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	0.746		0	FLC	4		0.261		
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	0.002		0	FLC	4		0.001		
15:0....g									
16:0....g	0.346		0	FLC	4		0.121		
17:0....g									
18:0....g	0.398		0	FLC	4		0.139		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.428		0	FLC	4		0.150		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0	FLC	4		0.000		
17:1....g									
18:1 undifferentiated....g	0.428		0	FLC	4		0.150		
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	0.041		0	FLC	4		0.014		
18:2 undifferentiated....g	0.041		0	FLC	4		0.014		
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									
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		0	FLC	4		0.000		
Cholesterol....mg	0		0	FLC	4		0		
Phytosterols....mg	0		0	FLC	4		0		
Amino Acids:									
Tryptophan....g	0.042		0	FLC	4		0.015		
Threonine....g	0.111		0	FLC	4		0.039		
Isoleucine....g	0.108		0	FLC	4		0.038		
Leucine....g	0.170		0	FLC	4		0.059		
Lysine....g	0.140		0	FLC	4		0.049		
Methionine....g	0.029		0	FLC	4		0.010		
Cystine....g	0.034		0	FLC	4		0.012		
Phenylalanine....g	0.134		0	FLC	4		0.047		
Tyrosine....g	0.105		0	FLC	4		0.037		
Valine....g	0.168		0	FLC	4		0.059		
Arginine....g	0.158		0	FLC	4		0.055		
Histidine....g	0.048		0	FLC	4		0.017		
Alanine....g	0.129		0	FLC	4		0.045		
Aspartic acid....g	0.279		0	FLC	4		0.098		
Glutamic acid....g	0.421		0	FLC	4		0.147		
Glycine....g	0.126		0	FLC	4		0.044		
Proline....g	0.120		0	FLC	4		0.042		
Serine....g	0.121		0	FLC	4		0.042		
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	FLC	4		0.0		
Caffeine....mg	12		0	FLC	4		4		

NDB No. 19916

Syrups, chocolate, HERSHEY'S Sugar free, Genuine Chocolate Flavored, Lite Syrup

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Theobromine.....mg	407		0	FLC	4		143		

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

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

Food Group: 19 Sweets

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

NDB No. 19348
Syrups, chocolate, fudge-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
Proximates:									
Water....g	21.80		2	A	1		66.27	8.28	
Energy....kcal	350		0	NC	4		1064	133	
Energy....kJ	1465		0	NC	4		4453	557	
Protein (N x 6.25)....g	4.60		1	A	1		13.98	1.75	
Total lipid (fat)....g	8.90		1	A	1		27.06	3.38	
Ash....g	1.80		1	A	1		5.47	0.68	
Carbohydrate, by difference....g	62.90		0	NC	4		191.22	23.90	
Fiber, total dietary....g	2.8		1	A	1		8.5	1.1	
Sugars, total....g	34.82		0	FLM	4		105.85	13.23	
Starch....g									
Minerals:									
Calcium, Ca....mg	49		0	FLM	4		149	19	
Iron, Fe....mg	1.30		0	FLA	4		3.95	0.49	
Magnesium, Mg....mg	48		0	FLM	4		146	18	
Phosphorus, P....mg	97		0	FLM	4		295	37	
Potassium, K....mg	284		0	FLM	4		862	108	
Sodium, Na....mg	346		1	A	1		1052	131	
Zinc, Zn....mg	0.83		0	FLM	4		2.53	0.32	
Copper, Cu....mg	0.348		0	FLM	4		1.058	0.132	
Manganese, Mn....mg	0.371		0	FLM	4		1.129	0.141	
Selenium, Se....µg	2.3		0	FLM	4		7.0	0.9	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.2		0	FLM	4		0.5	0.1	
Thiamin....mg	0.034		0	FLM	4		0.103	0.013	
Riboflavin....mg	0.091		0	FLM	4		0.276	0.035	
Niacin....mg	0.250		0	FLM	4		0.761	0.095	
Pantothenic acid....mg	0.119		0	FLM	4		0.363	0.045	
Vitamin B-6....mg	0.020		0	FLM	4		0.060	0.007	
Folate, total....µg	4		0	FLM	4		13	2	
Folic acid....µg	0		0	FLM	4		0	0	
Folate, food....µg	4		0	FLM	4		13	2	
Folate, DFE....µg	4		0	NC	4		13	2	
Choline, total....mg	5.5		0	O	4		16.7	2.1	
Betaine....mg									
Vitamin B-12....µg	0.06		0	FLM	4		0.18	0.02	
Vitamin B-12, added....µg	0.00		0	FLM	4		0.00	0.00	
Vitamin A, RAE....µg	1		0	FLM	4		2	0	
Retinol....µg	1		0	FLM	4		2	0	
Carotene, beta....µg	0		0	FLM	4		0	0	
Carotene, alpha....µg	0		0	FLM	4		0	0	
Cryptoxanthin, beta....µg	0		0	FLM	4		0	0	
Vitamin A, IU....IU	2		0	FLM	4		6	1	
Lycopene....µg	0		0	FLM	4		0	0	
Lutein + zeaxanthin....µg	4		0	FLM	4		11	1	
Vitamin E (alpha-tocopherol)....mg	2.63		0	FLM	4		8.00	1.00	
Vitamin E, added....mg	0.00		0	FLM	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	
Vitamin K (phylloquinone)....µg	2.5		0	FLM	4		7.6	0.9	
Dihydrophylloquinone....µg									
Menaquinone-4....µg									

NDB No. 19348
Syrups, chocolate, fudge-type

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	3.980		1	A	1		12.099	1.512	
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	0.018		1	A	1		0.055	0.007	
10:0....g	0.047		1	A	1		0.143	0.018	
12:0....g	0.056		1	A	1		0.170	0.021	
13:0....g									
14:0....g	0.237		1	A	1		0.720	0.090	
15:0....g									
16:0....g	1.801		1	A	1		5.475	0.684	
17:0....g									
18:0....g	0.756		1	A	1		2.298	0.287	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	3.857		0		4		11.725	1.466	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.067		1	A	1		0.204	0.025	
17:1....g									
18:1 undifferentiated....g	3.780		1	A	1		11.491	1.436	
20:1....g	0.010		1	A	1		0.030	0.004	
22:1 undifferentiated....g	0.000		0	FLM	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.278		0		4		0.845	0.106	
18:2 undifferentiated....g	0.249		1	A	1		0.757	0.095	
18:3 undifferentiated....g	0.024		1	A	1		0.073	0.009	
18:4....g	0.000		0	FLM	4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.005		1	A	1		0.015	0.002	
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		1	A	1		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	1		0	FLM	4		2	0	
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	FLM	4		0.0	0.0	
Caffeine....mg	7		0	FLM	4		22	3	
Theobromine....mg	247		0	FLM	4		752	94	

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

Common Measures:

Measure 1 = 304g: 1 cup

Measure 2 = 38g: 2 tbsp

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

Food Group: 19 Sweets

NDB No. 19349
Syrups, corn, dark

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	22.01	0.790	6	JO	11		72.19	4.40	
Energy....kcal	286		0	NC	4		937	57	
Energy....kJ	1195		0	NC	4		3918	239	
Protein (N x 6.25)....g	0.00		1		4		0.00	0.00	
Total lipid (fat)....g	0.00	0.037	5		1		0.00	0.00	
Ash....g	0.40	0.074	4		1		1.31	0.08	
Carbohydrate, by difference....g	77.59		0	NC	4		254.50	15.52	
Fiber, total dietary....g	0.0		0		4		0.0	0.0	
Sugars, total....g	77.59		0	NR	4		254.50	15.52	
Sucrose....g									
Glucose (dextrose)....g									
Fructose....g									
Lactose....g									
Maltose....g									
Galactose....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	18		1		1		59	4	
Iron, Fe....mg	0.37		1		1		1.21	0.07	
Magnesium, Mg....mg	8		1		1		26	2	
Phosphorus, P....mg	11		1		1		36	2	
Potassium, K....mg	44		1		1		144	9	
Sodium, Na....mg	155		2		1		508	31	
Zinc, Zn....mg	0.04	0.014	5		1		0.13	0.01	
Copper, Cu....mg	0.053	0.009	5		1		0.174	0.011	
Manganese, Mn....mg	0.100	0.007	5		1		0.328	0.020	
Selenium, Se....µg	2.9		1	AI	13		9.5	0.6	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		1		4		0.0	0.0	
Thiamin....mg	0.011		2		1		0.036	0.002	
Riboflavin....mg	0.009		2		1		0.030	0.002	
Niacin....mg	0.020		2		1		0.066	0.004	
Pantothenic acid....mg	0.023		2		1		0.075	0.005	
Vitamin B-6....mg	0.009		2		1		0.030	0.002	
Folate, total....µg	0		2		1		0	0	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	0		2		1		0	0	
Folate, DFE....µg	0		0	NC	4		0	0	
Choline, total....mg	13.3		0	O	4		43.5	2.7	
Betaine....mg									
Vitamin B-12....µg	0.00		1		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	Z	7		0	0	
Carotene, beta....µg	0		0	NR	4		0	0	
Carotene, alpha....µg	0		0	NR	4		0	0	
Cryptoxanthin, beta....µg	0		0	NR	4		0	0	
Vitamin A, IU....IU	0		1		4		0	0	
Lycopene....µg	0		0	NR	4		0	0	
Lutein + zeaxanthin....µg	0		0	NR	4		0	0	
Vitamin E (alpha-tocopherol)....mg	0.00		0	Z	7		0.00	0.00	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									

NDB No. 19349
Syrups, corn, dark

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	
Vitamin D....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)....µg	0.0		0	Z	7		0.0	0.0	
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.000		0		7		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		7		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		7		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		1		4		0	0	
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

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

Common Measures:

Measure 1 = 328g: 1 cup

Measure 2 = 20g: 1 tbsp

Calories Factors: Protein 0 **Fat** 0 **Carbohydrate** 3.68

NDB No. 19349
Syrups, corn, dark

Food Group: 19 Sweets

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

NDB No. 19351
Syrups, corn, high-fructose

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	24.00	1.499	6		1		74.40	4.56	
Energy....kcal	281		0	NC	4		871	53	
Energy....kJ	1176		0		4		3645	223	
Protein (N x 6.25)....g	0.00	0.000	3		1		0.00	0.00	
Total lipid (fat)....g	0.00	0.000	3		1		0.00	0.00	
Ash....g	0.00	0.004	6		1		0.00	0.00	
Carbohydrate, by difference....g	76.00		0	NC	4		235.60	14.44	
Fiber, total dietary....g	0.0		0		4		0.0	0.0	
Sugars, total....g	75.65		0	NR	4		234.52	14.37	
Starch....g									
Minerals:									
Calcium, Ca....mg	0	0.051	19		1		0	0	
Iron, Fe....mg	0.03	0.009	19		1		0.09	0.01	
Magnesium, Mg....mg	0	0.015	19		1		0	0	
Phosphorus, P....mg	0		1		4		0	0	
Potassium, K....mg	0	0.005	16		1		0	0	
Sodium, Na....mg	2	0.491	19		1		6	0	
Zinc, Zn....mg	0.02	0.008	19		1		0.06	0.00	
Copper, Cu....mg	0.029	0.005	10		1		0.090	0.006	
Manganese, Mn....mg	0.094		1		4		0.291	0.018	
Selenium, Se....µg	0.7		0	BFSN	4		2.2	0.1	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		1		4		0.0	0.0	
Thiamin....mg	0.000		1		4		0.000	0.000	
Riboflavin....mg	0.019	0.009	3		1		0.059	0.004	
Niacin....mg	0.000	0.000	3		1		0.000	0.000	
Pantothenic acid....mg	0.011	0.011	3		1		0.034	0.002	
Vitamin B-6....mg	0.000	0.000	3		1		0.000	0.000	
Folate, total....µg	0		1		4		0	0	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	0		1		4		0	0	
Folate, DFE....µg	0		0	NC	4		0	0	
Choline, total....mg	0.0		0	Z	7		0.0	0.0	
Betaine....mg									
Vitamin B-12....µg	0.00		1		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	Z	7		0	0	
Carotene, beta....µg	0		0	NR	4		0	0	
Carotene, alpha....µg	0		0	Z	7		0	0	
Cryptoxanthin, beta....µg	0		0	NR	4		0	0	
Vitamin A, IU....IU	0		1		4		0	0	
Lycopene....µg	0		0	NR	4		0	0	
Lutein + zeaxanthin....µg	0		0	NR	4		0	0	
Vitamin E (alpha-tocopherol)....mg	0.00		0	NR	4		0.00	0.00	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)....µg	0.0		0	Z	7		0.0	0.0	
Dihydrophylloquinone....µg									
Menaquinone-4....µg									

NDB No. 19351
Syrups, corn, high-fructose

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	0.000		0		1		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		7		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		7		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		1		4		0	0	
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 310g: 1 cup

Measure 2 = 19g: 1 tbsp

Calories Factors: Protein **Fat** **Carbohydrate** 3.7

Food Group: 19 Sweets

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 19350
Syrups, corn, light

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	22.81		1	A	1		77.78	5.02	
Energy....kcal	283		0	NC	4		964	62	
Energy....kJ	1182		0	NC	4		4032	260	
Protein (N x 6.25)....g	0.00		1	A	1		0.00	0.00	
Total lipid (fat)....g	0.20		1	A	1		0.68	0.04	
Ash....g	0.20		1	A	1		0.68	0.04	
Carbohydrate, by difference....g	76.79		0	NC	4		261.85	16.89	
Fiber, total dietary....g	0.0		0		4		0.0	0.0	
Sugars, total....g	76.77		0	NR	4		261.79	16.89	
Sucrose....g									
Glucose (dextrose)....g									
Fructose....g									
Lactose....g									
Maltose....g									
Galactose....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	13		1	A	1		45	3	
Iron, Fe....mg	0.00		1	A	1		0.00	0.00	
Magnesium, Mg....mg	1		1	A	1		2	0	
Phosphorus, P....mg	0		1	A	1		0	0	
Potassium, K....mg	1		1	A	1		3	0	
Sodium, Na....mg	62		1	A	1		213	14	
Zinc, Zn....mg	0.44		1	A	1		1.50	0.10	
Copper, Cu....mg	0.000		1	A	1		0.000	0.000	
Manganese, Mn....mg	0.000		1	A	1		0.000	0.000	
Selenium, Se....µg	0.7		0	BFSN	4		2.4	0.2	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		1		4		0.0	0.0	
Thiamin....mg	0.059		1	A	1		0.202	0.013	
Riboflavin....mg	0.000		1	A	1		0.000	0.000	
Niacin....mg	0.000		1	A	1		0.000	0.000	
Pantothenic acid....mg	0.000		1	A	1		0.000	0.000	
Vitamin B-6....mg	0.000		1	A	1		0.000	0.000	
Folate, total....µg	0		2		1		0	0	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	0		2		1		0	0	
Folate, DFE....µg	0		0	NC	4		0	0	
Choline, total....mg	0.0		0	Z	7		0.0	0.0	
Betaine....mg									
Vitamin B-12....µg	0.00		1		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	Z	7		0	0	
Carotene, beta....µg	0		0	NR	4		0	0	
Carotene, alpha....µg	0		0	NR	4		0	0	
Cryptoxanthin, beta....µg	0		0	NR	4		0	0	
Vitamin A, IU....IU	0		1		4		0	0	
Lycopene....µg	0		0	NR	4		0	0	
Lutein + zeaxanthin....µg	0		0	NR	4		0	0	
Vitamin E (alpha-tocopherol)....mg	0.00		0	Z	7		0.00	0.00	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									

NDB No. 19350
Syrups, corn, 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
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)....µg	0.0		0	Z	7		0.0	0.0	
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
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		1		4		0	0	
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 341g: 1 cup

Measure 2 = 22g: 1 tbsp

Calories Factors: Protein 0 **Fat** 0 **Carbohydrate** 3.68

NDB No. 19350
Syrups, corn, light

Food Group: 19 Sweets

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 43026
Syrups, dietetic

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	50.00		0		4		120.00	7.50	
Energy....kcal	40		1		1		96	6	
Energy....kJ	167		1		1		402	25	
Protein....g	0.80		1		1		1.92	0.12	
Total lipid (fat)....g	0.00		1		1		0.00	0.00	
Ash....g	0.07		0	FLC	4		0.17	0.01	
Carbohydrate, by difference....g	49.20		0		4		118.08	7.38	
Fiber, total dietary....g	3.0		0	FLC	4		7.2	0.5	
Sugars, total....g	0.01		0	FLC	4		0.01	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	0		0		4		0	0	
Iron, Fe....mg	0.00		0		4		0.00	0.00	
Magnesium, Mg....mg	0		0		4		0	0	
Phosphorus, P....mg	0		0		4		0	0	
Potassium, K....mg	0		0		4		0	0	
Sodium, Na....mg	21		0		4		50	3	
Zinc, Zn....mg	0.00		0		4		0.00	0.00	
Copper, Cu....mg	0.000		0		4		0.000	0.000	
Manganese, Mn....mg	0.000		0	FLC	4		0.001	0.000	
Selenium, Se....µg	0.5		0	BFSN	4		1.2	0.1	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		4		0.0	0.0	
Thiamin....mg	0.000		0		4		0.000	0.000	
Riboflavin....mg	0.000		0		4		0.000	0.000	
Niacin....mg	0.000		0		4		0.000	0.000	
Pantothenic acid....mg	0.002		0	FLC	4		0.004	0.000	
Vitamin B-6....mg	0.000		0		4		0.000	0.000	
Folate, total....µg	0		0		4		0	0	
Folic acid....µg	0		0	FLC	4		0	0	
Folate, food....µg	0		0	FLC	4		0	0	
Folate, DFE....µg	0		0	NC	4		0	0	
Choline, total....mg	0.0		0	Z	7		0.0	0.0	
Betaine....mg									
Vitamin B-12....µg	0.00		0		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	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		4		0	0	
Lycopene....µg	0		0	FLC	4		0	0	
Lutein + zeaxanthin....µg	0		0	FLC	4		0	0	
Vitamin E (alpha-tocopherol)....mg	0.00		0	FLC	4		0.00	0.00	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)....µg	0.0		0	FLC	4		0.0	0.0	
Dihydrophylloquinone....µg									
Menaquinone-4....µg									

NDB No. 43026
Syrups, dietetic

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	0.000		0	Z	7		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	Z	7		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	Z	7		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	Z	7		0	0	
Phytosterols....mg									
Others:									
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	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 240g: 1 cup

Measure 2 = 15.0g: 1 tbsp

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 19 Sweets

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 42040
Syrups, grenadine

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	32.40		0		4		6.48	2.17	
Energy....kcal	268		0	NC	4		54	18	
Energy....kJ	1120		0	NC	4		224	75	
Protein (N x 6.25)....g	0.00		0		4		0.00	0.00	
Total lipid (fat)....g	0.00		0		4		0.00	0.00	
Ash....g	0.69		0	O	4		0.14	0.05	
Carbohydrate, by difference....g	66.91		0	NC	4		13.38	4.48	
Fiber, total dietary....g	0.0		0		4		0.0	0.0	
Sugars, total....g	46.55		0	FLC	4		9.31	3.12	
Starch....g									
Minerals:									
Calcium, Ca....mg	6		0		4		1	0	
Iron, Fe....mg	0.05		0		4		0.01	0.00	
Magnesium, Mg....mg	4		0		4		1	0	
Phosphorus, P....mg	4		0		4		1	0	
Potassium, K....mg	28		0		4		6	2	
Sodium, Na....mg	27		0		4		5	2	
Zinc, Zn....mg	0.13		0		4		0.03	0.01	
Copper, Cu....mg	0.026		0		4		0.005	0.002	
Manganese, Mn....mg									
Selenium, Se....µg	0.6		0	BFSN	4		0.1	0.0	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		4		0.0	0.0	
Thiamin....mg	0.000		0		4		0.000	0.000	
Riboflavin....mg	0.010		0		4		0.002	0.001	
Niacin....mg	0.000		0		4		0.000	0.000	
Pantothenic acid....mg									
Vitamin B-6....mg	0.000		0		4		0.000	0.000	
Folate, total....µg	0		0		4		0	0	
Folic acid....µg	0		0	BFSN	4		0	0	
Folate, food....µg	0		0		4		0	0	
Folate, DFE....µg	0		0	NC	4		0	0	
Choline, total....mg	0.0		0	Z	7		0.0	0.0	
Betaine....mg									
Vitamin B-12....µg	0.00		0		7		0.00	0.00	
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....µg	0		0	BFSN	4		0	0	
Retinol....µg	0		0	BFSN	4		0	0	
Carotene, beta....µg	0		0	BFSN	4		0	0	
Carotene, alpha....µg	0		0	BFSN	4		0	0	
Cryptoxanthin, beta....µg	0		0	BFSN	4		0	0	
Vitamin A, IU....IU	0		0		4		0	0	
Lycopene....µg	0		0	BFSN	4		0	0	
Lutein + zeaxanthin....µg	0		0	BFSN	4		0	0	
Vitamin E (alpha-tocopherol)....mg	0.00		0	BFSN	4		0.00	0.00	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)....µg	0.0		0	BFSN	4		0.0	0.0	
Dihydrophylloquinone....µg									
Menaquinone-4....µg									

NDB No. 42040
Syrups, grenadine

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	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	Z	7		0	0	
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 20g: 1 tbsp

Measure 2 = 6.7g: 1 tsp

Calories Factors: Protein 4 **Fat** 9 **Carbohydrate** 4

Food Group: 19 Sweets

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 19352
Syrups, malt

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	21.10		1		1		70.05	4.43	
Energy....kcal	318		0	NC	4		1056	67	
Energy....kJ	1331		0		4		4417	279	
Protein (N x 6.25)....g	6.20		1		1		20.58	1.30	
Total lipid (fat)....g	0.00		1		1		0.00	0.00	
Ash....g	1.30		1		1		4.32	0.27	
Carbohydrate, by difference....g	71.30		0	NC	4		236.72	14.97	
Fiber, total dietary....g	0.0		0	BFZN	4		0.0	0.0	
Sugars, total....g	71.30		0	NR	4		236.72	14.97	
Starch....g									
Minerals:									
Calcium, Ca....mg	61		1		1		203	13	
Iron, Fe....mg	0.96		1		1		3.19	0.20	
Magnesium, Mg....mg	72		1		1		239	15	
Phosphorus, P....mg	236		1		1		784	50	
Potassium, K....mg	320		1		1		1062	67	
Sodium, Na....mg	35		1		1		116	7	
Zinc, Zn....mg	0.14		1		1		0.46	0.03	
Copper, Cu....mg	0.200		1		1		0.664	0.042	
Manganese, Mn....mg	0.100		1		1		0.332	0.021	
Selenium, Se....µg	12.3		0	BFSN	4		40.8	2.6	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		1		1		0.0	0.0	
Thiamin....mg	0.011		1		4		0.037	0.002	
Riboflavin....mg	0.393		1		1		1.305	0.083	
Niacin....mg	8.120		1		1		26.958	1.705	
Pantothenic acid....mg	0.171		1		1		0.568	0.036	
Vitamin B-6....mg	0.500		1		1		1.660	0.105	
Folate, total....µg	12		1		1		40	3	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	12		1		1		40	3	
Folate, DFE....µg	12		0	NC	4		40	3	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.00		1		1		0.00	0.00	
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....µg	0		0	AS	1		0	0	
Retinol....µg	0		0	Z	7		0	0	
Carotene, beta....µg									
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									

NDB No. 19352
Syrups, malt

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	0.000		0	CAFN	4		0.000	0.000	
Fatty acids, total monounsaturated....g	0.000		0	CAFN	4		0.000	0.000	
Fatty acids, total polyunsaturated....g	0.000		0	CAFN	4		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	0		1		4		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.075		0		1		0.249	0.016	
Threonine....g	0.208		0		1		0.691	0.044	
Isoleucine....g	0.210		0		1		0.697	0.044	
Leucine....g	0.378		0		1		1.255	0.079	
Lysine....g	0.267		0		1		0.886	0.056	
Methionine....g	0.110		0		1		0.365	0.023	
Cystine....g	0.065		0		1		0.216	0.014	
Phenylalanine....g	0.260		0		1		0.863	0.055	
Tyrosine....g	0.169		0		1		0.561	0.035	
Valine....g	0.304		0		1		1.009	0.064	
Arginine....g	0.283		0		1		0.940	0.059	
Histidine....g	0.132		0		1		0.438	0.028	
Alanine....g	0.271		0		1		0.900	0.057	
Aspartic acid....g	0.558		0		1		1.853	0.117	
Glutamic acid....g	1.006		0		1		3.340	0.211	
Glycine....g	0.252		0		1		0.837	0.053	
Proline....g	0.459		0		1		1.524	0.096	
Serine....g	0.232		0		1		0.770	0.049	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg									
Theobromine....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 332g: 1 cup

Measure 2 = 21g: 1 tbsp

Calories Factors: Protein 3.87 **Fat** 8.37 **Carbohydrate** 4.12

Food Group: 19 Sweets

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 19353
Syrups, maple

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	32.39	0.357	12	JA	6		6.48	26.88	102.03
Energy....kcal	260		0	NC	4		52	216	819
Energy....kJ	1088		0	NC	4		218	903	3428
Protein (N x 6.25)....g	0.04	0.037	8	A	1		0.01	0.03	0.12
Total lipid (fat)....g	0.06	0.058	8	A	1		0.01	0.05	0.18
Ash....g	0.47		6	A	1		0.09	0.39	1.48
Carbohydrate, by difference....g	67.04		0	NC	4		13.41	55.65	211.19
Fiber, total dietary....g	0.0		1	LC	8		0.0	0.0	0.0
Sugars, total....g	60.46		0	NR	4		12.09	50.18	190.45
Sucrose....g	58.32	3.685	25	JA	6		11.66	48.41	183.71
Glucose (dextrose)....g	1.60	0.580	22	JA	6		0.32	1.33	5.04
Fructose....g	0.52	0.218	25	JA	6		0.10	0.43	1.64
Lactose....g	0.00		6	A	1		0.00	0.00	0.00
Maltose....g	0.00		6	A	1		0.00	0.00	0.00
Galactose....g	0.00		6	A	1		0.00	0.00	0.00
Starch....g									
Minerals:									
Calcium, Ca....mg	102	6.652	16	A	1		20	85	322
Iron, Fe....mg	0.11	0.003	8	A	1		0.02	0.09	0.36
Magnesium, Mg....mg	21	0.203	16	A	1		4	17	65
Phosphorus, P....mg	2	0.929	3		1		0	2	6
Potassium, K....mg	212	12.410	16	A	1		42	176	669
Sodium, Na....mg	12	4.228	16	A	1		2	10	37
Zinc, Zn....mg	1.47	0.772	16	A	1		0.29	1.22	4.64
Copper, Cu....mg	0.018		6	A	1		0.004	0.015	0.057
Manganese, Mn....mg	2.908	0.608	16	A	1		0.582	2.414	9.161
Selenium, Se....µg	0.6		0	BFSN	4		0.1	0.5	1.9
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		1	LC	8		0.0	0.0	0.0
Thiamin....mg	0.066	0.027	5	A	1		0.013	0.055	0.208
Riboflavin....mg	1.270	0.201	5	A	1		0.254	1.054	4.001
Niacin....mg	0.081	0.010	5	A	1		0.016	0.067	0.255
Pantothenic acid....mg	0.036	0.003	3		1		0.007	0.030	0.113
Vitamin B-6....mg	0.002	0.002	3		1		0.000	0.002	0.006
Folate, total....µg	0	0.167	3		1		0	0	0
Folic acid....µg	0		0	Z	7		0	0	0
Folate, food....µg	0	0.167	3		1		0	0	0
Folate, DFE....µg	0		0	NC	4		0	0	0
Choline, total....mg	1.6		0	O	4		0.3	1.3	5.0
Betaine....mg									
Vitamin B-12....µg	0.00		1		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	NC	4		0	0	0
Retinol....µg	0		0	Z	7		0	0	0
Carotene, beta....µg	0		0	NR	4		0	0	0
Carotene, alpha....µg	0		0	NR	4		0	0	0
Cryptoxanthin, beta....µg	0		0	NR	4		0	0	0
Vitamin A, IU....IU	0		1	LC	8		0	0	0
Lycopene....µg	0		0	NR	4		0	0	0
Lutein + zeaxanthin....µg	0		0	NR	4		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									

NDB No. 19353
Syrups, maple

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	0.0		0	Z	7		0.0	0.0	0.0
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.007		0	NC	4		0.001	0.006	0.021
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	0.006		0		4		0.001	0.005	0.019
17:0....g									
18:0....g	0.001		0		4		0.000	0.001	0.002
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.011		0	NC	4		0.002	0.009	0.034
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0		4		0.000	0.000	0.000
17:1....g									
18:1 undifferentiated....g	0.011		0		4		0.002	0.009	0.034
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	0.017		0	NC	4		0.003	0.014	0.054
18:2 undifferentiated....g	0.017		0		4		0.003	0.014	0.054
18:3 undifferentiated....g	0.000		0		4		0.000	0.000	0.000
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	LC	8		0	0	0
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	0.0
Caffeine....mg	0		0	Z	7		0	0	0
Theobromine....mg	0		0	Z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 20g: 1 tbsp

Measure 2 = 83g: 1 serving 1/4 cup

Measure 3 = 315g: 1 cup

NDB No. 19353
Syrups, maple

Calories Factors: Protein 3.36 **Fat** 8.37 **Carbohydrate** 3.87

Food Group: 19 Sweets

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 19355
Syrups, sorghum

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	22.70		0	O	4		74.91	4.77	
Energy....kcal	290		0	NC	4		957	61	
Energy....kJ	1213		0	NC	4		4002	255	
Protein (N x 6.25)....g	0.00		1		4		0.00	0.00	
Total lipid (fat)....g	0.00		1		4		0.00	0.00	
Ash....g	2.40		1		1		7.92	0.50	
Carbohydrate, by difference....g	74.90		0	NC	4		247.17	15.73	
Fiber, total dietary....g	0.0		0		4		0.0	0.0	
Sugars, total....g	74.90		0	NR	4		247.17	15.73	
Starch....g									
Minerals:									
Calcium, Ca....mg	150		1		1		495	32	
Iron, Fe....mg	3.80		1		1		12.54	0.80	
Magnesium, Mg....mg	100		1		1		330	21	
Phosphorus, P....mg	56		1		1		185	12	
Potassium, K....mg	1000		1		1		3300	210	
Sodium, Na....mg	8		1		1		26	2	
Zinc, Zn....mg	0.41		1		1		1.35	0.09	
Copper, Cu....mg	0.130		1		1		0.429	0.027	
Manganese, Mn....mg	1.530		1		4		5.049	0.321	
Selenium, Se....µg	1.7		1	AI	13		5.6	0.4	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		1		4		0.0	0.0	
Thiamin....mg	0.100		1		4		0.330	0.021	
Riboflavin....mg	0.155		1		1		0.512	0.033	
Niacin....mg	0.100		1		4		0.330	0.021	
Pantothenic acid....mg	0.804		1		4		2.653	0.169	
Vitamin B-6....mg	0.670		1		4		2.211	0.141	
Folate, total....µg	0		1		4		0	0	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	0		1		4		0	0	
Folate, DFE....µg	0		0	NC	4		0	0	
Choline, total....mg	13.3		0	O	4		43.9	2.8	
Betaine....mg									
Vitamin B-12....µg	0.00		1		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	AS	1		0	0	
Retinol....µg	0		0	Z	7		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		1		4		0	0	
Lycopene....µg	0		0	Z	7		0	0	
Lutein + zeaxanthin....µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.00		0	Z	7		0.00	0.00	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)....µg	0.0		0	Z	7		0.0	0.0	
Dihydrophylloquinone....µg									
Menaquinone-4....µg									

NDB No. 19355
Syrups, sorghum

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	0.000		0		7		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		7		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		7		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		1		4		0	0	
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 330g: 1 cup

Measure 2 = 21g: 1 tbsp

Calories Factors: Protein **Fat** **Carbohydrate** 3.87

Food Group: 19 Sweets

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 19361
Syrups, table blends, cane and 15% maple

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	30.10		0	BFZN	4		94.82	6.02	
Energy....kcal	278		0	NC	4		877	56	
Energy....kJ	1165		0	NC	4		3669	233	
Protein (N x 6.25)....g	0.00		0	FLA	4		0.00	0.00	
Total lipid (fat)....g	0.10		0	T	4		0.32	0.02	
Ash....g	0.35		0	FLA	4		1.10	0.07	
Carbohydrate, by difference....g	69.52		0	NC	4		218.98	13.90	
Fiber, total dietary....g	0.1		0	FLA	4		0.5	0.0	
Sugars, total....g	68.20		0	FLA	4		214.84	13.64	
Starch....g									
Minerals:									
Calcium, Ca....mg	12		0	FLA	4		39	2	
Iron, Fe....mg	0.19		0	FLA	4		0.59	0.04	
Magnesium, Mg....mg	2		0	FLA	4		7	0	
Phosphorus, P....mg	0		0	FLA	4		1	0	
Potassium, K....mg	53		0	FLA	4		166	11	
Sodium, Na....mg	104		0	FLA	4		328	21	
Zinc, Zn....mg	0.63		0	FLA	4		1.98	0.13	
Copper, Cu....mg	0.017		0	FLA	4		0.053	0.003	
Manganese, Mn....mg	0.495		0	FLA	4		1.559	0.099	
Selenium, Se....µg	0.5		0	FLA	4		1.5	0.1	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	FLA	4		0.0	0.0	
Thiamin....mg	0.001		0	FLA	4		0.003	0.000	
Riboflavin....mg	0.014		0	FLA	4		0.044	0.003	
Niacin....mg	0.005		0	FLA	4		0.015	0.001	
Pantothenic acid....mg	0.005		0	FLA	4		0.017	0.001	
Vitamin B-6....mg	0.000		0	FLA	4		0.001	0.000	
Folate, total....µg	0		0	FLA	4		0	0	
Folic acid....µg	0		0	FLA	4		0	0	
Folate, food....µg	0		0	FLA	4		0	0	
Folate, DFE....µg	0		0	NC	4		0	0	
Choline, total....mg	0.2		0	O	4		0.7	0.0	
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	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	0		0	FLA	4		0	0	
Vitamin E (alpha-tocopherol)....mg	0.00		0	FLA	4		0.00	0.00	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)....µg	0.0		0	FLA	4		0.0	0.0	
Dihydrophylloquinone....µg									
Menaquinone-4....µg									

NDB No. 19361
Syrups, table blends, cane and 15% maple

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	0.020		0	NC	4		0.062	0.004	
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	0.018		0	FLA	4		0.056	0.004	
17:0....g									
18:0....g	0.002		0	FLA	4		0.006	0.000	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.032		0	NC	4		0.101	0.006	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0	FLA	4		0.001	0.000	
17:1....g									
18:1 undifferentiated....g	0.031		0	FLA	4		0.098	0.006	
20:1....g	0.000		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	0.050		0	NC	4		0.157	0.010	
18:2 undifferentiated....g	0.046		0	FLA	4		0.144	0.009	
18:3 undifferentiated....g	0.000		0	FLA	4		0.000	0.000	
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		0.001	0.000	
20:5 n-3 (EPA)....g	0.004		0	FLA	4		0.012	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	0.000		0	FLA	4		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	0		0	FLA	4		0	0	
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	FLA	4		0.0	0.0	
Caffeine....mg	0		0	FLA	4		0	0	
Theobromine....mg	0		0	FLA	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 315g: 1 cup

Measure 2 = 20g: 1 tbsp

Calories Factors: Protein 4 **Fat** 9 **Carbohydrate** 4

Food Group: 19 Sweets

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 19362
Syrups, table blends, corn, refiner, and sugar

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	15.60		1		1		49.30	3.12	
Energy....kcal	319		0		4		1008	64	
Energy....kJ	1335		0		4		4218	267	
Protein (N x 6.25)....g	0.00		1		4		0.00	0.00	
Total lipid (fat)....g	0.00		1		4		0.00	0.00	
Ash....g	0.50		1		1		1.58	0.10	
Carbohydrate, by difference....g	83.90		0	NC	4		265.12	16.78	
Fiber, total dietary....g	0.0		0		4		0.0	0.0	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	23		1		1		73	5	
Iron, Fe....mg	0.74		1		1		2.34	0.15	
Magnesium, Mg....mg	9		1		1		28	2	
Phosphorus, P....mg	8		1		1		25	2	
Potassium, K....mg	63		1		1		199	13	
Sodium, Na....mg	71		1		1		224	14	
Zinc, Zn....mg	0.03		1		1		0.09	0.01	
Copper, Cu....mg	0.060		1		1		0.190	0.012	
Manganese, Mn....mg	0.088		1		4		0.278	0.018	
Selenium, Se....µg	0.8		0	BFSN	4		2.5	0.2	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		1		4		0.0	0.0	
Thiamin....mg	0.006		1		1		0.019	0.001	
Riboflavin....mg	0.047		1		1		0.149	0.009	
Niacin....mg	0.020		1		1		0.063	0.004	
Pantothenic acid....mg	0.035		1		1		0.111	0.007	
Vitamin B-6....mg	0.009		1		4		0.028	0.002	
Folate, total....µg	3		1		1		9	1	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	3		1		1		9	1	
Folate, DFE....µg	3		0	NC	4		9	1	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.00		1		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	Z	7		0	0	
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	0		1		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									

NDB No. 19362
Syrups, table blends, corn, refiner, and sugar

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated.....g	0.000		0		4		0.000	0.000	
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		1		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 = 316g: 1 cup

Measure 2 = 20g: 1 tbsp

Calories Factors: Protein 3.36 **Fat** 8.37 **Carbohydrate** 3.8

Food Group: 19 Sweets

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 19129
Syrups, table blends, pancake

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	37.98		0	FLC	4		119.25	7.60	
Energy....kcal	234		0	NC	4		733	47	
Energy....kJ	977		0	NC	4		3069	195	
Protein (N x 6.25)....g	0.00		2		1		0.00	0.00	
Total lipid (fat)....g	0.00		2		1		0.00	0.00	
Ash....g	0.20		2		1		0.63	0.04	
Carbohydrate, by difference....g	61.47		1	LC	8		193.00	12.29	
Fiber, total dietary....g	0.0		0	FLC	4		0.1	0.0	
Sugars, total....g	21.47		0	FLC	4		67.42	4.29	
Starch....g									
Minerals:									
Calcium, Ca....mg	3	0.246	18	A	1		10	1	
Iron, Fe....mg	0.03	0.011	18	A	1		0.10	0.01	
Magnesium, Mg....mg	2	0.166	18	A	1		6	0	
Phosphorus, P....mg	9	1.462	18	A	1		29	2	
Potassium, K....mg	15	1.432	18	A	1		48	3	
Sodium, Na....mg	82	7.230	18	A	1		259	16	
Zinc, Zn....mg	0.08	0.017	18	A	1		0.24	0.02	
Copper, Cu....mg	0.000	0.000	18	A	1		0.000	0.000	
Manganese, Mn....mg	0.068	0.013	18	A	1		0.213	0.014	
Selenium, Se....µg	0.0	0.037	20	JA	6		0.1	0.0	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	FLC	4		0.0	0.0	
Thiamin....mg	0.024		0	FLC	4		0.075	0.005	
Riboflavin....mg	0.008		0	FLC	4		0.024	0.002	
Niacin....mg	0.000		0	FLC	4		0.000	0.000	
Pantothenic acid....mg	0.004		0	FLC	4		0.014	0.001	
Vitamin B-6....mg	0.000		0	FLC	4		0.000	0.000	
Folate, total....µg	0		0	FLC	4		0	0	
Folic acid....µg	0		0	FLC	4		0	0	
Folate, food....µg	0		0	FLC	4		0	0	
Folate, DFE....µg	0		0	NC	4		0	0	
Choline, total....mg	0.0		0	FLC	4		0.0	0.0	
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	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	0	
Lycopene....µg	0		0	FLC	4		0	0	
Lutein + zeaxanthin....µg	0		0	FLC	4		0	0	
Vitamin E (alpha-tocopherol)....mg	0.00		0	FLC	4		0.00	0.00	
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	
Vitamin K (phylloquinone)....µg	0.0		1	A	1		0.0	0.0	
Dihydrophylloquinone....µg									
Menaquinone-4....µg									

NDB No. 19129
Syrups, table blends, pancake

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	0.000		1	LC	8		0.000	0.000	
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	0.000		0	FLC	4		0.000	0.000	
15:0....g									
16:0....g	0.000		0	FLC	4		0.000	0.000	
17:0....g									
18:0....g	0.000		0	FLC	4		0.000	0.000	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.000		1	LC	8		0.000	0.000	
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	0.000		0	FLC	4		0.000	0.000	
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	0.000		1	LC	8		0.000	0.000	
18:2 undifferentiated....g	0.000		0	FLC	4		0.000	0.000	
18:3 undifferentiated....g	0.000		0	FLC	4		0.000	0.000	
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									
Cholesterol....mg	0		1	LC	8		0	0	
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	FLC	4		0.0	0.0	
Caffeine....mg	0		0	FLC	4		0	0	
Theobromine....mg	0		0	FLC	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 314g: 1 cup

Measure 2 = 20g: 1 tbsp

Calories Factors: Protein 3.36 **Fat** 8.37 **Carbohydrate** 3.8

Food Group: 19 Sweets

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 19128
Syrups, table blends, pancake, reduced-calorie

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	54.90		0	FLA	4		40.08	8.24	15.56
Energy....kcal	165		0	NC	4		120	25	47
Energy....kJ	690		0	NC	4		503	103	196
Protein (N x 6.25)....g	0.00		2	LC	8		0.00	0.00	0.00
Total lipid (fat)....g	0.00		2	LC	8		0.00	0.00	0.00
Ash....g	0.55		0	FLA	4		0.40	0.08	0.16
Carbohydrate, by difference....g	44.55		0	NC	4		32.52	6.68	12.63
Fiber, total dietary....g	0.0		2	LC	8		0.0	0.0	0.0
Sugars, total....g	32.80		2	LC	8		23.94	4.92	9.30
Starch....g									
Minerals:									
Calcium, Ca....mg	10		0	FLA	4		7	2	3
Iron, Fe....mg	0.03		0	FLA	4		0.02	0.00	0.01
Magnesium, Mg....mg	2		0	FLA	4		1	0	0
Phosphorus, P....mg	43		1		4		31	6	12
Potassium, K....mg	3		0	O	4		2	0	1
Sodium, Na....mg	178		2	LC	8		130	27	50
Zinc, Zn....mg	0.20		0	FLA	4		0.14	0.03	0.06
Copper, Cu....mg	0.018		0	FLA	4		0.013	0.003	0.005
Manganese, Mn....mg	0.022		0	FLA	4		0.016	0.003	0.006
Selenium, Se....µg	0.5		0	FLA	4		0.3	0.1	0.1
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	FLA	4		0.0	0.0	0.0
Thiamin....mg	0.025		0	FLA	4		0.018	0.004	0.007
Riboflavin....mg	0.003		0	FLA	4		0.002	0.000	0.001
Niacin....mg	0.004		0	FLA	4		0.003	0.001	0.001
Pantothenic acid....mg	0.005		0	FLA	4		0.004	0.001	0.001
Vitamin B-6....mg	0.003		0	FLA	4		0.002	0.000	0.001
Folate, total....µg	0		0	FLA	4		0	0	0
Folic acid....µg	0		0	FLA	4		0	0	0
Folate, food....µg	0		0	FLA	4		0	0	0
Folate, DFE....µg	0		0	NC	4		0	0	0
Choline, total....mg	0.1		0	FLA	4		0.0	0.0	0.0
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	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	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	0.00		0	FLA	4		0.00	0.00	0.00
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									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	0.0
Vitamin D....IU	0		0	Z	7		0	0	0
Vitamin K (phylloquinone)....µg	0.0		0	FLA	4		0.0	0.0	0.0
Dihydrophylloquinone....µg									
Menaquinone-4....µg									

NDB No. 19128
Syrups, table blends, pancake, reduced-calorie

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	0.000		2	LC	8		0.000	0.000	0.000
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	0.000		0	FLA	4		0.000	0.000	0.000
15:0....g									
16:0....g	0.000		0	FLA	4		0.000	0.000	0.000
17:0....g									
18:0....g	0.000		0	FLA	4		0.000	0.000	0.000
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.000		0	FLA	4		0.000	0.000	0.000
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	0.000		0	FLA	4		0.000	0.000	0.000
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	0.000		0	FLA	4		0.000	0.000	0.000
18:2 undifferentiated....g	0.000		0	FLA	4		0.000	0.000	0.000
18:3 undifferentiated....g	0.000		0	FLA	4		0.000	0.000	0.000
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		2	LC	8		0	0	0
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	FLA	4		0.0	0.0	0.0
Caffeine....mg	0		0	FLA	4		0	0	0
Theobromine....mg	0		0	FLA	4		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 73g: 1 serving 1/4 cup

Measure 2 = 15.0g: 1 tbsp

Measure 3 = 28.35g: 1 oz

Calories Factors: Protein **Fat** **Carbohydrate** 3.7

Food Group: 19 Sweets

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 19360
Syrups, table blends, pancake, with 2% maple

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	30.10	1.274	3		1		6.02	24.98	94.82
Energy....kcal	265		0	NC	4		53	220	835
Energy....kJ	1109		0		4		222	920	3493
Protein (N x 6.25)....g	0.00		1		1		0.00	0.00	0.00
Total lipid (fat)....g	0.10	0.060	3		1		0.02	0.08	0.32
Ash....g	0.20	0.064	3		1		0.04	0.17	0.63
Carbohydrate, by difference....g	69.60		0	NC	4		13.92	57.77	219.24
Fiber, total dietary....g	0.0		0	FLC	4		0.0	0.0	0.0
Sugars, total....g	42.00		0	FLC	4		8.40	34.86	132.30
Starch....g									
Minerals:									
Calcium, Ca....mg	5		2		1		1	4	16
Iron, Fe....mg	0.07		2		1		0.01	0.06	0.22
Magnesium, Mg....mg	2		2		1		0	2	6
Phosphorus, P....mg	10		2		1		2	8	32
Potassium, K....mg	6		1		1		1	5	19
Sodium, Na....mg	61	10.136	7		1		12	51	192
Zinc, Zn....mg	0.23		2		1		0.05	0.19	0.72
Copper, Cu....mg	0.045		2		1		0.009	0.037	0.142
Manganese, Mn....mg	0.185		2		1		0.037	0.154	0.583
Selenium, Se....µg	0.4		0	FLC	4		0.1	0.4	1.4
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	FLC	4		0.0	0.0	0.0
Thiamin....mg	0.005		2		1		0.001	0.004	0.016
Riboflavin....mg	0.017		2		1		0.003	0.014	0.054
Niacin....mg	0.003		0	FLC	4		0.001	0.002	0.009
Pantothenic acid....mg	0.008		2		1		0.002	0.007	0.025
Vitamin B-6....mg	0.000		2		1		0.000	0.000	0.000
Folate, total....µg	0		2		1		0	0	0
Folic acid....µg	0		0	FLC	4		0	0	0
Folate, food....µg	0		0	FLC	4		0	0	0
Folate, DFE....µg	0		0	NC	4		0	0	0
Choline, total....mg	0.0		0	O	4		0.0	0.0	0.1
Betaine....mg									
Vitamin B-12....µg	0.00		0	FLC	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	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	0		0	FLC	4		0	0	0
Lycopene....µg	0		0	FLC	4		0	0	0
Lutein + zeaxanthin....µg	0		0	FLC	4		0	0	0
Vitamin E (alpha-tocopherol)....mg	0.00		0	FLC	4		0.00	0.00	0.00
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	0.0
Vitamin D....IU	0		0	Z	7		0	0	0
Vitamin K (phylloquinone)....µg	0.0		0	FLC	4		0.0	0.0	0.0
Dihydrophylloquinone....µg									
Menaquinone-4....µg									

NDB No. 19360
Syrups, table blends, pancake, with 2% maple

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	0.018		0		4		0.004	0.015	0.057
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	0.018		0		4		0.004	0.015	0.057
17:0....g									
18:0....g	0.002		0		4		0.000	0.002	0.006
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.032		0		4		0.006	0.027	0.101
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0		4		0.000	0.000	0.000
17:1....g									
18:1 undifferentiated....g	0.032		0		4		0.006	0.027	0.101
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	0.050		0		4		0.010	0.042	0.158
18:2 undifferentiated....g	0.050		0		4		0.010	0.042	0.158
18:3 undifferentiated....g	0.000		0		4		0.000	0.000	0.000
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	LC	8		0	0	0
Phytosterols....mg									
Others:									
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 = 20g: 1 tbsp

Measure 2 = 83g: 1 serving 1/4 cup

Measure 3 = 315g: 1 cup

Calories Factors: Protein 3.36 **Fat** 8.37 **Carbohydrate** 3.8

Food Group: 19 Sweets

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 19720

Syrups, table blends, pancake, with 2% maple, with added potassium

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	30.10	1.274	3		1		94.82	6.02	
Energy....kcal	265		0	NC	4		835	53	
Energy....kJ	1109				4		3493	222	
Protein (N x 6.25)....g	0.00		1		1		0.00	0.00	
Total lipid (fat)....g	0.10	0.060	3		1		0.32	0.02	
Ash....g	0.20	0.064	3		1		0.63	0.04	
Carbohydrate, by difference....g	69.60		0	NC	4		219.24	13.92	
Fiber, total dietary....g	0.0		0		4		0.0	0.0	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	5		2		1		16	1	
Iron, Fe....mg	0.07		2		1		0.22	0.01	
Magnesium, Mg....mg	2		2		1		6	0	
Phosphorus, P....mg	10		2		1		32	2	
Potassium, K....mg	22		0		1		69	4	
Sodium, Na....mg	61	10.136	7		1		192	12	
Zinc, Zn....mg	0.23		2		1		0.72	0.05	
Copper, Cu....mg	0.045		2		1		0.142	0.009	
Manganese, Mn....mg	0.185		2		1		0.583	0.037	
Selenium, Se....µg	0.6		0	BFSN	4		1.9	0.1	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		1		4		0.0	0.0	
Thiamin....mg	0.005		2		1		0.016	0.001	
Riboflavin....mg	0.017		2		1		0.054	0.003	
Niacin....mg	0.020		1		4		0.063	0.004	
Pantothenic acid....mg	0.008		2		1		0.025	0.002	
Vitamin B-6....mg	0.000		2		1		0.000	0.000	
Folate, total....µg	0		2		1		0	0	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	0		2		1		0	0	
Folate, DFE....µg	0		0	NC	4		0	0	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.00		1		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		1		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									
Lipids:									

NDB No. 19720

Syrups, table blends, pancake, with 2% maple, with added potassium

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	0.000		0		4		0.000	0.000	
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		1		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 = 315g: 1 cup

Measure 2 = 20g: 1 tbsp

Calories Factors: Protein 3.36 **Fat** 8.37 **Carbohydrate** 3.8

Food Group: 19 Sweets

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 19113
Syrups, table blends, pancake, with butter

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	24.00		0		1		4.80	75.60	
Energy....kcal	296		0	NC	4		59	932	
Energy....kJ	1238				4		248	3901	
Protein (N x 0)....g	0.00		0		1		0.00	0.00	
Total lipid (fat)....g	1.60		0		1		0.32	5.04	
Ash....g	0.20		0		1		0.04	0.63	
Carbohydrate, by difference....g	74.10		0	NC	4		14.82	233.42	
Fiber, total dietary....g	0.0		0		4		0.0	0.0	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	2		0		1		0	6	
Iron, Fe....mg	0.09		0		1		0.02	0.28	
Magnesium, Mg....mg	2		0		1		0	6	
Phosphorus, P....mg	10		0		1		2	32	
Potassium, K....mg	3		0		1		1	9	
Sodium, Na....mg	98		0		1		20	309	
Zinc, Zn....mg	0.04		0		1		0.01	0.13	
Copper, Cu....mg	0.209		0		1		0.042	0.658	
Manganese, Mn....mg	0.086		0		1		0.017	0.271	
Selenium, Se....µg	0.7		0	RA	4		0.1	2.2	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		1		0.0	0.0	
Thiamin....mg	0.011		0		1		0.002	0.035	
Riboflavin....mg	0.009		0		1		0.002	0.028	
Niacin....mg	0.020		0		1		0.004	0.063	
Pantothenic acid....mg	0.025		0		1		0.005	0.079	
Vitamin B-6....mg	0.000		0		1		0.000	0.000	
Folate, total....µg	0		0	RA	4		0	0	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	0		0	RA	4		0	0	
Folate, DFE....µg	0		0	NC	4		0	0	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.00		0		1		0.00	0.00	
Vitamin A, RAE....µg	14		0	NC	4		3	44	
Retinol....µg	13		0	NC	4		3	41	
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	61		0		1		12	192	
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. 19113
Syrups, table blends, pancake, with butter

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	1.010		0		1		0.202	3.182	
4:0....g	0.050		0		1		0.010	0.158	
6:0....g	0.030		0		1		0.006	0.095	
8:0....g	0.020		0		1		0.004	0.063	
10:0....g	0.040		0		1		0.008	0.126	
12:0....g	0.050		0		1		0.010	0.158	
13:0....g									
14:0....g	0.160		0		1		0.032	0.504	
15:0....g									
16:0....g	0.430		0		1		0.086	1.355	
17:0....g									
18:0....g	0.200		0		1		0.040	0.630	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.470		0		1		0.094	1.481	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.040		0		1		0.008	0.126	
17:1....g									
18:1 undifferentiated....g	0.410		0		1		0.082	1.292	
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.060		0		1		0.012	0.189	
18:2 undifferentiated....g	0.040		0		1		0.008	0.126	
18:3 undifferentiated....g	0.020		0		1		0.004	0.063	
18:4....g									
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									
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		1		1	13	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.000		0		1		0.000	0.000	
Threonine....g	0.001		0		1		0.000	0.003	
Isoleucine....g	0.001		0		1		0.000	0.003	
Leucine....g	0.002		0		1		0.000	0.006	
Lysine....g	0.001		0		1		0.000	0.003	
Methionine....g	0.000		0		1		0.000	0.000	
Cystine....g	0.000		0		1		0.000	0.000	
Phenylalanine....g	0.001		0		1		0.000	0.003	
Tyrosine....g	0.001		0		1		0.000	0.003	
Valine....g	0.001		0		1		0.000	0.003	
Arginine....g	0.001		0		1		0.000	0.003	
Histidine....g	0.000		0		1		0.000	0.000	
Alanine....g	0.001		0		1		0.000	0.003	
Aspartic acid....g	0.001		0		1		0.000	0.003	
Glutamic acid....g	0.004		0		1		0.001	0.013	
Glycine....g	0.000		0		1		0.000	0.000	
Proline....g	0.002		0		1		0.000	0.006	
Serine....g	0.001		0		1		0.000	0.003	
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero 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. 19113

Syrups, table blends, pancake, with butter

Common Measures:

Measure 1 = 20g: 1 tbsp

Measure 2 = 315g: 1 cup

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 19 Sweets

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 19364
Toppings, butterscotch or caramel

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	32.00		1		4		13.12		
Energy....kcal	252		0		4		103		
Energy....kJ	1054		0		4		432		
Protein (N x 6.38)....g	1.50		2		1		0.62		
Total lipid (fat)....g	0.10		2		1		0.04		
Ash....g	0.50		1		4		0.21		
Carbohydrate, by difference....g	65.90		0	NC	4		27.02		
Fiber, total dietary....g	0.9		0		4		0.4		
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	53		2		1		22		
Iron, Fe....mg	0.20		2		1		0.08		
Magnesium, Mg....mg	7		1		1		3		
Phosphorus, P....mg	47		1		4		19		
Potassium, K....mg	84		1		4		34		
Sodium, Na....mg	349		1		4		143		
Zinc, Zn....mg	0.19		1		4		0.08		
Copper, Cu....mg	0.024		1		4		0.010		
Manganese, Mn....mg	0.050		1		4		0.021		
Selenium, Se....µg	0.0		0	BFFN	4		0.0		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.3		1		4		0.1		
Thiamin....mg	0.012		1		4		0.005		
Riboflavin....mg	0.095		2		1		0.039		
Niacin....mg	0.039		1		4		0.016		
Pantothenic acid....mg	0.158		1		4		0.065		
Vitamin B-6....mg	0.014		1		4		0.006		
Folate, total....µg	2		1		4		1		
Folic acid....µg	0		0	Z	7		0		
Folate, food....µg	2		1		4		1		
Folate, DFE....µg	2		0	NC	4		1		
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.09		1		4		0.04		
Vitamin B-12, added....µg	0.00		0	Z	7		0.00		
Vitamin A, RAE....µg	27		0	NC	4		11		
Retinol....µg	27		0	O	4		11		
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	90		1		4		37		
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	FLC	4		0.0		
Vitamin D....IU	0		0	FLC	4		0		
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									

NDB No. 19364
Toppings, butterscotch or caramel

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	0.110		0		1		0.045		
4:0....g	0.000		1		1		0.000		
6:0....g	0.000		1		1		0.000		
8:0....g	0.010		1		1		0.004		
10:0....g	0.010		1		1		0.004		
12:0....g	0.040		1		1		0.016		
13:0....g									
14:0....g	0.020		1		1		0.008		
15:0....g									
16:0....g	0.020		1		1		0.008		
17:0....g									
18:0....g	0.010		1		1		0.004		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.020		0		1		0.008		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		1		1		0.000		
17:1....g									
18:1 undifferentiated....g	0.020		1		1		0.008		
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.000		0		1		0.000		
18:2 undifferentiated....g	0.000		1		1		0.000		
18:3 undifferentiated....g	0.000		1		1		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									
Cholesterol....mg	1		1		4		0		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.020		0		1		0.008		
Threonine....g	0.066		0		1		0.027		
Isoleucine....g	0.088		0		1		0.036		
Leucine....g	0.143		0		1		0.059		
Lysine....g	0.116		0		1		0.048		
Methionine....g	0.036		0		1		0.015		
Cystine....g	0.013		0		1		0.005		
Phenylalanine....g	0.070		0		1		0.029		
Tyrosine....g	0.070		0		1		0.029		
Valine....g	0.098		0		1		0.040		
Arginine....g	0.053		0		1		0.022		
Histidine....g	0.040		0		1		0.016		
Alanine....g	0.050		0		1		0.021		
Aspartic acid....g	0.111		0		1		0.046		
Glutamic acid....g	0.305		0		1		0.125		
Glycine....g	0.031		0		1		0.013		
Proline....g	0.141		0		1		0.058		
Serine....g	0.079		0		1		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

NDB No. 19364
Toppings, butterscotch or caramel

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

food, or similar food.

Common Measures:
Measure 1 = 41g: 2 tbsp

Calories Factors: Protein 4.27 **Fat** 8.8 **Carbohydrate**3.7

Food Group: 19 Sweets

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 19365
Toppings, marshmallow cream

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	19.80		1	A	1		5.61	39.20	
Energy....kcal	322		0	NC	4		91	638	
Energy....kJ	1347		0		4		382	2668	
Protein (N x 0)....g	0.80		1	A	1		0.23	1.58	
Total lipid (fat)....g	0.30		1	A	1		0.09	0.59	
Ash....g	0.10		1	A	1		0.03	0.20	
Carbohydrate, by difference....g	79.00		0	NC	4		22.40	156.42	
Fiber, total dietary....g	0.1		0	BFSN	4		0.0	0.2	
Sugars, total....g	46.80		1	A	1		13.27	92.66	
Starch....g									
Minerals:									
Calcium, Ca....mg	3		0	BFSN	4		1	6	
Iron, Fe....mg	0.22		0	BFSN	4		0.06	0.44	
Magnesium, Mg....mg	2		0	BFSN	4		1	4	
Phosphorus, P....mg	8		0	BFSN	4		2	16	
Potassium, K....mg	5		0	BFSN	4		1	10	
Sodium, Na....mg	80	12.963	3	LC	8		23	158	
Zinc, Zn....mg	0.04		0	BFSN	4		0.01	0.08	
Copper, Cu....mg	0.095		0	BFSN	4		0.027	0.188	
Manganese, Mn....mg	0.008		0	BFSN	4		0.002	0.016	
Selenium, Se....µg	1.9		0	BFZN	4		0.5	3.8	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	BFSN	4		0.0	0.0	
Thiamin....mg	0.001		0	BFSN	4		0.000	0.002	
Riboflavin....mg	0.001		0	BFSN	4		0.000	0.002	
Niacin....mg	0.076		0	BFSN	4		0.022	0.150	
Pantothenic acid....mg	0.005		0	BFSN	4		0.001	0.010	
Vitamin B-6....mg	0.002		0	BFSN	4		0.001	0.004	
Folate, total....µg	1		0	BFSN	4		0	2	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	1		0	BFSN	4		0	2	
Folate, DFE....µg	1		0	NC	4		0	2	
Choline, total....mg	0.1		0	O	4		0.0	0.2	
Betaine....mg									
Vitamin B-12....µg	0.00		0	BFSN	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	Z	7		0	0	
Carotene, beta....µg	0		0	BFSN	4		0	0	
Carotene, alpha....µg	0		0	BFSN	4		0	0	
Cryptoxanthin, beta....µg	0		0	BFSN	4		0	0	
Vitamin A, IU....IU	1		0	BFSN	4		0	2	
Lycopene....µg	0		0	BFSN	4		0	0	
Lutein + zeaxanthin....µg	0		0	BFSN	4		0	0	
Vitamin E (alpha-tocopherol)....mg	0.00		0		7		0.00	0.00	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)....µg	0.0		0	BFSN	4		0.0	0.0	
Dihydrophylloquinone....µg									
Menaquinone-4....µg									

NDB No. 19365
Toppings, marshmallow cream

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	0.056		0	BFFN	4		0.016	0.111	
4:0....g	0.000		0	BFFN	4		0.000	0.000	
6:0....g	0.000		0	BFFN	4		0.000	0.000	
8:0....g	0.000		0	BFFN	4		0.000	0.000	
10:0....g	0.000		0	BFFN	4		0.000	0.000	
12:0....g	0.000		0	BFFN	4		0.000	0.000	
13:0....g									
14:0....g	0.001		0	BFFN	4		0.000	0.002	
15:0....g									
16:0....g	0.040		0	BFFN	4		0.011	0.079	
17:0....g									
18:0....g	0.015		0	BFFN	4		0.004	0.030	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.080		0	BFFN	4		0.023	0.158	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.004		0	BFFN	4		0.001	0.008	
17:1....g									
18:1 undifferentiated....g	0.076		0	BFFN	4		0.022	0.150	
20:1....g	0.000		0	BFFN	4		0.000	0.000	
22:1 undifferentiated....g	0.000		0	BFFN	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.047		0	BFFN	4		0.013	0.093	
18:2 undifferentiated....g	0.045		0	BFFN	4		0.013	0.089	
18:3 undifferentiated....g	0.001		0	BFFN	4		0.000	0.002	
18:4....g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.001		0	BFFN	4		0.000	0.002	
20:5 n-3 (EPA)....g	0.000		0	BFFN	4		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	0		0	BFSN	4		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g									
Threonine....g									
Isoleucine....g									
Leucine....g									
Lysine....g									
Methionine....g									
Cystine....g									
Phenylalanine....g									
Tyrosine....g									
Valine....g									
Arginine....g									
Histidine....g									
Alanine....g									
Aspartic acid....g									
Glutamic acid....g									
Glycine....g									
Proline....g									
Serine....g									
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	BFSN	4		0	0	

NDB No. 19365
Toppings, marshmallow cream

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	0		0	BFSN	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 = 198g: 1 jar

Calories Factors: Protein 4 **Fat** 9 **Carbohydrate** 4

Food Group: 19 Sweets

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 19367
Toppings, nuts in syrup

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	14.69		0	FLA	4		48.19	6.02	
Energy....kcal	448		0	NC	4		1470	184	
Energy....kJ	1876		0	NC	4		6152	769	
Protein (N x 6.25)....g	4.50		2		1		14.76	1.85	
Total lipid (fat)....g	22.00		2		1		72.16	9.02	
Ash....g	0.73		0	FLA	4		2.40	0.30	
Carbohydrate, by difference....g	58.08		0	NC	4		190.49	23.81	
Fiber, total dietary....g	2.3		0	FLA	4		7.4	0.9	
Sugars, total....g	36.72		1	LC	8		120.44	15.06	
Starch....g									
Minerals:									
Calcium, Ca....mg	35		0	FLA	4		114	14	
Iron, Fe....mg	1.05		2		1		3.44	0.43	
Magnesium, Mg....mg	54		0	FLA	4		178	22	
Phosphorus, P....mg	118		0	FLA	4		386	48	
Potassium, K....mg	151		0	FLA	4		495	62	
Sodium, Na....mg	42		1		4		138	17	
Zinc, Zn....mg	1.05		0	FLA	4		3.45	0.43	
Copper, Cu....mg	0.540		0	FLA	4		1.771	0.221	
Manganese, Mn....mg	1.207		0	FLA	4		3.958	0.495	
Selenium, Se....µg	2.1		0	FLA	4		6.9	0.9	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.3		0	FLA	4		1.1	0.1	
Thiamin....mg	0.180		2		1		0.590	0.074	
Riboflavin....mg	0.120		1		1		0.394	0.049	
Niacin....mg	0.373		0	FLA	4		1.223	0.153	
Pantothenic acid....mg	0.207		0	FLA	4		0.679	0.085	
Vitamin B-6....mg	0.178		0	FLA	4		0.583	0.073	
Folate, total....µg	26		0	FLA	4		86	11	
Folic acid....µg	0		0	FLA	4		0	0	
Folate, food....µg	26		0	FLA	4		86	11	
Folate, DFE....µg	26		0	NC	4		86	11	
Choline, total....mg	11.8		0	O	4		38.6	4.8	
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	FLA	4		1	0	
Retinol....µg	0		0	FLA	4		0	0	
Carotene, beta....µg	4		0	FLA	4		13	2	
Carotene, alpha....µg	0		0	FLA	4		0	0	
Cryptoxanthin, beta....µg	0		0	FLA	4		0	0	
Vitamin A, IU....IU	7		0	FLA	4		21	3	
Lycopene....µg	0		0	FLA	4		0	0	
Lutein + zeaxanthin....µg	3		0	FLA	4		9	1	
Vitamin E (alpha-tocopherol)....mg	0.23		0	FLA	4		0.77	0.10	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)....µg	0.9		0	FLA	4		2.9	0.4	
Dihydrophylloquinone....µg									
Menaquinone-4....µg									

NDB No. 19367
Toppings, nuts in syrup

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	1.960		0		1		6.429	0.804	
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	0.070		1		1		0.230	0.029	
15:0....g									
16:0....g	1.510		1		1		4.953	0.619	
17:0....g									
18:0....g	0.380		1		1		1.246	0.156	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	4.970		0		1		16.302	2.038	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.060		1		1		0.197	0.025	
17:1....g									
18:1 undifferentiated....g	4.730		1		1		15.514	1.939	
20:1....g	0.190		1		1		0.623	0.078	
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	13.730		0		1		45.034	5.629	
18:2 undifferentiated....g	11.300		1		1		37.064	4.633	
18:3 undifferentiated....g	2.420		1		1		7.938	0.992	
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	0.010		1		1		0.033	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		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									
Amino Acids:									
Tryptophan....g	0.059		0		1		0.194	0.024	
Threonine....g	0.139		0		1		0.456	0.057	
Isoleucine....g	0.176		0		1		0.577	0.072	
Leucine....g	0.309		0		1		1.014	0.127	
Lysine....g	0.121		0		1		0.397	0.050	
Methionine....g	0.087		0		1		0.285	0.036	
Cystine....g	0.108		0		1		0.354	0.044	
Phenylalanine....g	0.196		0		1		0.643	0.080	
Tyrosine....g	0.137		0		1		0.449	0.056	
Valine....g	0.225		0		1		0.738	0.092	
Arginine....g	0.655		0		1		2.148	0.269	
Histidine....g	0.112		0		1		0.367	0.046	
Alanine....g	0.190		0		1		0.623	0.078	
Aspartic acid....g	0.459		0		1		1.506	0.188	
Glutamic acid....g	0.875		0		1		2.870	0.359	
Glycine....g	0.235		0		1		0.771	0.096	
Proline....g	0.172		0		1		0.564	0.071	
Serine....g	0.244		0		1		0.800	0.100	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	FLA	4		0.0	0.0	
Caffeine....mg	0		0	FLA	4		0	0	

NDB No. 19367
Toppings, nuts in syrup

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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 = 328g: 1 cup

Measure 2 = 41g: 2 tbsp

Calories Factors: Protein 4 **Fat** 9 **Carbohydrate** 4

Food Group: 19 Sweets

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 19366
Toppings, pineapple

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	33.00		1		4		112.20	13.86	
Energy....kcal	253		0		4		860	106	
Energy....kJ	1059		0		4		3599	445	
Protein (N x 6.25)....g	0.10		0		4		0.34	0.04	
Total lipid (fat)....g	0.10		1		4		0.34	0.04	
Ash....g	0.40		1		4		1.36	0.17	
Carbohydrate, by difference....g	66.40		0	NC	4		225.76	27.89	
Fiber, total dietary....g	0.4		0	FLC	4		1.5	0.2	
Sugars, total....g	21.01		0	FLC	4		71.43	8.82	
Starch....g									
Minerals:									
Calcium, Ca....mg	6		0	FLC	4		21	3	
Iron, Fe....mg	0.12		0	FLC	4		0.42	0.05	
Magnesium, Mg....mg	6		0	FLC	4		19	2	
Phosphorus, P....mg	3		0	FLC	4		10	1	
Potassium, K....mg	43		0	FLC	4		146	18	
Sodium, Na....mg	42		0	FLC	4		141	17	
Zinc, Zn....mg	0.05		0	FLC	4		0.17	0.02	
Copper, Cu....mg	0.052		0	FLC	4		0.175	0.022	
Manganese, Mn....mg	0.070		0	FLC	4		0.239	0.030	
Selenium, Se....µg	0.7		0	FLC	4		2.3	0.3	
Vitamins:									
Vitamin C, total ascorbic acid....mg	3.1		0	FLC	4		10.7	1.3	
Thiamin....mg	0.038		0	FLC	4		0.128	0.016	
Riboflavin....mg	0.018		0	FLC	4		0.062	0.008	
Niacin....mg	0.101		0	FLC	4		0.345	0.043	
Pantothenic acid....mg	0.012		0	FLC	4		0.042	0.005	
Vitamin B-6....mg	0.028		0	FLC	4		0.096	0.012	
Folate, total....µg	2		0	FLC	4		6	1	
Folic acid....µg	0		0	FLC	4		0	0	
Folate, food....µg	2		0	FLC	4		6	1	
Folate, DFE....µg	2		0	NC	4		6	1	
Choline, total....mg	1.6		0	O	4		5.3	0.7	
Betaine....mg									
Vitamin B-12....µg	0.00		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		3	0	
Retinol....µg	0		0	FLC	4		0	0	
Carotene, beta....µg	10		0	FLC	4		34	4	
Carotene, alpha....µg	0		0	FLC	4		0	0	
Cryptoxanthin, beta....µg	0		0	FLC	4		0	0	
Vitamin A, IU....IU	17		0	FLC	4		57	7	
Lycopene....µg	0		0	FLC	4		0	0	
Lutein + zeaxanthin....µg	0		0	FLC	4		0	0	
Vitamin E (alpha-tocopherol)....mg	0.01		0	FLC	4		0.02	0.00	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)....µg	0.2		0	FLC	4		0.8	0.1	
Dihydrophylloquinone....µg									
Menaquinone-4....µg									

NDB No. 19366
Toppings, pineapple

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	0.018		0		4		0.061	0.008	
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	0.018		0		4		0.061	0.008	
17:0....g									
18:0....g	0.002		0		4		0.007	0.001	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.032		0		4		0.109	0.013	
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	0.032		0		4		0.109	0.013	
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	0.050		0		4		0.170	0.021	
18:2 undifferentiated....g	0.050		0		4		0.170	0.021	
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	FLC	4		0	0	
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	FLC	4		0.0	0.0	
Caffeine....mg	0		0	FLC	4		0	0	
Theobromine....mg	0		0	FLC	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 340g: 1 cup

Measure 2 = 42g: 2 tbsp

Calories Factors: Protein 3.36 **Fat** 8.37 **Carbohydrate** 3.8

Food Group: 19 Sweets

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 19137
Toppings, 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
Proximates:									
Water ... g	33.00		1		4		13.86	13.20	112.20
Energy ... kcal	254		0		4		107	102	864
Energy ... kJ	1063		0		4		446	425	3613
Protein (N x 6.25) ... g	0.20		0		4		0.08	0.08	0.68
Total lipid (fat) ... g	0.10		0		4		0.04	0.04	0.34
Ash ... g	0.40		1		4		0.17	0.16	1.36
Carbohydrate, by difference ... g	66.30		0	NC	4		27.85	26.52	225.42
Fiber, total dietary ... g	0.7		0	FLC	4		0.3	0.3	2.4
Sugars, total ... g	27.38		0	FLC	4		11.50	10.95	93.08
Starch ... g									
Minerals:									
Calcium, Ca ... mg	6		0	FLC	4		3	3	22
Iron, Fe ... mg	0.28		0	FLC	4		0.12	0.11	0.95
Magnesium, Mg ... mg	4		0	FLC	4		2	2	15
Phosphorus, P ... mg	5		0	FLC	4		2	2	17
Potassium, K ... mg	51		0	FLC	4		21	20	172
Sodium, Na ... mg	21		0		4		9	8	71
Zinc, Zn ... mg	0.06		0	FLC	4		0.02	0.02	0.20
Copper, Cu ... mg	0.032		0	FLC	4		0.014	0.013	0.110
Manganese, Mn ... mg	0.167		0	FLC	4		0.070	0.067	0.568
Selenium, Se ... µg	0.8		0	FLC	4		0.3	0.3	2.6
Vitamins:									
Vitamin C, total ascorbic acid ... mg	13.7		0	FLC	4		5.8	5.5	46.7
Thiamin ... mg	0.011		0	FLC	4		0.005	0.004	0.037
Riboflavin ... mg	0.024		0	FLC	4		0.010	0.009	0.080
Niacin ... mg	0.161		0	FLC	4		0.067	0.064	0.546
Pantothenic acid ... mg	0.048		0	FLC	4		0.020	0.019	0.165
Vitamin B-6 ... mg	0.012		0	FLC	4		0.005	0.005	0.042
Folate, total ... µg	6		0	FLC	4		2	2	19
Folic acid ... µg	0		0	FLC	4		0	0	0
Folate, food ... µg	6		0	FLC	4		2	2	19
Folate, DFE ... µg	6		0	NC	4		2	2	19
Choline, total ... mg	9.8		0	BFSN	4		4.1	3.9	33.5
Betaine ... mg									
Vitamin B-12 ... µg	0.00		0	FLC	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	1		0	FLC	4		0	0	3
Retinol ... µg	0		0	FLC	4		0	0	0
Carotene, beta ... µg	9		0	FLC	4		4	4	31
Carotene, alpha ... µg	0		0	FLC	4		0	0	0
Cryptoxanthin, beta ... µg	0		0	FLC	4		0	0	0
Vitamin A, IU ... IU	18		0		4		8	7	61
Lycopene ... µg	0		0	FLC	4		0	0	0
Lutein + zeaxanthin ... µg	9		0	FLC	4		4	4	30
Vitamin E (alpha-tocopherol) ... mg	0.10		0	FLC	4		0.04	0.04	0.32
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	0.7		0	FLC	4		0.3	0.3	2.5
Dihydrophylloquinone ... µg									
Menaquinone-4 ... µg									

NDB No. 19137
Toppings, 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
Lipids:									
Fatty acids, total saturated....g	0.005		0		4		0.002	0.002	0.017
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	0.004		0		4		0.002	0.002	0.014
17:0....g									
18:0....g	0.001		0		4		0.000	0.000	0.003
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.014		0		4		0.006	0.006	0.048
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0		4		0.000	0.000	0.000
17:1....g									
18:1 undifferentiated....g	0.014		0		4		0.006	0.006	0.048
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	0.050		0		4		0.021	0.020	0.170
18:2 undifferentiated....g	0.029		0		4		0.012	0.012	0.099
18:3 undifferentiated....g	0.021		0		4		0.009	0.008	0.071
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	FLC	4		0	0	0
Phytosterols....mg									
Others:									
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

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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: 2 tbsp

Measure 2 = 40g: 1 serving

Measure 3 = 340g: 1 cup

Calories Factors: Protein 3.36 **Fat** 8.37 **Carbohydrate** 3.8

Food Group: 19 Sweets

USDA National Nutrient Database for Standard Reference, Release 27 (2014)